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COOPERATIVE EXTENSION WORK IN AGRICULTURE
AND HOME ECONOMICS

U. S. Department of Agriculture
and State Agricultural Colleges
cooperating

States Relations Service,
Office of Extension Work, South.
Washington, D. C.

W H E A T L E S S B R E A D S .

Barley - Cornflour Biscuits.
(15 small biscuits.)

1-1/3 cups barley flour	3 tsp. baking powder
1 cup corn flour	3 tbsp. shortening.
3/4 tsp. salt	

Liquid sufficient to make soft dough (about 1 cup)

Drop by spoonfuls onto tin and smooth them on top with knife dipped in milk or water. Bake thoroughly.

Oat - Rice Flour Biscuits.
(15 small biscuits)

1 cup oatflour or rolled oats ground in food chopper	3 tsp. baking powder
1 cup rice flour	3 tbsp. shortening
3/4 tsp. salt	3/4 to 1 cup liquid

Mix, form as above and bake.

Soy Bean - Cornflour Biscuits.

1 cup soy bean flour	3 tsp. baking powder
1 cup cornflour	3 tbsp. shortening
3/4 tsp. salt	

Liquid sufficient to make soft dough.
Mix, form and bake as above.

Cornmeal Biscuits.

1 cup cornmeal mush (well-cooked)	3/4 tsp. salt
1 cup barley flour or other dry substitute	2 1/2 tsp. baking powder
2 1/2 tbsp. shortening.	

Liquid, if necessary, to make stiff dough.

Add salt and shortening to cornmeal mush, beating thoroughly. Mix with this the dry material and baking powder sifted together. Work in lightly, add liquid if necessary, form into small biscuits and bake very thoroughly.

(tsp. - teaspoonful)

(tbsp. - tablespoonful)

Cornsticks.
(Enough for 12)

1½ cups cornmeal
¾ tsp. salt
2½ tsp. baking powder
1 egg

1 tbsp. sirup, if desired
1 tbsp. fat (melted)
1¼ cups milk

Have the mixture smooth and soft. Have the pans hot and fill them only 2/3 full. Smooth the top of dough with a knife. Bake quickly but thoroughly.

Oat - Cornmeal Muffins.
(12 small muffins)

1 cup rolled oats (packed)
½ cup cornmeal
½ tsp. salt
2½ tsp. baking powder
1 tbsp. shortening (melted)

2 tbsp. sirup
1 egg (beaten separately)
¾ cup boiling water
¼ to ½ cup milk

Scald the oats with the boiling water, cover and let stand 1 hour or until cool. Add to this the salt, sirup, shortening, egg yolk and milk. Beat well. Add the meal and baking powder, sifted together, then the stiffly beaten white of the egg. Bake slowly one-half hour in muffin pans.

Potato - Cornmeal Muffins.
(15 small muffins)

1 cup mashed potato
1 cup cornmeal
¾ tsp. salt
3 tsp. baking powder

1 tbsp. sirup
1 tbsp. shortening (melted)
1 egg (beaten separately)
Liquid about 1 cup. Medium soft batter

Bake very thoroughly 1/2 hour

Rice - Cornmeal Muffins.
(15 small muffins)

1 cup cooked rice
1 cup cornmeal
¾ tsp. salt
3 tsp. baking powder

1 tbsp. sirup
1 tbsp. shortening
1 egg (beaten separately)
Liquid about ¾ cup. Medium soft batter.

Bake thoroughly about 1/2 hour.

Barley - Cornflour Muffins.
(15 small muffins)

1-1/3 cups barley flour
1 cup cornflour
¾ tsp. salt
3 tsp. baking powder

1 tbsp. sirup
1 tbsp. shortening (melted)
1 egg (beaten separately)
About 1 cup liquid, enough for medium soft batter.

Soy Bean - Cornflour Muffins.
(15 small muffins)

1 cup soy bean flour
1 cup cornflour
3/4 tsp. salt
3 tsp. baking powder
1 tbsp. sirup

1 tbsp. shortening (melted)
1 egg (beaten separately)
Liquid (about 1 1/4 cups) enor
for medium batter

Bake slowly one-half hour

Griddle Cakes.

1/2 cup rice flour
1/2 cup cornflour
1/2 cup cornmeal
1/2 tsp. salt
1 tbsp. sirup

1/2 tbsps shortening (melted)
1 egg (beaten separately)
2 1/2 tsp. baking powder
1 1/4 cups liquid

Boston Brown Bread.

1 cup barley flour
1 cup cornflour
1 cup cornmeal
1 tsp. salt
1 tsp. soda

1/2 cup sirup
2 tbsp. shortening
3/4 cup seeded raisins
2 cups sour milk

Mix to a smooth, thick batter and bake very slowly in covered tins (coffee or baking powder cans) or steam for 3 hours. Delicious when baked in the fireless cooker.

Oat - Cornflour Shortcake.

1 cup ground rolled oats or oat flour
1 cup cornflour
2/3 tsp. salt
3 tsp. baking powder

4 tbsp. sugar
3 tbsp. shortening
1 egg
Liquid (about 2/3 cups) to
make soft dough

Spread in two tins and smooth the top with a knife dipped in milk or water.

Bake about 25 minutes in a moderate oven.

Soy Bean - Rice Flour Shortcake.
Barley - Cornflour Shortcake.

By substituting such combinations of flours for the oats and cornflour in the above recipe, and regulating the liquid to yield a soft dough as for drop biscuit, any variation may be made.

Wheatless Pastry.
(2 crusts)

1-1/3 cups barley flour
2/3 cup corn flour
1/2 tsp. salt

1/2 tsp. baking powder
3 tbsp. shortening
Liquid (mixture of egg and milk)
about 1/2 cup

Beat one egg and fill the cup containing it with milk and use as much as needed to make a softer dough than usual. Pat the dough into shape in the pan, or roll it onto the outside of the greased and floured pan. Bake the crust before adding filling. Other combinations of flours may be used.

Spice Drop Cakes.

1 cup barley flour
1 cup corn flour
1/4 tsp. salt
3 tsp. baking powder

1/2 cup sugar
1/2 cup sirup
1/2 cup shortening
2 eggs
3/4 to 1 cup liquid

Spices to taste.

1 tsp. cinnamon

1/2 tsp. cloves

1 tsp. allspice

1/2 tsp. ginger, if desired

Drop by teaspoonfuls onto greased tin and bake in a moderate oven.

A nice variation in the above is the omission of the ginger and the addition of 3/4 cup seeded raisins. Or, omit spices altogether and use 1/2 cup each of raisins and chopped nuts.

Raisin Cup Cakes.
(24 small muffin size)

1 cup cornflour
1 cup rice flour
1/4 tsp. salt
3 tsp. baking powder
1/2 cup shortening

1 cup sugar
2 eggs (beaten separately)
2 tsp. vanilla extract
1 cup seeded raisins
2/3 cup milk

Cornflour Sponge Cake.
(15 small cakes)

1 cup sugar
1 cup cornflour
1/4 tsp. salt
3/4 tsp. baking powder

3 eggs
2 tbsp. cold water
1 tsp. lemon extract or 2 tbsp.
lemon juice

Separate yolks and whites of eggs. Beat the yolks until creamy, add the sugar, lemon and water and beat all until very light. Add to this the twice-sifted mixture of corn flour and baking powder and blend thoroughly. Finally fold in the stiffly beaten whites of the eggs. If lemon juice is added the water will not be required.

Bake in muffin pans, filling only half way. Have the oven at about 360 to 375° and bake 20 to 25 minutes.

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