Quick Breads using basic ingredients

Unit 1
County ___________________________ Age ______ Date of Birth: Month ______ Day ______ Year ______
Name _____________________________ Number of years in 4-H ______
Address ____________________________
Parent's Name ________________________
County Extension Home Economics Agent __________________

Second Year

FLORIDA AGRICULTURAL EXTENSION SERVICE
INSTITUTE OF FOOD AND AGRICULTURAL SCIENCES
UNIVERSITY OF FLORIDA, GAINESVILLE
# QUICK BREADS

Using Basic Ingredients

Unit I - Second Year

Project Outline

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What Shall I Bake?

When Hungry Hannah looked about to see what she could bake, the cupboard was so nearly bare she despaired of what to make! True, there was flour, salt, leavening and a bit of sugar, but whatever could be made with that was more than Hannah knew. A search inside the refrigerator brought out some added items, but even with eggs, milk, and shortening, she still was in confusion.

Then out of nowhere popped Jeannie, a friendly little elf saying, “Hannah, let me tell you about those foods upon your shelf.

Flour has added strength to batter throughout many years.
Salt is a must for flavor in everything that is baked. Good old leavening agents lighten breads faithfully.
Shortening gives most freely of its tenderness.
Eggs have golden color, flavor and some leavening power too.
Milk is the greatest of all for blending in liquid food value.

“These are important ingredients which all bakers use. Many treats can be made from them, and simple variations produce quite different results. You can make pancakes, waffles and popovers too. Perhaps shortbreads or muffins will appeal to you. Even coffee cake is great to bake. Please give these basic ingredients a place of honor on your shelf and let the mystery of baking work its magic,” declared the elf.

Hungry Hannah sparkled brightly at these ideas so new.
The good advice of Jeannie had given her plenty to do!
ACTIVITIES REQUIRED TO COMPLETE QUICK BREADS
UNIT 1 – SECOND YEAR

1. Study the booklet and answer the Quick Bread Quiz.
2. Make Quick Breads from basic ingredients a total of 10 times.
   Make Popovers twice.
   Make Griddlecakes or Waffles once.
   Make Muffins twice.
   Make a Basic Mix and from this mix make biscuits twice and 3 other variations of quick breads.
3. Give 1 Demonstration Experiment
   Choose one suggested in this booklet or plan a demonstration of your own which meets the approval of your 4-H Leader and Extension Home Economics Agent.
4. Write a short story about your activities in making quick breads from basic ingredients, and tell what you learned from this unit.

REMEMBER – DO FIRST THINGS FIRST

Read through the recipe

Heat the oven

Assemble all ingredients

Collect cooking utensils

Measure ingredients accurately
MEASURING TIPS AND TERMS

How to sift dry ingredients—Scoop flour into sifter. Sift on wax paper. Spoon lightly into a standard dry measuring cup, heaping it above the rim. Level off with straight-edged spatula. Sift with other dry ingredients to blend.

Baking Powder, salt, soda, spices—Fill measuring spoon heaping full and then level off.

Granulated sugar—Dip standard measure into sack to get heaping full. Level off with spatula.

Brown sugar—Pack firmly into standard dry measuring cup and level off. Sugar should hold its shape when emptied from cup.

Shortening—Keep at room temperature. Pack firmly in standard measuring cup, leaving no air spaces. Level off with spatula.

Milk or other liquid—Pour into liquid measuring cup. Set on level surface. Check at eye level for accuracy.

Abbreviations

- tsp. = teaspoon
- tbsp. = tablespoon
- oz. = ounce
- lb. = pound
- pt. = pint
- qt. = quart

Measures

- 3 teaspoons = 1 tablespoon
- 4 tablespoons = 1/4 cup
- 8 liquid ounces = 1 cup
- 2 cups = 1 pint
- 2 pints = 1 quart
- 4 cups = 1 quart
**WHAT IS A QUICK BREAD?**

Quick breads are so named because they are made with a leavening that acts more quickly than yeast. The basic ingredients of quick breads include flour, fat, liquid and leavening. Salt is added for seasoning, and sugar for sweetness. Many quick breads also contain eggs. All quick breads may be mixed and baked at once so the baking time is short.

<table>
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<tr>
<th>Ingredient</th>
<th>Contribution</th>
<th>Examples</th>
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<tbody>
<tr>
<td>Flour</td>
<td>Strength</td>
<td>All Purpose Flour</td>
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<tr>
<td></td>
<td>Structure</td>
<td>Self-Rising Flour</td>
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<tr>
<td>Leavening Agents</td>
<td>Make batter</td>
<td>Instantized Flour</td>
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<td></td>
<td>rise and add lightness</td>
<td>Cake Flour</td>
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<tr>
<td>Liquid</td>
<td>Binds ingredients together, helps ingredients to act with each other</td>
<td>Steam and air</td>
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<td>Baking Powder</td>
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<td>Soda and Sour Milk</td>
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<td>Molasses and Soda</td>
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<td>Egg Whites</td>
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<td>Milk (whole, skim, buttermilk, dried, evaporated)</td>
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<td>Water</td>
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<td>Juices</td>
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<td>Shortening or Fat</td>
<td>Tenderness</td>
<td>Butter</td>
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<td></td>
<td>Richness</td>
<td>Margarine</td>
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<td></td>
<td>Flakiness</td>
<td>Vegetable</td>
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<td></td>
<td>Aids browning</td>
<td>Shortening</td>
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<tr>
<td></td>
<td>Flavor</td>
<td>Lard</td>
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<td></td>
<td>Binds together to give structure</td>
<td>Eggs</td>
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<tr>
<td>Flavoring</td>
<td>Enhances flavor</td>
<td>Salt</td>
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<td>Adds new flavor</td>
<td>Vanilla</td>
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<tr>
<td>Sugar</td>
<td>Adds tenderness</td>
<td>Sugar</td>
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<td>Aids browning</td>
<td>Spices</td>
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<td>Karo</td>
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<td>Molasses</td>
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**BASIC INGREDIENTS**

Flour

The main ingredients of all quick breads is flour. There are many kinds of flour.

All Purpose Flour—most batters and doughs are made from all purpose flour. To make this flour the miller mixes hard and soft wheat flours into a blend which is suitable for a variety of baking purposes.

Self-Rising Flour—Calcium phosphate, salt and soda and sometimes other chemical leavenings are added in small quantities to flour in order to make it self-rising. When liquid is added to self-rising flour the acid of the calcium phosphate reacts with baking soda to produce a leavening gas which makes the mixture rise. For this reason recipes using self-rising flour need no leavening agent.

Instantized Flour—In the early 1960's a new kind of granular wheat flour came on the market. This instantized flour has some advantages. It is free pouring like salt. It does not need to be sifted. The flour instantly mixes in a cold liquid rather than walling or lumping. The new flour can be used in place of regular flour if necessary recipe adjustments are made. When you use instant flour instead of a regular flour, take out 2 level tablespoons per cup. The new flour is particularly good for gravies and sauces, and popovers.
Leavening Agents

A leavening agent is the substance that makes a batter rise. The leavening agent in quick bread may be steam, as in popovers; or it may be the carbon dioxide which is produced by baking powder, or baking soda and an acid such as sour milk.

There are several types of baking powder, but in general they are composed of baking soda and some acid reacting material such as cream of tartar. Starch is added to keep ingredients dry. It is very important that baking powder be covered tightly so it will not lose its leavening power.

When soda and sour milk are used as leavening, add the soda to the dry ingredients. If soda is added to sour milk it reacts immediately to release gas. When this is done some of the gas needed for leavening may be lost.

The rule is ½ teaspoon soda for each cup of sour milk or molasses. To much soda gives a disagreeable flavor and odor as well as a yellow color. One-half teaspoon of soda plus 1 cup sour milk is equal in leavening power to 2 teaspoons of baking powder.

Liquid
Milk is the best liquid to use for flavor, texture and food value. It also improves the color of the crust. In any quick bread except popovers sour milk may be substituted for sweet if leavening agents are properly adjusted.

Fats
Fat is not soluble in the other ingredients of a batter. It holds apart particles of flour when liquid is added. For this reason fat tends to help make the baked product tender. Butter, margarine, hydrogenated fats or lard may be used satisfactorily in quick breads. Lard has greater shortening power than butter.*

TYPES OF QUICK BREADS

Quick breads are usually divided into two groups, batters and doughs. A batter is thinner than a dough. It may be poured from a pitcher or dropped in a soft moist mass from a spoon.

Doughs are somewhat stiffer, varying from soft doughs that may be dropped from a spoon to stiff doughs which are usually rolled out and cut into shapes. The following table shows types of Quick Bread which may be made from very thin batters to thick doughs.

<table>
<thead>
<tr>
<th>Batters and Doughs</th>
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<tr>
<td>Kind of batter</td>
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<tr>
<td>Pour batter—Will pour easily from a spoon or a pitcher and can vary in degree of thinness</td>
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<tr>
<td>Drop batter—drops in soft moist mass from spoon</td>
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<td>Soft dough—can be handled more or less easily</td>
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*When substituting lard for butter or margarine, subtract two tablespoons lard for each cup of fat called for. When substituting lard for hydrogenated fat, subtract 1 1/2 tablespoons lard for each cup called for.
POPOVERS
(a pour batter)

A top quality popover is high, light and puffy. It has a deep brown crust which is thick enough to prevent it from falling when removed from the baking cup. The inside is hollow and slightly moist. If desired the popovers may be dried out until crisp for use as a patty shell or to be filled with a favorite filling.

Have you ever watched popovers pop? If your oven has a glass door watch the thin batter crawl up the sides of the custard cup.

Each popover looks like a little tire. Then suddenly steam from inside puffs the popover up leaving the middle hollow and moist.

Popovers always double when baked to fill the custard cup about half full. Steam is the leavening agent in popovers. No baking powder or soda is used. Always make a slit in each popover (just before removing from the oven) to allow the steam to escape.

Popovers made with instantized flour need little mixing. The instantized flour blends quickly with the liquids.

Quick Popovers with Instantized Flour

1 level cup minus 2 tablespoons instantized flour
1/2 teaspoon salt
2 eggs
1 cup milk
1 tablespoon salad oil

Directions:
1. Remove eggs from refrigerator. Allow them to reach room temperature before using.
2. Turn on oven to 450°F.
3. Measure 1 level cup minus 2 tablespoons instantized flour.
4. Add salt to flour.
5. Mix together eggs, milk, and salad oil.
6. Add liquid to dry ingredients and mix with fork until well blended, about 1 minute.
7. Fill hot, well greased custard cups 1/2 full.
8. Bake at 450°F. for 25 minutes.
9. Reduce heat to 350°F. Bake 15 to 20 minutes, or until browned. Prick with fork to let steam escape just before removing from the oven. For added crispness "crack" the oven door and allow popovers to dry out after the heat has been turned off.

How to Freeze Popovers

Leftover popovers may be frozen in plastic freezer bags or wrapped tightly in foil. Store at 0°F. no longer than two months. To reheat, place in slow oven about 300°F. and heat frozen popovers about 20 minutes.

Experiment: The Effect of Freezing on Popovers

Directions:
1. Prepare popovers for freezing and store at 0°F. for several days before demonstration.
2. Prepare one recipe of popovers (using the same recipe and method).
3. At the end of the baking period reduce oven heat to 300°F. and heat frozen popovers for 20 minutes.
4. Reheat fresh popovers if necessary and serve both products to judges for testing.

Results:
1. Which sample was preferred and why?
2. Do you recommend frozen popovers?
3. How would you serve them?
C. How Perfect were Your Popovers? X good ✓ poor

- Deep golden brown in color
- Doubled in size, irregular and puffed
- Hollow inside with few thin partitions
- The crust was tender, crisp and crunchy
- The flavor was mild and pleasing

Reasons for Possible Popover Failures

<table>
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<th>Here’s Why</th>
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<td>Poor Volume</td>
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<td>Soggy</td>
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<tr>
<td>Low oven temperature</td>
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Here’s Why
- Too low baking temperatures
- Overbeating with rotary beater
- Too much shortening in batter
- Too greasy pans
- Too little egg
- Too short cooking time
- Crust not pricked to allow popover to dry out

WAFFLES
(a pour batter)

A top quality waffle is light, tender and even grained. It is golden brown in color and pleasing in flavor. A finer texture is obtained if the egg whites are beaten separately and folded in last.
Batter with sugar fails to remain crisp for any length of time. If you wish a crisp waffle, use a recipe without sugar. A thin waffle will be crispier. Thick waffles with soft bready centers never become crisp throughout.
Be sure the waffle iron is hot and greased according to the directions which come with the appliance.

Basic Waffle Recipe

1 1/2 cups flour
1/2 teaspoon salt
2 teaspoons sugar (optional)
3 teaspoons baking powder
1 cup milk
2 egg yolks well beaten
2 egg whites beaten stiff
3 tablespoons melted shortening

Directions:
1. Preheat waffle baker.
2. Mix and sift dry ingredients.
3. Add milk, egg yolks and melted shortening.
4. Fold in egg whites, which have been whipped until stiff peaks form.
5. Pour batter into waffle baker.
   Bake until golden brown and crisp.
   Lift from iron with a fork.
6. Serve with melted butter and warm syrup.
7. Yield: 8 to 12 waffles.

B. How Good Were Your Waffles? X good ✓ poor

- Deep golden brown evenly colored
- Delicate crisp crust
- Fine even light texture
- Mild pleasing flavor
Basic Griddle Cake Recipe

1 1/4 cups flour  
1/2 teaspoon salt  
2 teaspoons sugar  
Yield: 10 medium pancakes - 3 inches

1 cup milk  
1 egg  
2 tablespoons melted shortening

Directions:
1. Mix and sift dry ingredients.
2. Combine beaten egg, milk and melted shortening.
3. Add liquid to dry ingredients, stir just until batter is moistened.
4. Bake on hot griddle.

MUFFINS  
(a drop batter)

The word muffin is derived from the old French word moufflet which means soft bread. This soft moist bread is baked in cup-shaped pans.

Top-quality muffins are light and tender and have a moist even textured crumb, straight sides, and a slightly rounded top with rough, shiny, golden-brown crust. The secret for making light tender muffins is to stir only a few strokes, just enough to moisten. The batter is still lumpy. If the batter is overbeaten the muffins will have dull crusts which are peaked on top. They are likely to be coarse, tough and full of tunnels. Choose shiny pans because shiny metal reflects heat to give muffins a delicate brown crust.

Muffin  
unbeaten

Just right

Over mixed

Grease only the bottoms of the pan as muffins have a better shape when sides are not greased. Line with paper cups if you wish to save dishwashing.

There are two common methods of making muffins. The standard method calls for sifting the dry ingredients into a bowl and making a well in the center. The eggs, milk and liquid shortening are combined and added to the dry ingredients all at once. Mixture is stirred quickly until dry ingredients are moistened. The biscuit method is so called because shortening is cut into the sifted dry ingredients (as for biscuits) until pieces of shortening are the size of small peas. The liquids are blended and added to the dry ingredients.
Basic Muffin Recipe

Muffins
2 cups flour
3 teaspoons baking powder
¼ teaspoon salt
1 egg
1/4 cup melted shortening
or salad oil
1 cup milk
2 tablespoons sugar

Directions:
1. Preheat oven to 425°F.
2. Sift dry ingredients together in bowl.
3. Mix beaten egg, milk, sugar and melted fat.
4. Add the combined liquid to the dry ingredients all at once.
5. Stir just enough to dampen all the flour. Batter will still be lumpy.
6. Fill greased muffin pans 2/3 full. Bake for about 20 minutes.

Variations
* Date Muffins - add ¾ cup chopped dates
* Raisin Muffins - add ¾ cup chopped raisins
* Blueberry Muffins - add 1 cup uncooked blueberries, reduce milk to ¾ cup. Mix berries with dry ingredients.
* Jelly Muffins - top batter in each muffin pan with 1 teaspoon citrus marmalade or other favorite jelly.
* Cinnamon Sugar Muffins - while muffins are hot, dip tops in mixture of ¼ cup sugar and 1 teaspoon cinnamon.

Experiment: The Effect of Beating on Muffins

Directions:
1. Prepare 1 recipe of muffins just barely combining ingredients. Take out enough batter for 3 muffins, filling the tin ¾ full.
2. Stir batter just a little more until all ingredients are mixed but not beaten. Take out batter for 3 more muffins of the same size as the first three.
3. With the electric mixer beat remaining batter 4 minutes on high speed. Make remaining muffins the same size as the others.
4. Bake at 400-425°F for about 20 minutes.

Results:
1. Which muffins had the best volume, the best texture?
2. Which muffins were most tender?
3. How do you recommend that muffins be mixed?

How Good Were Your Muffins? X good ✓ poor
Did your muffins look uniform in size with slightly rounded tops?
Were the crusts a uniform golden brown?
Did your muffins have a moist even textured crumb?
No large holes or tunnels?
Were your muffins light and tender?
Did they taste good and have a well-blended flavor?
Did you remember to serve them piping hot?
Reasons for Possible Muffin Failures

Poor Characteristics

- Peaked smooth crust knobbed up
- Pale color
- Burned
- Tough, elastic
- Too dry
- Tunnels very compact
- Unpleasant flavor

Here’s Why

- Overmixed
- Too cool oven
- Too little shortening
- Oven too hot
- Overmixed, too much flavor
- Baked too long
- Oven temperature too high
- Too much flour
- Overmixed
- Old, or low-quality ingredients

BISCUITS
(a drop batter or a soft dough)

To make top quality biscuits every time follow a standard mixing procedure. Biscuits should be light, fluffy, flaky and creamy white. The cells are small and evenly distributed. A good biscuit is symmetrical in shape, has vertical sides, and a fairly smooth top. The crust is golden brown. Biscuits should be served as soon as they come out of the oven to be at their best.

The shortening in biscuit dough is cut into the sifted dry ingredients using a pastry blender or fork until the mixture resembles coarse crumbs. Yellow or brown flakes which appear on baked biscuits are caused by uneven distribution of leavening. Flakiness and tenderness depend upon shortening being evenly distributed in very thin layers between the layers of flour. Be sure to use cold shortening.

Dough which receives 15 to 18 strokes of kneading produces tall, light flaky biscuits. Too much kneading produces a tough product. Before each cutting flour the biscuit cutter by dipping it into a bowl of flour and tapping against the edge of the bowl. For best results cut straight down. Do not twist cutter.

A Mix Made From Basic Ingredients

You will save time by baking with a biscuit mix. It may be used for biscuits, coffee cakes, waffles, cornbread and many other quick breads.

Make a well in the dry ingredients and stir quickly. The quality of a baking powder biscuit is determined largely by the kneading of the dough. Biscuits may be dropped from a spoon with little handling. The same dough may be spread on a board, cut and baked to produce crispy flat biscuits with a tender crumb.
Basic Mix
12-13 cups mix
9 cups all-purpose flour
1/3 cup double-acting baking powder
1 tablespoon salt
2 cups shortening (which does not require refrigeration)
1/4 cup sugar
2 teaspoons cream of tartar

Directions:
1. Stir baking powder, cream of tartar, salt and sugar into flour.
2. Sift together 3 times into large bowl.
3. Using a pastry blender cut in shortening until mix is the size and consistency of cornmeal.
4. Store in sealed containers at room temperature.
5. To measure basic mix, pour it lightly into a standard measuring cup and level with spatula.

How to Make Biscuits from a Basic Mix

Biscuits
Family size recipes
3 cups basic mix
2/3 cup milk
Yield: 18 2-inch biscuits

Recipe for two
1 cup basic mix
1/4 cup milk
Yield: 6 2-inch biscuits

Directions:
1. Set oven at 450°F.
2. Add milk to mix all at once. Stir until all ingredients are moist.
3. Knead 15 strokes on lightly floured board.
4. Roll 1/2-inch thick.
5. Cut with floured cutter, and place in even rows on pan.
6. Bake on baking sheet in hot oven 450°F. 10 minutes.

Dough may be used for shortcake or to top chicken or meat pie.

Biscuit Variations

Pecan Biscuits
18 2-inch biscuits
1 cup pecan meal
3/4 cup honey

Directions:
1. Set oven at 400°F.
2. Grease muffin pan well.
3. Place 1 teaspoon of honey in bottom of well-greased muffin pan cups.
4. Roll biscuit in pecan meal and place in muffin cup.
5. Pour 1/2 teaspoon of honey over each biscuit.
6. Bake in oven until tops are brown, about 12 minutes.

Cheese Logs
18 2-inch biscuits
1 cup melted butter
Grated Parmesan cheese

Directions:
1. Set oven at 400°F.
2. Cut each biscuit in half and roll to form log.
3. Dip each in melted butter.
4. Roll in cheese.
5. Place in well-greased baking pan in hot oven 400°F. for 10-12 minutes or until lightly browned.
How To Freeze Biscuits

Baked biscuits may be stored frozen. To store cool and wrap in a rigid container. Seal, label, date and freeze at 0°F. The recommended storage time is up to 3 months.

To serve frozen biscuits, heat in slow oven about 15 minutes at 300°F. Unbaked biscuit dough may be rolled out and cut into shapes and frozen. Be sure to use double acting baking powder if you freeze unbaked dough. Recommended storage time is two weeks. Try this method and see if the results please you. If they do you might like to try making biscuits in fancy shapes using cooky cutters as shown below. Melted butter spread on top of biscuit before baking adds color and flavor.

Experiment: Effect of Freezing on Biscuits
Directions:
1. Prepare a recipe of biscuits and freeze ½ recipe after it is cut into shapes. Bake the other half of the recipe removing from the oven when very lightly brown. Cool and freeze both products several days.
2. Remove unbaked biscuits from freezer and bake 20 to 25 minutes in 400°F. oven.
3. While frozen biscuits are baking mix another recipe of biscuits using the same recipe and procedure as for the frozen biscuits.
4. When frozen biscuits are baked, turn oven to 450°F. and bake freshly mixed biscuits.
5. When freshly mixed biscuits are baked turn oven to 300°F. and heat the baked frozen biscuits.
6. Ask judges to compare all three samples.

Results:
1. Which biscuits were preferred? Why?
2. Do you recommend freezing biscuits?
D. How Good Were Your Biscuits? X good ✓ poor
   Did your biscuits have straight sides and level tops?
   Were they all the same size?
   Were your biscuits uniformly golden brown?
   Was the inside of the biscuit creamy white in color and free from yellow or brown spots?
   Were your biscuits tender, flaky with an even texture?
   Was the flavor pleasing with no taste of bitterness?

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Reasons for Possible Biscuit Failures

<table>
<thead>
<tr>
<th>Poor Characteristics</th>
<th>Here's Why</th>
</tr>
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<tbody>
<tr>
<td>Yellow or brown spots</td>
<td>Too much leavening</td>
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<tr>
<td></td>
<td>Not well mixed</td>
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<tr>
<td>Small in Volume</td>
<td>Not enough baking powder</td>
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<td>Too much shortening</td>
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<td>Very little handling or long mixing and excessive handling</td>
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<td>Oven temperature too high</td>
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<td>Tough</td>
<td>Too little shortening</td>
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<td>Too much flour</td>
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<td>Too much handling</td>
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<tr>
<td>Too dry</td>
<td>Dough too stiff - overbaking</td>
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<td>Crumbly</td>
<td>Too much shortening</td>
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<tr>
<td>Not flaky</td>
<td>Not enough shortening</td>
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<td>Too much or too little mixing of the shortening with the flour mixture</td>
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<tr>
<td>Uneven color</td>
<td>Wrong placement in the oven</td>
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<td>Uneven oven heat</td>
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<td>Poor flavor</td>
<td>Wrong proportion or improper mixing ingredients</td>
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<td>Poor quality ingredients</td>
</tr>
</tbody>
</table>

USES FOR A BASIC MIX

How to Make Coffee Cake From A Basic Mix

**Coffee Cake**

**Family Size**
- 2 1/4 cups basic mix
- 1/3 cup sugar
- 1/3 cup milk
- 1 egg

- 1/2 cup brown sugar
- 3 tablespoons butter
- 1/2 teaspoon cinnamon

**Yield:** 8 x 8 cake

**Recipe for Two**
- 1 cup basic mix
- 3 tablespoons sugar
- 3 tablespoons milk
- 1/2 egg

**Topping**
- 1/4 cup brown sugar
- 1 tablespoon butter
- 1/4 teaspoon cinnamon

**Yield:** 4 x 6 cake

**Directions:**
1. Turn on oven at 400°F.
2. Stir sugar into mix.
3. Combine milk and beaten egg with dry ingredients.
4. Spread into shallow greased pan.
5. Spread or dot topping over batter.

**Treatment of Coffee Cake Batter After Mixing**

**Experiment**

**Purpose:** To determine if a quick bread can be allowed to remain in the mixing bowl at room temperature for a period of time before baking.
Directions:
1. Preheat oven to 400°F.
2. Prepare a small recipe of coffee cake. Allow it to stand
   at room temperature in the mixing bowl 1 hour before baking.
3. Prepare an identical recipe of coffee cake and bake immediately.
   Be sure to use identical pans and mixing procedure.
4. Observe the batter of the first recipe during the time it
   remains in the mixing bowl.
5. Bake first recipe, when the waiting time is up.
6. Remove both coffee cakes from pan and measure volume with ruler.
7. Compare the height and texture of both.

Results:
1. What did you notice about the batter that remained in mixing
   bowl?
2. What was the difference in volume and texture of both products?
3. How Good Was Your Coffee Cake? X good √ poor
   ______ Was your coffee cake evenly browned?
   ______ Was it baked all the way through?
   ______ Was it evenly covered with topping?
   ______ Was it tender with small uniform holes?
   ______ Was it light and good tasting?
   ______ Was your coffee cake slightly rounded in the center with
         the sides of uniform thickness?

How to Make Cornbread From Basic Mix

Family size
1 1/2 cup basic mix
3/4 cup cornmeal
1/2 teaspoon salt
1 cup milk
1 egg
Yield: 8 x 10 pan

Recipe for Two
3/4 cup basic mix
1/3 cup cornmeal
1/4 teaspoon salt
1/3 cup milk
1 egg
Yield: 6 x 6 pan

Directions:
1. Turn on oven to 400°F.
2. Stir cornmeal and salt into the basic mix.
3. Combine milk and beaten egg.
4. Add to the mix stirring until blended.
5. Grease pan and fill about half full.
6. Bake about 20 minutes.
   Cornbread batter may be used for muffins or topping for meat pies.

E. How Good Was Your Cornbread? X good √ poor
   ______ Was your cornbread evenly browned?
   ______ Was the crust slightly cracked and crisp in texture?
   ______ Was the inside pale yellow and free from large pieces of cornmeal?
   ______ Was the texture tender with even slightly opened cells?
   ______ Was the flavor pleasantly like corn with no rancid or off flavor?
   ______ Was your cornbread light and uniform in shape?

Reasons for Possible Cornbread Failure

Poor Characteristics
Too dark
Too pale
Too dry, crumbly
Flat, sour, bitter
Spotted, pasty

Here's Why
Too much sugar, oven to hot
Oven too low, underbaking
Too much cornmeal or too little liquid
Poor quality ingredients
Wrong proportion ingredients
Eggs unbeaten - not well mixed
4-H QUICK BREADS RECORD

For Year 19

Unit 1 Report for Second Year

County ___________________ Age ______ Date of Birth: Month ___ Day ___ Year ___

Name __________________________________________ Number of years in 4-H ______

Address _______________________________________

Parent’s Name ________________________________________

4-H QUICK BREAD RECORD SHEET

For Year 19

10 bakings are required to complete Unit I - Second Year.

<table>
<thead>
<tr>
<th>Quick Bread</th>
<th>Date Prepared</th>
<th>Which Meal served</th>
<th>Number served</th>
<th>Family Reaction</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

To complete this unit make popovers twice

1. ____________________________
2. ____________________________

To complete this unit make griddlecakes or waffles once.

1. ____________________________

To complete this unit make muffins twice

1. ____________________________
2. ____________________________

To complete this unit make biscuits twice

1. ____________________________
2. ____________________________

To complete this unit make 3 other variations of quick breads.

1. ____________________________
2. ____________________________
3. ____________________________

---------- Total number of times I have made Quick Breads from Basic Ingredients.
Quick Bread Demonstration Experiment

1. Which experiment did you do?

2. How many attended?

Quick Bread Quiz - Unit I - Second Year

After you have studied this booklet, see if you remember these important facts.

1. Why is it important to read the label on a bag of flour?

2. What is a leavening agent? How does it act?

3. Why is milk the best liquid to use in making quick breads?

4. What is the difference between a batter and a dough?

5. What happens to muffins that are overbeaten? To biscuits?

Write a short story telling about your experience baking quick breads.
CONGRATULATIONS

This is to certify that ____________________________
a member of the ____________________________ 4-H Club has successfully completed the requirements of Quick Breads Using Basic Ingredients, Unit I, Second Year. She has baked popovers twice, griddlecakes or waffles once, and muffins twice. She has made a basic mix and from this mix has made biscuits twice and 3 other variations of quick breads. She has successfully passed the quick bread quiz, has given a quick bread demonstration experiment, and has written a short story about her experiences in baking.

__________________________ 4-H Leader
County Extension Home

__________________________ Economics Agent

4-H CLUB PLEDGE

"I pledge:
My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
My Health to better living, for
My Club, my Community, and my Country."

Prepared by: Beth H. Walsh
Food Specialist

2/10M/69

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
(Acts of May 8 and June 30, 1914)
Agricultural Extension Service, University of Florida,
and United States Department of Agriculture, Cooperating
M. O. Watkins, Dean