

B-176



Quick Breads

TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. Hutchison, Director, College Station, Texas

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Photographs—Courtesy of the Wheat Flour Institute, Chicago, Illinois.

Quick Breads

Extension Foods and Nutrition Specialists
The Texas A. and M. College System

Quick breads are so named to distinguish them from the yeast breads which require a longer time to prepare and bake.

Breads and cereals provide at least one-third of the daily caloric intake and one-third of the protein in the diet of Americans. Prominent among such foods are the flours and meals processed from the basic grains — corn, oats, wheat, rice and barley.

Food must perform two functions to be of real nutritional value. It must taste good so that it will be eaten in sufficient quantities to be of value to the individual and it must carry its full share of essential nutrients in an appetizing way.

Various kinds of flours and meals made into breads perform both of these mealtime functions well.

The nutritive value of the whole grain is retained in some flour and meal and replaced in others by enrichment of vital nutrients.

The enrichment of grain foods means the restoring of the important B vitamins, thiamine, riboflavin, niacin and iron that are lost when the bran and germ are removed from the kernel during the milling process.

Legislation in Texas requires the enrichment of wheat flour and corn meal. Enrichment of flour and meal is the cheapest and easiest way to provide important nutrients without changing food habits.

Bread often is called the staff of life. Bread is a thrifty and palatable source of protein and food energy. It also contains important amounts of vitamins and minerals.

The Texas Food Standard recommends one serving each of whole grain products and other enriched cereals and bread each day. The Food for Fitness guide recommends four or more daily servings of enriched and whole grain cereals.

Plan your work before you begin baking for speed and accuracy and to avoid confusion.

Plan Your Work

- Read the recipe.
- Assemble all needed ingredients and utensils; arrange them conveniently for working.
- Preheat oven; grease pans.
- Prepare precooked foods or foods requiring special preparation such as chopping, grating or mincing.
- Measure ingredients carefully before mixing.
- Use utensils wisely; measure dry ingredients first and use same utensils for wet ingredients. When eggs are to be beaten separately, beat the whites first; use same eggbeater for the yolks.
- Beat eggs, scald liquids and melt fat just before time to use.
- Follow directions for mixing and baking.
- Serve hot breads immediately after removing from oven. Keep them hot with a napkin placed in the bread basket or on the plate or tray.

Quick Bread Recipes

Standard Baking Powder Biscuits

- 2 cups flour
- 1 teaspoon salt
- 3 teaspoons baking powder
- 4 tablespoons shortening
- $\frac{2}{3}$ cup milk

Sift flour once, measure, add baking powder and salt, sift into mixing bowl. Cut in shortening until mixture looks like coarse meal, using a pastry blender or 2 knives. Add milk and stir with fork until soft dough is formed. Turn out on lightly floured canvas or bread board and knead lightly. Roll dough $\frac{1}{2}$ inch thick. Cut and place

on ungreased baking sheet. Bake at 475° F. 10 to 12 minutes. Makes 18 to 20 biscuits cut with $1\frac{3}{4}$ -inch biscuit cutter.

Biscuits Supreme

- 2 cups flour
- $\frac{1}{2}$ teaspoon salt
- 4 teaspoons baking powder
- $\frac{1}{2}$ teaspoon cream of tartar
- 2 teaspoons sugar
- $\frac{1}{2}$ cup shortening
- $\frac{2}{3}$ cup milk

Follow the same method as for standard baking powder biscuits. Makes 18 biscuits.

Sour Milk Biscuits

2 cups flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon soda
1 teaspoon salt
4 tablespoons shortening
 $\frac{3}{4}$ cup sour milk or buttermilk

Follow the same method as for standard baking powder biscuits. Makes 18 biscuits.

Variations of Plain Biscuits

DROP BISCUITS — Increase milk to make a soft dough and stir about 18 light strokes. Do not knead. Drop by spoonfuls on greased baking sheet.

CHEESE BISCUITS — Add 1 cup grated cheese to sifted dry ingredients.

NUT BISCUITS — Add $\frac{1}{2}$ cup chopped nuts to sifted, dry ingredients.

ORANGE BISCUITS — Add 2 tablespoons grated orange rind to dry ingredients. Mix $\frac{1}{3}$ cup orange juice and $\frac{1}{3}$ cup milk. Then add 2 teaspoons baking powder, $\frac{1}{8}$ teaspoon soda and 1 tablespoon sugar.

Plain Bread Muffins

2 cups flour
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
2 tablespoons sugar
1 egg
1 cup milk
 $\frac{1}{4}$ cup melted shortening

Sift flour, measure into sifter. Add dry ingredients, sift into mixing bowl. Beat egg and add milk and melted shortening. Add to flour mixture, stir just enough to moisten

ten flour. Fill greased muffin pans two-thirds full. Bake at 425° F. 20 minutes. Remove from pans immediately and serve hot. Makes 12 medium sized muffins.

Variations of Plain Bread Muffins

PRUNE MUFFINS — Add 1 cup chopped dried prunes.

RAISIN MUFFINS — Add $\frac{3}{4}$ cup chopped raisins.

NUT MUFFINS — Add $\frac{3}{4}$ cup coarsely chopped nuts to flour mixture.

BREAKFAST MUFFINS — Add $\frac{3}{4}$ cup diced cooked ham or bacon.

BLUEBERRY MUFFINS — Add 1 cup blueberries to sifted dry ingredients. Double amount of sugar for a finer texture.

WHOLE WHEAT MUFFINS — Use 2 cups whole wheat flour instead of white flour.

HOT BREADS FOR BREAKFAST OR SUPPER

Sour Milk Hot Cakes

2 eggs
2 cups buttermilk
1 teaspoon soda
 $2\frac{1}{4}$ cups flour
2 teaspoons baking powder
1 teaspoon salt
2 teaspoons sugar
4 tablespoons shortening

Beat eggs well. Mix in buttermilk and soda, then sifted dry ingredients and melted shortening. Drop batter by spoonfuls onto a hot griddle or heavy iron skillet. As soon



as hot cakes are brown on under-side, puffed and full of bubbles, turn cake and cook on other side. Serve piping hot with butter and syrup. Makes about 20 hot cakes, depending on size.

Sweet Milk Hot Cakes

Use sweet milk instead of buttermilk; omit soda and use 3 teaspoons baking powder. Separate eggs, beat yolks, add milk and other ingredients. Fold in stiffly beaten egg whites last. Bake as for sour milk hot cakes.

Potato Pancakes

2 cups grated raw potatoes
 ¼ cup milk
 1 egg, slightly beaten
 2 tablespoons flour
 1 teaspoon salt
 1 tablespoon finely chopped onion, optional.

Drop from tablespoon onto greased griddle. Cook until well browned and crisp on both sides. Serve hot. Makes about 8, depending on size.

Favorite Waffles

3 eggs
 1½ cups buttermilk
 1 teaspoon soda
 1¾ cups flour
 2 teaspoons baking powder
 ½ teaspoon salt
 ½ cup shortening (part butter or margarine for flavor)

Beat egg yolks well. Add buttermilk and soda, sifted dry ingredients and melted shortening. Fold in stiffly beaten egg whites last. Makes 8 to 10 waffles.

NOTE: 2 cups sour cream may be used instead of milk and shortening.

Popovers

2 eggs
 1 cup milk
 1 cup flour
 ½ teaspoon salt
 1 tablespoon melted fat

Beat eggs, add milk and continue beating until light and fluffy. Beat in the flour and salt. Pour into hot, greased baking cups (preferably

glass, earthenware or iron because they hold the heat), until the cups are half full. Bake at 450° F. 30 minutes; reduce to 350° F. and bake 15 minutes longer. Makes 8 large or 12 small popovers.

Oatmeal Hurryups

1¼ cups flour
3 teaspoons baking powder
3 tablespoons shortening
½ teaspoon salt
1½ cups oatmeal
1 cup milk

Sift flour, salt and baking powder together. Add oatmeal and melted shortening. Add milk and stir only enough to moisten dry ingredients. Drop by teaspoonfuls on a well-greased baking sheet. Bake at 450° F. 15 minutes. Makes 1½ dozen cookies.

Quick Coffee Cake with Topping

1½ cups flour
½ cup sugar
2 teaspoons baking powder
½ teaspoon salt

1 egg
⅔ cup milk
3 tablespoons melted shortening

Sift flour, sugar, baking powder and salt together. Beat egg, milk and melted shortening together. Stir liquid into dry ingredients, mixing only enough to moisten them. Pour into greased pan and add topping. Bake at 425° F. 25 minutes. Makes one 9" x 9" coffee cake.

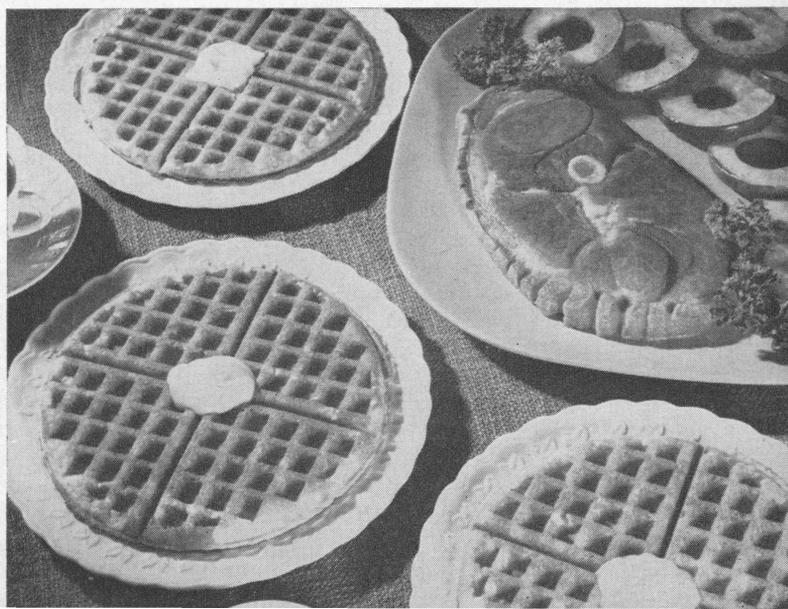
Topping

2 tablespoons butter or margarine
2 tablespoons sugar
¼ cup flour
¼ cup dry bread crumbs
½ teaspoon cinnamon

Cream butter or margarine and sugar together. Add flour, crumbs and cinnamon. Mix to consistency of coarse crumbs and sprinkle over coffee cake batter before baking.

Variations

APPLE COFFEE CAKE — Slice 2 to 3 medium apples. Cover coffee



cake batter in 9-inch pan with apple slices, beginning by laying slices lengthwise around edge of pan. Continue arranging apple slices in circles until entire top of batter is covered. Brush with 2 tablespoons melted butter or margarine and sprinkle with mixture of $\frac{1}{4}$ cup sugar and $\frac{1}{2}$ teaspoon cinnamon. Bake as directed.

UPSIDE-DOWN COFFEE CAKE
—Melt $\frac{1}{4}$ cup butter or margarine in 8-inch square pan. Sprinkle with $\frac{1}{4}$ cup brown sugar. Arrange 16 cooked dried apricot halves evenly on butter-sugar mixture. Cover with coffee cake batter. Bake as directed.

Ginger Muffins

2 cups flour
4 teaspoons baking powder
 $\frac{3}{4}$ teaspoon ginger
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon salt
1 egg, well beaten
 $\frac{3}{4}$ cup milk
4 tablespoons molasses
4 tablespoons shortening

Sift flour with baking powder, ginger, cinnamon and salt. Combine milk, egg, molasses and melted shortening and add to dry ingredients. Stir until the ingredients are blended thoroughly. Pour into greased muffin pans and bake at 425° F. 15 minutes. Makes 12 muffins.

Other Quick Breads

Sally Lunn

2 cups flour
3 tablespoons sugar
3 teaspoons baking powder
1 teaspoon salt
2 egg yolks, well beaten
2 egg whites, well beaten
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup melted shortening

Sift dry ingredients. Combine beaten egg yolks and milk and add to flour mixture, stirring only until mixed. Add shortening; fold in stiffly beaten egg whites. Turn into greased 9-inch square pan. Bake at 350° F. 30 minutes. Makes 9 3-inch squares.

Scotch Scones

2 cups flour
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt

1 tablespoon sugar
 $\frac{1}{2}$ cup shortening
2 eggs, beaten
 $\frac{1}{2}$ cup light cream

Sift together the flour, baking powder, salt and sugar. Cut in 5 tablespoons shortening; beat eggs and cream together; stir into dry ingredients. Turn out on lightly floured pastry cloth or board. Roll into sheet $\frac{1}{2}$ inch thick; cut in diamond-shaped pieces. Brush with remaining melted shortening and sprinkle with additional sugar. Makes 16 scones.

Quick Rollups

2 cups flour
 $\frac{1}{2}$ teaspoon soda
1 teaspoon baking powder
 $\frac{3}{4}$ teaspoon salt
6 tablespoons shortening
 $\frac{3}{4}$ cup sour milk or buttermilk

Sift together the flour, soda, baking powder and salt. Cut shortening into dry mixture until of coarse corn meal consistency. Add milk and stir only enough to moisten. Turn out on lightly floured pastry cloth or board and knead lightly 15 times. Divide dough into thirds. Roll out each portion to round sheet about $\frac{1}{4}$ inch thick. Cut in 8 pie-shaped pieces. Roll each piece from large end to point. Place rolls with points down on ungreased baking sheet. Bake at 425° F. 12 to 15 minutes. Serve hot. Makes 16 medium or 24 small rollups.

USING PREPARED BREADS

Cherry Kolaches

- 1 package (12 brown-and-serve rolls)
- 1 cup cherry jam or preserves
- 1 cup powdered sugar
- 2 tablespoons milk

Scop out hole in top of each roll. Fill hole with jam or preserves. Place rolls on ungreased baking sheet. Bake at 350° F. 15 minutes. Blend powdered sugar and milk. Spread over hot rolls. Makes 12 kolaches.

Puff Ball Coffee Cake

- 2 packages canned biscuits
- $\frac{1}{3}$ cup melted butter or margarine
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ cup chopped nuts

Shape biscuits into balls. Dip each in melted butter or margarine, then in sugar, cinnamon and nuts which have been mixed together. Arrange balls in 2 layers in a greased ring

mold. Bake at 375° F. 25 minutes. Makes 8 servings.

Apricot Whirls

- 1 package (12 brown-and-serve rolls)
- 1 cup apricot jam or preserves
- 3 tablespoons butter or margarine
- $\frac{1}{2}$ cup chopped nuts
- Juice of 1 lemon

Place 1 tablespoon apricot jam or preserves in greased muffin tins. Place 2 teaspoons nuts on top of jam or preserves. Add a few drops of lemon juice. Place a brown-and-serve roll in each muffin tin. Bake at 375° F. 15 to 20 minutes. Makes 12 Whirls.

Crusty Bread Sticks

- 1 package canned biscuits
- $\frac{1}{3}$ cup milk
- $\frac{1}{2}$ cup grated Parmesan cheese or
- $\frac{1}{4}$ cup poppy or caraway seed

Separate biscuits and cut each biscuit in half. Roll each half between hands until 5 inches long. Brush with milk and roll in cheese or poppy or caraway seed. Place on greased cookie sheet. Bake at 450° F. 8 to 10 minutes or until golden brown. Makes 20 sticks.

Deluxe French Toast

- $\frac{1}{4}$ cup butter or margarine
- 1 cup brown sugar, firmly packed
- 12 slices day-old bread
- 2 eggs, beaten
- 1 cup milk
- 2 tablespoons melted shortening
- $\frac{1}{2}$ teaspoon vanilla flavoring

Combine butter and brown sugar. Spread 6 slices of bread with this mixture. Cover with remaining slices sandwich fashion. Combine

the eggs, milk, melted shortening and vanilla flavoring. Dip each sandwich into egg-milk dip until

well covered. Broil until golden brown on each side, or bake in a waffle baker. Makes 6 servings.

Quick Breads Made With Corn Meal

Sour Milk Corn Bread

(With Flour)

½ cup flour
2 cups corn meal
1 teaspoon baking powder
½ teaspoon soda
1 teaspoon salt
2 tablespoons fat
1 egg
2 cups sour milk

Sour Milk Corn Bread

(Without Flour)

2 cups corn meal
1½ teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar, optional
2 tablespoons fat
1 egg
1½ cups sour milk

Sift together the corn meal, baking powder, soda, salt and sugar. Beat egg, add milk and combine with dry ingredients. Pour into hot greased bread pans, muffin pans or corn stick pans. Bake at 400° F. 25 to 30 minutes or until golden brown. Serves 6.

Sweet Milk Corn Bread

1 cup yellow corn meal
1 cup flour
¼ cup sugar, optional
½ teaspoon salt
3 teaspoons baking powder
1 egg
1 cup sweet milk
¼ cup shortening

Mix and bake as for sour milk corn bread.

Spoon Corn Bread

1 cup corn meal
3 tablespoons melted butter or margarine
1 cup milk
1 cup boiling water
1 teaspoon salt
2 teaspoons baking powder
2 well-beaten eggs

Add corn meal, salt and shortening. Add boiling water, beating until smooth. Add milk, eggs and baking powder. Turn into a greased baking dish or pan and bake at 350° F. 45 minutes. Serve with spoon from baking dish. Serves 4 to 6.

Hush Puppies

½ cup flour
3 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
1½ cups corn meal
1 small onion, finely chopped, optional
1 egg, beaten
¾ cup milk

Sift together dry ingredients. Add onion. Add beaten egg and milk to dry ingredients, stirring lightly. Drop a teaspoon of batter for each hush puppy into hot, deep fat 360° F., frying a few at a time. Fry until golden brown. Drain on absorbent paper. Makes 2 dozen hush puppies.

Corn Bread Ring

- 1 cup corn meal
- 1 cup flour
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon poultry seasoning,
optional
- 4 teaspoons baking powder
- 1 egg
- 1 cup milk
- $\frac{1}{4}$ cup shortening

Sift all dry ingredients together. Beat egg, add milk and melted shortening. Pour over dry ingredients. Mix well. Bake in a greased 8-inch ring mold at 425° F. 25 minutes or until golden brown. Turn out on round chop plate. Fill the center of the ring with creamed tuna, chicken, peas, carrots or a combination of these. Makes 8 servings.

Homemade Mixes

The homemade master mix is cheaper than most of the commercial mixes. The master mix recipes will save time and energy.

Master Mix Recipe*

- 9 cups sifted all purpose flour
- $\frac{1}{3}$ cup double acting baking powder
- 1 tablespoon salt
- 2 teaspoons cream of tartar
- $\frac{1}{4}$ cup sugar
- 2 cups shortening which does not require refrigeration

Stir baking powder, salt, cream of tartar and sugar into flour. Sift together 3 times into a large mixing bowl. Cut in shortening with a pastry blender until the mix is the consistency of corn meal. Store in covered containers at room temperature. To measure the master mix, pile it lightly into cup and level off with a spatula.

*Reference—Agricultural Extension Service, Purdue University, Lafayette, Indiana.

RECIPES USING MASTER MIX

Biscuits

- 3 cups master mix
- $\frac{2}{3}$ to 1 cup milk

Add milk to the mix all at once, stirring 25 strokes. Knead 15 to 18 times on lightly floured board. Roll $\frac{1}{2}$ inch thick. Cut. Bake on baking sheet at 450° F. 10 to 12 minutes. Makes 18 2-inch biscuits.

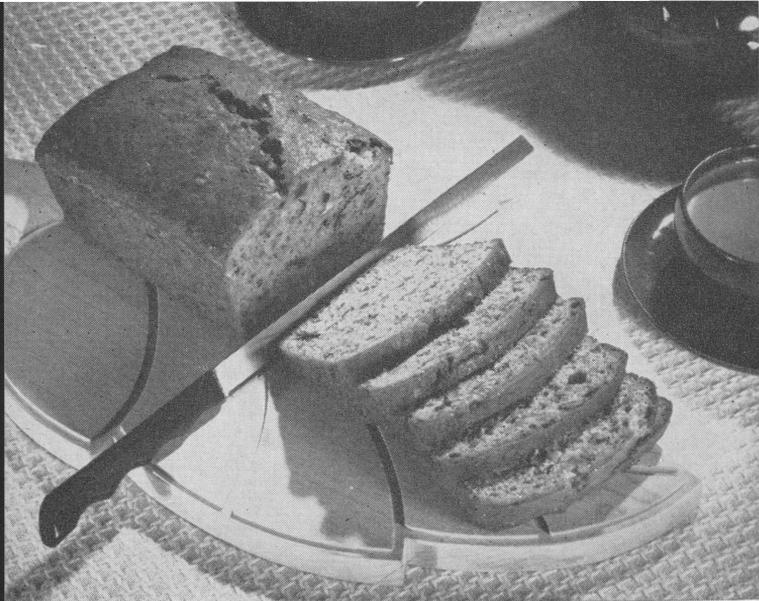
Muffins

- 3 cups master mix
- 2 tablespoons sugar
- 1 cup milk
- 1 egg

Add sugar to the mix. Combine milk and beaten egg. Add to the mix. Stir until flour is just moistened (about 15 strokes). Bake in greased muffin pans at 425° F. about 20 minutes. Makes 12 medium sized muffins.

Corn Bread

- 1 $\frac{1}{2}$ cups master mix
- $\frac{3}{4}$ cup corn meal



1/2 teaspoon salt
 2 tablespoons sugar
 3/4 cup sweet milk
 1 egg

Stir corn meal, salt and sugar into the mix. Combine milk and beaten egg. Add to the mix, stirring until blended. Bake in greased pan at 425° F. about 30 minutes. Makes 10" x 10" pan of corn bread.

Hot Cakes or Waffles

3 cups mix
 1 1/2 cups milk
 1 egg, beaten

Stir the combined milk and beaten egg into the mix until well blend-

ed. Bake on hot griddle or in waffle iron. Makes 18 griddle cakes or 6 waffles.

Nut Bread

3 cups mix
 1/2 cup sugar
 1/2 cup chopped nuts
 1 cup milk
 1 egg

Stir sugar and chopped nuts into the mix. Combine milk and beaten egg. Add to the mix, stirring until well blended. Pour into 5" x 8" loaf pan. Bake at 350° F. 1 hour.

Quick Loaf Breads

White Nut Loaf

3 cups flour
 4 teaspoons baking powder
 1 teaspoon salt
 3/4 cup sugar
 3/4 cup chopped nuts
 1 egg

1 1/2 cups milk
 2 tablespoons shortening, melted

Sift dry ingredients. Add nuts. Stir in well-beaten egg mixed with milk. Stir in shortening. Pour into greased bread loaf pan 8" x 4". Let stand 20 minutes before baking. Bake at 350° F. 60 minutes.

Banana Nut Bread

- 1/3 cup fat
- 3/4 cup sugar
- 1 egg
- 2/3 cup mashed bananas
- 2 cups flour
- 1 teaspoon baking powder
- 1/4 teaspoon soda
- 1/4 teaspoon salt
- 1/3 cup sweet milk
- 1/2 cup nuts

Cream shortening and sugar. Add beaten egg, mashed bananas and milk; then add sifted dry ingredients and nuts alternately. Bake in greased loaf pan 8" x 4" at 350° F. 1 hour.

Prune Bread

- 1/4 cup shortening
- 1/2 cup sugar
- 1 egg
- 1 cup prunes, cooked and drained
- 2 cups flour
- 1/2 cup nuts
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup liquid (prune juice and milk)
- 2 teaspoons grated lemon rind

Cream shortening and sugar together. Blend in beaten eggs and fruit. Stir in dry ingredients alternately with liquid. Add nuts. Pour batter into greased 8" x 4" loaf. Bake at 350° F. 55 to 60 minutes.

Raisin Oatmeal Bread

- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon soda
- 1/2 cup brown sugar
- 1 teaspoon cinnamon

- 1 teaspoon salt
- 1 cup quick rolled oats
- 1 egg, well beaten
- 2 tablespoons melted shortening
- 1/4 cup orange juice
- 3/4 cup water
- 1 cup raisins
- 1 cup chopped nuts

Sift together flour, baking powder, soda, sugar, salt and cinnamon. Stir in rolled oats, egg and shortening. Add orange juice and water, raisins and nuts. Stir only enough to moisten dry ingredients. Pour into a greased 4" x 8" loaf pan. Bake at 350° F. 1 hour.

Apricot Bread

- 2/3 cup sugar
- 1/3 cup soft shortening
- 2 eggs
- 3 tablespoons sour milk or buttermilk
- 1 cup cooked apricots
- 2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1 cup chopped nuts

Blend sugar and shortening until light and fluffy. Add eggs and beat well. Stir in the milk and apricots. Sift flour, baking powder, soda and salt together and add to sugar and egg mixture. Add nuts. Stir only enough to moisten dry ingredients. Pour into well-greased 9" x 5" x 3" loaf pan. Let stand 20 minutes. Bake at 350° F. 60 minutes.

Orange Nut Bread

- 2 cups flour
- 1/2 cup sugar
- 1 teaspoon salt

2 teaspoons baking powder
5 tablespoons fat
2 eggs
1 cup milk
¼ cup orange juice
2 tablespoons grated orange rind
½ cup chopped nuts

Sift dry ingredients together in a mixing bowl. Cut in the fat. Add the nuts and orange rind. Beat the eggs; add the milk and orange juice and combine with the dry ingredients, stirring until well mixed, but leaving the mixture rather lumpy. Pour into a greased loaf pan and bake at 350° F. 50 to 60 minutes.

Peanut Butter Bread

2 cups flour
½ cup sugar
2 teaspoons baking powder
1 teaspoon salt
¾ cup peanut butter
1 egg, well beaten
1 cup milk

Sift flour, sugar, baking powder and salt. Cut in the peanut butter with a fork. Add egg and milk and stir just enough to moisten all the dry ingredients. Bake in a greased loaf pan at 350° F. 1 hour or in seven 6-ounce frozen fruit juice cans 375° F. 30 minutes.

Steamed Quick Breads

Steamed Boston Brown Bread

2 cups whole wheat flour
1 cup corn meal
1½ teaspoons soda
1½ teaspoons salt
1 cup raisins
2 cups buttermilk
¾ cup dark molasses

Sift together the meal, soda, and salt; add to whole wheat flour and raisins and mix well. Mix the buttermilk and molasses. Add to dry ingredients. Stir only enough to wet the dry ingredients. Fill greased cans to 1 inch of top. Cover the cans with waxed paper or aluminum foil. Steam 2 hours. The water in the container should be at least halfway up the sides of the cans.



Steamed Peanut Butter Date Bread

$\frac{3}{4}$ cup peanut butter
 $\frac{1}{4}$ cup sugar
1 egg
2 cups flour
3 teaspoons baking powder
1 teaspoon salt

$1\frac{1}{4}$ cups milk
 $\frac{1}{2}$ cup chopped dates

Cream together peanut butter and sugar and add egg. Mix well. Sift together flour, baking powder and salt and add to the creamed mixture alternately with the milk. Fold in the dates. Fill greased cans $\frac{2}{3}$ full, cover tightly and steam for $2\frac{1}{2}$ hours. Serve hot or cold.

Canned Quick Breads

Any of the quick loaf breads may be canned by the following directions. Grease number two plain tin cans. Fill with batter to $\frac{3}{4}$ inch from the top. Seal the first roll on the can. Place the cans on a rack in pressure cooker and add water to about halfway up sides of cans. Steam 1 hour and 15 minutes in pressure cooker. Tighten

two lugs on the pressure cooker and leave the petcock open during the entire steaming process. It may be necessary to check amount of water in cooker when about half through steaming period. If necessary, add more boiling water to cooker. Complete seal on the cans and process at 10 pounds pressure 30 minutes.



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