

## LET'S FIX UP A MIX

Mixes are fun to prepare and use. They can be time-savers, too. Preparing your own mixes can save you money.

You can prepare biscuits, pancakes, cornbread, cakes and desserts from this ALL PURPOSE MIX.

### ALL PURPOSE MIX

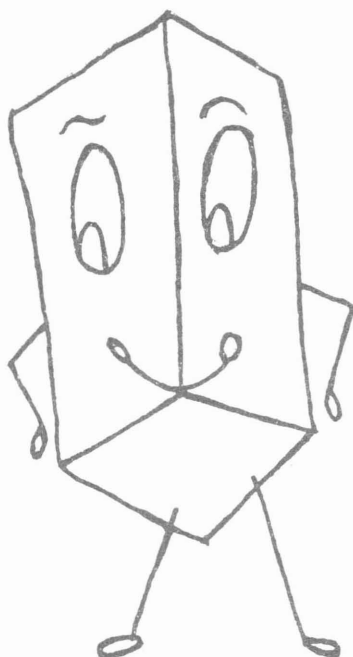
- 9 cups flour, sifted
- 6 tablespoons baking powder
- 1 tablespoon salt
- $\frac{1}{4}$  cup sugar
- 2 cups shortening



- Stir baking powder, salt and sugar into flour.
- Sift dry ingredients three times into a large bowl or pan.
- Cut in shortening with two knives or a pastry blender until the mix is the consistency of cornmeal.
- Store in tightly covered container at room temperature.
- To measure the mix, pile lightly into measuring cup and level off with a knife.

Baking powder or soda helps cakes rise. They are LEAVENING AGENTS.

A leavening agent is a substance which forms a gas in a batter or dough to make it rise and become light and tender.



The ALL PURPOSE MIX prepared from enriched flour contains three B vitamins, iron and protein. It is also a source of carbohydrates and fat. They are used as fuel in the body to give you energy for work and play.

## FRUIT SURPRISE CAKE

- |  |                           |
|--|---------------------------|
| 3 tablespoons margarine or butter                                  | 3 tablespoons fruit juice |
| $\frac{1}{2}$ cup packed brown sugar or white sugar                | 2 cups ALL PURPOSE MIX    |
| 1 cup drained, canned fruit (peaches, pineapple or fruit cocktail) | $\frac{3}{4}$ cup sugar   |
|  | $\frac{1}{2}$ cup milk    |
|  | 1 teaspoon vanilla        |
|  | 1 egg                     |

Here is what to do:

- Set oven temperature at 350 degrees F.
- Melt margarine or butter in small baking pan. Remove from heat.
- Add brown sugar and juice mix.
- Arrange fruit on top of brown sugar mixture.

Then do this:

- Blend ALL PURPOSE MIX and sugar
  - Add milk and vanilla
  - Beat until well mixed
  - Add the egg. Continue to beat until well mixed.
  - Pour cake batter over fruit and brown sugar mixture.
  - Bake in moderate oven 350 degrees F., about 45 minutes.
  - Cool slightly. Invert on a plate while still warm.
- Serves 6.



Did the cake rise? \_\_\_\_\_

Was your cake light and tender? \_\_\_\_\_

You can also prepare pancakes from the ALL PURPOSE MIX. Make them fancy with fruit as a filling and roll them up or eat them with syrup and butter.



*Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic levels, race, color, sex, religion or national origin.*