

NAME _____

HOUR _____



VIDEO HANDOUT

- Types of Quick Breads:
- Soft Dough, for example biscuits
 - Drop Batters, for example cornbread
 - Pour Batters, for example pancakes, waffles

-
1. What makes quick breads rise so quickly?
 2. Name some of your favorite quick breads.
 3. Are quick breads always sweet?
 4. Can you bake breads in the microwave?
 5. Why is it important to measure ingredients accurately?
 6. Are liquid ingredients measured the same way as dry ingredients?
 7. How do you check for doneness on banana bread?



Baking Basics



Quick Breads

VIDEO HANDOUT Teacher's Key

- Types of Quick Breads:
- Soft Dough, for example biscuits
 - Drop Batters, for example cornbread
 - Pour Batters, for example pancakes, waffles

1. What makes quick breads rise so quickly?

It uses baking powder or baking soda as its leavening agent. As soon as they are mixed, they are baked and cooked.

2. Name some of your favorite quick breads.

Pancakes, waffles, muffins, banana bread and other loaf breads, popovers, biscuits, cornbread, scones, and coffee cake.

3. Are quick breads always sweet?

No. Quick breads can be "savory" like popovers, biscuits and cornbread.

4. Can you bake breads in the microwave?

Yes, they do not brown and have a heavier and courser texture. Reheating quick breads for a short time in the microwave works well.

5. Why is it important to measure ingredients accurately?

Baking is like a chemical experiment. Accuracy is important for the recipe to be successful.

6. Are liquid ingredients measured the same way as dry ingredients?

No, liquids are measured in a liquid measuring cup and need to be at eye level for correct measurements. Dry ingredients are measured into dry measuring cups to overflowing and then the excess is scraped off using a straight edge tool, such as a spatula. Moist ingredients like brown sugar are packed into a dry measuring cup and leveled.

7. How do you check for doneness on banana bread?

Insert a toothpick into the center of the loaf; if the toothpick comes out clean, the bread is completely baked.





RECIPES

Banana Bread

Makes 1 loaf

- | | |
|--------------------------|-------------------------|
| 1 1/4 cups sugar | 1 teaspoon vanilla |
| 1/2 cup butter, softened | 2 1/2 cups flour |
| 2 eggs | 2 teaspoons baking soda |
| 3 ripe bananas, mashed | 1/2 teaspoon salt |
| 1/2 cup milk | |

Preheat oven to 350° F.

Spray or grease the bottom only of a 9" x 5" or 8" x 4" loaf pan. In a large bowl, combine sugar and butter; beat until light and fluffy. Add eggs; beat well. Add bananas, milk and vanilla; blend well. In another bowl, stir together the flour, baking soda and salt; add the wet ingredients to the dry ingredients and stir until moistened. Pour mixture into loaf pan.

Bake for 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Loosen sides of loaves from pan. Remove bread from pan. Cool completely on wire rack before slicing.

Blueberry Muffins

Makes 1 dozen muffins

- | | |
|---------------------------|-----------------------------------|
| 2 cups flour | 1 cup milk |
| 2 teaspoons baking powder | 1 egg, slightly beaten |
| 1 teaspoon salt | 1/2 cup butter, melted |
| 1/3 cup sugar | 1 cup fresh or frozen blueberries |

Preheat oven to 375° F.

In a large bowl, stir together the dry ingredients. Stir together milk, egg, and butter in another bowl. Pour liquid ingredients into dry ingredients and stir, just until dry ingredients are moistened. Gently stir in blueberries. Spoon the batter into 12 greased or paper-lined muffin cups.

Bake for 15 – 20 minutes until lightly browned. Cool in a pan for 15 minutes then remove.

Mini Muffins – Bake for 8-10 minutes. Texas-Size Muffins – Make for 20-30 minutes.

Popovers

Makes 6 popovers

- 2 eggs
- 1 cup milk
- 1 tablespoon melted butter
- 1 cup flour
- 1/4 teaspoon salt

Preheat oven to 450° F.

Grease popover pan or muffin tins and place in the oven for 5 minutes. Beat eggs with mixer until light and fluffy, about 2 minutes. Add milk and melted butter; continue beating for 1 minute. Add flour and salt; beat for 1 more minute.

Fill the baking cups 3/4 full. Bake for 15 minutes. Reduce oven temperature to 350° F. DO NOT OPEN DOOR. Continue baking for 20-25 minutes or until golden brown. Insert knife into the popover to allow the steam to escape. Serve immediately.

Quick Drop Biscuits

Makes 8 biscuits

- 2 cups flour
- 1 1/2 tablespoon sugar
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup shortening
- 2/3 cup milk
- 2/3 cup sour cream

Preheat oven to 450° F.

Spray a cookie sheet with nonstick cooking spray. In a medium bowl, combine flour, sugar, baking powder and salt. With a pastry blender or fork, "cut in" the shortening until the mixture is crumbly.

In a small bowl, combine milk and sour cream; blend well. Add all at once to the flour mixture; stir just until dry ingredients are moistened. Drop dough with a 1/4 measuring cup onto the prepared cookie sheet.

Bake for 10 to 12 minutes or until golden brown. Serve warm.

Grains of truth about QUICK BREADS

Definitions

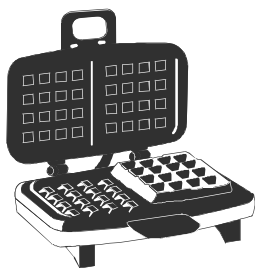
Quick breads offer instant gratification to busy people who love to bake. Quick breads, unlike yeast breads, rise with the help of quick-acting leavening agents (baking powder, baking soda or a combination of both) and are generally baked as soon as the dough has been mixed.

Quick breads can be savory or sweet, depending on the type of bread. Many of the quick breads are best served warm from the oven, however, nut and fruit loaves will slice easier if they are baked the day before; if sliced while hot they may crumble.

Mixtures vary in thickness from thin batters that pour, through drop batters to soft dough, depending on the type of quick bread. The characteristics of the finished product depends so much on the way the ingredients are combined that quick breads may be classified according to the methods by which they are mixed. There is an assortment of baked goods we eat everyday that are quick breads: muffins, corn bread, biscuits, scones and quick loaf breads, (i.e., banana bread, fruit and nut breads.) Also listed in the quick bread category are pancakes, waffles, doughnuts, fritters, dumplings, short cake and coffee cakes. Each of the quick breads listed has an array of recipes from which to choose.

History

Chemically produced carbon dioxide was introduced as a leavening for baked goods less than 200 years ago. In 1846, Austin Church and John Dwight created the first commercial baking soda in New York City and in 1856, a Harvard University professor received a United States patent on a baking powder.



During the Civil War, quick breads became more popular than ever. Women who used to be at home all day to tend a rising loaf were suddenly given many new duties away from home. They needed bread that would be ready in a hurry.

Techniques

Pans:

Biscuit and muffins brown best on shiny metal cookie sheets and muffin pans. For browning loaves, use loaf pans made of dull metal, anodized aluminum or glass.

Try to use the size of pan indicated in the recipe. Different sized pan calls for different baking times. Always prepare the pan as directed in the recipe.

Mixing:

Always read the directions thoroughly. It is important to mix the ingredients as described in the instructions. Combine dry and liquid ingredients separately, unless otherwise noted in the directions.

Do not overmix. Be sure to mix ingredients only as long as the recipe specifies. Otherwise, some quick breads may be coarse-textured and tough.

Tips:

- To distribute the leavening evenly in the batter without overmixing, sift the dry ingredients together several times before stirring in the liquids.
- If using a self-rising flour, omit baking powder and salt.
- When mixing pancake or waffle batter, stir quickly just until flour is moistened; batter will be lumpy.
- Mix the dough for biscuits just until it leaves the side of the bowl; it will be sticky.

Baking:

Preheat the oven before starting to mix the ingredients. Check the recipe or package directions for proper setting.

Tips:

■ For optimum results, bake quick breads as soon as possible after mixing. The rising power (carbon dioxide) in baking soda and baking powder begins to release as soon as the dry ingredients are moistened.

■ When baking time is up, insert a toothpick into the center of the loaf. If the toothpick comes out clean, the bread is done. If not, continue baking in 2 to 3 minute increments, checking each time with the toothpick until it comes out clean.

■ Don't worry if loaf is cracked on top; a deep crack down the center of quick-bread loaves is typical.

■ Most quick bread recipes require the bread cool in the pan for 10 minutes. Finish cooling on a wire rack.

Storage

Tips:

■ Leftovers may be stored at room temperature, in a resealable plastic bag or an airtight container to retain moisture. Reheat and use within a day or so.

■ Nut and fruit loaves are at their best if made the day before serving. They should be cooled completely, wrapped tightly and kept at room temperature.

■ To freeze quick breads, wrap in foil, heavy-duty plastic wrap or freezer-wrap and press all the air from package; freeze for up to 3 months.

■ To thaw, let stand, wrapped, at room temperature for about 1 1/2 hours.

Reheat Quick Breads

Biscuits:

Wrap leftover biscuits in foil; heat in oven preheated to 375° F. about 20 minutes or until hot.

Corn bread:

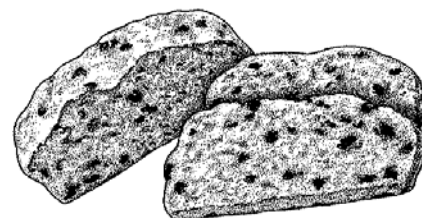
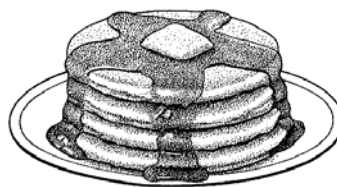
Split servings; spread split sides with softened butter or margarine and toast under broiler.

Coffee cakes and bread loaves:

Wrap in foil; heat in oven preheated to 400° F. for 20 to 30 minutes or until hot.

Muffins:

Wrap in foil; heat in oven preheated to 400° F. about 15 minutes.



Grains of truth about BISCUITS

Definitions

Biscuits are a variety of quick breads popular in different forms throughout the United States. They are made from a combination of flour, shortening, leavening and milk or water. This simple dough is generally rolled out, cut into small rounds, baked and served hot. Food preferences and ingredients in various regions of the country often determine what type of biscuit is preferred. People in the North enjoy tall, tender flaky biscuits; people from the South like biscuits with a soft, tender crumb.

History

The original biscuit was a flat cake that was put back in the oven after being removed from its tin, hence the French name “bis” (twice) “cuit” (cooked). This very hard, dry biscuit was the staple for sailors and soldiers for centuries. During the time of Louis XIV, soldiers’ biscuits were known as “stone bread.”

“Animalized” biscuits were introduced later. They were thought to be very nutritious because they used meat juices as the liquid. In the 19th centuries, travelers’ biscuits were hard cakes that kept well wrapped in a kind of tin foil.

Feathery, light biscuits, now popular throughout the United States, originated in Southern plantation kitchens. Rolled biscuits were a staple at most meals, but beaten biscuits became another Southern favorite. Beaten biscuits are made light by beating air into the dough with a mallet or a rolling pin (up to 100 strokes “or more for company”). Beaten biscuits are typically thinner and crispier than baking powder biscuits.

Availability

Prepared biscuit mix can be purchased in grocery stores. Just add liquid, roll out the dough and bake according to package directions. The leading commercial mix is now available in a reduced-fat formulation. Biscuit dough in tubes will be located in the refrigerated section of supermarkets.

Recipes for making biscuits at home can be found in most all-purpose cookbooks. Rarely are biscuits available from a bakery because their shelf-life is so short.

Storage

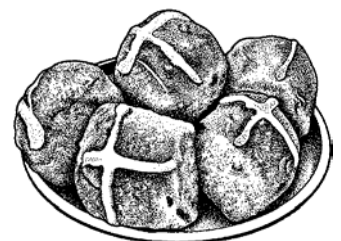
It’s best to enjoy biscuits steaming hot out of the oven because they do not contain preservatives that prevent staling. Biscuits tend to get hard and tasteless in a hurry, but they can be reheated for a short period of time in the microwave set at a low temperature. They also can be placed in a damp paper bag and reheated in a 350° F. oven for 10-15 minutes.

To freeze baked biscuits, cool to room temperature and place in plastic freezer bags, pressing out as much air as possible. Do not freeze the biscuits for longer than two months. To thaw, let biscuits set at room temperature for 1 hour, unwrap and reheat in a microwave or oven.

To freeze biscuit dough, prepare and cut biscuits according to directions. Freeze, uncovered, on a cookie sheet about 2-4 hours, then place in freezer bags or stack in rigid containers with a piece of waxed paper between each biscuit. Cover and freeze for up to 3-4 weeks. Thaw biscuits unwrapped at room temperature about 1 hour. Bake in a preheated 425° F. oven for 20-25 minutes.

Nutrition

Biscuits are high in fat, which makes them flaky, tender and delicious. The average home recipe has 50 percent of calories from fat, so budget fat calories accordingly. The average recipe also derives 43 percent of its calories from carbohydrates and 7 percent from protein.



Tips

■ Want variety? Make biscuits extra large or small; roll them out thin; or, make them tall, crisp or soft, buttermilk or plain milk. They can be dropped from a spoon, cut with a knife, a floured biscuit cutter or a floured glass.

■ Always sift dry ingredients together for even distribution of leavening. Otherwise, yellow or brown flecks result.

■ For tender, flaky biscuits, cut the shortening in thoroughly, using two knives, a fork or a pastry blender, until dough resembles meal.

■ To make a soft dough, stir the liquid into the dry ingredients just until the dough leaves the side of the bowl and forms a ball. Knead gently 10 to 12 strokes to blend all ingredients and assure tall, plump, evenly textured biscuits. Kneading with the fingertips helps avoid over-handling.

■ Cut dough straight down. Do not twist.

■ For crusty biscuits, place 3/4 inch apart for baking. For softer ones, place closer together. For a golden color, brush raw tops with milk.

Recipes

Basic Biscuits (reduced fat)

2 cups all-purpose flour

3 teaspoons baking powder

1 teaspoon salt

1/2 teaspoon sugar

1/4 cup shortening

3/4 cup 1% milk

In a bowl, sift together flour, baking powder, salt and sugar. Cut in shortening. Add milk; stir until dough forms a soft ball.

Turn dough onto a floured board; knead lightly 20-25 times. Roll or pat to 1/2-inch thickness. Cut with a floured biscuit cutter or glass. Place on an ungreased baking sheet and bake at 425° F. for 10-12 minutes. Makes 18.

Nutritional Analysis: Each biscuit provides approximately 81 calories; 1.7 g protein; 11 g carbohydrates; 3 g fat; .4g dietary fiber; .4 mg cholesterol; 3.7 mcg folic acid; .7 mg iron; 172 mg sodium.

Options:

Whole Wheat Biscuits: Substitute 7/8 cup whole wheat flour for 1 cup all-purpose flour.

Cheese Drop Biscuits: Stir 1 cup grated cheese into flour mixture before adding shortening. Increase milk to 1 cup and drop biscuits onto baking sheets by large spoonfuls.

Buttermilk Biscuits: Substitute buttermilk for milk. Decrease Baking powder to 2 teaspoons and add 1/2 teaspoon baking soda to dry ingredients.

Beaten Biscuits (reduced fat)

3 cups flour

1/2 teaspoon salt

1/2 teaspoon baking powder

1/4 teaspoon baking soda

3 tablespoons shortening

3/4 cup cold 1% milk

Sift together dry ingredients. Cut in shortening. Stir in milk.

Turn onto floured board and knead. Beat with a rolling pin until dough blisters, 100 whacks or more, folding edges in toward the center and turning after every few whacks. Roll dough to 3/8-inch thickness and cut with small round cutter. Using a fork, prick tops two or three times.

Arrange on lightly greased baking sheet and bake at 375° F. for 30 minutes, or until light golden. Makes about 30 thin biscuits.

Nutritional Analysis: One biscuit provides approximately 60 calories; 10 g carbohydrates; 1.5 g protein; 1.5 g fat; .4 mg dietary fiber; .2 mg cholesterol; 3 mcg folic acid; .6 mg iron; 51 mg sodium.



Grains of truth about MUFFINS

Definitions

Muffins are called quick breads because they contain no yeast, and therefore, they don't require all of the time spent on kneading, rising and resting. You can mix muffins from scratch in about five to ten minutes. If that's not quite fast enough for you, try a muffin mix.

A muffin's shape should have a uniform, well-rounded top, free from peaks, with no cracks and be large in proportion to weight. The outside color should be an even golden brown, and be tender, with a pebbly or slightly rough and shiny surface. The inside texture should be moist, tender and light with an even, round-holed grain. The inside color will be creamy white or slightly yellow and free from streaks. Muffins may be varied by adding fruits, nuts, herbs, cheese, chopped meats or spices to the batter.

Availability

Muffins are available from most wholesale and retail bakers as well as many in-store bakeries. Pre-packaged muffins can be found in the bread aisle of your local convenience and grocery stores. Look for a variety of muffin mixes in the baking aisle of your local grocery.

Nutritional value

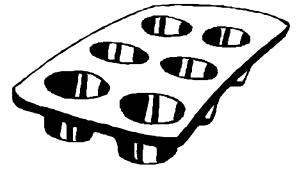
Muffins are high in complex carbohydrates and B vitamins. They are often a good source of fiber if they contain bran, fruits, vegetables and/or are made with whole wheat flour.

Many commercial and scratch recipes are high in fat, often containing 5 to 8 grams per muffin. Low-fat, reduced-fat and no-fat muffins are available in restaurants and grocery stores. You can also buy low-fat and no-fat mixes. When making muffins from scratch, experiment with substituting lower fat ingredients, such as egg substitute, skim milk and low-fat margarine.

Preparation

Pans:

Muffins will brown best if shiny metal muffin pans are used for baking them. Fill the muffin-pan cups 1/2 to 3/4 full with batter. They will rise above the pan surface.



Tips:

- Tins should be greased rather heavily on the bottom for easy removal of muffins. Greasing the sides very lightly, or not at all, allows the batter to cling to the tins in rising, thus increasing volume.
- To keep muffins from burning around the edges, leave one muffin cup empty; fill 1/2 full with cold water before baking.

Mixing:

Combine dry and liquid ingredients separately. The egg should be beaten enough to combine well with the liquid, then all liquids mixed thoroughly together. Cool melted shortening before it is added. Under-blending of liquid ingredients produces a muffin with thicker cell walls and a less tender texture.

The liquid mixture is stirred with the combined dry ingredients only until the flour is moistened. It is essential to keep mixing to a minimum—no more than 25 to 30 strokes. The batter should be lumpy not smooth. Over-mixing might result in peaked tops, a tough muffin and “tunnels.”

Tips:

- For high altitudes, reduce baking powder or soda in the recipe by 1/2 teaspoon.
- If using a self-rising flour, omit baking powder and salt.
- Use an ice cream scoop to fill the cups in the muffin pan. This will measure your batter equally for each muffin.

Baking:

Preheat the oven before starting to mix the ingredients. Muffins are usually baked on a high setting of 425 degrees for about 20 to 25 minutes. Check the recipe or package directions for proper setting.

Tips:

■ When baking time is up, insert a toothpick into the center of the muffin. If the toothpick comes out clean, they are done. If not, continue baking in 2 to 3 minute increments, checking each time with the toothpick until it comes out clean.

■ When muffins are done, remove them at once from the muffin tins so they don't steam and soften. If they must stand in muffin tins, tip each one slightly in its cup so steam can evaporate.

Storage

■ Leftovers may be stored at room temperature, in a resealable plastic bag or an airtight container to retain moisture. Reheat and use within a day or so.

■ Nut and fruit muffins are at their best if made the day before using. They should be cooled completely, wrapped tightly, and kept at room temperature.

■ To freeze muffins, wrap in foil, heavy-duty plastic wrap or freezer-wrap and press all the air from package; freeze for up to 3 months.

■ To thaw, let stand, wrapped, at room temperature for about 1 1/2 hours.

Troubleshooting

■ **Tops are peaked and not rounded:** Muffins were baked too long or at too high a temperature.

■ **Muffin is excessively shrunken or dry:** Too little batter was placed in the tin; or, muffins were baked too long or at too high a temperature.

■ **Muffin texture (inside grain) has tunnels:** Batter was over-mixed. In addition, oven or batter temperature may have been too high.

■ **Texture is soggy:** Batter was over-mixed or muffin was under-baked.

■ **Tops are flat and smooth:** Oven temperature was too low; not enough batter was placed in the tin; or muffins were baked in paper liners.

■ **Crust is too light:** Muffins have been under-baked or baked at too low a temperature.

Courtesy of the Wheat Foods Council • 303-840-8787

Recipes

Low-Fat Bran Muffins

- 1 1/2 cups bran bud cereal
- 1 1/3 cups skim milk
- 1 egg
- 2 tablespoons vegetable oil
- 1 1/4 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/4 cup sugar
- 1/2 cup raisins

Mix cereal and milk; let stand 5 minutes. Add egg and vegetable oil and beat well. Add flour, baking powder, salt, sugar and raisins. Mix until dry ingredients are moistened. Grease bottom of muffin tin cups and spoon batter in. Bake at 400° F. for 20 to 25 minutes. Loosen from tins and let cool. Makes 12 muffins.

Nutrient Analysis: One serving provides approximately: 143 calories, 4 g protein, 28 g carbohydrates, 5 g dietary fiber, 3 g fat, 16 mg cholesterol, 45 mcg folate, 67 mg calcium, 289 mg potassium and 269 mg sodium.

Variations of the above recipe:

Surprise Muffins: Fill muffin cups only 1/2 full; drop 1 teaspoon of your favorite jelly in the center of each and add batter to fill cups 3/4 full.

Blueberry Muffins: Fold 1 cup of fresh blueberries or 1/2 cup of well-drained frozen blueberries (thawed) into batter.

Cranberry-Orange Muffins: Fold 1 tablespoon grated orange peel and 1 cup cranberries, cut in half, into batter.



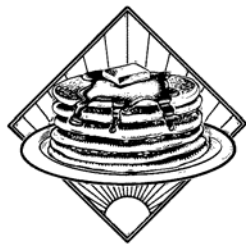
Grains of truth about PANCAKES

Definition

The pancake is a thin flat cake made from batter and fried on a griddle or in a skillet. The batter usually consists of eggs, flour, milk or water and oil or melted butter. The recipe for the batter often varies to include such ingredients as buttermilk, sugar and sourdough starter. Whether they are called pancakes, griddlecakes, flapjacks, wheatcakes, or flannel cakes, they are among our most popular food choices. Pancakes, in one form or another, are found in almost every culture.

History

The oldest form of bread is believed to have been a type of unleavened pancake. It has survived throughout history as a distinct food. In earlier times, English pancakes were sometimes moistened with ale, which had a leavening effect when the pancake was fried. Today, yeast, baking powder or soda are sometimes added to lighten the cake.



Availability

Pancakes are found on most restaurant breakfast menus across the United States and in most all-purpose cookbooks. There are numerous convenience commercial mixes available in grocery stores that require only the addition of liquid and eggs. They can also be found fully cooked and ready for the microwave in the frozen section of the grocery store.

“Silver-dollar” sized pancakes are often popular in restaurants, but pancakes can be big enough to cover an entire plate. Pancakes are traditionally eaten with butter and syrup or powdered sugar. They can also be spread with sugar, fruit mixture or peanut butter--rolled and eaten by hand.

Storage

Pancakes should be served immediately after cooking. It is not recommended that pancakes be reheated as they can become tough. However, if necessary, they can be frozen and reheated in the microwave on low heat or you can pop them into your toaster.

Nutritional value

The 1995 “Dietary Guidelines for Americans” recommend eating six to 11 servings of grain foods daily. Pancakes are a part of that food group. Balance toppings wisely with your other food choices throughout the day. Sugar, jams, jellies, fruits and fruit purees have only a four calories per gram; butter and margarine have nine. One 1-ounce pancake (about the size of a slice of bread) from a typical home recipe provides approximately: 60 calories, 2 g protein, 9 g carbohydrates, 2 g fat, 16 mg cholesterol, .5 g fiber, .5 mg iron and 115 mg sodium.

Preparation

- Do not over-mix the batter, stir just until blended.
- Heat a heavy griddle or skillet and grease it lightly (a non-stick cooking spray works fine.) If the batter contains a high fat content (at least 2 tablespoons of fat per cup of liquid) the griddle will not need to be greased.
- Test the temperature of the griddle by dropping a few drops of water on it. If the water bounces and sputters, the griddle is ready.
- To make a round pancake, pour the batter from the tip of the spoon.
- Bake until bubbles appear on the surface and start to burst. If the underside is golden brown, turn the pancake over. Two or three minutes per side is usually sufficient.

Variations

BLINI: A small pancake of Russia and Poland made of both wheat and buckwheat flour, yeast, butter, eggs and milk. Blini are often spread with caviar or slices of smoked salmon, stacked one on top of another and served with sour cream.

BLINTZ: The traditional pancake of Jewish cuisine with an eastern European origin. It is fried very thin and rolled with cheese, cream cheese or fruits, such as blueberries or apples, and served with sour cream.

CANNELLONI: An Italian hors d'oeuvre or entrée. It may be made with noodle dough or pancake batter. The pancake is spread with a cheese or finely chopped, well-seasoned meat mixture. It is then rolled and covered with a cheese sauce and baked.

CREPE: A French pancake. Crepes are made of a flour and egg batter and are very thin and light. They are often spread with jam, fruit, whipped cream or rolled in a sweet sauce and served as a dessert. The best known of these, Crepes Suzette, is doused with liqueur and set afire. Crepes may be filled with meat, poultry or cheese and served as an entrée.

EIERKUCKAS: A rich pancake from the Alsace Lorraine region of northeastern France. The batter is mixed with red currant jelly and cream.

FLENSJES: A very thick Dutch pancake made of egg batter and served as dessert with sugar, ginger jam, or marmalade.

FLAESKPANNKAKA: A pork or bacon pancake from Sweden. The batter is cooked until nearly set, then the meat is laid on top and the cooking then completed.

PALASCINTA: This Hungarian pancake may be served for dessert or a main course, depending on the filling. It can be spread with minced ham and mushrooms, grated cheese and sour cream or topped with preserves and/or sour cream.

PANNEKOEKE: The basic Dutch pancake. It might be small, filled with custard and served as dessert. Or, it might be large with bacon cooked into it and served with molasses as an entrée.

PANNKUCHEN: A crepe-like German pancake, it is often served with a mixture of currants, candied peel, grated lemon peel and sour cream.

PLATTER of PANNKAKA: A Swedish pancake traditionally served with syrup, jam or spiced cranberries.

PO-PING: In Chinese cuisine, the thin mandarin pancake used in such dishes as Peking duck and moo shu pork.

Recipe

Light-as-a-Feather Whole Wheat Pancakes

- 1 1/3 cups whole wheat flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1 egg
- 1 1/3 cups buttermilk
- 1 tablespoon brown sugar
- 1 tablespoon oil

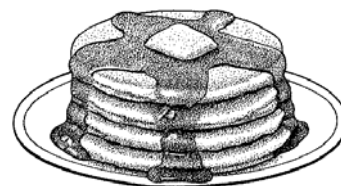
In a medium bowl, stir or sift dry ingredients together. Beat egg, buttermilk, brown sugar and oil together. Stir into dry ingredients just until moistened. Batter should be slightly lumpy.

Pour 1/4 cup batter for each cake onto a well-seasoned hot griddle. Turn when bubbles appear on surface. Turn only once. Makes 12 4-inch pancakes.

Nutrient Analysis: Each pancake provides approximately: 76 calories, 3 g protein, 2 g fat, 12 g carbohydrate, 2 g fiber, 19 mg cholesterol and 166 mg sodium.

ALTERNATIVES:

- Omit soda, use 2 teaspoons baking powder and 1 1/3 cups regular or skim milk.
- Add 1/2 cup fresh or frozen blueberries.
- Serve hot, chunky, spiced applesauce or thick fruit sauce over cakes instead of syrup for extra nutrition and fiber.



Grains of truth about COOKIES

Definitions

Originally called “little cakes,” cookies are made with sweet dough or batter, baked in single-sized servings and eaten out-of-hand. Perfect for snacking or as dessert, cookies are consumed in 95.2 percent of U.S. households. Americans alone consume over 2 billion cookies a year, or 300 cookies for each person annually.

Cookies are most often classified by method of preparation—drop, molded, pressed, refrigerated, bar and rolled. Their dominant ingredient, such as nut cookies, fruit cookies or chocolate cookies, can also classify them. Whether gourmet, soft or bite-sized cookies, new categories are always cropping up as the American appetite for cookies continues to grow.

History

The word cookie originally came from the Dutch *keokje*, meaning “little cake.” In addition, the Dutch first popularized cookies in the United States. The British took a liking to them in the 19th century, incorporating them into their daily tea service and calling them biscuits or sweet buns, as they do in Scotland.

Sometime in the 1930’s, so the story goes a Massachusetts innkeeper ran out of nuts while making cookies. Therefore, she substituted a bar of baking chocolate, breaking it into pieces and adding the chunks of chocolate to the flour, butter and brown sugar dough. The Toll House Cookie, so named after the inn in which it was served, was a hit.

Historians credit the innkeeper, Ruth Wakefield, with inventing what has since become an American classic—the chocolate chip cookie.



Ingredients

Following are the basic ingredients used in cookie making. In addition to these, fruits, nuts, chocolates, candies and flavors are used to make the hundreds of cookie varieties that keep Americans asking for more.

Flours:

Different types of flours may be used in cookie making, depending on the mix. For butter-rich cookies, all-purpose flour or a blend of cake and bread flour will maintain the desired shape and texture of the cookie. All-purpose flour also holds up better when egg yolks are used. A low gluten cake flour blends easily with whipped egg whites, and results in puffier, softer cookies.

Sugar:

A finely granulated sugar is preferred for most cookie mixes unless the recipe calls for something different. Coarsely ground sugar is sometimes used for sprinkling on top of cookies but should not be used in the mix because it will result in poor baking performance. Molasses is ideal for soft cookies because it sweetens and increases moisture retention during baking. In some recipes, brown sugar, honey or corn syrup may be used as a sweetener.

Fat:

Butter, margarine and vegetable shortening are the fats used in cookies in relatively high ratios to flour, sugar and other ingredients. Largely responsible for the rich taste associated with cookies, these fats also contribute tenderness and keeping qualities to the finished product. Cookies made with vegetable shortening will spread less in the oven than those made with butter because shortening will hold its shape over a wider temperature range.

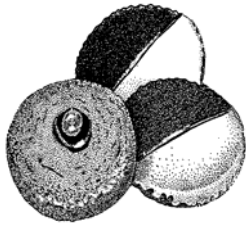
Eggs:

Eggs add flavor and keeping qualities to cookies, and help maintain the final shape and structure of the cookie. The whole egg, the yolks only or the whites only may be used.

Preparation

Mixing affects the overall quality and tenderness of the cookie, so recipes should be followed carefully. Thorough creaming or blending of ingredients before flour is added is important. Improper mixing can result in a tough cookie. Whip egg whites to wet peaks, rather than dry. In most cases, flour should be folded in gently to maintain tenderness of the final product.

If pans are to be greased, avoid over-greasing, which will cause cookies to spread excessively; or uneven greasing, which will cause some cookies to stick and not spread enough. Watch baking time and temperature closely. Unless directions state otherwise, remove from the oven as soon as the cookies are done and place on wire racks to cool.



High altitude baking

Directions vary among altitudes from 5,000 to 8,000 feet above sea level. Ideally, the recipe will give high altitude directions, but if not, call your nearest county extension office for assistance.

Storage

Cookies usually do not stale as quickly as other baked goods because of their high fat content. In general, store cookies in an airtight container at room temperature, or freeze in a sealed container for longer periods.

Nutritional value

One of the rewards of eating plenty of low-fat grain products, fruits and vegetables is that one can occasionally enjoy treats that are higher in fat, such as cookies. There is also increasing availability of sugar-free, low-fat and fat-free cookies.

To compare how some of the traditional favorites measure up nutritionally, see the table below:

Nutritional value (cookies listed according to ingredients used.)

ONE PIECE	WEIGHT (ounces)	CALORIES	CARBOHYDRATES (gm)	PROTEIN (gm)	FAT (gm)
Oatmeal Raisin	.5	61.0	9.0	.75	2.5
Shortbread	1.0	40.0	5.0	.5	2.0
Peanut Butter	.5	61.0	7.0	1.0	3.5
Chocolate Chip	.4	49.0	7.0	.6	2.0
Sugar Cookie	.4	60.0	8.0	.5	3.0
Brownie w/Nuts	.7	95.0	11.0	1.3	6.3



Grains of truth about SCONES

Definitions

Scones are biscuit-like pastries or quick breads that are often rolled into round shapes and cut into quarters, then baked, sometimes on a griddle.

History

In the 1690s, King William of Britain indirectly sent scones to America when he booted the Scots from their highlands to make way for sheep. Emigrating to America via Ireland, they sought land in western Pennsylvania and frontier areas. With them, these transient Scots and Scotch-Irish brought the cuisine that made their new land more like home. Scones were baked in spiders — cast-iron frying pans equipped with long handles and short legs — over open fires even before the cottage fireplaces were built.

Scones became popular and an essential part of the fashionable ritual of "taking tea". They are still served daily, hot and buttered, throughout Britain and many regions of its former empire.

Availability

Scones can be purchased in some bakeries and many retail grocery stores or can be made at home.

Storage

To freeze scones, cool baked scones completely, then wrap tightly in heavy plastic bags, pressing out as much air as possible.

To reheat, spread frozen scones on a cookie sheet and heat for about 5 minutes at 250° F.

Most scones can be frozen before baking. After cutting or shaping, freeze on a cookie sheet or try lined with wax paper. When hard, wrap tightly in heavy plastic bags and return to freezer. Bake frozen scones a minute or two longer than the recipe specifies.

Nutritional value

One 1.5 ounce scone from a basic scone recipe provides:

Calories	160	
Carbohydrates	20.0 g	
Cholesterol	0.8 mg	
Fat	8.0 g	
Fiber	0.5 g	
Potassium	42.0 mg	
Protein	2.4 g	
Selenium	6.0 mcg	
Sodium	225.0 mg	
Zinc	0.2 mg	
Calories from	Carbohydrates	49%
	Fat	45%
	Protein	6%

Preparation

- Olive oil can be used to add flavor. Stir it in with the liquid ingredients.
- For best results, measure ingredients correctly. Use glass measuring cups for liquids and metal or plastic cups for dry ingredients.
- Scones tend to be a high-fat item. To reduce the fat, cut back on the amount of butter or margarine.
- Bake only one sheet of scones at a time, and place cookie sheet on the oven rack so that the sides do not touch the over walls or door. Space around the cookie sheet allows for hot air to circulate evenly.
- Scones are cooked when they no longer look raw and have a slightly golden color.
- Scones need at least 30 minutes to cool and develop full flavor.

Recipes:

Cheese Scones

- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon dry mustard
- 1/4 teaspoon salt
- 4 tablespoons (1/2 stick) cold butter or margarine, cut up
- 1 cup (4 oz.) shredded sharp cheddar cheese
- 2 tablespoons grated Parmesan cheese
- 1 large egg
- 1/2 cup milk

Heat over to 400° F. Combine flour, baking powder, dry mustard and salt into a large bowl; mix well.

Add butter and cut in with pastry blender until the mixture looks like fine granules. Add cheeses and stir.

Break egg into milk and beat with a fork to blend well. Pour over flour mixture and stir with a fork until a dough forms.

Place dough onto a lightly floured board and knead 10 to 12 times. Cut dough in half. Knead each half briefly into a ball, turn smooth side up, and pat or roll into a 6-inch circle. Cut each circle into 6 wedges. Place on an ungreased cookie sheet.

Bake 12 to 15 minutes, or until medium brown. Cool, loosely wrapped in a towel, or a wire rack. Makes 12 scones.

Nutrient Analysis. Each scone provides 145 cal, 5.3 g protein, 13 g carbohydrates, .4 g dietary fiber, 8 g fat, 29 mg cholesterol, 124 mg calcium, 50 mg potassium and 219 mg sodium. Calories from carbohydrates, 35%; fats, 50%; and protein, 15%.

Cranberry Scones

- 2/3 cup buttermilk or plain yogurt
- 1 large egg
- 3 cups all-purpose flour
- 4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 8 tablespoons (1 stick) cold butter, cut up
- 1 cup fresh or frozen cranberries, cut in half
- 1/2 cup granulated sugar
- 1 teaspoon grated orange peel
- 1 tablespoon butter or margarine, softened

Heat over to 375° F. Combine buttermilk and egg; beat with a fork.

Combine flour, baking powder, baking soda, and salt in a large bowl. Stir well. Add the 8 tablespoons butter and cut in with a pastry blender until the mixture looks like fine granules.

Add cranberries, sugar and orange peel; toss lightly to distribute evenly. Add buttermilk mixture. Stir with a fork until a soft dough forms.

Turn dough onto a lightly floured surface and knead 5 to 6 times, just until well mixed. Form dough into a ball; cut into 12 wedges. Form each wedge into a ball and place on ungreased cookie sheet.

Bake 20 to 25 minutes, or until medium brown. Remove to a wire rack. Brush with the 1 tablespoon of soft butter. Let cool, uncovered, at least 1 hour before serving. Makes 12 scones.

Nutrient Analysis. Each scone provides 239 calories, 4.5 g protein, 34 g carbohydrates, 1 g dietary fiber, 9.5 g fat, 18 mg cholesterol, 71 mg potassium and 310 mg sodium. Calories from carbohydrates, 57%; fat, 36%; and protein, 7%.