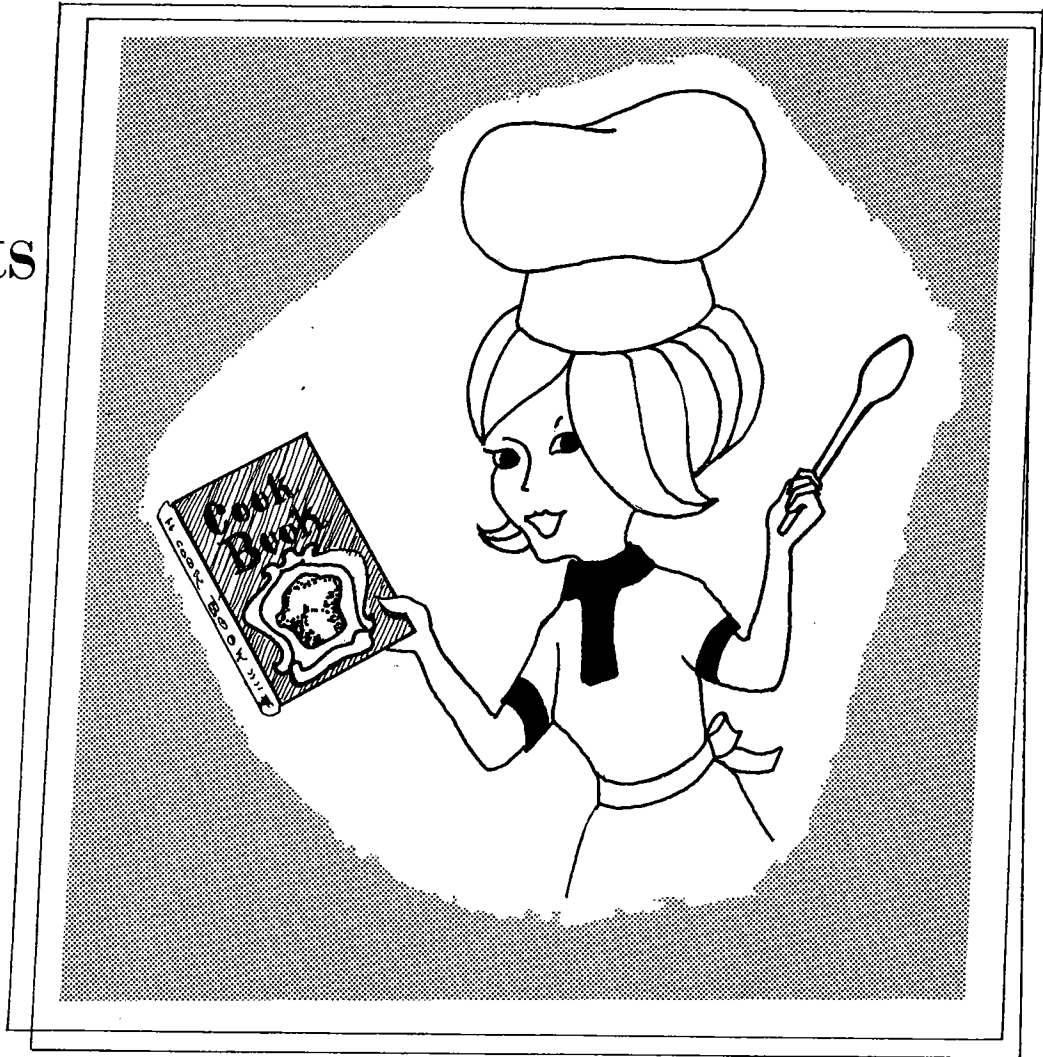


# Quick Breads

using  
basic  
ingredients



**Unit 1**

**Second Year**

County \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_  
 Name \_\_\_\_\_ Number of years in 4-H \_\_\_\_\_  
 Address \_\_\_\_\_  
 Parent's Name \_\_\_\_\_  
 County Extension Home Economics Agent \_\_\_\_\_

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**QUICK BREADS**  
**Using Basic Ingredients**  
**Unit I – Second Year**

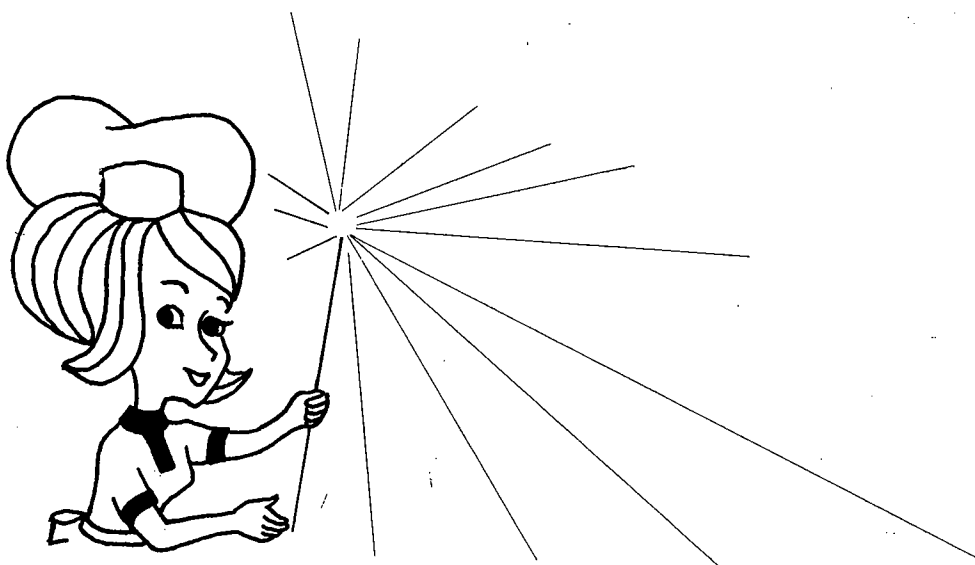
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## What Shall I Bake?

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

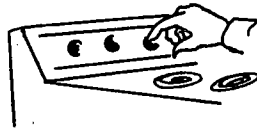
1. Study the booklet and answer the Quick Bread Quiz.
2. Make Quick Breads from basic ingredients a total of 10 times.  
Make **Popovers** twice.  
Make **Griddlecakes** or **Waffles** once.  
Make **Muffins** twice.  
Make a **Basic Mix** and from this mix make **biscuits** twice and **3 other variations** 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

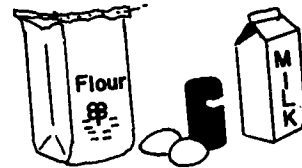
Read through the recipe



Heat the oven



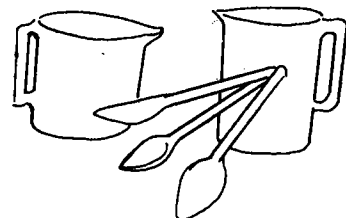
Assemble all ingredients



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.

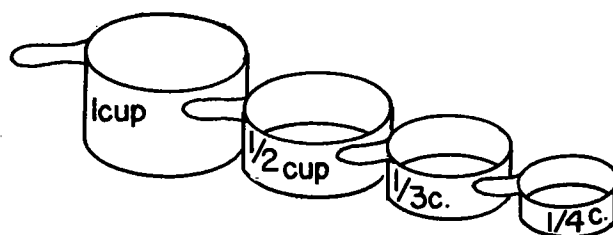
**Baking Powder, salt, soda, spices**—Fill measuring spoon heaping full and then level off.

**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 =  $\frac{1}{4}$  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.

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

## 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 balling 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  $\frac{1}{2}$  teaspoon soda for each cup of sour milk or molasses. Too 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.

### Batters and Doughs

Kind of batter	Type of bread	Proportion of liquid to flour
<b>Pour batter</b> —Will pour easily from a spoon or a pitcher and can vary in degree of thinness	griddle cakes waffles popovers	1 cup liquid to 1 or $1\frac{1}{2}$ cups of flour
<b>Drop batter</b> —drops in soft moist mass from spoon	muffins nut bread spoon bread dumplings drop biscuits coffee cake	1 cup liquid to $1\frac{1}{2}$ to 2 cups flour
<b>Soft dough</b> —can be handled more or less easily	biscuits short cakes scones	1 cup liquid to 2 or $2\frac{1}{2}$ cups flour

\*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  $1\frac{1}{2}$  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.

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### 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?  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

Poor Characteristics

Here's Why

Poor Volume

- Too low baking temperatures
- Overbeating with rotary beater
- Too much shortening in batter
- Too greasy pans
- Too little egg

Soggy

- Too short cooking time
- Crust not pricked to allow popover to dry out

Poor Color

Low oven temperature



**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 crisper. 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?  good  poor

- \_\_\_\_\_ Deep golden brown evenly colored
- \_\_\_\_\_ Delicate crisp crust
- \_\_\_\_\_ Fine even light texture
- \_\_\_\_\_ Mild pleasing flavor

### Basic Griddle Cake Recipe

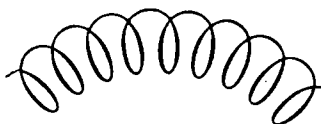
1 1/4 cups flour  
1/2 teaspoon salt  
2 teaspoons sugar

1 cup milk  
1 egg  
2 tablespoons melted shortening

Yield: 10 medium pancakes - 3 inches

#### 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

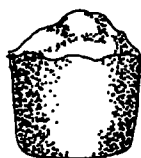
(a drop batter)

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  
1/2 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 2/3 cup chopped dates
- \* Raisin Muffins - add 2/3 cup chopped raisins
- \* Blueberry Muffins - add 1 cup uncooked blueberries, reduce milk to 3/4 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 1/2 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 2/3 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° 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.

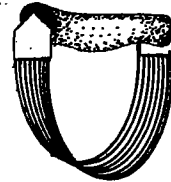
The shortening in biscuit dough is cut into the sifted dry ingredients using a pastry blender or fork until the mixture resembles coarse crumbs. Yellow or brown flakes which appear on baked biscuits are caused by uneven distribution of leavening. Flakiness and tenderness depend upon shortening being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



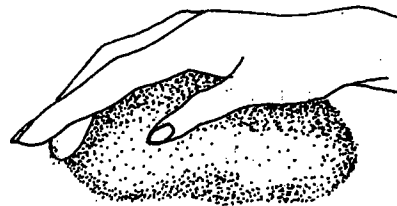
Dough which receives 15 to 18 strokes of kneading produces tall, light flaky biscuits. Too much kneading produces a tough product. Before each cutting flour the biscuit cutter by dipping it into a bowl of flour and tapping against the edge of the bowl. For best results cut straight down. Do not twist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

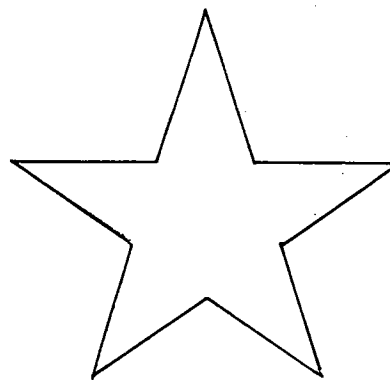
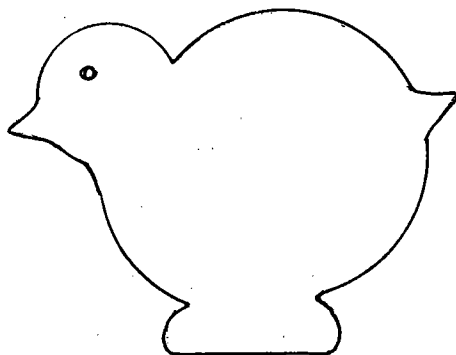
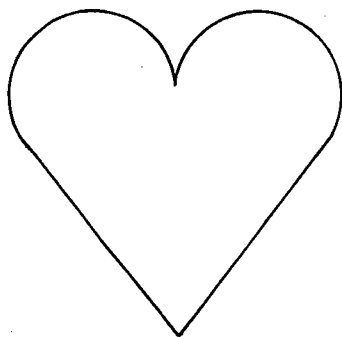
1. Set oven at 400°F.
2. Cut each biscuit in half and roll to form log.
3. Dip each in melted butter.
4. Roll in cheese.
5. Place in well-greased baking pan in hot oven 400°F. for 10-12 minutes or until lightly browned.



### 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  $\frac{1}{2}$  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?

## Reasons for Possible Biscuit Failures

### Poor Characteristics

### Here's Why

Yellow or brown spots

Too much leavening  
Not well mixed

Small in Volume

Not enough baking powder  
Too much shortening  
Very little handling or  
long mixing and excessive  
handling  
Oven temperature too high

Tough

Too little shortening  
Too much flour  
Too much handling

Too dry  
Crumbly  
Not flaky

Dough too stiff - overbaking  
Too much shortening  
Not enough shortening  
Too much or too little  
mixing of the shortening  
with the flour mixture

Uneven color

Wrong placement in the oven  
Uneven oven heat

Poor flavor

Wrong proportion or improper  
mixing ingredients  
Poor quality ingredients

## 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

#### Recipe for Two

1 cup basic mix  
3 tablespoons sugar  
3 tablespoons milk  
1/2 egg

1/2 cup brown sugar  
3 tablespoons butter  
1/2 teaspoon cinnamon  
Yield: 8 x 8 cake

#### 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.
6. Bake in 400°F. oven about 25 minutes.

### 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?
- C. 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 too 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.

Quick Bread	Date Prepared	Which Meal served	Number served	Family Reaction
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.				

Quick Bread	Date Prepared	Which Meal served	Number served	Family Reaction
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 demon-  
stration 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