

The 4-H Baking Unit

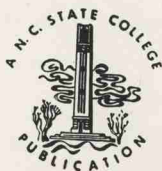


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4-H BAKING UNIT

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You are ready for the Baking Unit in Foods and Nutrition if you have completed three years of foods work, and if you have completed the units on Breakfast, Lunch or Supper, and Dinner.

Good home baked products are always popular and you will receive compliments as a cook if you bake and serve delicious hot breads, rolls, cakes, cookies and pies.

To make baking the real art that it can be requires practice. The 4-H Baking Unit gives opportunity for practice and for fun, too. Use recipes from this leaflet to complete this unit, then try other recipes.

To complete the Baking Unit, here is what you must do:

1. Review Quick Breads which you learned how to make in your meal preparation unit.

Make biscuits 6 times.

Make flour muffins 6 times.

Make corn bread 6 times.

2. Make either of the following 6 times:

Griddle cakes

Waffles

3. Cakes

Bake a cake 6 times. Make at least 2 kinds.

Make frosting at least 3 times.

4. Pies

Make pie and pastry at least 6 times to include:

2 with meringue

2 chiffon

2 any other type

5. Cookies

Make cookies at least 6 times.

Use 3 different recipes.

6. Meals

Plan, prepare and serve all meals for family 3 different days, using at each meal





Keep record of all foods and health improvement work done. Keeping and organizing a collection of recipes is very helpful to any cook.

Refer to *Cooking the 4-H Way* for helps in meal planning and table setting.

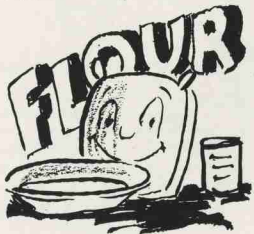
THINGS TO KNOW

Ingredients

Flour

Sift all flour before measuring. White flour or whole wheat flour may be used in most baked products. Whole wheat flour contains more minerals and vitamins than white flour. However, all white flour now sold in North Carolina is enriched and is comparable in food value with whole wheat flour. Enrichment means adding minerals and vitamins to replace those lost from white flour in the process of milling.

Most of the flour on the market is "all-purpose" flour. This means it is plain flour that can be used for making breads, pastries and cakes. Special cake flours may be bought but are more expensive. Self-rising flour has baking powder and salt added. Follow directions given on package when using self-rising flour.



Corn Meal

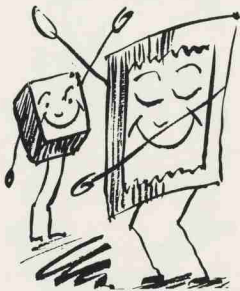
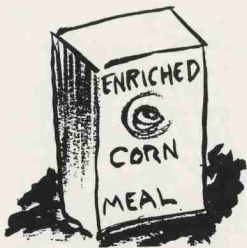
Corn meal may be purchased in food stores or may be "home-ground." Home ground is the term generally used for meal ground at the small local mills. Many farm people produce their own corn and have it ground in

their home communities. Corn meal, like white flour, may be enriched to improve its food value. When buying corn meal be sure to look at the label and choose that which has been enriched. Yellow corn meal is a better source of Vitamin A than is white meal.

Yeast

Yeast is the substance that forms bubbles of gas which cause dough to rise and give the special flavor which yeast breads have. Yeast may be bought in 2 different forms—dry in granular form; or *compressed* in cake form. Dry yeast does not need to be kept in the refrigerator. Compressed yeast (cake yeast) needs to be kept in the refrigerator, and can be kept for about 2 weeks. One package of dry yeast is equal to 1 cake of compressed yeast. Yeast requires warmth for rising.

High heat kills yeast, so be sure that only luke warm liquid is used with yeast before baking.



Shortening

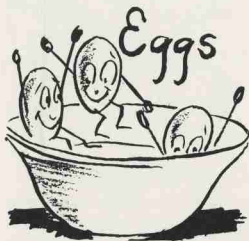
Butter, margarine, lard and vegetable fats (solid and oil) are fats used in baking. Fats add flavor and tenderness to baked products. All fats used for baking should be fresh; otherwise a rancid or stale odor and flavor will result. It is best to use types of shortening called for in recipes. If lard or butter are substituted for vegetable fats, slightly less is used. Follow directions in recipe for various uses.





Liquids

Milk adds flavor and food value to baked products. Canned, powdered or fresh milk may be used. The fat and water have been removed from powdered milk. Other food values are the same. Do not use sweetened condensed milk unless recipes are especially written for that type of milk.



Eggs

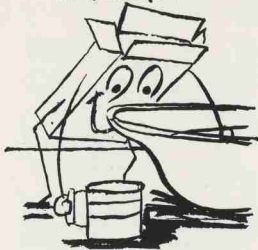
Eggs add flavor and food value and help to improve texture and color of baked products. Follow instructions for beating, folding or mixing eggs.

Baking Powder and Soda

Baking powder and soda are leavening agents. They cause gas bubbles to form and make baked products rise. Baking powders may be quick acting or double acting. Quick acting baking powders lose their power to raise products soon after moisture is added. Foods using this type of baking powder must be baked soon after mixing. Double acting baking powder is slower to rise

because some of the rising power stops until the product is heated. Double acting baking powder will have it on the can. If soda is used sour milk (buttermilk or clabber), molasses, or other acid is usually called for instead of sweet milk.

SUGAR



Sugar

Sugar may be granulated (ordinary kind of sugar), powdered (confectioners'), or brown.

Working Tools

Good equipment helps to make good cooking easier. It's easier on the disposition, too! Your mother probably has most of the things you will need for good baking. You will want to plan with your mother to make your home kitchen convenient and easy to work in, and to make your 4-H cooking fit into family plans.

Equipment needed for baking will be:

Flour sifter—Always sift flour before measuring.

Standard measuring cup—2 are best—1 for liquids and 1 for dry ingredients.

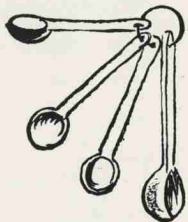
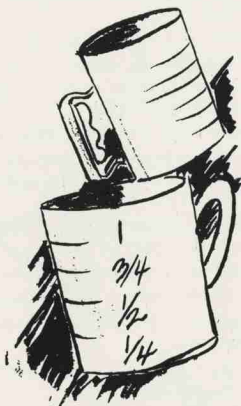
A glass cup with lip for pouring is nice for liquids.

A nest of $\frac{1}{4}$, $\frac{1}{3}$, and $\frac{1}{2}$ measuring cups is also convenient for measuring parts of a cup.

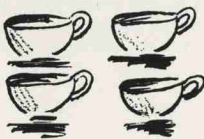
Standard measuring spoons.

Two or 3 mixing bowls of various sizes.

Spatula for leveling ingredients and getting baked products out of pan.



Measuring Spoons



Spatula

Pans of right size—Best results are obtained if pans are correct size for recipe—8 or 9 inch pans are usually used for layer cakes

A cookie sheet is helpful for cookies.

Muffin tins are needed for muffins and for some yeast rolls. For corn bread, a square baking pan or muffin tins are used.

A griddle or heavy skillet is needed for griddle cakes.

A rubber scraper is helpful in removing batters, frosting and eggs from bowls.

Cake racks for cooling baked products help avoid sogginess.

Rolling pin and cover—Dough does not stick as quickly to a rolling pin that has a tight fitting cover. The cover may be removed and washed easily.

Sharp knife for cutting fruit, nuts and other foods.

Shears (scissors) for trimming pastry.

Biscuit and cookie cutters make prettier cookies and biscuits. You may like several sizes.

Mixing spoons—wooden are preferred by many people, but metal or others may be used.

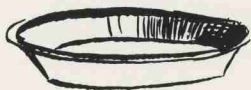
Egg beater—A good egg beater is needed in every kitchen.

A double boiler is needed for some frostings and pie fillings.

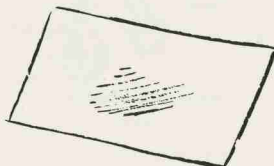
A grater will be needed for lemon and orange rind, cheese and coconut.

A candy and oven thermometer help to insure success with frostings and with baking.

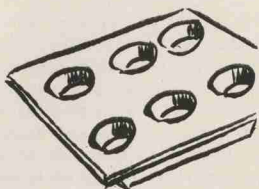
If you do not have all of this equipment now, your mother will help you to make substitutions and use what you have until you can get other equipment.



Cake Pan



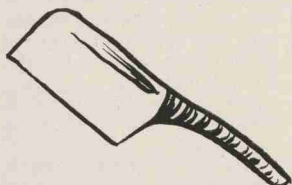
Cookie Sheet



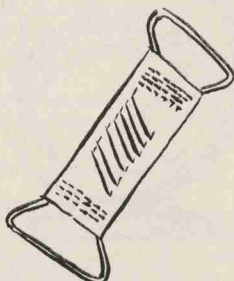
Muffin Tin



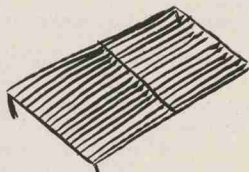
Cookie Cutter



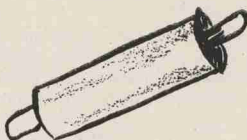
Rubber Scraper



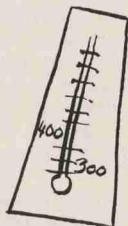
Grater



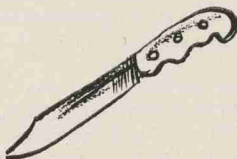
Cake Rack



Rolling Pin



Candy Thermometer

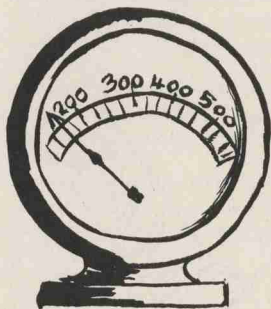


Sharp Knife

TERMS TO UNDERSTAND

Oven Temperatures

Oven temperatures are important for baking. Modern cooking stoves have a thermometer (called a thermostat) built into the



ovens. You will set the oven for the desired temperature. If there is no built-in thermometer you can purchase one especially made for ovens. Even the built-in type needs testing occasionally. If you have no oven thermometer, perhaps your mother can help you decide when the oven is right. You will learn that:

Slow oven is 250°F. to 350°F.

Moderate oven is 350°F. to 400°F.

Hot oven is 400°F. to 450°F.

Very hot oven is above 450°F.

Definitions

Creaming sugar and shortening means stirring or beating until smooth and fluffy.

Blending means stirring 2 or more ingredients together until well mixed.

Folding in means to use an over and over rolling motion with a spoon or fork to mix in eggs, cream or other ingredients.

Cutting in means to use 2 knives—1 in each hand—in a crosswise motion to cut fat into flour. One knife and 1 fork may be used.

Abbreviations and Measures

T—means 1 tablespoon

pt—means 1 pint

3 t equal 1 tablespoon

4 C flour equal 1 pound

t—means 1 teaspoon

qt—means 1 quart

16 T equal 1 cup

2C solid fat equal 1 lb.

2 pts equal 1 quart

C—means 1 cupful

2 C equal 1 pint

2 C granulated sugar equal 1 lb.

lb—means 1 pound

GETTING READY TO COOK

Plan with your mother as to the best time for you to use the kitchen. You want your 4-H foods work to fit in with family plans.

You can be a real help to your mother while you are learning how to plan, prepare and serve attractive and well balanced meals.

The smart thing to do before you begin to cook is to decide what you are going to prepare, and sit down calmly and make a plan. Use your Head H here—"Think and plan."

Read your recipe and get it in mind. Read pages 3-10 in this booklet so you will understand the meaning of all terms used in recipes and instructions. Jot down the steps you will follow. You won't need to do this after you have had lots of practice. If you are already an experienced cook, you will still want to think through your plan.

Now put on a fresh wash dress and apron, arrange your hair so that it will be away from the face and not loose. Wash your hands and you are ready for work.

Better check to see if all ingredients are on hand before you begin to cook.

Keep your work plan in mind so that everything will come out at the right time. If you're going to bake, preheat the oven while you're mixing. If hot water is to be used, put it on to heat while you are assembling and mixing. Before beginning to mix, assemble all equipment needed for the recipe.

Have all dish towels and cloths and pot lifters convenient.

Assemble and measure ingredients and return containers to shelves so working space will be neat. Follow instructions carefully. Work neatly and easily and follow pointers.

If something goes wrong, keep calm. It happens to everyone. If you cut yourself or have an accident, stop and take care of your injury. Call someone to help you if needed.

SAFETY POINTERS

Cut down on home accidents by making your cooking safe! Remember to do these things when cooking:

Keep boiler handles turned toward back of stove.

Do not leave metal spoons in foods that are cooking. The handles will get hot.

Use thick dry pot lifters. Do not handle hot utensils with wet cloths.

Pull out oven racks when putting things in and removing from oven, rather than reaching into hot oven.

Keep all articles well back from edges of table.

It is best not to allow very small children free in the kitchen while cooking.

Be careful with sharp knives—especially in the bottom of dish pans or sinks.

Follow carefully all instructions regarding use of gas, electrical, or other mechanical equipment.

Being happy helps you to do a better job. Not just completing a unit but helping to make people happy and healthy is the real reward of your 4-H Foods and Nutrition work.

There is no finer goal toward which you can aim. Sure it's work but worthwhile and interesting, and truly an artistic accomplishment when well done.

Good luck and good cookin'.

BREADS

Bread in some form appears on our tables 3 times daily in most homes. Breads are high in energy value because of the high starch content. Other food values depend upon the ingredients used in preparation. Bread is also one of our least expensive foods. Because bread is so important, then, you will want to learn to make and serve to your family the very best kinds of bread.

Breads are generally referred to as *quick breads* (or hot breads) and *yeast breads*.

In your meal planning units you learned to make biscuits, muffins and corn bread. Were they as good as you liked? Only practice can make your biscuits or muffins really tops.

Biscuits

For delicious hot biscuits for breakfast or with that typical southern dish—fried chicken—try these recipes and practice until your biscuits are perfect.

Baking Powder Biscuits (Makes 18 medium size biscuits)

2 cups sifted flour	2-4 tablespoons fat
2 to 4 teaspoons baking powder*	2/3 to ¾ cup sweet milk
¾ teaspoon salt	

1. Sift the flour, salt and baking powder together in a bowl.
2. Cut in the fat until mixture looks like coarse meal.

*The amount of baking powder for each cup of flour varies with the brand used. Follow the directions on the can.

3. Add milk. Mix quickly to a soft dough and until all of the flour is dampened.
4. Turn out on a floured board; knead lightly for a few seconds to smooth dough.
5. Pat or roll to about $\frac{1}{2}$ inch thick. Cut with a floured biscuit cutter.
6. Place in an ungreased pan and bake in a hot oven 450°F. for about 12 minutes.

Sour Milk Biscuits

In above recipe use sour milk or buttermilk instead of sweet milk. Add $\frac{1}{2}$ teaspoon of soda and use 1 teaspoon less baking powder.

Self-Rising Flour

If using self-rising flour omit baking powder and salt in above recipe.

You often need to save time. You may make a biscuit mix by combining dry ingredients in the above recipe; cutting in the fat and leaving out the liquid until ready to mix. Three or 4 times the recipe may be mixed at once. If fresh milk is scarce, dry milk may be used with the dry ingredients and water used as the liquid. Use 3 to 4 tablespoons of dry milk for each cup of milk called for. The mix may be kept for several days.

Corn Bread

Another popular North Carolina hot bread is corn bread or corn meal muffins. Vegetable meals call for light fluffy corn bread or muffins. Enriched corn meal should always be used if available.

Corn Bread or Corn Meal Muffins

(Makes 12 two-inch squares or 12 medium-size muffins)

2 cups corn meal	1 egg
$\frac{3}{4}$ teaspoon soda	2 tablespoons shortening, melted
$\frac{3}{4}$ teaspoon salt	$1\frac{1}{2}$ to 2 cups buttermilk

1. Beat egg until light. Add part of the buttermilk.
2. Sift together into a bowl the meal, soda and salt.
3. Add the egg and milk mixture to dry ingredients.
4. Add melted shortening and as much of the remaining buttermilk as needed to make a smooth batter.
5. Pour into a greased and sizzling hot pan or muffin tins. Bake in a quick oven, 400°F. for about 25 minutes.

Griddle Cakes

(Sometimes called pan cakes, batter cakes or hot cakes). Your family may enjoy hot griddle cakes with butter and syrup or jelly for breakfast. They are especially nice for Sunday morning when there is a little more time for the family to eat breakfast together. You may need a little practice to make them just right—smooth, tender, fluffy and nicely browned. You may like this recipe.

2 cups flour	2 teaspoons baking powder
½ teaspoon salt	1 egg
2 tablespoons fat	½ to ¾ cup milk

1. Beat egg until light.
2. Add milk and melted fat.
3. Mix dry ingredients and add to milk and egg mixture.
4. Beat until light and smooth.
5. Drop from spoon on the lightly greased griddle or skillet.
6. Cook at moderate temperature until bubbles have formed on surface and cake is browned on under side.
7. Turn and cook other side.
8. A wide spatula or "turner" makes turning the cakes easier. Butter each cake while hot or serve melted butter at table in small pitcher.

Caution: Use only enough fat to coat the griddle to avoid a "fried" effect.

Waffles

Waffles are a special treat if they are tender, crisp and beautifully browned. An easy way to entertain a few friends on a cold winter night is with a waffle supper. They are made right at the table. Bacon, sausage or ham are all good with waffles—plenty of melted butter or margarine and your favorite jam, jelly, preserves or syrup top them off to perfection.

2 cups flour (sifted twice)	1 teaspoon salt
2 teaspoons baking powder	¾ to 1 cup milk
2 to 4 tablespoons fat (melted)	1 tablespoon sugar
2 eggs	

1. Sift dry ingredients.
2. Add ½ of milk.
3. Beat in 1 egg at a time.
4. Add remaining milk.
5. Add fat last.
6. Pour onto heated waffle iron and cook until crisp and brown. Follow instructions with waffle iron as to greasing.

Yeastbreads

One of the most wonderful odors is that of freshly baked yeast bread or rolls. The flavor is delicious, too. Nothing quite takes the place of good, fresh home baked rolls, spicy buns and coffee cakes. You can learn how if you follow directions carefully and if you practice. Plain enriched flour is used for yeast breads.

Rolls

$\frac{3}{4}$ cup milk, scalded	$\frac{1}{4}$ cup lukewarm water
4 tablespoons sugar	1 egg, slightly beaten (may omit)
3 tablespoons shortening	$3\frac{1}{2}$ to 4 cups enriched plain flour
1 teaspoon salt	
1 package granulated or 1 cake yeast	

- .. Pour the hot milk over the sugar, shortening and salt in a large mixing bowl.
2. Dissolve the yeast in the $\frac{1}{4}$ cup lukewarm water; add the beaten egg and mix well; add to the milk mixture which should be cooled to lukewarm.
3. Add about half the flour (or enough to make a drop batter.) Beat until the mixture is smooth and bubbles appear on surface. Add more flour to form soft dough. (Note: Dough may be stored in refrigerator at this point and kept for several days. A portion may be taken out and used each day.)
4. Turn dough onto a slightly floured board and knead until smooth.
5. Place in a greased bowl, cover, and let rise in a warm place until double in bulk. Put on a bread board and knead lightly.
6. Shape into rolls. Some interesting types of rolls are:

Clover Leaf Rolls—Shape 3 small balls for each roll. Drop into greased muffin pan. (3 balls for each roll) Brush with melted fat. Cover and let rise until double in bulk. Bake at 400°F. for about 20 minutes.

Parker House Rolls—Place dough on a bread board and roll $\frac{1}{8}$ inch thick; cut with biscuit cutter. Make a deep crease through the middle of each biscuit with handle of a knife. Brush over half with melted fat, fold, and press edges together lightly. Place on greased pan, cover, and let rise until double in bulk. Bake about 20 minutes in a hot oven (400°F.).

Cinnamon Rolls—Roll dough $\frac{1}{4}$ inch thick. Brush with melted butter. Sprinkle with a mixture of sugar and cinnamon (4 tablespoons of brown or white sugar to 1 teaspoon of cinnamon.) Currents or raisins may also be sprinkled over

if desired. Roll like a jelly roll and cut in 1-inch slices. Place with cut side down in a greased pan. Allow to rise until double in bulk. Bake in a hot oven (400°F.).

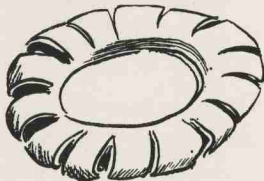
Sweet Dough (Foundation Recipe)

2 packages or cakes of yeast	½ cup sugar
¼ cup lukewarm water	1 teaspoon salt
1 cup milk	2 eggs beaten
¼ cup butter	5 cups flour (about)

1. Dissolve yeast in the ¼ cup lukewarm water.
2. Scald milk.
3. Add butter, sugar, and salt to the hot milk. Cool to lukewarm.
4. Add yeast and eggs.
5. Add about half the flour (or enough to make a drop batter). Beat until the mixture is smooth and bubbles appear on surface. Add more flour to form soft dough.
6. Turn out on lightly floured board and knead until satiny.
7. Place in a greased bowl, cover, and let rise until double in bulk (about 2 hours).
8. When light, punch down, shape into tea ring, rolls, or coffee cakes.
9. Let rise until double in bulk (½ to ¾ hour).
10. Bake in moderate oven (375°F.) 25 to 30 minutes for coffee cakes; 20 to 25 minutes for rolls. Yield: two 12-inch tea rings or 3 dozen rolls.

Swedish Tea Ring

1. When dough is light, roll into rectangular sheet about ½ inch thick.
2. Brush with melted butter and sprinkle with brown sugar and cinnamon.
3. Roll jelly roll fashion and shape into a ring.
4. Place on a greased baking sheet and cut with scissors at 1-inch intervals almost through ring. Turn each slice slightly on its side.
5. Cover and let rise until doubled.
6. Bake in moderate oven (370°F.) 25 to 30 minutes. While warm, frost with confectioners' sugar and sprinkle with chopped nuts.



CAKES AND FROSTINGS

Light, velvety cakes spread with creamy, smooth frostings are really works of art when done to perfection. That's what you will aim toward as a good cook.

Cakes are of 2 general kinds: those with shortening and those without. Cakes without shortening are usually referred to as sponge type. Angel food is one of the types of cake without fat. Chiffon cakes are made with cooking oil instead of solid fat.

There are 2 general methods for mixing cakes:

Conventional Method

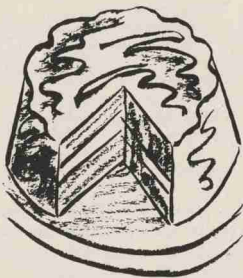
1. Cream shortening and sugar together.
2. Add eggs 1 at a time and beat well after each.
3. Sift all dry ingredients together.
4. Add about $\frac{1}{4}$ of dry ingredients to shortening and sugar, then $\frac{1}{3}$ of liquid and beat until smooth. Continue this until all of dry mixture and liquid have been added. Note: the dry ingredients are added first and last. Add flavoring and stir in until mixed.

The conventional method makes a cake with larger volume and finer grain and one that stays fresh longer.

The quick method is simple and is nice for a cake that is to be eaten immediately. Hand mixing or electric mixing may be used. If an electric mixer is used, be very careful to follow instructions that come with the mixer. It is easy to over beat. This makes a cake dry.

Quick Mix or Muffin Method

1. Stir shortening just enough to soften.
2. Sift dry ingredients together.
3. Add dry ingredients to shortening and about $\frac{2}{3}$ of the milk. Mix until smooth. Beat 2 minutes or 300 strokes. Add remaining milk and eggs and beat 1 minute or 150 strokes. Add flavoring and stir in until mixed.



After some practice your friends and family will say, "Please bake another cake." And you can say with confidence, "When you come to see me, I'll bake a cake."

And now for a few good recipes.

Plain Cake

2½ cups sifted plain flour	1½ cups sugar
2½ teaspoons baking powder	3 eggs, unbeaten
¾ teaspoon salt	2/3 cup milk
2/3 cup shortening	1 teaspoon vanilla or other flavoring

1. Sift flour once, measure, add baking powder and salt, and sift together 3 times.
2. Cream shortening. Add sugar gradually (about 4 tablespoons at a time) and cream until light and fluffy.
3. Add eggs, 1 at a time, beating thoroughly after each.
4. Add flour, alternately with milk. Add flour first and last. Use ¼ of flour and ⅓ of milk at a time beat after each addition until smooth.
5. Add vanilla or other flavoring.
6. Turn into 2 round 9-inch layer pans, 1½ inches deep, which have been lined on bottoms with waxed paper, then greased.
7. Bake in moderate oven (375°F.) 20 minutes, or until done. Do not open oven door for first 10 minutes. Test for doneness when cake has shrunk from sides of pan. Insert clean tooth pick in center of cake. If it comes out clean, cake is done.
Cooling: Let stand in pan 5 to 15 minutes. Turn out on racks and allow to cool thoroughly before frosting. Do not cool in draft.

Note: This cake may also be baked in two 8 x 8 x 2 inch square pans.

For Self-Rising Flour: If self-rising flour is used in above recipe, omit baking powder and salt and use 1 cup of milk.

If using Quick Mix method, follow instructions for quick mixing.

Quick Mix Plain Cake

1. *Measure into sifter:*

2¼ cups plain flour	1 teaspoon salt
3 teaspoons baking powder	1½ cups sugar

2. Measure into mixing bowl: ½ cup shortening.
3. Stir shortening just enough to soften.
4. Sift in dry ingredients.

5. Add about $\frac{2}{3}$ cup of milk and mix until flour is dampened.
6. Beat 2 minutes or 300 strokes. Use low speed if using mixer.
7. Add 2 unbeaten eggs and remaining $\frac{1}{3}$ cup of milk. Beat 1 minute longer or 150 strokes.
8. Pour batter into pans that have been lined with wax paper and greased. Bake at 350 degrees for about 25 minutes or until done. Use any desired frosting.

Frostings

Cakes may or may not be frosted. Practice is required to know when frostings are just right. A candy thermometer insures success with boiled frostings. Perhaps you and your mother would like to purchase one for your kitchen. It would make a nice gift.

Seven-Minute or Double Boiler Frosting

1 $\frac{3}{4}$ cups sugar	$\frac{1}{4}$ teaspoon salt
6 tablespoons cold water	$\frac{1}{2}$ teaspoon cream of tartar
2 egg whites, unbeaten	1 teaspoon vanilla

1. Put all ingredients except flavoring in top of double boiler.
2. Cook, beating constantly with a rotary beater, over boiling water, until mixture will hold its shape.
3. Remove and beat lightly.
4. Add flavoring, and continue beating lightly until the icing is cool and ready to spread.

Chocolate Fudge Frosting

3 to 4 squares (oz.) unsweetened chocolate	$\frac{1}{8}$ teaspoon salt
3 cups sugar	1 cup milk
2 tablespoons light corn syrup or $\frac{1}{4}$ teaspoon cream of tartar	1 teaspoon vanilla
	1 tablespoon butter

1. Cook chocolate, sugar, syrup, salt and milk until it forms a soft ball when tested in cold water or 238°F. Stir occasionally to keep from scorching.
2. Remove from heat, add butter, and let cool *without* stirring until mixture is lukewarm. This helps to keep it from getting grainy.
3. Add vanilla, beat until creamy and thick enough to spread on cake.

Powdered Sugar Frostings

4 tablespoons butter or margarine (at room temperature)	3 $\frac{1}{2}$ cups powdered sugar
4 to 5 tablespoons milk or water	$\frac{1}{2}$ teaspoon vanilla

1. Cream butter or margarine until soft and fluffy.
2. Add sugar gradually until well blended. Stir in liquid a little at a time until mixture will spread easily.
3. Beat until fluffy.
4. Add vanilla and spread.

Makes enough for two 8-inch layers.

How to vary this recipe:

Chocolate frosting: Add 6 level tablespoons cocoa and 2 tablespoons liquid, or 2 squares of melted chocolate.

Lemon or Orange Flavor: Use lemon or orange juice to replace other liquid. Add 1 teaspoon of the grated rind.

Pineapple: Omit liquid, add $\frac{1}{2}$ cup crushed pineapple. Use 1 tablespoon lemon juice instead of vanilla.

PIES

Good home baked pies are a favorite with most people. Most homemakers in North Carolina bake pies very often.

Pies that seem to be served most often in North Carolina are fruit, those with cream or custard base, and chiffon. Meringue is often used with the cream or custard type pies.

Fruit pies may be the deep dish type—sometimes called “cobbler” or “family style” pie, or shallow pies with 2 crusts or 1 crust with strips on top.

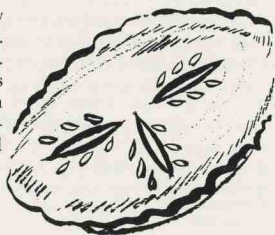
Cream or custard type pies have eggs, milk and sugar with various flavorings as the main ingredient.

Cream pie fillings are usually cooked in a double boiler and used in baked shells.

Custard pie mixtures are not pre-cooked and are used in uncooked shells.

Chiffon pies are made very light with beaten egg whites. Gelatin is used for stiffening. Baked pie shells or crumb crusts are used for chiffon pies. Chiffon pies are chilled in the refrigerator. Whipped cream may be used for topping or decoration.

Some good pie recipes are:



Apple Pie

$\frac{3}{4}$ to 1 cup sugar	4 to 5 cups apples, peeled and sliced thin
1 to 2 tablespoons flour	1 to 2 tablespoons lemon juice
1 teaspoon cinnamon	3 tablespoons butter or margarine
$\frac{1}{4}$ teaspoon salt	

1. Prepare pastry and roll out undercrust; fit into a 9-inch pie pan. Leave hanging over edges 1 inch. Trim with scissors.
2. Combine sugar, flour, cinnamon and salt.
3. Spread half of this mixture over pastry-lined pan.
4. Add apples and sprinkle remainder of mixture over the apples.
5. Sprinkle with lemon juice and dot with butter.
6. Roll upper crust and place on top of apples. Trim to fit pan. Seal by folding under crust over top and pinching together with fingers. Prick top with fork.
7. Bake on lower shelf in a hot oven (425°F.) 30 to 40 minutes, or in a moderate oven (375°F.) for 1 hour.

Lemon Chiffon Pie

1 tablespoon plain gelatin	1 teaspoon grated lemon rind
$\frac{1}{4}$ cup cold water	$\frac{1}{3}$ cup lemon juice
4 eggs, separated	1 baked (9-inch) pastry shell
1 cup sugar	1 cup heavy cream, whipped
$\frac{1}{2}$ teaspoon salt	

Prepare pastry and bake a 9-inch crust, or prepare a crumb crust.

1. Soften gelatin in 2 tablespoons cold water.
2. Combine slightly beaten egg yolks, $\frac{1}{2}$ cup sugar, salt, lemon rind and juice and remaining 2 tablespoons water.
3. Cook over boiling water until mixture thickens, stirring constantly.
4. Add softened gelatin, stirring until gelatin is dissolved; cool until mixture begins to thicken.
5. Then gradually beat remaining $\frac{1}{2}$ cup sugar into stiffly beaten egg whites and fold into lemon-gelatin mixture.
6. Turn into baked pastry shell or graham cracker crust and chill until firm. To serve, top with whipped cream.

Chocolate Cream Pie

1 cup sugar	2 or 3 squares chocolate, grated or cut up
3 tablespoon cornstarch or 5 tablespoons flour	3 egg yolks, slightly beaten
$\frac{1}{2}$ teaspoon salt	1 teaspoon vanilla
2 cups milk	

Prepare pastry and make a baked 9-inch crust.

1. Combine sugar, cornstrach or flour and salt in the top of a double boiler.
2. Stir in cold milk; add chocolate.
3. Cook over boiling water until thickened, stirring constantly.
4. Cover and cook 15 minutes longer.
5. Stir a little of the hot mixture into slightly beaten egg yolks; add to remaining mixture in double boiler and cook for 2 minutes over hot, not boiling, water, stirring constantly.
6. Cool and add vanilla. Pour into baked shell. If desired, cover with meringue and bake in a moderate oven (325°F.) about 15 minutes or until lightly browned; or just before serving top with whipped cream.

Custard Pie

4 eggs	½ teaspoon salt
2/3 cup sugar	½ teaspoon vanilla
3 cups milk, scalded	Nutmeg

1. Prepare pastry and put into pan. Trim edge. Leave 1 inch around edge and crimp with fingers.
2. Put milk in double boiler to scald.
3. Beat eggs and add sugar and salt.
4. Add scalded milk slowly. Add vanilla.
5. Pour into unbaked crust. Sprinkle nutmeg on top.
6. Bake in hot oven (450°F.) 10 minutes; then reduce heat to moderate (350°F.) and bake 20 to 30 minutes longer or until firm.

PASTRIES

Pastry Helps

1. Two knives, a pastry blender, or a heavy fork cut fat into the flour easily.
2. In mixing pastry, add a very little water on one side of bowl and mix with flour. Do this in 2 or 3 other places in bowl. Then mix all together. This way less water will be used and the pastry will not be sticky.
3. A heavy cloth on the rolling board and a seamless stockinet cover for the rolling pin keep pastry from sticking. A cloth cover may be made for rolling pin.
4. Handle pastry as little as possible, use only enough flour on board and cloth to prevent sticking, and roll away from you with quick light motion.

5. For pie and tart shells, roll out pastry 1 inch longer than pan. Do not stretch when putting pastry into pan.
6. To avoid soggy undercrust, coat the crust with slightly beaten egg white and let stand a few minutes before filling, or sprinkle with flour, or partially bake before adding filling.
7. If baking crust before filling is added, prick with fork.
8. Moisten top rim of bottom crust before putting on top crust.
9. Fold under top crust in juicy pie. For open juicy pie, allow an extra inch, fold under, and press up the edge.
10. To keep covered fruit pies from boiling over, prick top crust with fork.
11. To keep meringue from shrinking be sure the meringue touches the crust all the way around so there will be no part of filling showing.

Plain Pastry

2 cups flour
1 teaspoon salt

$\frac{2}{3}$ cup fat
4 to 6 tablespoons cold water

1. Sift flour, measure, add salt and sift again.
2. Use pastry blender or 2 knives. Cut in half the shortening until mixture looks like coarse meal. Cut in remaining shortening coarsely or until particles are about the size of peas.
3. Add water a little at a time until dough is moistened enough to form a ball when pressed together. Use a fork to mix gently and lightly. *Do not stir.* Use only enough water to hold pastry together.
4. Press together lightly with fingers. The less the dough is handled, the more tender and flaky the pastry will be.
5. Roll out on lightly floured board or pastry cloth about $\frac{1}{8}$ inch thick. Place in pan, fitting it loosely.

Baked Pastry Shell (Crust): Prick pastry all over with a fork. Bake in a hot oven (450°F.) about 15 minutes or until lightly browned.

Meringues for Pies

Beat the whites of 3 eggs with a dash of salt until stiff but not dry. Gradually beat in 6 tablespoons sugar, sprinkling a little at a time over the surface of the egg whites. Continue beating until very smooth and glossy. Add flavoring if desired.

Pile lightly on top of the pie filling (thoroughly cooled.) Seal the edge of the meringue to the pastry to prevent it from shrinking and leaving a gap as it browns. Bake in a moderate oven (275°F.) 15 to 20 minutes or until lightly browned. Makes enough meringue for one 9-inch pie.

COOKIES

Perhaps you have been making cookies since "mud pie" days. If so, you know how much fun it is. If not, you can learn. Cookies are nice to have on hand for the unexpected guest or for a light "sweet touch" to finish off a meal. Be careful not to use too often between meals.

Cookies are of 2 general types: Those made from a soft dough that can be rolled pressed or molded; those made from a batter which are dropped from a spoon or baked in a solid sheet and cut into squares or bars.

There are special recipes for cookies that may be kept for several days in a refrigerator or frozen and kept for a longer period of time. After you learn to make good plain cookies, you can vary your recipes and make many unusual and interesting kinds for all occasions.

Sugar Cookies

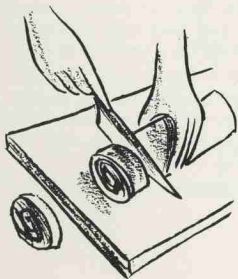
2 cups sifted flour (about)	1 cup sugar
1½ teaspoons baking powder	1 egg
½ teaspoon salt	1 teaspoon vanilla
½ cup shortening	1 tablespoon cream or milk

1. Mix and sift 1½ cups flour, baking powder and salt.
2. Cream shortening until soft.
3. Beat in sugar, egg, vanilla and cream.
4. Stir in flour mixture, then gradually add the remaining flour until dough is just stiff enough to roll; chill thoroughly.
5. Place on lightly floured board and roll ¼ inch thick; cut with floured cutter as desired and place on ungreased baking sheet.
6. Sprinkle with sugar and bake in moderately hot oven (375°-400°F.) for 8 to 10 minutes. Makes 4 to 5 dozen cookies. Store in closely covered cookie jar.

Variations of the Sugar Cookies

Chocolate Pinwheel: Melt 2 squares chocolate and add to ½ of plain sugar cookie dough. Roll into a rectangular shape about 12" x 16". Roll plain dough the same size. Place on top of each other and roll as jelly roll. Chill, then slice and bake.

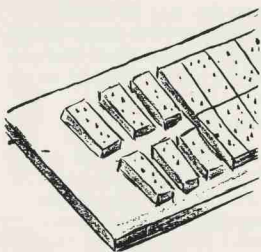
Peanut Butter Spread: Roll layer of plain dough ¼ inch thick. Spread with peanut butter. Fold over and cut in blocks or strips. Bake in hot oven until brown.



Chocolate Brownies

2½ squares chocolate	½ cup flour
1/3 cup butter or margarine	½ teaspoon baking powder
2 eggs	½ teaspoon salt
½ teaspoon vanilla	1 cup nut meats
1 cup sugar	

1. Melt chocolate and butter.
2. Add sugar to eggs, beating thoroughly; then add chocolate mixture.



3. Fold in flour sifted with dry ingredients.
4. Add vanilla and nuts.
5. Spread ½ inch thick in a shallow pan and bake in a slow oven (325° F.) for 30 minutes or until done. (May take longer). Remove from pan and cool slightly. Cut in squares. (Test for doneness—shrinks from side of pan and toothpick comes out clean.)

Refrigerator Cookies

2 cups butter or margarine	½ teaspoon salt
1 cup sugar	1 teaspoon vanilla or other flavoring
1 egg (well beaten)	4 cups flour

1. Cream butter well, add sugar gradually, add egg, and blend thoroughly.
2. Add flour gradually, beating well after each addition.
3. Add flavoring while adding the last of the flour.
4. Prepare for refrigerator by shaping in long roll about 2 inches in diameter and wrapping in wax paper. Keep until thoroughly chilled or ready for use. May be kept for a week or 10 days.
5. Slice and bake on ungreased pan in moderate oven (375° F.).
Note: This is a particularly good recipe for rich tea cookies made into fancy shapes by use of a cooky press, or slices from a small round roll and decorated with colored sugar, strips of candied cherry or citron.

Chocolate Drop Cookies

1 cup brown sugar (rolled free from lumps)	½ cup milk
½ cup shortening	½ teaspoon soda
1 egg	2 cups flour
2 squares chocolate (melted and cooled) or 3 tablespoons cocoa	½ teaspoon salt
	1 teaspoon vanilla

Before starting, sift and measure flour, salt and soda and combine these. Melt chocolate and measure other ingredients. Prepare baking sheet.

1. Cream shortening.
2. Add sugar to shortening and cream until smooth and fluffy.
3. Add egg and beat 2 minutes or 30 strokes.
4. Add chocolate and mix.
5. Add ½ cup flour and mix well. Add ⅓ of milk. Beat until smooth.
6. Continue this until all of flour and milk have been added. (Flour will be added first and last.)

Drop with spoon on to greased baking sheet. Bake 12 to 15 minutes at 375°F. or until done.

And Now For The Fun

