

A Variety of Biscuits

Some people maintain that home-made biscuits are not so good as those made in the biscuit factory, for the reason that in the latter case there is the advantage of machinery for kneading the dough, etc. It must be remembered, of course, that machinery is necessary in the factory on account of the huge quantities of biscuits which must be made; but it is only the large quantities which justify the use of machinery.

Housekeepers can make a variety of home-made biscuits which will be found quite as good as those sold in the shops. We cannot, of course, be expected to tackle a big quantity at a time. It is interesting to note that 1 lb. of flour turns out quite a large amount of biscuits.

In the making of biscuits one of the great essentials is the crumbling of the fat, which must be worked until entirely out of sight, and the dough must be very stiff, and, indeed, be of the same consistency as is required for shortbread. When baking, a very moderate heat is necessary in the oven. Afterwards the biscuits should be placed on a sieve or wire tray, not one on the top of the other, but each one apart. This ensures that the biscuits will become crisp. When quite cold they should be kept in a closely-fitting tin.

SPICE BISCUITS.

Put ½ lb. of flour in a basin with half a teaspoonful of baking powder, a pinch of salt, and 3 oz. of castor sugar, also half a teaspoonful of mixed spice or cinnamon. To these ingredients add 3 oz. or 4 oz. of margarine or butter; half-in-half may be used. Beat well one egg, and form the mixture to a stiff paste with it. If necessary, add a few drops of milk. Turn on to a floured board and knead very well; then roll out thinly. Cut into rounds the size of teacup, and bake in a moderate oven until the biscuits are a pale brown color. Put on a wire tray and allow to get crisp.

COCONUT ROCKS.

Whisk to a stiff froth the whites of two eggs, and mix in a dessertspoonful of rice flour. Gradually mix in 3 oz. of castor sugar then add 2 oz. of desiccated coconut. Put the mixture in small heaps, about two inches apart, on a greased tin, and bake in a slow oven for 20 minutes.

LEMON BISCUITS.

Put 6 oz. of flour in a basin, and add to it ¼ lb. of fine sugar, and half a teaspoonful of baking powder. Beat well one egg and add to it a few drops of lemon essence. Rub 1 oz. of butter into the dry ingredients, then form the mixture to a stiff paste with the egg. Knead well; then form into a roll under the hands about one inch in diameter. Cut into one inch pieces. Press a hole in each with a finger, and place on a greased oven shelf, apart from each other. Bake in a moderate oven until of a pretty yellow colour.

ABERNETHY BISCUITS.

Put ½ lb. of flour into a basin, and crumble into it 2 oz. of butter; then add 2 oz. of sugar, a pinch of salt, half a teaspoonful of baking powder, and a small teaspoonful of caraway seeds. Beat well one egg, add a tablespoonful of milk to it, then form the whole into a stiff dough. Turn on to a floured board, knead and roll out half an inch thick, cut in rounds, prick the centres with a biscuit stamp or fork. Bake in a moderate oven for fully 20 minutes.

PARKINS.

Mix in a basin ¼ lb. of flour with ¼ lb. of oatmeal. Add a tablespoonful of sugar, a teaspoonful of ground ginger, half a teaspoonful of mixed spice, and half a teaspoonful of baking soda with the lumps pressed out. In a saucepan melt 2 oz. of margarine with ¼ lb. of treacle, or half syrup and half treacle will do. Moisten the dry ingredients with the melted treacle and fat. Take a dessertspoonful of the mixture, and with floured hands roll into a ball, slightly flatten, and put a half almond in the centre. Proceed to make them all the same, then place apart on a greased oven shelf. Bake in a moderate oven about 10 minutes.

CORNFLOUR NUTS.

Beat to a cream ¼ lb. of castor sugar with ¼ lb. of butter. Add a beaten egg, then ¼ lb. of cornflour with ¼ lb. ordinary flour, mixed with a small teaspoonful of baking powder. Work these ingredients in until a stiff mixture is the result. Put in small teaspoonfuls on to a greased tin, and bake in a very moderate oven until of a pale yellow colour. Allow to cool, then place two together with a suggestion of strawberry or raspberry jam.

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