

CEREAL FLOUR AND MEAL MIXTURES

BATTERS AND DOUGHS

From cereals we have flour and meals which can be used in a number of ways to make wholesome and palatable dishes. Flour is used in batter and dough mixtures, and as mixtures of flours and batters alone when cooked would be hard and difficult of digestion, different leavens, such as baking-powder, soda and yeast, are used to make them light.

Mixtures of flour or meal and liquid are called batters or doughs according to the quantity of liquid used.

The dry ingredients include flour, meal, sugar, salt, spices, and baking-powder, soda, etc. Mixed flour mixtures furnish better body-building material than those made from one grain alone.

Fats called "shortening," added to make the mixture tender, include butter, oleomargarine, nut margarine, drippings, lard, chicken fat or vegetable oils. (See directions for rendering fat to be used for shortening, page 38.)

The liquids used in batters and doughs are water, milk, whey, molasses, syrups, coffee, eggs, etc. Sour milk may be used in recipes calling for sweet milk, when $\frac{1}{2}$ teaspoon soda should be added for each cup of sour milk, and for each $\frac{1}{2}$ teaspoon soda added, 2 teaspoons less baking-powder is required.

Batters are made "light" or "porous" by the introduction of a gas which is expanded by the heat during cooking.

GENERAL DIRECTIONS FOR MAKING AND COOKING GRIDDLE CAKES

Sift flour before measuring.

Put flour by spoonfuls into the measure and do not press or shake down.

Measure, mix and sift dry ingredients.

Measure the liquid ingredients and add to the dry ingredients.

Mix thoroughly and add the melted fat.

Use a frying-pan or griddle.

Heat the pan hot without burning the cake.

Grease the griddle if necessary. (A soap-stone or aluminum griddle must never be greased.)

Let the fat begin to smoke before cooking the cakes.

Pour the mixture from the tip of the spoon; cook on one side; when puffed full of bubbles and cooked on the edges, turn and cook on other side.

If large bubbles form at once on the top of the cakes, the griddle is too hot.

If the top of the cake stiffens before the under side is cooked, the griddle is not hot enough.

Never turn a cake twice.

Remove scraps and wipe pan after each set of cakes is cooked.

Grease pan and repeat.

Serve griddle cakes as soon as cooked.