

## Consuming Thoughts

by

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Most consumers are trying to cut food preparation time and reduce food costs. Using a "Master Mix" is one way to save time and money. It takes a lot of time to measure and sift dry ingredients separately for each item you bake.

"Master Mix" streamlines your baking since you do the measuring and sifting for several items at one time. The final mixing, whether it is a cake, biscuit, muffin, quick bread or main dish, is so easy that you can prepare just

enough to be eaten fresh. Prepared mixes can save as much as three-fourths of your final preparation time. Using a reduced-fat master mix can save on calories, too.

### REDUCED-FAT MASTER MIX (Yield: 15 cups mix)

- 9 cups flour~
- 1/2 cup baking powder
- 1 tablespoon salt
- 2 2/3 cups non-fat dry milk powder
- 1/4 cup sugar

## Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

### September

- 2 - Beef Contest Entries
- 9 - National Honey Month
- 16 - Cooking With Rice
- 23 - Zucchini, Squash

1/2 cup solid shortening  
In a large bowl, sift together dry milk, baking powder, sugar, salt, and flour, mixing thoroughly. Cut the shortening into the dry ingredients until mix is the consistency of corn meal. Place the mix in a covered glass, metal, or plastic container and keep in a cool place. Refrigerate in warm weather. To measure, pile the mix lightly into a cup and level off with a spatula or the back of a knife. Use within two months.

To make reduced-fat Whole Wheat Master Mix, substitute 4 1/2 cups whole-wheat flour for 4 1/2 cups white flour.

### PANCAKES

(Yield: About 18 4-inch pancakes)

2 cup reduced-fat master mix  
2 egg whites  
2 cups water  
Put master mix in a bowl, add egg whites and water. Stir about 25 strokes. Batter should not be thoroughly smooth. Bake on hot non-stick pan or griddle sprayed with non-stick cooking spray. (48 calories per pancake; 1 gm fat; trace cholesterol; 116 mg sodium.)

### PINWHEELS

(Yield: 12 biscuits)

3 cups reduced-fat master mix  
1/2 cup water  
brown sugar  
jelly or 1 teaspoon cinnamon and fat-free cream cheese  
Put master mix into bowl. Add water to mix all at once, stirring about 25 strokes. Knead 15 times on floured surface. Roll out dough into rectangle 1/2" thick. Spread lightly with fat-free cream cheese or jelly. If using fat-free cream cheese, sprinkle brown sugar and cinnamon over the dough. Roll up jelly-roll style and cut into 1" slices. Place side by side on a baking sheet sprayed with non-stick cooking spray. Bake at 400 degrees for 12-15 minutes. (122 calories per serving; 3 gm fat; 1 mg cholesterol; 264 mg sodium.)

### MUFFIN

(Yield: 12 muffins)

3 cups reduced-fat master mix  
2 tablespoons sugar  
2 egg whites  
1/2 cup water  
Put master mix and sugar into bowl; stir well. Mix the egg and water in another small bowl; then add to dry mixture all at once. Stir slightly to moisten about 25 strokes. Mixture will be lumpy. Spray muffin tin with non-stick cooking spray and fill each cup 3/4 full. Bake at 400 degrees for about 15 minutes. (115 calories per muffin; 2.5 gm fat; 1 mg cholesterol; 257 mg sodium.)

### DEEP DISH APPLE PIE (MICROWAVE)

(Yield: 6 servings)

1 1/2 teaspoons sugar  
1/4 teaspoon ground cinnamon  
5 cups sliced peeled apples  
1/4 cup sugar  
2 tablespoons all-purpose flour  
1/2 teaspoon cinnamon  
1/2 cup reduced-fat master mix  
1/4 cup skim milk  
2 tablespoons sugar  
Mix 1 1/2 teaspoons sugar and 1/4 teaspoon cinnamon; set aside. Combine apples, 1/4 cup sugar, the flour and 1/4 teaspoon cinnamon in 1 1/2 quart casserole. Cover. Microwave on high until apples are tender and sauce is bubbly, three to four minutes.

Mix master mix, milk and 2 tablespoons sugar just until moistened. Drop by spoonfuls onto hot apple mixture. Sprinkle with cinnamon-sugar mixture. Microwave on high until topping is set, three to five minutes. (171 calories; 1.5 gm fat; less than 1 mg cholesterol; 132 mg sodium.)

Source: The Low-Down on Low-fat and Low-Cost Cooking by Eleanor Wages.

## Fold Flavor

(Continued from Page B2)

### SOUTHWESTERN BURGERS

2 pounds lean ground beef  
1.25-ounce taco seasoning mix  
1/2 cup shredded 4 cheese Mexican blend, divided  
8 hamburger buns  
16 ounces salsa  
Combine beef and seasoning mix in large bowl. Shape into 8 balls. Make a well in center of each; place 2 tablespoons cheese in each well. Enclose the well and flatten into patties.

Grill or broil for 4-5 minutes on each side or until no longer pink in center. Serve on buns with salsa.

### VEGETABLE ROLLS

10-ounce roll refrigerated pizza crust  
2 cups broccoli and cauliflower blend vegetables, thawed, well drained  
2 tablespoons thinly sliced onion  
2 cups shredded cheddar cheese  
3 slices American cheese  
Preheat oven to 425 degrees. Grease or spray cookie sheet. Press out dough on the cookie sheet to measure 12x8-inch rectangle.

Measure 2 cups broccoli and cauliflower mixture and place down the center of dough. Top with onion and American cheese slices.

Carefully pull dough up and over vegetables, overlapping edges as needed. Pinch dough seams if necessary. Stretch ends and fold over and pinch.

Roll dough over on the sheet. Place on top rack of oven. Bake 12-14 minutes or until golden brown.

One roll serves two as main dish or four servings as a side dish.

Dough alternatives: Double ingredients and use a loaf of thawed frozen bread dough.

Substitute frozen, fresh, or steamed vegetables of your choice.

## Club Soda Removes Stains

Apply club soda to remove water-based stains such as red wine or ketchup. Club soda will not remove greasy, oily stains such as mayonnaise, butter, or gravy.

When applying club soda to water-based stains, rinse immediately. Otherwise a residue surrounded by a water ring could result in a permanent stain when dry.

## Scorch Removal

To remove a scorch mark made by an iron, rinse with cold water. If it does not disappear, try three percent hydrogen peroxide or

chlorine bleach. If scorching has burned the fabric, it has been permanently damaged.

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