

# MASTER MIX

## Pancakes, Biscuits, Muffins



### Basic Master Mix

4 cups all-purpose flour  
 4 cups whole wheat flour\*  
 1<sup>1</sup>/<sub>3</sub> cups nonfat dry milk  
 1/4 cup baking powder  
 1 teaspoon salt  
 1<sup>1</sup>/<sub>2</sub> cups vegetable shortening or margarine

1. Stir dry ingredients together until well mixed.
2. Cut in vegetable shortening or margarine until well mixed.
3. Store in closed, covered jar or can.
4. Refrigerate to keep longer than one month or if margarine is used.
5. Stir lightly before using in recipes.

\*If whole wheat flour is not available, use all-purpose flour. Enriched cornmeal or rolled oats can also be substituted for all or part of the whole wheat flour.

### Lower-Fat Master Mix

This recipe is good for pancakes, pizza, snackin' cake, and brownies. Traditional biscuits will not be as tender as those made from Basic Master Mix.

4 cups all-purpose flour  
 4 cups whole wheat flour\*  
 1<sup>1</sup>/<sub>3</sub> cups nonfat dry milk  
 1/4 cup baking powder  
 1 teaspoon salt  
 3/4 cup vegetable shortening or margarine

Follow directions for Basic Master Mix.

### Master Mix with Oil

This recipe is good for all products except snackin' cake.

4 cups all-purpose flour  
 4 cups whole wheat flour\*  
 1<sup>1</sup>/<sub>3</sub> cups nonfat dry milk  
 1/4 cup baking powder  
 1 teaspoon salt

1. Stir dry ingredients together until well mixed.
2. Store in closed, covered jar or can.

To use: add oil when mixing recipes. Use 2 tablespoons oil for every cup of Master Mix in the recipe. Recipes also need 1–2 tablespoons of extra water.

## Master Mix Baking Tips To Remember

- Preheat oven 5–10 minutes before baking. Biscuits turn out best when baked in a hot oven.
- Reduce heat 25° if you use a glass pan.
- Save on the electric or gas bill. Remember to turn oven off after baking.

## Biscuits

*Makes 10 biscuits, 2 inches each*

2 cups Master Mix

1/2 cup water

1. Preheat oven to 400°F.
2. Add water to the dry mix. Stir about 20 times.
3. Turn dough onto a lightly floured board or table top. Knead 2 to 5 strokes.
4. Roll or pat to 3/4-inch thickness.
5. Cut with a biscuit cutter or cut into squares with a knife.
6. Bake on ungreased pan for 12–15 minutes.

To vary, add one of these to the dry mix:

1/3 cup grated, sharp cheese

1/4 cup minced, crisp-cooked bacon

1/3 cup raisins and 1 tablespoon sugar

- Calories: 147 for one biscuit.
- Excellent source of B-vitamins.



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## Pancakes

*Makes about 12 medium-sized pancakes*

2 cups Master Mix

1 cup water

2 eggs, beaten

1. Put all the ingredients in a bowl.
2. Stir just enough to moisten dry ingredients.
3. Drop by teaspoons onto a hot, greased skillet. A skillet is hot when water dances on it.
4. Cook slowly until the surface is covered with bubbles.
5. Turn and cook until second side is well-browned.

- Calories: 136 for 1 pancake.
- Excellent source of B-vitamins.

## Pizza

*Makes 4 to 6 servings or one 12- to 14-inch pizza*

### **Crust**

2 cups Master Mix  
1/2 cup water

1. Preheat oven to 425°F.
2. Knead 5 to 6 times.
3. Spread dough on a baking sheet. Turn up edges.
4. Select topping and bake according to directions.

### **Taco Topping**

1/2 pound ground beef  
1/2 cup water  
1 package taco seasoning  
1 can (16-ounce) refried beans  
1/2 onion, chopped  
1/2 cup cheese  
2 cups chopped lettuce  
1 chopped tomato

### **Cheese Topping**

1 can (8 ounces) tomato sauce  
2–3 tablespoons minced onion  
8 ounces mozzarella cheese, shredded

Spread tomato sauce on dough.  
Sprinkle with cheese. Bake 20 minutes  
until edges are brown.

Brown ground beef in a skillet. Add water, seasonings, and beans. Heat through. Spread mixture on dough. Add onion and cheese. Bake about 20 minutes until edges are brown. Sprinkle lettuce and tomatoes on pizza. Serve right away.

• Calories: 711 for 1/4 taco pizza.

• Calories: 542 for 1/4 cheese pizza.

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## Brownies

*Makes one 8-inch square pan*

1 cup Master Mix  
1 cup sugar  
1/3 cup cocoa  
2 eggs  
1 teaspoon vanilla

1. Preheat oven to 350°F. Grease 8-inch square pan.
2. Mix dry ingredients together.
3. Add eggs and vanilla and mix well.
4. Pour into pan. Bake about 25 minutes.

• Calories: 156 for 2-inch square brownie.

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The *Dietary Guidelines for Americans* recommends a diet that is low in saturated fat and cholesterol and moderate in total fat. Master Mix with oil has less saturated fat. Reduced Fat Master Mix has less total fat. They are healthier choices than Basic Master Mix or boxed biscuit mixes.



## Snackin' Cake

Makes one 8-inch square cake

- 1½ cups Master Mix
- ⅓ cup sugar
- ½ cup water
- 1 egg
- ½ teaspoon vanilla

1. Turn oven on to 350°F. Grease 8-inch square pan.
2. Mix sugar into Master Mix.
3. In another bowl, beat water, egg, and vanilla until frothy.
4. Stir water-egg mixture into mix. Beat until smooth.
5. Spread batter into greased pan.
6. Bake for 25 minutes or until firm when touched.

**For Coffee Cake:** Mix ¼ cup sugar, 2 tablespoons flour, and 2 tablespoons margarine together. Sprinkle over batter. Bake for about 25 minutes.

**For Upside Down Cake:** Mix batter and set aside. Melt ¼ cup margarine in cake pan. Add ½ cup brown sugar. Arrange pineapple or peach slices in sugar. Pour batter over fruit. Bake about 25 minutes. Cool slightly. Place a plate upside down over cake pan. Hold plate and cake pan together and turn upside down so cake pan is on top. Cake should drop from pan onto plate. Cut and serve.

- Calories: 186 for a 3-inch square serving.
- Good source of B-vitamins.



### Shopping Hints

- Watch for specials on flour and shortening.
- Compare costs of nationally known brands, plain labels, or store brands. Plain labels are usually less expensive.

### Read Labels

*Enriched all-purpose flour* has B-vitamins and iron added. It is usually the least expensive.

*Whole wheat flour* has wheat germ and bran. It has fiber and a few more nutrients than all-purpose flour.

*Graham flour* is the same as whole wheat flour, but more expensive.

*Self-rising flour* has salt and baking powder added. It is more expensive than adding your own salt and baking powder.

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