

\$1.00



TESTED RECIPES
from

EL MOLINO KITCHENS

EQUIVALENTS

Tbs = Tablespoon

tsp = Teaspoon

c = Cup

gm = Gram

mg = Milligram

lb. = Pound

"dash" = less than $\frac{1}{8}$ tsp

60 drops = 1 tsp

3 tsp = 1 Tbs

16 Tbs = 1 c

2 Tbs = 1 liquid ounce

1 c = $\frac{1}{2}$ pint

4 c = 1 quart

16 fluid ounces = 2 c

1 gm = 1000 mg

5 gm = 1 tsp

28 gm = 1 ounce

454 gm = 1 lb.

2 c water = 1 lb.

4 c flour = 1 lb.

2 c butter = 1 lb.

2 c granulated sugar = 1 lb.

$2\frac{2}{3}$ c brown sugar = 1 lb.

$2\frac{2}{3}$ c powdered sugar = 1 lb.

1 c honey = $\frac{3}{4}$ lb.

1 c molasses = 13 ounces

$2\frac{1}{2}$ c raisins = 1 lb.

Continued on back cover

BREADS & ROLLS

CAKES & PASTRIES

CASSEROLES

CEREALS

DRINKS

GLUTEN

HOT CAKES & WAFFLES

SOUP & SPROUTS

ALLERGY RECIPES

HELPFUL HINTS

STORING WHOLE GRAIN PRODUCTS

DESCRIPTION OF PRODUCTS OF EL MOLINO MILLS

RECOMMENDED DAILY DIETARY ALLOWANCES

COMPOSITION OF FOODS

RECOMMENDED BOOKS BETTER NUTRITION

Something about EL MOLINO *“the mill”*

The three Vandercook brothers, an 8th generation of millers, are sole partners—all actively engaged in operating El Molino Mills.

Migrating from Holland and settling in Cooksborough, New York and in Wisconsin and Michigan, forefathers of the present generation, operated stone grist mills powered by wind and water.

The present business was founded in 1926 by Edward Allen Vandercook, father of the brothers now carrying on this time-honored stone grinding method in a modern plant. The name “El Molino” (Spanish for “the mill”) is from the old mill nearby which was erected by the San Gabriel mission fathers in the days of early California history.

Old fashion’ tho it seems, steady growth is proof that simple stone grinding of select quality grain, without refinement or chemicals, will continue to be in demand. This is our true heritage.



We wish to express our gratitude to those whose contributions to this book have made our own task simpler.

Vandercook Bros.

EL MOLINO *Best Recipes* . .

is the result of more than 35 years' accumulation of best recipes shared by friends with a touch of imagination who have discovered true satisfaction from whole grain foods. It is designed to guide today's homemakers who are eager to learn basic methods in preparing more nourishing meals.

There is a wealth of healthful information in this collection of ideas and basic recipes. Daily use will reward you and your family with more abundant health while enjoying more natural flavor from your foods.



This long awaited book contains many unique features which should prove of value to homemakers, dietitians, doctors and students.



- ★ "The Composition of Foods", listing the most complete work available on the analysis of all grains, seeds and legumes handled by El Molino Mills.
- ★ Helpful hints and innumerable variations.
- ★ Allergy baking, sour dough baking and seed sprouting.
- ★ Complete section devoted to Gluten, meat-free dishes.
- ★ Tables of equivalents.
- ★ All El Molino products are described and uses explained.
- ★ Unusual and common recipes using unrefined products.
- ★ This book is durably constructed of water-resistant material providing a permanent kitchen workbook.

Eighth Printing over 180,000 copies printed



283-3764

289-7829

EL MOLINO MILLS
3060 W. VALLEY BLVD.

Alhambra, Calif. 91803

A simple answer to good nutrition is a varied diet of natural foods with a minimum of processing.

Products Offered by EL MOLINO MILLS

Alhambra,
Calif. 91803

ALFALFA Seed (for sprouts or Tea)	PEAS, Green Split
ARROWROOT Starch	POTATO FLOUR
BARLEY, Hulled (Whole)	POTATO Meal (Granular)
Barley Grits	PUMPKIN Seed, Hulled (Whole) "Pepitas"
Barley Flour	RICE, Brown, Long Grain (Whole)
BUCKWHEAT Groats (Whole)	RICE, Brown, Short Grain (Whole)
Buckwheat Flour	Rice Flour, Brown
CAROB Powder (St. John's Bread)	Rice Flour, White
CARA-COA "Instant" Carob Drink	Rice Bran
CHIA Seed	Rice Polish
Chia Seed Meal	RYE (Whole)
CORN, White (Whole)	Rye Grits
Corn Meal, White (Stone Ground)	Rye Meal
Corn Flour, White	Rye Flour
Hominy Grits	SESAME Seed, Hulled (Whole)
CORN, Yellow (Whole)	Sesame Seed Meal
Popcorn, Yellow	SEVEN GRAIN Cereal
Corn Meal, Yellow (Stone Ground)	SOY Beans (Whole) Cook's Best
Corn Meal, Yellow Coarse (Stone Ground)	Soya Grits
Corn Flour, Yellow	Soya Meal
FLAXSEED (Whole)	Soya Flour
Flaxseed Meal	Soya Powder (For Milk)
GARBANZO Beans (Whole)	Soy Bean Flour, Raw
LENTILS (Whole)	SUNFLOWER Seed, Hulled (Whole)
MILLET, Hulled (Whole)	Sunflower Seed Meal
Millet Grits	WHEAT Hard Red (Whole)
Millet Meal	Cracked Wheat (Hard Red)
Millet Flour	Wheat Grits (Hard Red)
MUFFIN MIX Self-raising	
MUNG Beans (For Sprouting)	
OAT Groats (Whole)	
Steel Cut Oats	
Rolled Oats	
Scotch Oatmeal	
Oat Flour	
	WHOLE WHEAT FLOUR (Hard Red) (Stone Ground)
	Graham Flour
	Pastry Whole Wheat Flour (Soft)
	Bran Flakes, Red
	Wheat Germ
	Wheat Germ Flour
	Wheat Germ & Middlings
	Unbleached White Flour (Hard)
	Unbleached White Pastry Flour (Soft)
	Gluten Flour
	BREAD MIX (complete) Stone Ground Whole Wheat
	BREAD MIX (complete) Unbleached White
	BREAD MIX (complete) Rye
	BREAD MIX (complete) Pumpernickel
	YEAST, Active Dry (For Doughs)
	CAROB CANDY
	Cara-Coa Crunch
	Cara-Coa Candy
	Vanilla
	Mint
	Fruit'n Nut
	Cara-Coa Nuggets
	Cara-Coa Caramels
	COOKIES
	Arrowroot
	Carob
	Cocoanut Bar
	Fruit Bar
	Molasses
	Oatmeal
	Wheat Germ
	Wheat-Free "Allergy Cookies"
	Cara-Coa Fruit Brownies
	Date Butter Cakes
	CARA-COA SYRUP

Ask for these Products at all HEALTH FOOD STORES



FOR YOUR
CONVENIENCE

**A more complete NATIONAL DISTRIBUTION of all
El Molino Products is available to you!**

If you are looking for a more convenient source, contact our representative nearest you (listed on next page) and he will tell you where your nearest dealer is located. Your dealer may be a Health Food Store or a Dietary Food Section in a market area. If neither is available to you, write directly to El Molino Mills and we will tell you how all our products are as near to you as your mail box. To insure you of freshness many dealers stock only the more popular products but will fill your order for any of over 90 products right from the mill.

Distributors of **EL MOLINO** products:

CALIFORNIA

Los Angeles 90021	KAHAN AND LESSIN COMPANY 2425 Hunter Street
Glendale 91201	MARTY BELLMAN COMPANY 1648 Flower Avenue
San Francisco 94134	LANDSTROM COMPANY 420 Talbert Street

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MINNESOTA

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New York 10454	SHERMAN FOODS, INC. 276 Jackson Avenue
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Portland 14	NU VITA FOODS 1325 S. E. 9th Avenue
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Collegedale 37315	COLLEGEDALE DISTRIBUTORS Box 514
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WASHINGTON

Seattle 98104	NORTHWEST DIETETIC SUPPLY, INC. 1024 Western Avenue
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CANADA

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Scarborough, Ontario	NU-LIFE NUTRITION (EASTERN) 271 Nantucket Blvd.

EL MOLINO

CARA-COA[®] CAROB PRODUCTS

El Molino Cara-Coa Carob products are the result of twenty years of research in the formulation of a flavor that is "Better 'n Chocolate."

A naturally balanced food, easily digested, Cara-Coa Carob is a natural source of nutrition for high energy. CONTAINS NO COCOA or CHOCOLATE, no stimulant, acids or highly refined sugars.



CARA-COA NUGGETS

Delicious Morsels
for EATING, BAKING, FUDGE



They make perfect toll house cookies, creamy fudge . . . are delicious eating for an instant, healthful, energy pick-up, contain NO CHOCOLATE or MILK.

CARA-COA *Instant* DRINK

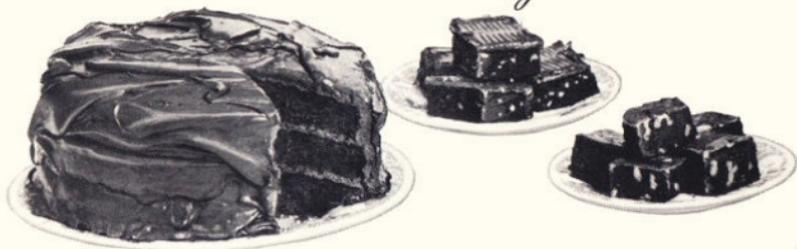
Looks and smells like chocolate . . . tastes even better! A "confection without objection", Cara-Coa Instant Drink dissolves instantly in hot or cold milk, is high in natural fruit sugars . . . is enjoyed by young and old alike. Adds only 25 calories per 8 oz. glass.



CARA-COA SYRUP • Ideal wherever liquid flavoring is called for . . . makes delightful sauces, drinks, candy.

CARA-COA INSTANT PUDDING • Quick and easy to make. A naturally better delicious dessert or pie filling.

Naturally better



Whatever you bake, cook or blend . . . CARA-COA gives you the rich flavor of Dutch Chocolate with the purity of natural food.



CARA-COA CAROB POWDER

"Better 'n Chocolate" for baking, frosting, cookies, fudge. 3 level tablespoons of Cara-Coa Carob Powder plus 2 tablespoons of water equals 1 square of chocolate. OR replace 3 tablespoons of flour per cup, with Cara-Coa Carob Powder.

CARA-COA CANDY



CARA-COA CRUNCH • A natural food candy bar that will delight the most sophisticated sweet tooth. Other CARA-COA Candy Bars in a variety of flavors, "Better 'n Chocolate" Vanilla, Mint, Fruit 'n Nut.



CARA-COA CARAMELS • Delicious chews that literally melt in your mouth "Better 'n Chocolate" flavor and fewer calories, too.

CARA-COA FRUIT BROWNIES • A wonderful snack or dessert with all the flavor of homemade goodies.

CARA-COA[®]
is made from
the fruit of
the Carob Tree . . .
a source of
nutritious food
since Biblical times.



NOW for millions of people who love the taste of chocolate but are allergic to it . . . El Molino has developed CARA-COA and CAROB POWDER that looks, tastes, satisfies like the finest Dutch chocolate yet **CONTAINS NO COCOA OR CHOCOLATE.**

Cara-Coa is better for the whole family . . . it is a delicious wholesome, quick energy taste-treat, a pure natural food containing no stimulants or highly refined sugars.

Carob also known as "St. John's Bread", "Honey Locust", "Carobi", "Boecksur", "Johhanes Brod" is believed by many to have been the sustaining food of John the Baptist during his sojourn in the wilderness. Carob's age-old natural goodness is now available as a modern, convenience food that is kind to the complexion, helps avoid problems caused by chocolate.

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SELECTED HIGH PROTEIN WHEAT
 USED BY EL MOLINO MILLS
 CONTAINS THESE ESSENTIAL
 MINERALS AND VITAMINS:

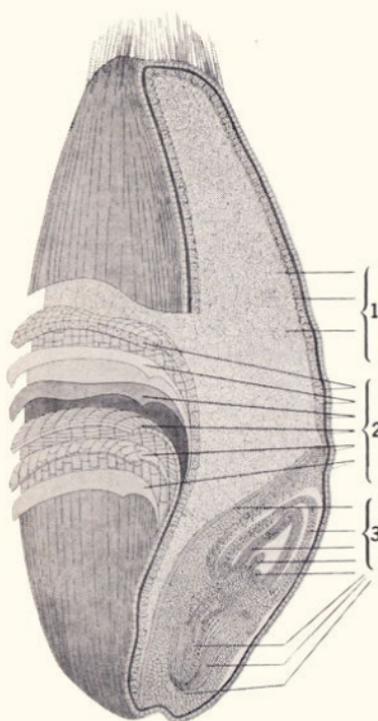
MINERALS

CALCIUM	IODINE
IRON	FLUORINE
PHOSPHOROUS	CHLORINE
MAGNESIUM	SODIUM
POTASSIUM	SILICON
MANGANESE	BORON
COPPER	BARIUM
SULPHUR	SILVER

And Other Trace Minerals

VITAMINS:

THIAMINE B-1
 RIBOFLAVIN B-2 or G
 NIACIN
 PANTOTHENIC ACID
 PYRIDOXINE B-6
 BIOTIN or H
 INOSITOL
 FOLIC ACID
 CHOLINE
 VITAMIN E
 Plus at least four other
 vitamin factors generally
 found in Bran and Wheat
 Germ.



1. The inner part of the whole kernel called the **ENDOSPERM**, consists mostly of starch and a small amount of protein. The Endosperm contains almost no vitamins or minerals. White flour is made from this part of the kernel, which is low in those nutrients upon which we depend for our health.
2. These are the **BRAN** layers, in which are found—
 Large amounts of **VITAMINS**.
 Large amounts of **MINERALS** (iron to make good red blood and phosphorus for nerves and bones).
PROTEINS of very good quality.
3. The **EMBRYO**, or "wheat germ". This is the life-giving part from which the wheat plant sprouts and is one of the richest known sources of B and E vitamins. It also contains valuable proteins and fat.

In white flour about one-half of the fat is lost. This fat has a high food value, since it contains unsaturated fatty acids and vitamin B1, all of which are nutritionally very important.

WHY, STONE GROUND 100% WHOLE WHEAT FLOUR?

The old primitive methods of grinding wheat and corn between stones yield flavor, texture and nutritional advantages unmatched by modern technology.

Today's stone mills have been improved over the ancient Donkey Mill, Tread Mill, Wind Mill and the Water Mill; but, regardless of the energy harnessed to turn the mill stones, the principle remains unchanged.

All grain contains an embryo, or "germ" section. Wheat germ, consisting of approximately 2% of the wheat kernel, contains high quality protein as well as most of the kernels valuable vitamins and minerals. All of the oil, from which the flavor of the grain is derived, comes from the germ section. Wheat germ is considered one of the highest natural sources of the "B" vitamins as well as vitamin "E".

If a flour has been "de-germed", the flavor is lost. If the germ is left in the flour the flour is perishable; therefore, with many flours sold today, the germ is removed in order to prolong "shelf-life" of the flour. Sometimes preservatives are used to give flour longer keeping qualities.

The very principle of stone buhr milling enables 100% whole grain flours to be less perishable, contain the full germ flavor, provide "whole-meal" texture as well as maximum nutritional properties, as compared with flours milled by the roller mill, hammer mill or steel plate mills because of the following:

In stone grinding, the cool, slow rubbing between thick granite stones, rubs the germ oil evenly throughout the flour. By spreading the oils evenly thru the flour, there is no concentration of oily flakes to oxidize and become rancid. On the other hand, the quick break of the kernel between rolls and other HIGH SPEED MILLING methods, mentioned above, isolate the germ which remains as a small oily mass, subject to early rancidity, particularly under warm conditions, making it necessary either to remove the germ and avoid spoilage or to add preservatives.

When the germ oil is slowly rubbed between cool stones, the germ so completely fuses with the flour that no concentration of oils remain.

The flaky particles contained in stone ground flour produces a unique bread texture not found in other flours.

Cool, slow milling of the entire wheat berry retains valuable minerals and vitamins lost in high speed roller milling and separating.

Insist upon **STONE GROUND 100% WHOLE WHEAT FLOUR** and **BREADS** to insure getting the maximum flavor and nutrition for your family.



**TREAT YOUR FAMILY
TO THE WONDERFUL
AROMA OF
HOME BAKED
BREAD**

The Easy Way

with **EL MOLINO Bread Mixes**

Stone Ground WHOLE WHEAT BREAD MIX

All the natural flavor of 100% Stone Ground Whole Wheat Flour, Sesame Meal, Pure Honey and Old Fashion' Dark Brown Sugar.



Unbleached WHITE BREAD MIX

. . . With WHEAT GERM ADDED, unbleached Wheat Flour, Sesame Meal, and Old Fashion' Dark Brown Sugar combine to make a delicious, rich textured bread. No chemicals, no preservatives, no bleached flour, no fats.



EACH PACKAGE MAKES



**3
BIG
LOAVES**



A complete mix, just add water. Includes 3 separate packages of yeast, so that 1 or more loaves can be baked at a time. All sealed in an air-tight bag for that "just milled" flavor.



PUMPERNICKEL Bread Mix

The rich, zesty taste of true dark Pumpernickel, made of Rye Flour, Rye Sours, Caraway, Old Fashion' Dark Brown Sugar, with fast-action yeast for leavening.

RYE BREAD MIX

Old world flavor, with a delicious dark crust. Rye Flour, Rye Sours, Caraway and Old Fashion' Dark Brown Sugar combine to make bread such as grandma would liked to have baked.



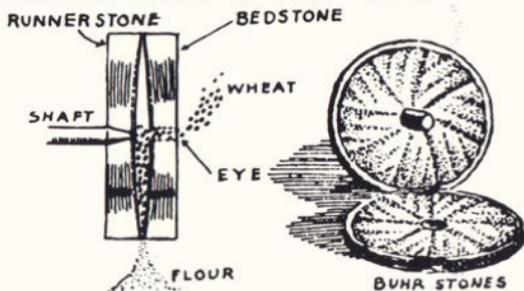
Do you yearn for . . .

real, honest-to-goodness bread like this?



Select high protein wheat, slowly stone ground, then baked in your kitchen will insure your family of the TRUE "STAFF OF LIFE" . . . BREAD

GRINDING ACTION OF BUHR STONES



Breads and Rolls

BISCUITS & CRACKERS

COFFEE CAKE

MUFFINS

WHEAT STICKS

BEST WAY TO MOLD A PERFECT LOAF OF BREAD



1. Take each loaf separately and press or roll into a flat oblong sheet.
2. Take one long side and fold $\frac{1}{3}$ of dough over and press with palm of hand to seal.
3. Fold the other long side, overlapping the first and press and seal as before.
4. From the end, fold $\frac{1}{3}$ of dough over and press and seal.
5. Fold the other end overlapping the first.
6. Press again.
7. Roll the sheet of dough lengthwise, like a jelly roll, making a round compact loaf. Seal overlap.
8. Place in greased loaf pan with overlap underneath.



Slow oven	250 to 300° F.
Moderate	325 to 375° F.
Hot	400 to 450° F.
Very Hot	475° or more



HEALTH BEGINS IN THE KITCHEN

“Whenever anyone asks me how to build up the health of a growing child, a convalescent, or an invalid, how to add more protein, calcium, iron or B vitamins to the diet, or simply how to have fun at cooking, my answer is, “Make your own breads.” — Adelle Davis.

— From “Let’s Cook It Right.”



Every detail is described in this proven method of baking delicious bread from El Molino Stone Ground 100% Whole Wheat Flour.

If all directions are carefully followed, your bread should have good flavor, grain and texture, moisture, volume, odor, color and can be sliced without crumbling.

As your individual technique improves you will find new variations to delight yourself and your family.



WHOLE WHEAT BREAD

100

using EL MOLINO Stone Ground 100% Whole
Wheat Flour

2	c milk	2	Tbs active dry yeast
3	Tbs oil or butter	5½	c unsifted whole wheat flour
1	Tbs salt		
	½ c honey (clover preferred)		

Heat milk to simmer. Drop oil, salt and honey into simmered milk and pour into large mixing bowl. Cool to **LUKEWARM**.

Dissolve yeast in ⅓ c **LUKEWARM** water about 4 min. (To hasten yeast action, sprinkle with ½ tsp sugar). Add dissolved yeast to mixture in bowl.

Add 3 c flour. Stir 8 minutes with electric mixer at low speed; or, 300 strokes by hand. Add 2 c flour* and stir well.

Turn on to floured board and knead until dough is smooth and elastic, kneading in more flour if necessary.

(Thorough kneading develops gluten which is essential to good texture and volume.)

Place in oiled bowl, cover with towel and let rise in a warm place until double in bulk. (80° to 85° F. for about 1 hour)

Knead down to original size, cover and let rise again.

Knead down to original size, cut in half, shape into two loaves, place in oiled bread pans, cover with towel and let rise until dough begins to lift towel.

Place to bake in 375° F. preheated oven for 45 minutes, or until golden brown.

Remove from pans and place on wire rack to cool.

If soft crust is desired, brush with cream or soft margarine.

Volume of loaves is sacrificed if dough is allowed to rise too high in pans. Allow $\frac{1}{3}$ of rise to take place in baking.

Variations:

100A

*1 to 2 cups of this flour may be replaced with: wheat germ, soya flour or meal, rye flour or meal, carob powder, cooked cereals, scotch oatmeal, potato flour, corn flour or meal, or unbleached hard white flour, etc.

Remember this rule:

100B

The success of adding desired wheat germ, cracked grains, soya flour, sprouts, etc., to breads lies in an important rule:

Develop the gluten in the wheat flour by mixing thoroughly before adding the other desired grains.

Only WHEAT contains any appreciable amount of gluten. Gluten is necessary for an even rise and a desirable texture, grain, volume, etc. Gluten in the wheat is carrying the "load" of the other additions — so develop the gluten first.

In cases where quite a little wheat flour is replaced with other desired ingredients, add a little pure Gluten Flour at the first mixing. This helps to "carry the load" which you intend to add later.

Sometimes it is best to punch down only once before shaping the dough for the pans.

Moist additions such as, sprouts, cooked or soaked grains may be added at the time of the final kneading — just before shaping for the pans.

Variations:**100C**

Replace 2 Tbs per c flour with Soya Flour, using slightly more liquid. Increases keeping qualities of the bread.

More Soya Flour can be used in place of wheat flour by replacing additional wheat flour with Gluten Flour. Various ratios may be used successfully. Try 3½ c Whole Wheat Flour or Unbleached White Flour, or, a mixture of both: 1½ c Soya Flour and ½ c Gluten Flour.

Replace 1 to 3 c flour with about the same amount of any combination of the following products: Brown Rice Flour, Rice Bran, Rice Polish, Corn Meal or Corn Flour, Soya Flour or Soya Meal or Wheat Grits, Barley Flour, Scotch Oatmeal, Flaxseed Meal, Sunflower Seed Meal, Millet Meal, Potato Flour, Carob Powder, Muffin Mix.

For a "crunchy" texture, mix in a few Tbs: Cracked Wheat, Rye Grits or Soya Grits. For softer bits, pour boiling water over grits and let stand an hour or so.

Sprinkle board with Hulled Sesame Seed and roll dough in seed before placing dough in pans.

Replace 1 to 3 c flour with left-over cooked cereals.

Replace 1 c flour with 1 c Bran, or Wheat Germ and Middlings adding a few raisins or chopped nut meats.

After the first rise, knead in a cup of sprouted Wheat or sprouted Alfalfa Seed which has been run thru a meat grinder.

Variations:**100D**

RYE BREAD: Replace about 2 c flour with 2 c Rye Flour or part Rye Meal, adding 2 or 3 Tbs caraway seeds; or, 1 tsp anise seeds. Dark or blackstrap molasses may be used, instead of honey.

BREAD BAKING HINTS**100E**

Before dissolving yeast in lukewarm water, test temperature by dipping your bare elbow. 90° to 115° F. temperature is desirable. If yeast action begins within a few minutes it is fit to use. Dissolve thoroughly.

Yeast in cakes must be fresh. Packaged live, dry granulated yeast is more dependable. El Molino yeast assures baking success.

Always bake bread in an oven that has been pre-heated at least 5 minutes before placing bread inside.

To obtain a more even rise in loaf, place dough in pans so that ends snugly touch ends of pan.

During dry weather, lightly sprinkle towel covering rising dough with lukewarm water.

If stirring mixture by hand, the longer you stir the dough the more you develop the gluten in the flour and the more elastic it will become and the lighter the bread will be.

Brush dough in pans with beaten egg or milk before sprinkling with Hulled Sesame Seeds, Cracked Wheat, Rye Grits or Wheat Germ.

Before kneading dough, grease or flour hands well to avoid sticking.

PEPTIC ULCER & COLITIS sufferers in some cases believe that finely ground bran such as appears in medium stone ground whole wheat flour is an irritant.

Bran is nature's protective covering and is naturally somewhat water repellent. To provide you with all the rich minerals of the wheat bran we finely grind all the bran in with the flour. Naturally a flour can't be truly 100% without this important part of "Nature's complete package".

Here is an excellent remedy . . . just soften the bran. Softening of the bran may be accomplished simply by allowing the wet bread mixture (except for the yeast) to stand overnight. Keep the dough mixture wet and do your dusting with unbleached white flour instead of with whole wheat flour.

DRY AND CRUMBLY BREAD problems can be overcome with the above method and your dough will be more elastic resulting in bread of better texture and more volume through a more complete development of the gluten.

Tip: For an easily cooked cereal where bran is thoroughly softened, try #404.

FAMILY RECIPE

(Also called Cornell Bread and High Protein Bread)

This makes 3 loaves

PLACE in a large bowl, and LET STAND for five minutes.

- 3 c warm water (85° F.)
- 2 packages of yeast (compressed or dry active)
- 2 Tbs brown sugar

In the meantime, MEASURE and SIFT together:

- 6 c sifted unbleached enriched bread flour (containing wheat germ or add 3 Tbs wheat germ with the flour)
- ½ c stirred full fat soya flour
- ¾ c non-fat dry milk solids (dry skim milk)

STIR the yeast mixture and ADD while stirring:

- 4 tsp salt
- Half the flour mixture

BEAT vigorously (about 75 strokes or 2 minutes with electric mixer. ADD:

- 2 Tbs oil and remainder of flour mix.

STIR flour in thoroughly, and when all is incorporated turn dough out on floured board, using one cup more flour if needed. Knead vigorously, about 5 minutes until the dough is smooth and elastic. Place in a greased bowl, grease top of dough lightly and cover bowl. Let rise in a warm place, 80 to 85° F. until nearly double in size, about 45 minutes.

PUNCH dough down, fold over edges and turn upside down in bowl to rise another 20 minutes.

TURN onto board, and divide dough into three portions. Fold each in to the center to make smooth tight balls. Cover with a cloth and let stand 10 minutes on the board.

SHAPE into 3 loaves, or 2 loaves and a pan of rolls. Place in greased tins. Loaf tins should be about 3½ x 7½ inches in size. Let rise in tins until dough is double in size, about 45 minutes.

BAKE in a moderate oven, 350° F., for about 50 minutes. If the loaves begin to brown in 15 or 20 minutes, reduce the temperature to 325° F.

REMOVE the bread from the pans and put on a rack or cloth to cool. Brush with melted butter if desired.

The amount of time needed for yeast dough to rise depends a great deal on the temperature. On a cool day, more time will be needed than we have indicated in this recipe. In bread-making, practice makes perfect.

You can make other "Triple Rich" baked products, such as cakes and cookies containing better quality protein, more minerals and vitamins with your own favorite recipes. The only change needed is to put 1 Tbs of soya flour, 1 Tbs of dry milk and 1 tsp of wheat germ in the bottom of the cup when you measure each cup of flour and there you are!

NOTE:

El Molino offers Unbleached White Flour, milled from hard, hi-protein wheat which results in excellent results when baking yeast doughs.

This flour may also be used for pastries requiring softer wheats just by sifting several times to lighten the texture.

Enrich with the desired amount of wheat germ. (2% of 100% wheat consists of wheat germ. Replacement of this amount restores to white flour the germ removed in the refining of the wheat.)

using EL MOLINO STONE GROUND WHOLE WHEAT
BREAD MIX

- | | | | |
|---|--|---|---|
| 3 | lbs. Bread Mix
(includes 3 pks.
dry yeast) | 1 | c vegetable oil |
| 1 | c powdered skim milk | | Plus amount to suit taste:
glazed, chopped mixed fruits,
raisins, walnut meats, lightly
toasted hulled sunflower
seeds. |
| 6 | eggs | | |
| | ½ c honey | | |

Dissolve 3 pks. yeast with ½ c lukewarm water in small bowl (keep warm). In very large bowl combine 3 lb. bag Bread Mix with 1 c powdered skim milk, remove 2 cupsful. In another bowl beat eggs, add honey, oil and 2 c lukewarm water. Add both bowls containing liquids to very large bowl of dry mix. Mix well and then gradually stir in 2 cupsful of dry mixture which was removed. (This enables you to stir more easily and more completely develop the gluten in the wheat.)

Cover bowl with tea towel and let rise until doubled in volume. Stir down and turn on to floured board and knead until dough is smooth and elastic — kneading in more flour if necessary. Knead in glazed, chopped fruits, raisins, walnut meats, sunflower seed in whatever amounts preferred. The more fruit, the richer and sweeter the bread. When fruit is well distributed through the dough, cover and let stand on board until almost double. Punch down and form into six long, slender loaves. Place on cookie sheets and allow to rise again until almost double. Bake at 350° F. in preheated oven for about 40 minutes, or until well browned. Place on wire rack to cool. (If soft crust is desired, brush with cream or soft margarine.)

This recipe (without the fruit and nuts) is a good basic dough for any kind of coffee cake, raised doughnuts, cinnamon or orange rolls. Grated lemon or orange peel may be added for extra flavor.

FOR EASTER STOLLEN — omit fruits and nuts and add 4 Tbs. anise seed.

DUTCH RYE BREAD (BRICKS)

105

- | | | | |
|---|------------------------------|----|-----------------|
| 4 | c Rye Meal
(Pumpernickel) | 2 | Tbs Oil |
| | | 1½ | tsp Salt |
| 1 | c Wheat Grits | 3½ | c boiling water |
| 2 | Tbs Honey | ¼ | c Bran |

Method: Mix all ingredients in a mixing bowl. Cover, and let stand overnight (room temperature).

The following morning, shape loaf and roll in bran (or wheat germ, flaxseed meal, etc.).

Bake in covered pan for 4 hours in slow oven—200° F. Place another pan of hot water in oven to keep oven moist. After cooling, wrap in towel and keep in refrigerator to prevent drying or moulding.

SWEDISH LIMPE

106

(Slightly sweet rye bread)

Mrs. H. K. Carter

- | | | | |
|----|---|---|----------------------|
| 4 | c water | 1 | Tbs active dry yeast |
| ¼ | c molasses | 6 | c whole wheat flour |
| 1¼ | Tbs caraway seed | 2 | tsp salt |
| 2 | Tbs oil | 4 | c rye flour |
| 2 | tsp chopped orange peel;
or 1 tsp anise seed | | (approximately) |

Boil together in large kettle for three minutes: water, molasses, caraway seed, oil and chopped orange peel (or anise seed). Cool to LUKEWARM. Add yeast to dissolve. Add 6 c whole wheat flour to make a soft dough.

Let rise in warm place for 1½ hours. Add salt and about 4 c rye flour kneading in to make a stiff dough.

Let rise again for 2 hours. Knead slightly and shape into 3 loaves and place in oiled bread pans.

Let rise in pans ½ hour and bake at 350° F. for 45 minutes.

Sponge Method

- | | |
|--------------------------------|-----------------------------------|
| 1 Tbs active dry yeast | $\frac{2}{3}$ c Whole Wheat Flour |
| $\frac{1}{2}$ c lukewarm water | |

Sponge: Soften yeast in water, add flour to make soft batter, let rise $\frac{1}{2}$ hour until light.

- | | |
|--------------------------------------|-------------------------|
| $\frac{1}{2}$ c oil | $2\frac{1}{2}$ tsp salt |
| $\frac{2}{3}$ honey (or brown sugar) | 2 c lukewarm water |
- Pour the warm water over oil, add other ingredients, then add to the sponge and beat at low speed with electric mixer.

- | | |
|---|----------------------------|
| $1\frac{1}{2}$ c Unbleached White Flour | 4 to 5 c Whole Wheat Flour |
| $\frac{1}{2}$ c Soya Flour | |

Sift together and add to above using electric mixer until $\frac{1}{2}$ the flour has been added. Work in the rest of the flour, turn out onto floured board and knead well.

When dough is smooth and elastic, place in oiled bowl, let stand in a warm place until double in bulk.

Punch down, and put in pans to rise. Bake at 350° F. for about 45 minutes.

When the recipe is doubled, you will get five $1\frac{1}{4}$ # loaves. Cool on wire racks and place a few loaves in wax bags and freeze.

SOYA BREAD

Mrs. Horton Churchill

- | | |
|---|------------------------|
| $4\frac{1}{2}$ c Unbleached White Flour | 2 Tbs active dry yeast |
| $1\frac{1}{2}$ c Soya Flour | 2 c warm water |
| $\frac{3}{4}$ c Dry Skim Milk | 2 eggs |
| 2 tsp dark brown sugar | 6 Tbs oil |
| 3 tsp salt | |

Sift unbleached white flour and soya flour together, resift with skim milk, sugar and salt. Dissolve yeast in $\frac{1}{4}$ c warm water. When dissolved add 2 c warm water, lightly beaten eggs and oil. Add to dry ingredients and mix thoroughly. Turn out on floured board and knead well and then let dough rest 15 minutes. Knead for 10 or 15 minutes, mold into two loaves and put in well greased pans and let rise until almost double in bulk. Bake in pre-heated oven 375 degrees for 35 minutes.

This same recipe will make 36 rolls and 1 loaf of bread if desired.

Kitchen tested for perfect LO-Calorie bread in 2½ hours
 Hi-Protein — Lo-Starch

- | | | | |
|---|--|---|-------------------------------------|
| 2 | Tbs El Molino Active,
dry yeast (or 2 yeast
cakes) | 2 | c gluten flour |
| | | 1 | qt. water, or potato
water #108A |
| ½ | c honey (clover pre-
ferred) | ¼ | c oil |
| | | 1 | Tbs salt |
| 6 | c unsifted whole wheat
flour | 1 | Tbs brewers yeast
(optional) |

In a large mixing bowl, dissolve yeast in 1 qt lukewarm water and honey. Stir yeast until dissolved. Add 4½ c whole wheat flour and 1 c gluten flour. Mix well, cover with a sheet of waxed paper and a towel and place in warm place to rise.

When double in size, stir in oil, salt, (brewers yeast), 1 c gluten flour and about 1½ c whole wheat flour — enough to make a firm dough. Knead about 10 minutes on well floured board, place in bowl, cover and let rise until double in size again.

Return to well-floured board, lightly work down and shape into 2 large, or 3 small loaves. Bake at 350° F for 1 hour.

POTATO WATER

108A

In place of using freshly cooked mashed potatoes we suggest potato flour which is quickly made and always uniform:

Use 1 part potato flour to 4 or more parts of milk.

Use a beater to make a smooth consistency.

This practical and inexpensive method is used to condition doughs and improve the flavor of baked goods.

LO-CALORIE GLUTEN BREAD

109

By using Gluten Flour for your baked products you can cut down your intake of starch calories considerably. Gluten flour is government standard (not less than 40 per cent protein nor more than 44 per cent starch). You will find the following recipe easy to prepare and really palatable.

- | | | | |
|----|----------------|---|----------------------|
| 1 | c Water | ½ | tsps Salt |
| 2½ | c Gluten Flour | 1 | Tbs active dry yeast |

Put the yeast to soak in two additional Tbs of warm water. When softened add rest of water and salt. Add the flour and knead thoroughly for 10 to 15 minutes. Mold. Let rise at room temperature until doubled in bulk. Bake in moderate oven (350° F.) ¾ to 1 hour. Makes a pound loaf. One 30 gram slice provides: Protein 6.5 grams; Fat none; Carbohydrates 7.5 grams. 56 Calories.

OATMEAL SUNFLOWER GLUTEN BREAD**110**

Ethel B. Spear

- | | | | |
|---|----------------------|---|----------------------------------|
| 2 | c rolled oats | 1 | c raisins |
| ½ | tsp salt | ¾ | c Hulled Sunflower Seeds |
| 2 | Tbs active dry yeast | ½ | c gluten flour |
| ½ | c molasses | 5 | c Unbleached White Flour (about) |
| 1 | Tbs butter or oil | | |

Pour 2 c boiling water over rolled oats and salt and let stand for one hour. Dissolve yeast in ¼ c lukewarm water and add to scalded oats. Add remaining ingredients and knead in enough flour to make a smooth, elastic dough. Let rise to double in bulk—knead down and let rise again until double in bulk. Knead down again, shape into loaves, place in oiled bread pans. Cover with cloth and let rise until it begins to lift cloth. Bake in pre-heated oven at 350° F. for about 1 hour until done.

BANANA NUT BREAD**111**

Another prize winner by—Christine Jakubecy

- | | | | |
|---|---------------|---|--|
| ½ | c oil | 2 | c Whole Wheat Flour, or Pastry Whole Wheat Flour |
| 1 | c brown sugar | 1 | tsp soda |
| 3 | eggs | 1 | tsp vanilla |
| 1 | tsp salt | 1 | c chopped nuts (coarse) |
| ¾ | c milk | | |
| 4 | ripe bananas | | |

Cream sugar and oil, add eggs and bananas. Sift dry ingredients together and stir into banana mixture adding alternately with milk and about 3 Tbs cold water. Add vanilla and nuts. Bake at 350° F. for 1 hour.

POTATO BREAD AND ROLLS**112**

- | | | | |
|----|---|---|----------------------|
| 1½ | c milk (lukewarm) | 1 | Tbs active dry yeast |
| | Dissolve yeast in lukewarm milk. | | |
| | Then add: | | |
| 1 | Tbs salt | 1 | Tbs sugar |
| 1 | Tbs oil | | |
| | Then add: | | |
| 4 | c Unbleached White Flour or Whole Wheat Flour | ¼ | c Potato Flour |

Blend together and mix into smooth dough. Let rise about 2 hours, then fold dough over. Let rise 15 minutes the second time. The dough is now ready to be made into loaves, or rolls. Bake at 375-400° F. about 35 minutes.

BUTTER HORN ROLLS

113

Christine Jakubecy

- | | |
|---|----------------------|
| 1 Tbs active dry yeast | ½ c oil |
| 1¼ tsp salt | ¼ c brown sugar |
| 4¼ c whole wheat flour
(approximately) | 3 eggs (well-beaten) |
| | 1¼ c milk |

Soften yeast in lukewarm milk, add salt, oil, sugar, and eggs. Slowly add flour, beating thoroughly.

Knead until elastic and let rise twice before making rolls. Roll dough out to a circle of 12 inches (in diameter) and spread melted butter over dough. Cut in 16 pie-shaped pieces and roll up. Let rise until double in size and bake at 400° F. for 15 to 18 minutes.

PARKER HOUSE ROLLS

114

La Ree McCauley

- | | |
|--|--------------------------|
| 1 c warm milk | 6 Tbs butter or oil |
| 1 egg | ¼ c honey or brown sugar |
| 1 Tbs active dry yeast
dissolved in LUKE-
WARM water | 1 Tbs salt |
| | 2 c whole wheat flour |

Add ingredients to 2 c whole wheat flour. Beat well and add enough more flour to make soft dough. Knead well.

Roll the dough about 1 inch thick and cut with a biscuit cutter. Over half the round spread melted butter and fold over the other half. Cover and let rise in warm place until double in bulk. Bake at 400° for about 15 to 20 minutes. Makes 18 rolls.

OLD TIME CORN BREAD

115

- | | |
|--------------------------------|----------------|
| 1⅔ c corn meal | 1 tsp salt |
| ⅓ c unbleached white
flour* | 1 egg |
| 3 tsp baking powder | 1 c sweet milk |
| | ¼ c oil |

Sift together all dry ingredients. Add beaten egg, milk and oil. Stir just enough to moisten. Pour into greased pan. Bake at 400° F. 30 minutes.

Variation:

Replace sweet milk with buttermilk or sour milk using 2 tsp baking powder and 1 tsp soda.

*It is not necessary to use flour to prevent crumbling, since El Molino 100% Stone Ground corn meal contains all the corn germ and corn flour. White flour may be replaced with corn meal if desired.

"SWELL" CORN BREAD

115B

Mother Vandercook

- | | | |
|--------------------------|---|--------------|
| 2½ c El Molino Corn Meal | 3 | Tbs oil |
| ½ tsp soda | 2 | beaten eggs |
| 1 tsp salt | 2 | c buttermilk |

Combine dry ingredients. Add beaten egg and oil to buttermilk. Stir in dry ingredients and beat to a smooth batter. Bake in well-oiled pan (9x9") and bake 35 min. at 400°.

CORN BREAD

116

a la Mrs. W. M. Corrigan

Group 1

- 1 c Corn Meal
- 1 c Unbleached White Flour
- ½ c Wheat Germ
- 2 Tbs Rice Polish
- 1 tsp salt
- ¾ tsp soda
- 1 tsp baking powder

Group 2

- 2 eggs
- 1½ c buttermilk
- 2 Tbs brown sugar
- ¼ c oil or bacon drippings

Mix all ingredients in group 1 in bowl with a fork.

Add beaten egg to buttermilk and sugar and add to group 1. Mix until smooth and add oil. Bake in well-greased pan 8x8x2 inches at 435° F. for 30 to 35 minutes.

CARROT CORN BREAD

117

Ida Mae Henderson

- | | |
|--------------------|------------|
| 1 c corn meal | 1 tsp salt |
| 1 c grated carrots | 2 Tbs oil |
| 1 Tbs brown sugar | 2 eggs |

Mix thoroughly in mixing bowl: corn meal, carrots, oil, sugar and salt. Stir in ¾ c boiling water.

Add 2 Tbs cold water to 2 egg yolks and beat until thick and add to mixture above. Fold in stiffly beaten egg whites. Pour into a warm, oiled pan and bake at 400° F. for 25 minutes or until done.

ARKANSAS CORN PONE

118

- | | |
|----------------------------|-------------------|
| 1 c sour milk | 1 Tbs brown sugar |
| 1 c Stone Ground Corn Meal | 1 scant tsp salt |
| 2 eggs | 1 scant tsp soda |
| 1 Tbs oil | |

Stir and beat until thoroughly mixed. Pour into sizzling hot pan, well greased. Bake 15 minutes at 450° F. Then 30 minutes at 300° F.

SOUTHERN SPOON BREAD

119

4 c milk
1 c Stone Ground Corn Meal
3 eggs

1 tsp salt
2 Tbs brown sugar
1 Tbs melted butter or oil

Bring milk to boiling point, add corn meal. Let cool 10 minutes. Beat egg yolks and add salt, sugar and melted butter. Add this to mixture. Fold in stiffly beaten egg whites. Bake in greased baking dish at 350° F. for 30 minutes.

You haven't eaten muffins, hot cakes or waffles
until you've tried

EL MOLINO MUFFIN MIX

Eight Whole grains ground into one nutritious mix.

Contains: Whole Wheat Flour, Bran, Old Fashion Dark Brown Sugar, Soya Flour, Leavening, Rye Flour, Corn Meal, Wheat Germ, Barley Flour, Oat Meal, Salt, Rice Polishing, Buckwheat Flour.

DELICIOUS QUICK MUFFINS

120

1 Tbs oil
1 egg

1 c Buttermilk (or milk)
1½ c Muffin Mix

Beat egg thoroughly. Stir in ½ c Muffin Mix and oil. Add remaining Muffin Mix and milk alternately. Mix well. A thick batter assures dry texture. Bake in well-greased muffin tin at 375° F., 30 to 40 minutes. Dates, nuts or raisins may be added if desired. Yields 6-8 muffins.

HOT CAKES AND WAFFLES

121

Mix same as for Muffins using slightly less milk. Make thick batter and spoon on to medium hot griddle. For best results, make small hotcakes (3 to 4 inches across).

WHOLE WHEAT MUFFINS

122

1⅓ c Whole Wheat Flour
2¼ tsp Baking Powder
3 Tbs brown sugar
1 tsp salt

1 egg, beaten
1⅓ c sweet milk
4 Tbs oil

Mix together the whole wheat flour, brown sugar, baking powder and salt. Beat egg until light, add milk and oil. Toss in the whole wheat flour mixture and stir quickly just enough to dampen the flour. Let stand a few minutes until mixture thickens, then drop by spoonfuls into muffin tins and bake 425° F. 20 to 25 minutes.

Hulled Sesame Seed, Hulled Sunflower Seed, raisins or nuts may be added to the mixture or sprinkled on top of muffins before placing in oven. A small spoonful of jam or jelly may also be placed on each muffin.

WHEAT GERM MUFFINS**123**

Without baking powder

Ethel B. Spear

1½ c milk	1½ c Whole Wheat Flour
½ c oil	1 c Wheat Germ
1 tsp salt	2 eggs
1 tsp brown sugar	

Separate eggs. Beat yolks and add salt, sugar and oil. Stir in milk adding flour and wheat germ. Fold in stiffly beaten egg whites. Bake in hot, well-oiled gem pans at 350° F. for about 40 minutes.

WHEAT GERM MUFFINS**124**

1 c Wheat Germ	1 c Whole Wheat Flour
4 Tbs brown sugar	¾ tsp salt
1 egg	1 c milk
4 tsp baking powder	2 Tbs oil

Mix milk and well beaten egg in bowl. Add wheat germ. Let mixture stand a minute or so, until wheat germ absorbs some moisture. Sift in flour, salt, baking powder, sugar. Mix well. Add oil, and stir. Half-fill greased muffin tins. Bake in pre-heated oven at 400° F. for 20 to 25 minutes.

BRAN MUFFINS**125**

1 c El Molino Whole Wheat Pastry Flour	½ tsp Salt
1 c El Molino Bran Flakes	3 Tbs Honey
4 tsp Baking Powder	3 Tbs. Oil
	1 Egg
	1 c Milk

Sift, then measure flour; add baking powder, salt and Bran Flakes. Beat egg, add honey, oil and milk. Stir in dry ingredients, stirring only enough to mix. Fill greased muffin tins ¾ full. Bake at 425 degrees for 15 minutes. (For variation a cup of raisins may be added.)

RICE AND WHEAT FLOUR BISCUITS**126**

½ c Pastry Whole Wheat Flour	1 Tbs butter
⅓ Brown Rice Flour	1 Tbs oil
¾ tsp salt	1 tsp honey
1 tsp baking powder	⅓ c plus 2 Tbs milk

Sift the dry ingredients together, and cut in the butter, add oil. Make a very soft dough with the milk and honey and form into biscuits. Bake on a greased cookie sheet in a very hot oven, 475° F. for 15 to 18 minutes.

SUNFLOWER BISCUITS

127

- | | |
|--------------------------------|----------------------|
| ½ c Hulled Sunflower Seed Meal | 1¾ tsp baking powder |
| | ¾ tsp salt |
| ½ c Pastry Whole Wheat Flour | 3 Tbs oil |
| | ⅓ c milk (about) |

Measure and sift the dry ingredients. Add oil and enough milk to make soft but firm dough. Drop from a spoon onto a greased, floured pan and bake at 375° F. about 12 minutes.

Hulled Sunflower Seed Meal mixes to advantage with flour in most all bakings. A characteristic of it is its quick baking, and in soup, it needs only just heating.

WHEAT AND DRY SKIM MILK BISCUITS

128

- | | |
|---|-------------------|
| 2 c Whole Wheat Pastry Flour or whole wheat flour | 1 tsp salt |
| | ½ c dry skim milk |
| | ⅓ c oil |
| 4 tsp baking powder | |

Sift all dry ingredients together twice. Combine oil and ¾ c water and add to dry ingredients. Mix as little as possible. Turn out onto lightly floured board. Pat out to ½ inch thickness and cut with floured cutter. Bake at 400° F. about 14 minutes.

WHEAT STICKS

129

Nellie James

- | | |
|----------------------------|--------------------------|
| 1 c Unbleached White Flour | 2 heaping Tbs Soya Flour |
| | ½ c brown sugar or honey |
| 3 c Whole Wheat Flour | ¾ c oil |
| 1 c Graham Flour | 1 tsp salt |
| 1 c Wheat Germ | 1 c cocoanut (optional) |

Mix dry ingredients with enough water to make a very stiff dough (about 1¼ c).

Work in oil as for a pie crust. Add water to make a very stiff dough and knead until smooth. Roll to about ¼ inch in thickness, cut in sticks and bake in moderate oven until brown (turn if necessary for even color).

WHOLE WHEAT STICKS

130

Mary Alexander

- | | |
|--------------------------|----------------|
| 8 c (2 lbs.) W. W. Flour | 1⅓ c salad oil |
| 2 tsp salt | 1¾ c water |
| ¼ to ⅓ c sugar Brown | |

Mix dry ingredients in large bowl. Put oil in another bowl, add water slowly, beating with rotary beater till mixture is creamy. Mix dry ingredients and oil mixture and knead several minutes like yeast bread. Divide into several portions, roll into long rolls, flatten with rolling pin and cut in sticks. Bake in moderate oven until brown.

SUMMER SWEDISH RYE BREAD

131

- | | | | |
|-------|--------------------------|-------|------------------------|
| 3 | c unbleached white flour | 2 | Tbs molasses |
| | | 1/4 | c oil |
| 3 | c rye flour | 2 | Tbs grated orange peel |
| 2 | Tbs active dry yeast | 2 1/2 | tsp. salt |
| 1 1/2 | c water | 2 | tsp caraway seed |
| 3 | tbs dark brown sugar | 1 | tsp anise seed |

Dissolve yeast in warm water, stir in brown sugar, molasses and rye flour, beat until smooth. Cover tightly and let rise in warm place until doubled in bulk. Stir in oil, orange peel and seeds, mix well. Gradually add 2 3/4 c of the unbleached white flour, beating vigorously. Cover and let set for 10 minutes. Sprinkle remaining 1/4 c of flour on board and knead it in. Leave on board, cover with towel and let rise again until doubled. Shape into loaf, put into well greased bread pan, let rise until dough is slightly rounded above pan. Bake for about 45 minutes in 375° oven. This recipe makes one large loaf or two small ones.

CHEESE & ONION BREAD

132

- To a 3-lb bag of El Molino
STONE GROUND WHOLE WHEAT
BREAD MIX
- or,
- UNBLEACHED WHITE BREAD MIX
- add: 1 lb. Cheese (grated)
1/2 oz. Onion Powder

HERB BREAD

133

- To a 3-lb. bag of El Molino
STONE GROUND WHOLE WHEAT
BREAD MIX
- or,
- UNBLEACHED WHITE BREAD MIX
- add: 1/4 oz. Caraway
1/4 oz. Nutmeg
1/8 oz. Sage

Follow directions with bag.

WHOLE WHEAT CRACKERS

134

- | | | | |
|---|---|-------|------------------------------|
| 2 | c El Molino Stone Ground 100% Whole Wheat Flour | 2 1/2 | tsp. Seasoned Vegetable Salt |
| | | 5 | Tbs Soy Oil |
| | | 3/4 | c Water |

Combine, flour and salt. Add oil and mix thoroughly. Stir in water, mixing well. Roll very thin on floured board. Sprinkle with Sesame Seeds, rolling seed in lightly. Bake at 425 Degrees for 8-10 minutes.

Gluten Sesame Thins (Crackers)
(See Gluten Section #614)

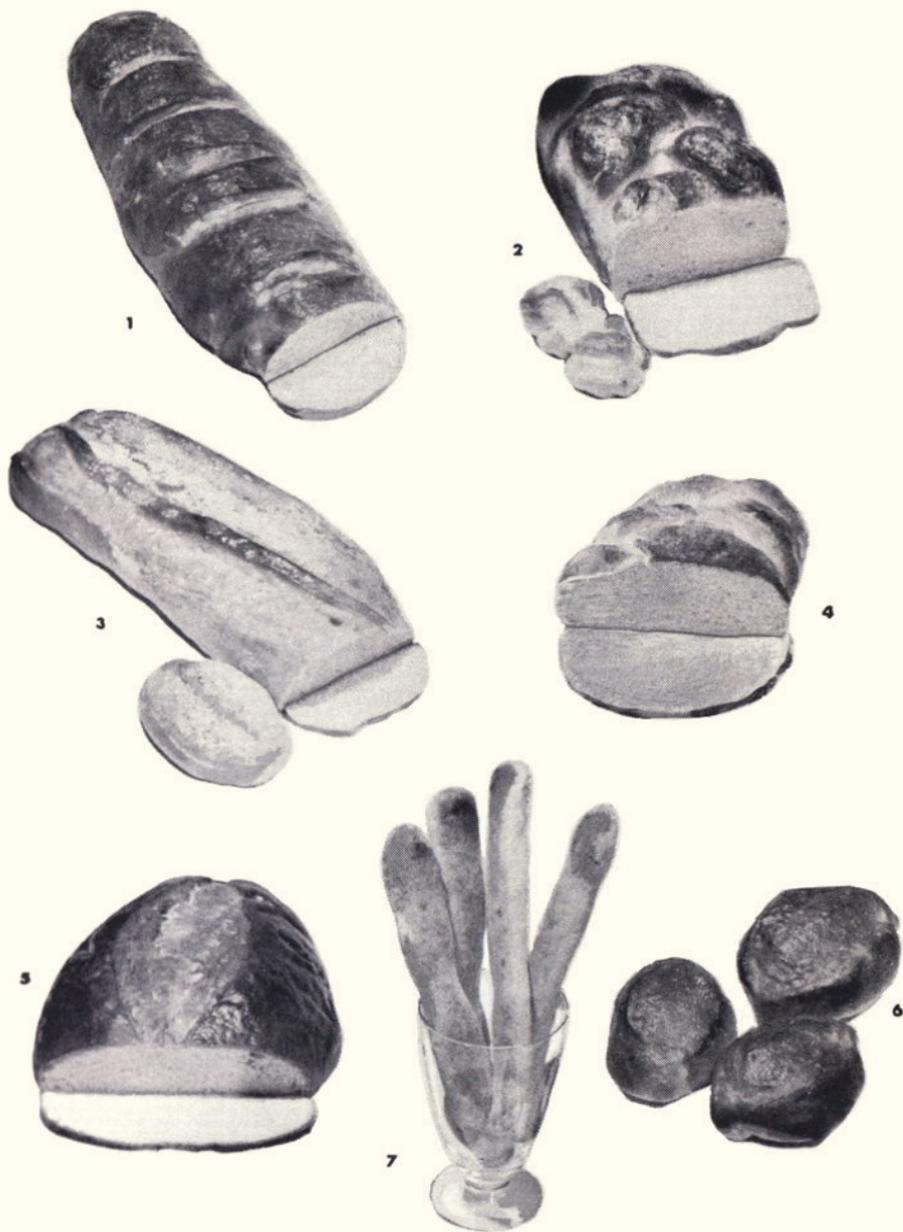
Sourdough Baking

with

EL MOLINO *Bread Mixes*



by **MARGARET SCHURMANN**



1. French Potato Bread
2. Romano Braid
3. Vienna Sourdough

4. Jumbo Sourdough Braid
5. Sourdough Italiano
6. Sourdough Hard Rolls Italiano

7. Sour Parmesan Sticks

- using **El Molino White Bread Mix**
- Combine: 1 Tbs El Molino Active Dry Yeast
 ½ c warm water (110 degrees)
- Add: 2 tsp sugar (brown sugar or other sweeteners
 may be used.)
- Beat in: 2½ c El Molino Unbleached White Bread Mix
 2 c warm water (110 degrees)

Place in a large bowl or container. Cover with a damp cloth, secured with rubber band. Allow to ferment 5 days. Stir down daily. On the fifth day, "feed" the starter with ¼ c bread mix and ¼ c warm water. Beat on mixer or with egg beater. Cover. Starter is ready to use or it may be stored on the sixth day. Store in glass or crock type containers with tight fittings lids. Keep in refrigerator when not in use. Always "feed" starter when some is withdrawn for use — and as often as once a week when it is not in use. If 1 c is used, replace it with 1 c bread mix and 1 c warm water.

Variation:

SHEPHERD STARTER

170-B

Mix as above — except stir ½ c non-fat dry milk into the 2 c of warm water. Then, add 1 tsp white vinegar to the starter. In feeding or replacing starter, be sure to add 2½ Tbs of dry milk per c of warm water.

HINTS FOR A GOOD SOURDOUGH STARTER: 170-C

1. Never store a sourdough starter in a metal container. Pickle jars in the ½ gal. size are ideal as they have screw type lids. Bean pots are ideal too.
2. Stir, shake or beat starters daily. Starters will separate after they are through fermenting. Use of the mixer is excellent when you beat your starter. If you stir, be sure to use a wooden spoon or rubber spatula. (It is too easy to leave a metal spoon in the starter). It is easy to shake the container when you open the refrigerator door each morning.
3. Starters may be set out in advance of use and allowed to ferment — but never if the weather is over 85 degrees.
4. Starters may be frozen. Thaw for 24 hours in the refrigerator. Then, feed and beat the starter. It may be used the following day.
5. To clean containers: Use steel wool, then rinse in hot vinegar water.
6. Do not expect the starter to be "bubbly" all of the time. It ferments often when you don't see it. The "winey" smell indicates that you have a good starter. Beating and feeding keeps it active.

FRENCH POTATO BREAD

171

(Photo #1)

At Night:

Combine: 1 c starter (#170)
 1 Tbs white vinegar
 ½ tsp salt
 2 Tbs El Molino Potato Flour
 ¾ c El Molino White Bread Mix

Pour over the above mixture, but do not mix:

⅓ c warm water (110 degrees)

Cover bowl with a damp cloth. Allow to stand over night.

Next Morning: Add the following after the above mixture has been whipped until light:

1 pkg El Molino Active Dry Yeast (1 Tbs)
 Dissolved in: ⅓ c warm water (110 degrees)
 Add: 2 c El Molino White Bread Mix
 Turn out on a board and knead in:
 ¾ c El Molino White Bread Mix

Turn once in an oiled bowl. Cover with a damp cloth. Allow to rise 1½ hours. Punch down. Allow to rise ¾ hour. Turn out on a lightly floured board. Divide into 2 equal parts. Form into 2 slender French loaves by rolling each into a rectangle. Roll up — sealing with each turn. Roll and firm under hands and taper ends. Place on oiled baking sheet so loaves do not touch after rising. Slash across loaves five times, about ½ inch deep. Brush with salt water — about 1 tsp to ¼ c water. Cover so cloth does not touch dough. Allow to rise 1 hour. Preheat oven with a pan of steaming water on lower shelf.

Temperature: 400 degrees

Baking Time: 33 minutes

Brush twice with salt water during baking. 10 minutes before loaves are done, brush with a blend of egg white and water (equal parts). Cool on wire rack.

Variation:

French Rolls: Divide ½ the dough into 12 equal parts. Form into tiny french loaves. Follow above instructions except baking time, which should be decreased to 20 minutes.

ROMANO BRAID

172

(Photo #2)

At Night:

Combine ¾ c starter (#170)
 2¼ tsp white vinegar
 ½ tsp salt
 ½ c warm water
 1 c El Molino White Bread Mix

Cover bowl and allow to stand overnight.

Next day: Stir down and add:

1 pkg El Molino Active Dry Yeast (1 Tbs)
Dissolved in: $\frac{1}{3}$ c warm water (110 degrees)
Add: 2 Tbs Romano grated cheese
1 c El Molino White Bread Mix

Allow to stand 15 minutes.

Stir in: 1 c El Molino White Bread Mix

Turn out on a board and knead in:

1 c El Molino White Bread Mix

Turn once in an oiled bowl. Cover with a damp cloth. Allow to rise $1\frac{1}{2}$ hours. Punch down. Allow to rise $\frac{3}{4}$ hour. Turn out on a floured board and form into a thick rectangle about 8 in. long. With a sharp knife, divide into three strands—leaving an uncut portion about $\frac{1}{2}$ in. wide at one end. Braid the three cut portions. Lift into an oiled 9 in. loaf pan. Brush with a slightly beaten whole egg. Sprinkle with a tsp of romano cheese. Cover pan and allow dough to rise for 1 hour. Pre-heat oven.

Temperature: 375

Baking Time: 45 minutes

Brush loaf 10 minutes before it is ready to remove from the oven. Cool on wire rack.

Variation:

Rolls: Makes miniature braids by dividing dough into 12 portions. Braid as above. Bake as above except place on oiled baking sheet at 375 degrees for 20 minutes. If rolls or loaf brown too rapidly, a sheet of foil may be placed over them during baking for 10 to 15 minutes.

VIENNA SOURDOUGH

173

(Photo #3)

At Night:

Combine: $\frac{3}{4}$ c starter (#170)
 $2\frac{1}{4}$ tsp white vinegar
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ c warm water (110 degrees)
1 c El Molino Unbleached White Bread Mix

Cover bowl and allow to stand overnight.

Next Morning: Stir down and add:

1 pkg El Molino Active Dry Yeast (1 Tbs)
Dissolved in: $\frac{1}{3}$ c warm water
Stir in: 1 c El Molino Unbleached White Bread Mix
Turn out on a board and knead in:
 $\frac{3}{4}$ c El Molino Unbleached White Bread Mix

Turn once in an oiled bowl. Cover with a damp cloth. Allow to rise $1\frac{1}{2}$ hours. Punch down. Allow to rise $\frac{3}{4}$ hour. Turn out on a lightly floured board and roll the dough out with a rolling pin. Roll it lengthwise into a short, plump loaf—seal-

ing with each turn. Roll under hands to firm the loaf and slightly taper the ends. Place on an oiled baking sheet. Slash loaf lengthwise. Slash end to end down the center once or twice. Brush with a blend of beaten egg yolk and 1 Tbs of either white wine or water. Cover loaf tent-style so that cloth doesn't touch dough. Allow to rise 1 hour or until double. Preheat oven with a pan of steaming water on the lower shelf. Preheat at 400 degrees and turn down just before placing loaf in oven.

Temperature: 375 degrees

Baking Time: 55 minutes

After 15 minutes baking time, brush again and lay a couple of thicknesses of wet paper toweling over loaf and cover with a sheet of foil. Allow this to remain over loaf for 20 minutes. Remove toweling and foil and brush loaf again. Sprinkle with about 1 Tbs of sesame seeds. Remove pan of water from oven and continue baking. Cool on a wire rack.

Variation:

Rolls: May be made as above except divide dough into 12 equal parts. Form into tiny loaves as above. Proceed the same way except cut total baking time to 35 minutes at 375 degrees or bake 25 minutes at 400 degrees. Cover during 10 or 15 minutes of the baking period to make a softer crust.

JUMBO SOURDOUGH BRAID

174

(Photo # 4)

- Combine: 1 pkg El Molino Active Dry Yeast (1 Tbs)
 1½ c starter (#170)
- Add: 1 c warm water (110 degrees)
 4½ tsp white vinegar
 1 tsp salt
- Stir in: 2 c El Molino Unbleached White Bread Mix
- Blend in: 2 tsp oil (corn or peanut oil)
- Stir in: 1 c El Molino Unbleached White Bread Mix
- Turn out on a board and knead in:
 1-5/8 c El Molino Unbleached White Bread Mix

Dough will be slightly sticky. Turn once in an oiled bowl. Cover with a damp cloth. Allow to rise ¼ hours. Punch down. Allow to rise ½ hour. Turn out on a lightly floured board. Roll the dough out with a rolling pin. Roll it up as a French roll, sealing and rolling it under your hands. Flatten top slightly. Cut with scissors — from each end — into 3 equal sections. Leave about 2 inches uncut in the center. Braid each end. Lift on to a greased baking sheet. Brush with a blend of egg-white and water (or white wine) about 1 Tbs of each. Cover tent-style, with a damp cloth. Be sure cloth does not

touch loaf. Allow to rise 1 hour. Place a pan of steaming water on lower shelf of preheated oven.

Temperature: 400 degrees

Baking Time: 45 minutes

Brush with egg-white mixture twice during baking. You may need to cover loaf with a sheet of foil during part of baking — if it starts to become too brown. You may remove water from oven 5 minutes before loaf is through baking. Cool on wire rack.

STANDARD BRAID:

174-A

Variation:

Follow directions above to the point where you are ready to form it into the braid. Instead — cut the dough in half. Allow to rest a few minutes. Then form into two standard loaves. Cut with the scissors as above and braid each of them. Then place in 2 9 inch loaf pans. Cover tent-style and allow to rise 1 hour. Preheat oven. *Omit* the pan of water.

Temperature: 375 degrees

Baking Time: 45 minutes

Brush with egg-white mixture or oil about 5 minutes before removing from oven. Cool on wire rack.

POTATO SOURDOUGH LOAVES

174-B

Variations Of Jumbo Sourdough Braid Dough:

Follow basic recipe for Jumbo Braid with the following variations:

Substitute potato water (#108A) for liquids in recipe. Be sure to strain water and use at 100 degrees. Potato breads are inclined to be more sticky to handle, so increase amount of El Molino Unbleached White Mix about 2 Tbs. Increase just enough to be able to handle dough easily. Follow rising procedure of recipe. Then, form into two standard loaves. Place each in an oiled 8 inch loaf pan. Or the 2 loaves may be placed side by side in an oiled 8 inch square cake pan and baked as twin loaves. Cover with a cloth that doesn't touch loaves. Allow to rise 1 hour. Preheat oven. Bake at 375 degrees for 45 minutes. Brush with oil just before loaf is done.

RAISIN SOURDOUGH LOAVES

174-C

Follow basic recipe for Jumbo Braid with the following variations:

Use either potato water as above or plain water as in basic recipe. If only 1 raisin loaf is desired — divide dough in half before the first rising. Place 1 portion in oiled bowl and proceed as for plain standard sourdough loaf. For the raisin loaf you will need to soak $\frac{1}{2}$ c golden seedless raisins in $\frac{1}{2}$ c hot water for 10 minutes. Drain on paper toweling. Place about

3 Tbs El Molino Unbleached White Bread Mix on the board and knead in with the raisins. If dough is too sticky to handle, add another Tbs of mix. Turn into an oiled bowl. Cover. Allow to rise as in recipe. Form into an 8 inch loaf. Use standard loaf pan that is well oiled. Cover and allow to rise 1 hour. Bake in preheated 375 degree oven about 45 minutes. Brush top with a thin glaze of powdered sugar and water. Sprinkle lightly with cinnamon. Remove from pan to a wire rack.

SOURDOUGH ITALIANO

175

(Photo #5)

- Combine: 1 pkg. El Molino Active Dry Yeast (1 Tbs)
 $\frac{3}{4}$ c warm water (110 degrees)
- Add: 1 c starter (#170)
 1 Tbs white vinegar
- Beat in: $\frac{1}{4}$ c El Molino Unbleached White Bread Mix
 $\frac{1}{2}$ tsp salt
- Stir in: 1 c El Molino Unbleached White Bread Mix
- Turn out on board and knead in:
 $\frac{1}{8}$ c El Molino Unbleached White Bread Mix

Knead hard to develop the gluten that is typical of Italian Breads. Turn dough once in an oiled bowl. Cover with a damp cloth. Allow to rise $1\frac{1}{2}$ hours or until double. Punch down. Allow to rise again for 1 hour. Turn on a lightly floured bread board and roll into a 6" x 10" rectangle. Form into a short plump loaf. Roll up jelly-roll fashion — sealing with each turn. Roll under hands to firm and taper loaf. Place on an oiled baking sheet that has been sprinkled with corn meal. Brush with a mixture of 1 egg white and 1 Tbs. of water or white wine. Cover tent-style with a damp towel — so cloth doesn't touch loaf. Allow to rise 1 hour or until double. *Gently* cut center of loaf from end to end ($\frac{1}{2}$ " deep). Use sharp razor or knife. Place a pan of water on lower shelf of oven. Preheat oven to 400 degrees. Reduce temperature to 375.

Temperature: 375 degrees

Baking Time: 40 minutes

Brush with egg-white mixture after 20 minutes. Cool bread on a wire rack. Cool Italian breads in a draft for crackled top crust.

Variation:**Photo #6)**

Mix Sourdough as above instructions. Divide dough, after it has been allowed to rise, into 12 parts. Shape each into an oval and place on an oiled baking sheet, that has been sprinkled with corn meal. Slash $\frac{1}{2}$ " deep down center of each roll. Brush with egg white mixture as above. Cover tent-style and allow to rise 1 hour. Preheat oven with a pan of steaming water on the lower shelf.

Temperature: 400 degrees

Baking Time: 20 minutes

Brush with egg white after 10 minutes baking time.

SOUR PARMESAN STICKS**(Photo # 7)**

- Combine: 1 pkg El Molino Active Dry Yeast (1 Tbs)
 $\frac{1}{2}$ c warm water (110 degrees)
- Add: $\frac{2}{3}$ c starter (#170)
 2 tsp white vinegar
 1 tsp sugar
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ c grated parmesan cheese
- Beat in: 1 c El Molino Unbleached White Bread Mix
- Blend in: $\frac{1}{2}$ tsp oil (corn or *vegetable* oil)
- Stir in: $\frac{1}{2}$ c El Molino Unbleached White Bread Mix
- Turn out on board and knead in:
 $\frac{1}{2}$ c El Molino Unbleached White Bread Mix

Turn once in an oiled bowl. Cover with a damp cloth. Allow to rise $1\frac{1}{2}$ hours. Punch down. Wrap loosely in foil. Drop in a plastic bag and store in refrigerator for 2 hours or overnight. Remove from refrigerator and divide into 12 equal portions. Roll each strand to about 8" or 9" in length. Place on an oiled baking sheet. Brush with equal parts egg white and water. Allow to rise — uncovered — for $\frac{1}{2}$ hour. Brush again. Preheat oven, with a pan of steaming water on lower shelf.

Temperature: 400 degrees

Baking: Time 20 minutes

Brush with egg white after 10 minutes baking time.

SOURDOUGH DOUGHNUTS

178

- Combine: $\frac{1}{4}$ c hot potato water (#108A)
 $1\frac{1}{2}$ tsp sugar
 $\frac{1}{2}$ tsp salt
 1 tsp cooking oil
- Cool to 110 degrees and add the following mixture:
 $1\frac{1}{2}$ tsp El Molino Active Dry Yeast
- Dissolved in: $\frac{1}{4}$ c water (110 degrees)
- Stir in: $\frac{1}{2}$ c starter (#170)
 $1\frac{1}{2}$ tsp white vinegar
 $\frac{1}{2}$ c El Molino Unbleached White Bread Mix
- Beat in: 2 beaten egg yolks
- Stir in: $1\frac{1}{4}$ c El Molino Unbleached White Bread Mix
- Turn out on a board and knead in approximately:
 $\frac{3}{8}$ c El Molino Unbleached White Bread Mix

Turn once in an oiled bowl. Cover with a damp cloth. Allow to rise for 1 hour. Place in refrigerator, covered. Allow to chill for about 2 hours or longer. Turn out on a floured board and knead in just enough mix or flour to make them easy to handle. The less handling you do, the better textured and the more tender the doughnuts will be. Roll out on a board and cut with a 3" doughnut cutter. Heat oil to 375 degrees in a deep container or 350 degrees in an electric skillet. Fry in deep oil constantly turning the doughnuts as they fry. Fry only 3 at a time. Drain on thick paper toweling and dip in a glaze made of 1 c powdered sugar, $\frac{1}{4}$ tsp cream of tartar and $2\frac{1}{2}$ Tbs boiling water. Makes 1 dozen doughnuts. Sourdoughs should not be stored in a closed container. These are best eaten while very fresh. They can be frozen and heated in covered aluminum pans at 425 degrees for about 10 minutes. Double the recipe for a larger quantity.

SOURDOUGH WAFFLES

179

At Night . . .

- Combine: 1 c starter (#170)
 1 Tbs white vinegar
 $\frac{2}{3}$ c warm water (110 degrees)
 2 Tbs non fat dry milk
 2 tsp sugar
 $\frac{1}{2}$ tsp salt
 1 c El Molino Unbleached White Bread Mix

Cover with a damp cloth and allow to stand overnight.

Next Morning . . .

- Blend in: 2 Tbs oil
 2 beaten eggs

Beat — then, do not stir again.

Bake on a preheated waffle baker to a light, golden brown. Serve with maple syrup or any fruit syrup. Pecans may be sprinkled over batter in baker, if desired. Waffles may be frozen and reheated in the toaster. Cool thoroughly before freezing and never stack waffles made of sourdough. Recipe makes $2\frac{1}{4}$ to $2\frac{1}{2}$ c batter.

Note: These waffles may be mixed the morning they are to be served, but will not be quite so full-flavored.

SOUR DOUGH PANCAKES

180

At Night:

Beat: 1 egg yolk
1 whole egg
Combine & add: $\frac{1}{2}$ c warm water
2 Tbs non-fat dry milk
1 c starter (#170)
1 Tbs white vinegar
 $\frac{1}{2}$ tsp salt
1 tsp sugar
1 c El Molino Unbleached White Bread Mix

Beat well with egg-beater. Store in covered container in refrigerator.

Next Morning:

Sift together: —

Beat in: $\frac{1}{4}$ tsp soda
2 tsp baking powder
 $\frac{1}{4}$ c El Molino Unbleached White Bread Mix
Blend in: 2 tsp corn oil
2 Tbs non-fat skim milk (fresh)

Beat well — then, do not stir again.

Bake on a 400 degree preheated griddle. Pour in small rounds. Turn GENTLY, when bubbly. Sourdough pancakes take a little longer baking than other pancakes. Do not grease griddle — and never toss them. The air in sourdough makes them light. Makes $2\frac{1}{2}$ c batter.

Note: These pancakes may be assembled in the morning, without leaving overnight. Follow same procedure — otherwise. They are more full-flavored if prepared in advance.

Serve with margarine or butter — with lots of maple syrup or fruit syrup. Never stack sourdough pancakes!

BLUEBERRY PANCAKES: Stir $\frac{2}{3}$ c berries into the batter after last ingredient is beaten in. Do not stir again.

PECAN PANCAKES: Sprinkle 1 Tbs chopped pecans over pancakes when they are on the griddle.

CORN PANCAKES: Stir in 1 c cream style corn after last ingredient has been added.



Cakes and Pastries

COOKIES

CANDIES

PIES

How to make your favorite recipes more nutritious

Anne Mihaylo

WHOLE WHEAT CHIFFON CAKE

200

before	after
CHIFFON CAKE	WHOLE WHEAT CHIFFON CAKE
	(1)
2¼ c flour	2¼ Whole Wheat Pastry Flour
1½ c sugar	1 c brown sugar
3 tsp baking powder	½ c powdered skim milk
1 tsp salt	3 tsp baking powder (double acting)
½ c oil	1 tsp salt
8 unbeaten egg yolks	(2)
¾ c cold water	½ c oil
2 tsp vanilla	8 egg yolks
grated rind of 2 lemons	¾ c skim milk or orange juice
8 egg whites	2 tsp vanilla
½ tsp cream of tartar	grated rind of 2 lemons (or oranges)
	(3)
	8 egg whites
	½ tsp cream of tartar

(1) the cake is mixed in the standard way. Sift all dry ingredients together. (2) Add second group of ingredients and beat until smooth. (3) Fold in beaten egg whites last and put in large tube pan. Bake at 350° F. for 1 hour. Makes a large cake.

Variations:

200A

Replace 1 c Whole Wheat Pastry Flour with 1 c Carob Powder. Or, replace 1 c Whole Wheat Pastry Flour with 1 c El Molino Muffin Mix.

Replace white flour in recipe with an equal amount of Pastry Whole Wheat Flour.

Replace white sugar with dark brown sugar; or, with same amount of honey using slightly less liquid.

Replace about ½ c sugar with ½ c powdered skim milk.

In any recipe calling for chocolate, replace with Carob Powder; also, replace about ⅓ of the flour with Carob Powder.

Grated lemon rind adds flavor to cakes with Carob Powder.

Replace ½ to 1 c flour with any of the following: Wheat Germ Flour, Wheat Germ, Soya Flour, Brown Rice Flour, Hulled Sunflower Seed Meal, El Molino Muffin Mix, Rice Polishing, Rice Bran, etc.

In all kinds of Carob Powder cakes and spice cakes the replacement of 5% of the wheat flour with Potato Flour greatly improves the taste and texture of the cakes and keeps the cuts from becoming dry. Soya Flour has the same effect.

CHAMPION FRUIT CAKE

201

3 times a **FIRST PRIZE WINNER** at Fairs
Christine Jakubecy

This recipe is as good the next day . . .
as it is months away.

- | | |
|-----------------|---------------------------|
| 1 c raisins | 1/2 c figs |
| 1 c dates | 5 Tbs butter or margarine |
| 2 c brown sugar | |

Combine with 2 c boiling water and let simmer over low fire ten minutes. Cool.

- | | |
|----------------|---|
| 2 tsp cinnamon | 3 c Whole Wheat Flour
or Pastry Whole Wheat
Flour |
| 1 tsp cloves | |
| 1 tsp soda | |
| 1 tsp salt | |

Sift all dry ingredients with flour 3 times.

Add:

- | | |
|---------------------|-----------------------------|
| 1 c chopped pecans | 1 1/2 c mixed candied fruit |
| 1 c chopped walnuts | 1/2 c candied cherries |

Combine with cooled first mixture. Stir well. Place in pan which has been well greased and lined with greased paper. Decorate top with candied pineapple slices, cherries, shelled nuts, blanched almonds, etc. Bake at 300° for 2 hours or until done. Makes a 4 1/2 pound fruit cake. For smaller fruit cakes bake about 1 hour and 20 minutes. Will stay moist a long time covered with a damp cloth

SOYA - APPLESAUCE

201B

- | | |
|---|----------------------------|
| 1 1/2 c El Molino Pastry
Whole Wheat Flour | 1/2 c El Molino Wheat Germ |
| 3/4 c El Molino Soya Flour | 1 c Dark Brown Sugar |
| 1/2 c Powdered Skim Milk | 1/2 c Oil |
| 4 tsp Baking Powder | 4 Eggs |
| 1 tsp Salt | 3/4 c Applesauce |
| 2 tsp Cinnamon | 1 c Raisins |

Sift dry ingredients except wheat germ: Cream sugar, oil and eggs. Mix dry ingredients with wheat germ and add to creamed mixture alternately with applesauce. Beat well. Turn into greased 12" x 8" pan and bake at 350 F. 40-45 minutes.

WHOLE WHEAT SPONGE CAKE

202

(egg leavened)

Mary Alexander

- | | | | |
|-----|--------------------------------------|-------|-------------------------------|
| 4 | eggs separated
(room temperature) | 1 2/3 | c Pastry Whole Wheat
flour |
| 1/2 | c cold water | 1 1/4 | tsp lemon flavoring |
| 1/3 | c oil | 1/4 | tsp salt |
| 1 | c brown sugar | | |

Beat egg yolks adding the cold water in about three dashes, also salt. Beat until light and stiff. Add sifted sugar gradually, then oil and flavoring. Fold in sifted flour, then the stiffly beaten egg whites.

Bake in an unoled tube pan 250° F. for 15-20 minutes or until cake has risen, then increase heat to 350° F. to finish baking. Invert to cool.

This cake may be varied by using nuts, or fruits in it. It may be baked in a tube, layer, loaf or gem pans.

CAROB SPONGE CAKE

202A

Mrs. Jean Cross

- | | |
|-----|------------------------|
| 8 | large eggs (separated) |
| 1 | c CAROB POWDER |
| 1/4 | tsp oil of peppermint |

Beat whites of eggs until stiff. Flavor to taste with oil of peppermint. Beat yolks and fold into the whites. Fold in sifted CAROB POWDER. Bake at 300° for 45 minutes. Caution: Do not exceed recommended baking temperature.

Finely chopped or slivered nuts may be added.

WHOLE WHEAT SPICE CAKE

202B

- | | | | |
|-------|----------------------|-----|----------------------|
| 2 1/2 | c. Whole Wheat Flour | 1/2 | c powdered skim milk |
| 3 | tsp baking powder | 2/3 | c vegetable oil |
| 1/2 | tsp soda | 1 | c dark brown sugar |
| 1/2 | tsp salt | 4 | eggs |
| 1 | tsp cinnamon | 1 | c buttermilk |

Sift dry ingredients into bowl, make a well, add oil, eggs, buttermilk and stir until well mixed. Bake in long loaf pan at 350° F. about 45 minutes or until cake shrinks away from sides of pan.

FLUFFY FROSTING

202C

- | | | | |
|-----|---------------------|-----|------------------------|
| 1 | c dark brown sugar | 1/2 | c boiling water |
| 1 | egg white | 1 | tsp vanilla (optional) |
| 1/4 | tsp cream of tartar | | |

Mix sugar, egg white and cream of tartar together in bowl, add boiling water and beat vigorously until frosting stands in peaks. Spread on cooled cake.

SPICY BANANA SOY BARS**202D****Anne Mihaylo**

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|---|----------------------------|----|-----------------------------|
| 3 | tsp baking powder | 1 | c chopped walnuts |
| 1 | c Whole Wheat Pastry Flour | ½ | tsp nutmeg |
| 1 | c soya flour | 2 | large eggs |
| 1 | c powdered skim milk | ½ | c oil |
| ½ | tsp salt | 1 | c dark brown sugar (packed) |
| 1 | tsp cinnamon | ½ | c buttermilk |
| ½ | tsp allspice | 1½ | c mashed bananas |

Sift all dry ingredients together, add brown sugar, nuts and mix well. Make a well and add oil, eggs, buttermilk and mashed bananas. Mix until well blended. Bake in long loaf pan at 350° F. for 45 minutes or until cake shrinks from sides of pan. Cut into bars while still warm and cool on wire rack. Set pan on rack as soon as it comes out of oven so bottom will not become soggy.

CAROB DATE NUT LOAF**203****Ethel B. Spear**

- | | | | |
|---|------------------------|---|-----------------------------------|
| ½ | c butter or margarine | 1 | lb. coarsely chopped stoned dates |
| 1 | c honey or brown sugar | 1 | lb. whole walnut or pecan meats |
| ½ | c Carob Powder | 1 | c Whole Wheat Flour |
| 1 | tsp vanilla | | |
| ½ | tsp salt | | |
| 4 | eggs, separated | | |

Place dates and nuts in a bowl, cover with sifted flour and salt. Mix well. Cream honey, butter and Carob Powder and add vanilla and beaten egg yolks. Mix well. Add flour and mix well. If too dry, add 1 Tbs water and mix. Fold in the stiffly beaten egg whites.

Bake in square cake pan well oiled and lined with waxed paper. Bake at 350° F. for about 1 hour.

ORANGE DATE LOAF**203-1**

- | | | | |
|---|---------------------|---|-------------------|
| 1 | large orange | 1 | tsp baking powder |
| 1 | c sliced dates | ½ | tsp soda |
| 2 | Tbs oil | ½ | tsp salt |
| 1 | c honey | 1 | tsp vanilla |
| 1 | egg (beaten) | ½ | c chopped walnuts |
| 2 | c Whole Wheat Flour | | |

Juice the orange into a one-cup measure. Fill cup with hot water, pour over dates and let cool. Grind orange rind. Cream oil and honey (or sugar). Blend in egg, then sifted dry ingredients alternately with date mixture. Stir in ground orange rind, also vanilla and nuts. Pour into greased loaf pan (about 5x9x4) and bake at 325° F. for 1 hour and 20 min., or until done.

ORANGE PECAN BREAD

203-2

2nd Prize 1965 Pomona Fair, Mrs. C. A. Henderson.

2¾ c Whole Wheat Flour	1	c honey (clover preferred)
2½ tsp baking powder		
½ tsp soda	1	egg
1 tsp salt	2	Tbs grated orange peel
2 Tbs butter or margarine	¾	c orange juice
	2	c broken pecan meats

Beat softened butter into honey until creamy; add unbeaten egg and orange peel and mix well. Add to dry ingredients alternately with orange juice, mixing well after each addition. Stir in nut meats and spoon into well-greased 5x9 inch loaf pan. Bake at 325° F. for 1 hour 10 minutes or until done.

Hint: When baking with honey use a moderately slow (325°) oven to prevent scorching.

RAISIN LOAF

203-3

1 c dark brown sugar	1	tsp cinnamon
⅓ c oil	½	tsp nutmeg
1 c raisins	¼	tsp allspice
1 c currants	½	tsp salt
or 2 c raisins	1	c water
½ tsp cloves		

Stir together. Cook 3 minutes. Cool.

Add:

2 c Pastry Whole Wheat Flour
1 tsp baking powder
¾ c coarsely chopped walnuts

Bake 300° F. for 1 hour and 20 minutes in a paper-lined loaf pan.

SUNSHINE CAKE

204

(with Carob Powder)

(Courtesy of Living Foods Study Group of Pasadena)

4 large Eggs, separated	Grated rind of large lemon
1 c Brown Sugar	
⅓ c Water	1¼ c Pastry Whole Wheat Flour, mixed with
3 tsp Baking Powder	¼ c CAROB POWDER sifted
3 tsp Vanilla	

Have ingredients at room temperature. Sift baking powder with ½ c flour. Beat egg yolks until light and thick. Add sugar gradually and continue beating. Add flavoring and lemon rind. Add water and cup of mixed, sifted flours alternately; then the baking powder mixture; and lastly fold in the stiffly beaten whites of eggs. Place in one greased tube pan. Bake at 325° for 40 to 50 minutes. When done, invert pan. When cool, cut out. Frost with whipped cream if desired; or, with the following Carob Frosting.

CARA-COA CAKE**204-B**

½ c soft butter or margarine	1 tsp soda
1¾ c brown sugar	1 tsp salt
2 eggs	1 tps instant coffee
½ c Cara-Coa Carob Powder	⅔ c buttermilk
½ c water	1½ tsp vanilla
2½ c sifted El Molino Unbleached White Pastry Fl. or Pastry Whole Wheat Fl.	⅔ c chopped nuts or El Molino Hulled Sunflower seeds (optional)

Cream shortening and sugar well, add eggs, beating until fluffy. Blend Carob Powder with water. Stir into creamed mixture, blending well. Combine dry ingredients, sift together three times; add to creamed mixture alternately with buttermilk, beating after each addition. Add vanilla and nuts. Bake in two 8 inch oiled layer cake pans at 350° for 30 - 35 minutes.

CAROB FROSTING**205**

Cream 2 Tbs butter with ⅔ c powdered milk. Add ½ c CAROB POWDER, mix well, then add ¼ c honey, 4 Tbs cream and 1 tsp vanilla. Beat until smooth and spread on cool cake.

CARA-COA FROSTING**205A**

Melt . . . 1 c Cara-Coa Nuggets in bowl over hot water.
Add . . . 1 c sifted confectioners sugar and 3 Tbs evaporated milk
Beat . . . until smooth and glossy
Frosts . . . one 9 inch square cake or 18 cup cakes.

CARA-COA FUDGE FROSTING**205-B**

Combine:

1 c brown sugar	1 Tbs. Cara-Coa Carob Powder
⅓ c rich milk	

Stir until sugar is thoroughly dissolved, then cook over medium flame to soft ball stage when tested in cold water, or 234° on a candy thermometer. Remove from heat. Add: 2 Tbs butter or margarine and 1 tsp vanilla. Allow to cool to lukewarm, beat until thick.

CARA-COA BUTTER CREAM ICING**205-C**

Sift together:	⅓ c Cara-Coa Carob Powder
3 c confectioner's sugar	¾ tsp instant coffee

Soften: ½ c butter or margarine, beat in one egg and 3 Tbs cream. Add sugar mixture, beating well. Spread between layers, top and sides of cake.

CAROB NUT BROWNIES**206**

$\frac{2}{3}$ c El Molino pastry whole wheat flour	4	Tbsp El Molino Carob Powder mixed with:
1 tsp. baking powder	1	Tbsp melted butter
$\frac{1}{2}$ tsp. salt	1	c chopped nuts or El Molino Sunflower Seeds
$\frac{1}{2}$ c butter or margarine		
$\frac{2}{3}$ c brown sugar or $\frac{1}{3}$ c brown sugar and $\frac{1}{3}$ c honey	3	Tbsp milk
2 eggs	1	tsp ground coriander seed (optional)
1 tsp vanilla		

Method: Cream butter and sugar until well blended. Add eggs, salt, vanilla, coriander seed and Carob Powder containing melted butter; beat vigorously. Sift baking powder with the flour. Add flour, milk and chopped nuts to mixture. Spread in a 9" x 9" pan lined with waxed paper. Bake for 30 minutes at 350° F. Cut brownies before they have cooled.

CAROB POWDER adds flavor and appeal when added in various amounts to: **HOT CAKES** or **WAFFLES**, **CAKES**, **COOKIES**, **ICE CREAM SHAKES**, **CANDIES**, **PUDDINGS**, **ICINGS**, etc.

**Use Your favorite recipes with CAROB POWDER
in place of chocolate or cocoa.**

GENERAL RULE: 3 level Tbs **CAROB POWDER** plus 2 Tbs liquid (milk or water) equals 1 square of chocolate.

CAROB FUDGE**207**

2 c Brown Sugar		Sprinkling of hulled sun- flower seed or hulled sesa- me seed, or nuts.
6 Tbs CAROB POWDER		
2 Tbs Butter or Margarine		(Flavor may be improved by lightly toasting sunflower seed or sesame seed.)
$\frac{2}{3}$ c Milk		
Pinch of Salt		
$1\frac{1}{2}$ tsp Vanilla		

Combine **CAROB POWDER** with sugar, add milk, butter and salt. Boil to soft ball stage (225° to 230°). Add vanilla and seeds or nuts, beat until mixture is creamy. Pour into well buttered dish and cut in squares.

CAROB CANDY, UNCOOKED**207A**

$\frac{2}{3}$ c carob powder	1	tsp vanilla or peppermint flavoring
$\frac{1}{2}$ c heavy cream		
$\frac{1}{2}$ c honey	2	Tbs soya powder

Enough powdered milk to thicken. Add a cup or more of any kind of nuts, sunflower seeds, sesame seeds or coconut.

CARA-COA FUDGE SAUCE

207B

Combine:

- | | |
|----------------------|-----------------------------|
| 1 c Cara-Coa Nuggets | Cook over low heat stirring |
| ¼ c honey and | until nuggets melt. Blend |
| ½ c evaporated milk | well, cool. |

FLAKY PIE CRUST

208

(Makes two 9 inch crusts)

- | | |
|-------------------------|----------------------|
| 2 c sifted Pastry Whole | 2 Tbs Wheat Germ |
| Wheat Flour | ¾ c margarine |
| 1 tsp salt | 4 to 5 Tbs ice water |

Sift flour with salt into medium bowl, add Wheat Germ.

With pastry blender cut in shortening, until mixture resembles coarse cornmeal. Sprinkle ice water, 1 Tbs at a time, over pastry mixture, mixing lightly with a fork. Pastry should be just moist enough to hold together.

Divide pastry in half, shape into a ball. On lightly floured board or pastry cloth roll out half of pastry to an 11 inch circle. Fit into pie pan. Trim bottom crust even to edge of pan.

Roll out second half of pastry and place over filling. Seal edges, make a few gashes near center for steam vents.

For one crust pie, make one half of the recipe and roll out as above. Place in pie pan and bake at 450° F. for 8 to 10 minutes.

WHOLE WHEAT PIE CRUST

208A

(makes two 9 inch crusts)

- | | |
|------------------------|---------------------|
| 2 c Pastry Whole Wheat | ½ c peanut oil |
| Flour | ¼ c cold whole milk |
| 1½ tsp salt | |

Lightly stir oil and milk into sifted flour and salt and roll out and bake as described above.

CAROB CREAM MINT PIE

209

- | | |
|--------------------------|--------------------------|
| 1 large egg yolk | ¾ c Brown Sugar |
| ¾ c milk | ⅛ tsp salt |
| 3 El Molino Cara-Coa | 1 c cream |
| Carob Candy | ¼ tsp Oil of Peppermint |
| Bars (7/8 oz. size) | 1 9 inch baked pie shell |
| 1 Tbs unflavored gelatin | |

Slightly beat egg yolk with milk and add broken pieces of carob candy. Combine with gelatin, sugar and salt in top of double boiler over boiling water. Stir frequently until candy melts.

Remove from heat and beat until smooth. Chill until cream-like consistency. Fold in whipped cream flavored with oil of peppermint.

Turn into pie shell. Chill until firm.

For variation omit peppermint flavoring and add sliced bananas to pie shell before adding filling.

EL MOLINO MUFFIN MIX RAISIN COOKIES 210

(another prize winner—by La Ree McCauley)

½ c honey	⅓ c milk
4 Tbs oil	1 c chopped raisins
1 egg	1 c chopped dates
1½ c El Molino Muffin Mix	1 c chopped nuts

Cream oil and honey, add egg and beat well.

Combine Muffin Mix, nuts and fruits alternately with milk. Drop by spoonfuls on greased tin. Bake at 375° F. for 10 to 12 minutes. Yields about 3 dozen.

1 tsp cinnamon & ½ tsp nutmeg may be added if desired.

For delicious chocolate-like cookies, mix 3 Tbs Carob Powder with the Muffin Mix and add about 2 Tbs milk.

CAROB THINS 211

Agnes Follett

½ c oil	1 c Unbleached White Flour
1 Tbs milk	
1 Tbs honey	3 Tbs Carob Powder
1 Tbs lemon juice	½ tsp salt
1 c Whole Wheat Flour	

Place oil in bowl and add 3 Tbs boiling water and milk. Beat until it is thick and creamy, add honey and lemon juice, and beat well. Sift flour and measure, dip out three rounded tablespoons and replace with three rounded tablespoons of Carob powder. Sift again. Turn into mixture, mix well. Form into loaf, roll between two sheets wax paper. Be sure the paper is no longer than cookie sheet that you bake it on. Carefully slip wax paper from top. Prick with fork. Cut into 1½ inch squares. Slip paper and all on to cookie sheet. Bake 8 to 10 minutes starting at 400°, finish with 350°. (They burn easily)

CAROB COCONUT DROP COOKIES 211A

Mrs. Joy Sousa

1 c dark brown sugar	½ tsp vegetable salt
½ c soy oil	1 tsp cinnamon
¼ c milk	¼ tsp nutmeg
2 eggs	1 tsp vanilla
3 Tbs carob powder	½ tsp almond extract
2 tsp baking powder	1½ c rolled oats
1 c grated fine unsweetened coconut	1 c whole Wheat Pastry Flour

Cream oil and sugar, add beaten eggs and milk, gradually add dry ingredients which have been mixed together, add almond extract and vanilla, mix well and drop by teaspoon on oiled baking sheet. Bake at 350° F. for 10 to 12 minutes.

SESAME SEED COOKIES**212**

Elizabeth Wolfe

- | | | | |
|---|--------------------------------------|---|---------------------------------------|
| 1 | c Hulled Sesame Seed | ½ | tsp salt |
| ½ | c cocoanut (shredded
or macaroon) | ¾ | c oil |
| 2 | c Unbleached White
Flour | 1 | c brown sugar |
| | | 1 | large egg |
| 1 | tsp baking powder | | vanilla or almond
extract to taste |
| ½ | tsp soda | | |

Lightly toast sesame seed and cocoanut until light brown. Sift together: flour, baking powder, soda and salt. Cream oil with brown sugar, add egg, vanilla or almond flavor, toasted sesame seed and cocoanut. Beat well and blend in dry ingredients. Shape in balls (about 1 tsp in each ball). Place on cookie sheet, flatten with fork. Bake at 350° F. for 10 to 15 min.

WHEAT GERM DROP COOKIES**213**

- | | | | |
|----|---------------------|---|---------------|
| ½ | c oil | 1 | c brown sugar |
| ¼ | c milk | 2 | eggs, beaten |
| 2¼ | c Whole Wheat Flour | ½ | c wheat germ |
| 2 | tsp baking powder | 2 | tsp nutmeg |

Add oil to the sugar gradually. Add the milk and beaten eggs, then stir in the dry ingredients and beat well. Drop by teaspoonfuls on a greased baking sheet. Bake at 350° F. for 5 minutes then at 325° for 7 minutes. Makes about 3 dozen cookies.

Variations:**213A**

ALSO add a spoonful or more of Wheat Germ to each of the following for extra vitamins and flavor: Sandwiches, salads, meat loaf, puddings, jello, desserts, candies, stuffings, fruit juices, soups, sauces, pancakes, pies, waffles.

PEANUT BUTTER COOKIES**214**

(using oats, wheat, soya)

Lillian Batchelor

- | | | | |
|----|-----------------|----|-------------------------------|
| 1 | c oil | 1½ | c Pastry Whole Wheat
Flour |
| 2 | c brown sugar | 1 | tsp salt |
| ½ | c peanut butter | 1½ | tsp cinnamon |
| 3 | eggs | 1 | tsp mace |
| 5 | Tbs buttermilk | ¼ | tsp cloves |
| 1 | tsp soda | 1½ | c seedless raisins |
| 1½ | c Soya Flour | 1½ | c Rolled Oats |

Lightly toast Rolled Oats in a warm oven.

Mix oil and sugar, add peanut butter and beaten eggs. Dissolve soda in buttermilk and add to mixture.

Mix Pastry Whole Wheat Flour and Soya Flour, salt, cinnamon, mace, cloves, raisins. Crush rolled oats between palms of hands and add. Combine first mixture with second mixture.

Drop with tsp on cookie sheet and bake at 375° for 15 to 18 minutes.

ICE BOX COOKIES

215

- | | |
|-------------------|---|
| ½ c vegetable oil | 2 tsp baking powder |
| 1 c brown sugar | 2 c Pastry Whole Wheat Flour |
| 1 egg | 1 c Wheat Germ Hulled Sesame Seed (for dipping) |
| 2 Tbs cold water | |
| 1 tsp vanilla | |
| pinch of salt | |

Mix oil and sugar and let stand a few minutes. Add well beaten egg, water, vanilla, salt, sifted flour and baking powder. Stir in Wheat Germ. Shape into a roll. Wrap in wax paper and chill in refrigerator overnight. Slice thin and bake in hot oven until brown. Delicious when top side is dipped in sesame seed before baking.

SOFT MOLASSES COOKIES

215A

Mrs. Mabel R. Carey

- | | |
|--------------------------------------|---------------------------|
| 3½ c sifted pastry whole wheat flour | ¾ c oil |
| 1 tsp baking powder | ½ c brown sugar |
| 1 tsp soda | ½ c un sulphured molasses |
| 1 tsp salt | ¼ c honey |
| 2 tsp cinnamon | 1 egg |
| 1 tsp ginger | ¾ c buttermilk |
| ½ tsp cloves | |

Sift and mix together the flour, baking powder, soda, salt and spices. Mix the oil with the sugar, add egg and molasses and honey. Add flour mixture alternately with the buttermilk. Chopped raisins may be added if desired.

Drop from teaspoon on greased baking sheet. Bake at 350 to 400 deg. for 12 minutes or until done. Makes several dozen cookies.

MILLET PUDDING

216

Mary Butz

- | | |
|---------------------|-----------------|
| 2 c milk | ¼ c Millet Meal |
| ¼ c honey | 1 or 2 eggs |
| ½ tsp vanilla | 1 Tbs molasses |
| ½ tsp lemon extract | |

Vanilla Rice Custard (see #306A)

Heat $1\frac{1}{2}$ c milk in double boiler with $\frac{1}{4}$ c honey. Mix $\frac{1}{2}$ c cold milk with $\frac{1}{4}$ c millet meal. Add millet meal mixture to hot milk and let cook over boiling water for 25 min., stirring occasionally.

Beat 1 or 2 eggs and add hot pudding, beating well. Pour back into double boiler and let cook 5 min. more. Stir constantly. Add 1 Tbs. (unsulphured) molasses, $\frac{1}{2}$ tsp vanilla and $\frac{1}{4}$ tsp lemon extract. Chill and serve with cream or fruit and cream. (serves 6)

WHOLE WHEAT JELLY ROLL 217

- | | | | |
|-----------------|--------------------|--------------------|--------------------------|
| 6 | egg yolks | $1\frac{1}{2}$ c | Pastry Whole Wheat Flour |
| $\frac{1}{4}$ c | oil | $\frac{1}{2}$ c | powdered skim milk |
| $\frac{3}{4}$ c | honey | $1\frac{1}{2}$ tsp | baking powder |
| $\frac{1}{4}$ c | skim milk (liquid) | $\frac{1}{2}$ tsp | salt |

Beat egg yolks until thick and lemon colored. Add oil, honey and milk, blend well. Add sifted dry ingredients in two parts and mix well. Fold in stiffly beaten egg whites. Turn into wax paper lined jelly roll pan (large) and bake at 375° F. 20 to 25 minutes, until a golden brown. Turn out on a towel, remove wax paper and spread with jam or jelly or pudding and roll immediately.

WHOLE WHEAT APPLESAUCE CAKE 218

- | | | | |
|------------------|--------------------------|-----------------|------------------------------|
| $1\frac{1}{2}$ c | Pastry Whole Wheat Flour | $\frac{1}{2}$ c | Wheat Germ |
| $\frac{3}{4}$ c | Soya flour | 1 c | dark brown sugar |
| $\frac{1}{2}$ c | powdered skim milk | $\frac{1}{2}$ c | oil |
| 4 | tsp baking powder | 4 | eggs (beaten well) |
| 1 | tsp salt | 1 | can applesauce (medium size) |
| 2 | tsp cinnamon | 1 | c raisins) |

Sift all dry ingredients together, except the wheat germ and brown sugar, then add and mix well. Combine oil, eggs, applesauce and raisins to dry ingredients and mix thoroughly. Turn into a well greased loaf pan and bake 1 hour at 375° F.

BUTTERSCOTCH BROWNIES 219

- | | | | |
|-----------------|--|-------------------|--------------------------|
| 2 | c dark brown sugar (packed loosely) | $\frac{2}{3}$ c | Pastry Whole Wheat Flour |
| $\frac{1}{2}$ c | oil | $\frac{2}{3}$ c | Wheat Germ |
| 2 | eggs, large | $\frac{1}{2}$ c | powdered skim milk |
| 1 | tsp vanilla | 2 | tsp baking powder |
| $\frac{1}{2}$ c | Soya Grits (soak in $\frac{1}{2}$ c hot water) | $\frac{1}{2}$ tsp | salt |
| | | 1 | c walnut meats, chopped |

Combine sugar, oil and eggs, mix well. Add sifted dry ingredients, wheat germ, soya grits and nuts. Bake in greased and floured pan at 375° F., 25 to 30 minutes. The brownies will be moist. Let cool in pan on rack for about 5 minutes before cutting into squares.

OATMEAL SESAME COOKIES**220**

- | | |
|-------------------------------|-----------------------|
| ½ c oil | ½ tsp soda |
| 1 c dark brown sugar | ¼ tsp salt |
| 1 egg (well beaten) | ½ tsp nutmeg |
| 1¼ c Rolled Oats | 1 tsp cinnamon |
| 1¼ c Pastry Whole Wheat Flour | ½ c raisins (chopped) |
| | ¾ c Sesame Seeds |
- 2 Tbs milk or buttermilk

Cream oil and sugar, add beaten egg, mix thoroughly. Combine milk, raisins, sesame seeds and rolled oats, add to previous mixture. Add sifted dry ingredients and mix well. Drop from teaspoon on to greased cookie sheet, flatten with fork dipped in cold water. Bake at 375° F. until browned. This cookie is crisp and keeps well.

CAROB TOLL HOUSE COOKIES**221**

- | | |
|---|-----------------------------------|
| 2 c sifted El Molino Pastry Whole Wheat Flour | 1 c Cara-Coa Nuggets |
| ½ tsp Salt | ½ c El Molino Soya Grits, soaked* |
| ½ tsp baking powder | 2 eggs, beaten |
| ½ c El Molino Wheat Germ | 1½ c dark brown sugar |
| 1½ c El Molino Rolled Oats | 1 c margarine or butter |
| | 2 tsp vanilla |

Beat sugar, margarine or butter, vanilla with eggs. Add dry ingredients. Drop onto oiled cookie sheet and bake at 375°F., approximately 10-12 minutes.

* To soak Soya Grits: cover with boiling water for 5 minutes, drain. (Or, substitute Hulled Sunflower Seeds)

CARA-COA NUGGET COOKIES**222**

PREHEAT oven to 375° F.

CREAM:

- ½ c margarine or butter
 ½ c brown sugar and
 1 tsp vanilla until light and fluffy.

FOLD IN:

- 1 beaten egg and mix well.

SIFT together:

- 1 c plus 3 Tbs El Molino pastry

whole wheat flour

- ½ tsp soda and
 ½ tsp salt

ADD: sifted dry ingredients to creamed mixture; stir in
 ⅓ c chopped nuts and
 ⅔ c Cara-Coa Nuggets.

DROP by teaspoonfuls onto an ungreased baking sheet.

BAKE: 10-12 minutes.

YIELD: approximately 4 doz.

Janna B. Blake

- | | | | |
|---|------------------------------|---|---|
| 2 | Qts milk
(preferably raw) | 1 | tsp salt |
| 6 | eggs | 4 | Tbs Cara-Coa Carob
Powder (Variable) |
| 2 | Tbs Brown Rice Flour | 2 | tsp vanilla |
| 2 | c dark brown sugar | 1 | pt. whipping cream |

Heat milk in top of large double boiler. Combine, in blender, eggs, rice flour, sugar, salt and Carob Powder. Blend until smooth, then stir into heated milk in double boiler. Cook, stirring constantly, about five minutes or until mixture begins to thicken. Do no over-cook. Cool.

When ready to freeze, add vanilla and blend one minute. Add whipped cream to blended mixture. Freeze. (For smooth, creamy texture use ice cream freezer.)

If not using ice cream freezer, put in freezing tray for 20 minutes. Remove and stir vigorously with fork. Freeze another 20 minutes and repeat. Return to freezer for about 2 hours.



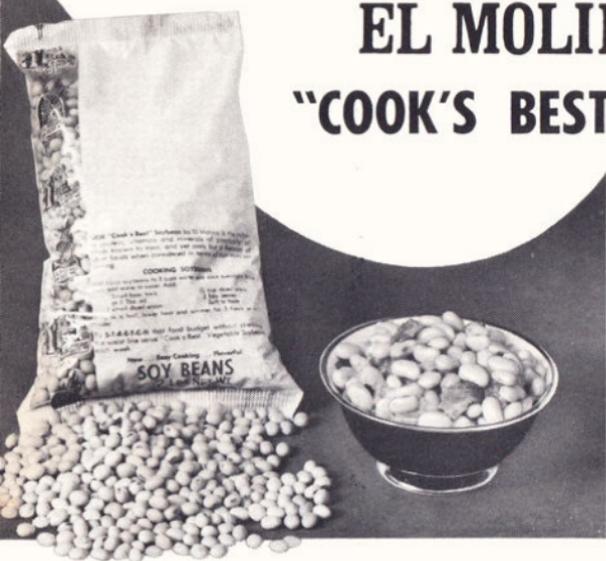
Casseroles

STUFFING

DUMPLINGS

MEAT LOAVES

EL MOLINO brings you "COOK'S BEST" SOY BEANS LARGE, TENDER, DELICIOUS!



SOYBEAN MEDLEY
CASSEROLE
301AA



To S-T-R-E-T-C-H that food budget without stretching the waist line serve El Molino new "Cook's Best" Vegetable Soybeans each week.

So much emphasis is on the importance of a high protein diet these days that soybean products prepared dozens of different ways should head the list of required eating.

Soybeans are the richest in protein, vitamins and minerals of practically all foods known to man, and yet costs but a fraction of other foods when considered in terms of nutrition per serving.

Hundreds of varieties of soybeans are grown, however only recently the "break-thru" was accomplished in developing a new strain proclaimed to be the most delicious of all legumes. You'll agree when you serve your family the new "Cook's Best" Vegetable Soybean by El Molino.

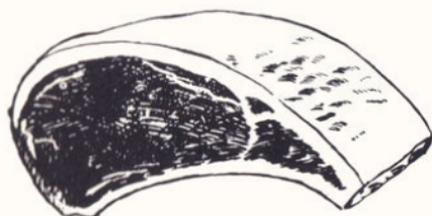
MRS. SMITH PAID:

\$5.40
FOR

4½ lbs. BEEF
(rib roast)

\$5.40
FOR

25 lbs. SOYBEANS



CASSEROLES

MRS. SMITH RECEIVED:

from beef

6
13
355
5,659
204
3,841
53
0
2
3

from soy beans

SERVINGS	150
DAYS PROTEIN	180
TOTAL PROTEIN (gm)	4,540
CALORIES	37,569
CALCIUM (mg)	25,765
PHOSPHORUS (mg)	66,511
IRON (mg)	908
VITAMIN A (I. U.)	15,890
VITAMIN B1 (mg)	121
VITAMIN B2 (mg)	35

"THE SOYBEAN IS IN SO MANY RESPECTS THE MOST VALUABLE OF ALL PLANT FOODS."—(U. S. Office of Health Education)

COMPARE THE FEATURES OF THE SOYBEAN WITH ANY OTHER FOOD

- High PROTEIN of good quality, containing all the essential AMINO ACIDS.
- Low STARCH (1½ %).
- In various forms, Soybeans contain practically all the known VITAMINS.

- Easily digestible OIL.
- Rich in LECITHIN.
- Generous supply of CALCIUM, PHOSPHORUS, IRON and other important MINERALS.
- A provider of FLOUR, MEAT and DRINK for 5000 years.

The SOYBEAN is becoming appreciated in America and deserves to be used far more. Treat YOUR family to this ancient "new" vegetable.

COOKING El Molino "Cooks Best" SOYBEANS 301

Add 1 cup soybeans to 3 cups boiling water and soak overnight. Drain and rinse.

Add: Small ham hock or 1 Tbs oil.

- 1 small diced onion.
- ¼ cup diced celery.
- 2 bay leaves.
- 2 tsp salt

Add water to cover. Bring to a boil, lower heat and simmer for 2½ hours.

SOYBEAN CASSEROLE

301A

- | | | | |
|---|-------------------------------|---|----------------------------|
| 2 | c cooked soybeans,
chopped | 6 | Tbs flour |
| | | 2 | c milk |
| ¼ | c diced salt pork | 1 | Tbs salt |
| 2 | c chopped celery | 1 | c buttered bread
crumbs |
| 2 | Tbs chopped onions | | |
| 2 | Tbs chopped green
pepper | | |

Brown the salt pork in a frying pan. Add the celery, onion and green pepper, and saute for about 5 minutes. Add thickening made from the flour, milk, and salt and stir until it reaches the boiling point. Stir in the cooked beans, and pour the mixture into a greased baking dish. Cover with the buttered bread crumbs. Bake in a moderate oven (350° F.) for 30 minutes or until the crumbs are brown.

SOYBEAN MEDLEY CASSEROLE

301AA

Cover 2 cups Soybeans with hot water and soak overnight. Drain, rinse and cover with water.

- Add:
- | | | | |
|---|-------------------|------------|----------|
| | 2 | bay leaves | |
| 1 | small diced onion | 1 | tsp salt |
| ¼ | c diced celery | 1 | Tbs oil |

Bring to a boil in covered pan, lower heat and simmer for 2½ hours.

Chop coarsely:

	4	large stocks celery	
1	large onion	½	large green pepper

Simmer in covered pan in 2 Tbs oil or butter for 5 minutes. Add 1 cup canned or 2 large ripe tomatoes, cut up. Cook 5 minutes, add salt to taste and ½ tsp, savory. Combine with cooked soybeans, heat and serve.

SOYBEAN LOAF

301B

- | | | | |
|---|------------------------|---|---------------------|
| 2 | c cold cooked soybeans | 2 | strips of bacon |
| 1 | c bread crumbs | | salt and pepper |
| 1 | egg | ½ | to ⅔ c tomato sauce |

The soybeans, which have been soaked and cooked, should

be chopped, combined with other ingredients, formed into a loaf, with bacon across top, and baked for 45 minutes. This recipe may be varied, using rice, potatoes, carrots, or chopped nuts. Two cups tomato sauce may be made in order to have sufficient quantity to serve with baked loaf.

SOYBEAN PASTE OR PULP

302

If soybeans are intended for use in loaves, patties or turkey, this procedure should be followed: Drain cooked beans through colander as they must be free from moisture. Put through a food press or sieve or mash thoroughly. This paste may be stored in refrigerator and used as needed. Other seasoning or coloring may be added when used. Use in making soups, croquettes, loaf or soufflé. Cold, the pulp makes a nutritious and flavorful filling for sandwiches when mixed with chopped onion and enough salad dressing or milk to make it easy to spread. May be used like pumpkin or squash with milk, eggs, and spices as a filling for pie.

SOYBEAN SOUFFLE

302A

- | | |
|---------------------|--------------------------|
| 3 c soybean pulp | 2 Tbs chopped parsley |
| 3 eggs | Salt and pepper to taste |
| 1 Tbs chopped onion | |

Beat the yolks of the eggs and add them to the other ingredients. Then fold this mixture into the well-beaten egg whites, and pour into a greased baking dish. Bake in a moderate oven (325° F.) for 30 minutes or until set. Serve immediately.

STUFFED TOMATOES

302B

- | | |
|--|---|
| 8 or 9 large tomatoes | 1 tsp minced onion |
| 1 tsp salt | ½ tsp minced green pepper |
| 2 c soybean pulp | buttered whole wheat bread crumbs or wheat germ |
| ½ c diced celery (cooked in ¼ c water) | |

Remove pulp from center of large tomatoes. Sprinkle inside with salt. Fill with mixture of pulp, celery, onion, and green pepper. Cover tops with buttered crumbs. Place in greased pan and bake in a hot oven (410° F.) for 25 to 30 minutes or until tomatoes are soft.

STUFFED PEPPERS

302C

- | | |
|--|--|
| 8 or 9 green peppers | ½ c or more tomatoes |
| 1 tsp salt | 1 tsp minced onion |
| 2 c soybean pulp | whole wheat buttered bread crumb or Wheat Germ |
| ½ c diced celery (cooked in ¼ c water) | |

Remove seeds and inner partitions from green peppers. Par-boil peppers for 3 minutes in salted water. Sprinkle inside with salt. Fill with mixture of bean pulp, celery, tomatoes and onion. Cover tops with buttered crumbs. Place in greased pan and bake in a hot oven (410° F.) for 25 to 30 minutes or until the peppers are soft.

BAKED SOYBEAN CROQUETTES

302D

- | | | | |
|----|------------------|---|------------------|
| 2 | Tbs minced onion | 2 | Tbs melted fat |
| 1½ | c diced celery | 3 | c soybean pulp |
| 1½ | teaspoon salt | | corn flakes |
| 1 | c tomato puree | 1 | egg, well beaten |
| 5 | Tbs flour | 2 | Tbs milk |

Add minced onion, celery (tough celery should be par-boiled), and salt to tomato puree and bring to a boil. Mix flour and fat together, and add the boiling tomato puree mixture slowly. Cook to a thick paste. Cool and add soybean pulp. Shape into croquettes. Roll in corn flakes, then in beaten egg to which milk has been added, and again in corn flakes. Place on a greased baking sheet and bake in a hot oven (410° F.) for 20 to 30 minutes.

SOY CHILI CON CARNE

303

- | | | | |
|---|------------------------|---|----------------------|
| 2 | c cooked soybeans #301 | ½ | lb. lean ground beef |
| ¼ | lb. diced salt pork | 2 | c tomatoes |
| ¼ | c chopped onions | 1 | Tbs chili powder |

Fry diced salt pork until crisp. Remove the pork and add the onions. Cook until brown. Add ground beef. Stir well, cover and cook 10 min. Add the crisp pork, beans, tomatoes, and chili powder. Bring to boil and serve.

MEATLESS SOY CHILE CON CARNE

304

Follow above recipe, using 4 Tbs margarine or oil in place of salt pork, ½ c onions, and 1 medium can of meat substitute diced in place of lean beef. Add desired meatlike flavoring.

BAKED SOYBEANS

305

- | | | | |
|---|------------------------|---|------------------------------|
| 2 | c cooked soybeans #301 | 2 | c canned tomatoes |
| 2 | c canned corn | 1 | scant c buttered whole wheat |
| 1 | c grated cheese | | bread crumbs or wheat germ |
| 1 | tsp salt | | |

Alternate layers of beans, corn, cheese and drained tomatoes into a greased baking dish. Mix salt with tomato juice and pour over the mixture. Cover with buttered crumbs and

bake in a moderate oven for 30 minutes, or until crumbs are brown.

SALTED SOYBEANS

305B

Salty soys are prized for their rich, nutty flavor.

EXCELLENT FOR APPETIZERS

Because soybeans contain so much protein and fat, they are good fried in deep fat and salted to serve like salted nuts.

Wash and soak the dry beans overnight, then drain, and spread them out at room temperature until the surface is dry. Fry a few at a time in deep fat 350° F. for 8 to 10 minutes. Drain on absorbent paper and sprinkle with salt while still warm..

COOKING NATURAL BROWN RICE

306

1 c Brown Rice

1 tsp salt

Add rice and salt to 2 to 2½ c cold water and bring to a boil and boil for 3 minutes. Cover tightly, turn heat very low and simmer for 45 minutes without lifting lid. Turn off heat and let set on hot burner 10 minutes. The water should be absorbed and the rice can be separated by stirring with a fork. Serves four people. DO NOT remove lid until ready to serve.

VANILLA RICE CUSTARD

306A

3 Tbs cooked rice

3 Tbs brown sugar

1 c milk (skim or whole)

1 tsp vanilla

1 egg (beaten slightly)

½ c raisins (optional)

Nutmeg to sprinkle over top when ingredients are well mixed. Bake in 325 degree oven about 1 hour or until silver knife comes out clean after testing.

QUICK SPANISH RICE (Meatless)

306B

¼ c olive or peanut oil

½ Medium Green Pepper,

1 medium onion, thinly sliced

diced

1½ c cooked rice

1 c hot water

pepper to taste

1 tsp salt

2 cans tomato sauce

Heat oil, add onion, green pepper and rice. Cook and stir over high heat until lightly browned. Add hot water, tomato sauce and seasonings, mix well, bring to a boil, cover and simmer 20 min., stir occasionally.

CHINESE RICE (With Left-Over Meat)**306C**

1 c rice	1 c cooked, diced
1½ c water	ham or pork
1 tsp oil	2 eggs
1 c celery (chopped fine)	3 Tbs oil
1 onion	salt, pepper, soy sauce

Bring water to a boil, add 1 tsp oil, add rice, steam as usual. Heat 3 Tbs oil in skillet, stir in eggs, add rice, celery and onions, salt and pepper. Cook over high heat about 5 min. Stir frequently—add soy sauce.

STUFFED PEPPERS**306D**

Brown ⅓ c chopped onion & 1 lb. ground beef in 2 Tbs. oil, add 1 c cooked rice, 1½ c sieved tomatoes, ¼c of the tomato juice, salt & pepper to taste, simmer 10 to 15 min., stir often. Cut tops off of 6 green peppers, remove seeds, drop into boiling water for 1 min. Add mixture to peppers in baking dish, bread crumbs or cheese may be added to tops, if desired. ¼ c water added to baking dish will keep peppers tender and moist while baking for about 30 min. in moderate oven.

RICE STUFFING (For Fowl)**306E**

2 c cooked rice	dash of pepper
½ tsp salt	1 Tbs chopped parsley
2 Tbs chopped onion	¼ c diced celery
3 Tbs melted butter	½ tsp sage or thyme

Mix all ingredients together thoroughly. This amount makes enough for one small roasting chicken, or duck. For larger fowl, increase recipe. To vary, chopped nuts or apples may be added.

HERB RICE**306F**

1 c brown rice	2 Tbs soy oil
1 clove garlic, minced	1 envelope G. Washington
⅓ tsp Spice Island	Broth (Brown)
Fine Herbs	1½ c boiling water

Brown rice, garlic and herbs in oil. Add boiling water and cook tightly covered, letting no steam escape for 40 minutes over lowest possible fire. Stir lightly to separate grains. Add generously of raw parsley and chives.

DROP DUMPLINGS**307**

Using El Molino Muffin Mix

A favorite recipe of Hazel Parcells, Ph. D.

- 2 eggs
 1/2 tsp salt
 2 Tbs vegetable oil
 1/2 c milk
- 1 1/3 c El Molino Muffin Mix

Beat eggs, salt, oil and milk together thoroughly. Add Muffin Mix. This should be stiff enough to drop from a spoon. As eggs vary in size, a little more Muffin Mix may be added if needed. Drop into boiling stock, cover tightly and keep boiling for 15 minutes. This serves six.

Delightful changes may be effected by the use of herbs such as: Marjoram, Rosemary, Parsley, Saffron, Sage or Thyme. Use only small amounts as too much spoils the effect.

TAMALE PIE — A LA MEXICAN STYLE

308

- 1 c corn meal
 1 tsp salt
 1/8 tsp pepper
 1 chopped onion
 1/2 clove minced garlic
- 1 1/2 c tomatoes
 3/4 lb. chopped beef
 1/2 tsp chili powder
 1/2 tsp A-1 sauce
 9 ripe olives

Mix cornmeal to a paste with 1 c cold water. Add 1/2 tsp of the salt to 2 1/2 c boiling water and stir in cornmeal paste. Slowly cook 1 hour. Brown onion in fat, add garlic and meat and brown. Season, add tomatoes, cover and simmer gently for one hour or until meat is tender. Grease a flat pan and add part of the mush. Pour in the meat mixture, add the olives and either cover with the remaining mush or add the mush in large spoonfuls to meat mixture. Bake at 350° F. for 30 minutes.

Variation:

Replace 1/2 c Corn Meal with Millet Meal.

VARNISHKES

309

- 1 c Buckwheat Groats
 1 Egg
 1/4 c Griven (that part of fat remaining after liquid has been rendered)
- or
 1 Tbs Oil
 1/2 tsp Salt
 Pepper to taste

Mix Buckwheat Groats with the beaten egg. Cook over low heat, stirring occasionally. Add 2 c boiling water and cook slowly for 15 to 20 minutes. Add the griven or oil, salt and pepper and cook 10 minutes more. Make a batter of 3/4 c Unbleached White Flour, Two Eggs, a Little Salt, and 2 Tbs. Water. Knead the dough and roll thin. Cut into 2 or 2 1/2 inch

rounds. Place a small amount of buckwheat mixture on each round, fold over and seal edges with a fork. Place on baking pan and bake 20 minutes at 350° - 375° F.

BUCKWHEAT BLINTZES

310

- | | |
|--|-------------------|
| 1½ c Buckwheat Groats | 2 large onions |
| 3 eggs | 1 Tbs chicken fat |
| ¾ c whole wheat flour or
Unbleached White | ½ tsp salt |

Mix the buckwheat with an egg. Place on fire until browned. Boil small quantity water and pour on buckwheat slowly until the buckwheat is completely covered. Add salt and allow to cook in double boiler at least 10 minutes. Knead a dough of the flour, 1 egg, a little fat and 2 Tbs water. Roll the dough very thin. Fry the onions and spread over the dough. Put the buckwheat over the onions and spread pieces of a hard boiled egg over the buckwheat, together with a little chicken fat. Roll together, cut in 8 pieces, and place in hot oven for 30 minutes.

BUCKWHEAT KNISHES

311

(for 6 people)

- | | |
|--|----------------|
| 1½ c Buckwheat Groats | ½ lb. potatoes |
| 4 eggs | 3 onions |
| 3 c Whole Wheat Flour
or Unbleached White | 2 tsp salt |
| 2 Tbs butter | 6 c water |

STUFFING: Mix the buckwheat with 1 egg and place into the oven for 10 to 15 minutes. Boil water in another pot. When the buckwheat is browned, add the water, 1 tsp salt, 1 Tbs butter and allow to boil 30 minutes on slow fire. Fry the onions while the buckwheat is cooking.

DOUGH: Mash the boiled potatoes, add 3 eggs, 1 tsp salt. Add the flour and knead a thin dough. Mix the fried onions with the buckwheat, cut the dough into equal parts, add the buckwheat and roll knishes. Spread butter on pan and put in oven for 35 minutes.

BUCKWHEAT STUFFING

312

(dressing)

- | | | | |
|---|-------------------------------|--------|----------------------------------|
| 3 | Tbs fat | 1 or 2 | diced pimentos |
| 1 | chopped leek or sweet onion | ½ c | mushrooms (optional) |
| 1 | diced stalk celery and leaves | 2 | Tbs parsley |
| | | 2 | C Buckwheat Groats (cooked) #313 |

Saute in fat all ingredients (except buckwheat) for 5 minutes. Stir in cooked Buckwheat Groats.

COOKING BUCKWHEAT GROATS 313

- | | | | |
|---|----------------------------|---|-----------------------|
| 1 | c Buckwheat Groats (whole) | 2 | c soup stock or water |
| | | 1 | tsp salt |

Add unwashed buckwheat to liquid and add salt. Boil 1 minute, cover utensil, lower heat, and simmer 12 to 15 minutes.

BUCKWHEAT GROATS 314

- (served with soup, or with gravy in place of potatoes.)
- | | | |
|---|--------------------|---------------|
| 1 | c Buckwheat Groats | salt to taste |
| | | Fat or butter |
| 1 | egg | |

Stir into skillet the Buckwheat and slightly beaten egg. Stir constantly over hot fire. When each grain is separate and dry, put mixture into a pot which has been put directly over the flame for a few seconds. Add 2 c of ACTIVELY boiling water, salt and cover tightly and allow to steam over low flame for 30 minutes. While cooking, stir in a little chicken fat. Serve hot with gravy or with soup.

CORNBREAD STUFFING 315

- | | | | |
|---|---|---|-------------------------|
| 4 | Day old Corn bread #115
c (or more) toasted
whole wheat bread | ¼ | tsp pepper |
| | | ¼ | tsp poultry seasoning |
| | | | sage to taste |
| 2 | onions (egg size) | 3 | eggs |
| 1 | clove garlic | 2 | Tbs butter or margarine |
| 1 | tsp salt | | |

This is a basic recipe. The amount will depend on weight of bird. Bake cornbread the day before.

Crumble toasted whole wheat bread into a large bowl. Pour boiling water over bread, but not enough to make soggy. Cover bowl with a cloth to steam.

Dice and fry onions, garlic in bacon drippings until light brown and spread over bread in bowl.

Combine remaining ingredients using plenty of cornbread broken gently into small pieces. Stuff the bird—and let the drumsticks fly . . .

(using left-over cooked cereals, sprouts or by starting from scratch)

Lillian Batchelor

- | | | |
|------------------------------|---|-------------------------|
| 1½ lbs. stewing beef, chunks | 1 | large can tomatoes |
| 3 Tbs oil | 4 | c Red Cereal Wheat |
| 2 large onions, chopped | | (or other cooked grain) |
| 1 green pepper, chopped | | salt to taste |
| 1 carrot, chopped | | chili powder (optional) |
| 1 c celery, diced | | |

(If no cooked wheat or other cooked grains, whole or ground are on hand—soak grain overnight or in boiling water until softened.)

Brown meat and onions in oil, add all remaining ingredients and bake about 3 to 4 hours at 250° to 300° F. When using cooked grains, the baking time may be shortened by about one half.

MEAT LOAF

317

- | | | |
|-----------------------------|---|--------------------|
| 1½ lbs. ground beef | 1 | onion, chopped and |
| ½ lb. ground cured ham | | browned if desired |
| 2 c cooked Red Cereal Wheat | 2 | eggs |

Mix in the order given. Form into a loaf and bake slowly 1½ hours. If cooked meat is used, bake ½ hour.

MEAT LOAF SUPREME

317B

- | | | |
|-------------------------|---|------------------------|
| 1½ lbs. ground beef | 1 | small can tomato sauce |
| 1 c Wheat Germ | 1 | tsp salt |
| ½ c minced onion | | dash of worcestershire |
| 1 egg (slightly beaten) | | sauce |
| ½ c milk | ½ | pepper to taste |
| | | tsp sage |

Mix all ingredients thoroughly. Bake in loaf pan 1 hour, or until done, in 350 degrees oven.

POTATO FLOUR HAMBURGER STEAK

318

To make it tasty, loose and juicy, mix 2 Tbs of Potato Flour with some shredded onions into one pound of chopped or ground meat.

Soaked Soya Grits or Soya Meal are also excellent additions to hamburger. Try dipping in Wheat Germ after moulding into patties; it's delicious.

(without meat)

- | | | | |
|---|------------------------|---|--------------------------|
| 2 | c cooked lentils* | 1 | tsp salt |
| ½ | c wheat germ | 3 | Tbs oil |
| ½ | c bread crumbs | 3 | Tbs brewers yeast flakes |
| ½ | c chopped walnut meats | 1 | c evaporated milk |
| | | 1 | egg |
| ¾ | tsp sage | 1 | small onion |

*Drop lentils into boiling water. Cook over low heat for about 1 hour.

Slightly mash lentils. Add all dry ingredients. Beat the egg, add oil and milk. Add to lentil mixture. Shape and bake in a flat pan at 350° F. for 45 minutes. Cut in squares, arrange on platter. Cover with hot tomato sauce.

SAVORY GARBANZOS

320

Ethel B. Spear

(Makes enough to freeze left-overs for future use)

- | | | | |
|---|---|---|----------------------|
| 3 | c garbanzos (rinse, cover with water, soak overnight) | | |
| | (see SHORT CUT FOR SOAKING #301) | | |
| 2 | Tbs oil | 2 | c canned tomatoes |
| ½ | c small onion rings | | pinch of sweet basil |
| ¼ | c green pepper slivers | | salt to taste |

Salt garbanzos and cook for one hour in water used for soaking.

Simmer the onion rings and pepper slivers in oil about 3 minutes. Add tomatoes, basil and salt. Simmer a few minutes to blend flavors then add to cooked garbanzos which have been rinsed and drained. Bake for 1 hour at 350° F.

MILLET CASSEROLE

321

Saute 1 onion and 3 stalks celery. Brown 1 lb. ground beef and add dash of garlic salt. Add 1 cup Hulled Millet (may be browned). Place in baking casserole dish and mix in the following: 1 can mushroom soup; 2 cans water; 1 can mushrooms; ½ tsp. poultry seasoning; 1 tsp salt; ¼ tsp. pepper; 1 tsp. monosodium-glutamate (optional); ½ cup Hulled Sunflower Seed. Bake 1 hr. at 300° F.

Alkaline-forming: easily digestible. Naturally high in Vitamin G, Potassium, Lecithin, Silicon, Iron, Magnesium, Calcium, Phosphorous & essential Amino Acids.



Cereals

QUICK METHODS

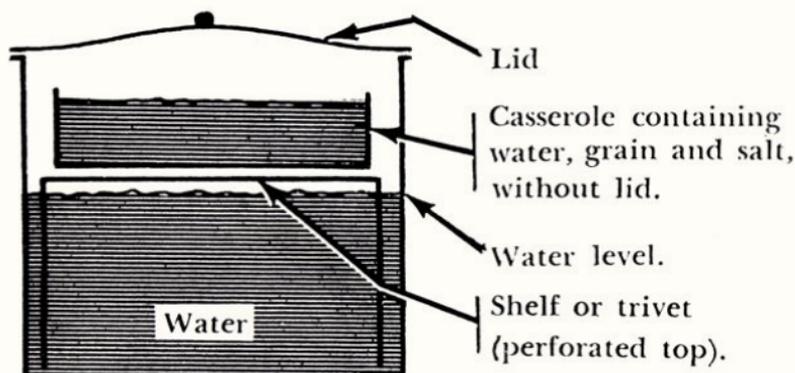
IMPROVISE A STEAMER

CANNING

If you want a **QUICK, NOURISHING BREAKFAST** this is it. Once a week while preparing dinner, put on the steamer and cook enough grain for the week. Store unused portion in jars in refrigerator. Re-heat a little as needed for cereal or add to other dishes. For variations at breakfast, keep jars of several different steamed grains ready to reheat.

HOW TO IMPROVISE A STEAMER

(Using a deep well cooker in stove or a combination of pans)



A steamer enables the steam vapor to come in direct contact with the grain which results in thoroughly cooked fluffy, separate grains.

COOKING CEREALS

400

Unground Grains:	1 c grain
Red Cereal Wheat*	1 tsp salt
Oat Groats*	2 c cold water (or more)
Brown Rice	
Buckwheat Groats	
Hulled Barley	
Rye	
*see #403	

Place grain, salt, water in casserole (no lid) over direct heat and bring to a boil. Place casserole on a raised shelf or trivet in an 8-quart pot, deep well cooker or steamer. Water in steamer should be boiling when hot casserole is placed inside. Water level in steamer should be 1 inch below casserole. Steam 30 minutes. Reduce heat to low and continue overnight (9 to 10 hours).

Hulled Millet see #406

Use 3 c water, 1 c milk, salt and 1 Tbs honey. Follow above directions, steaming for 1 hour only.

Flaxseed

Replace part of grain with flaxseed for laxative effects.

COOKING CEREALS (Continued)

401

Ground Grains:	Wheat Germ & Middlings
Cracked Wheat*	Soya Grits
Wheat Grits	Rye Grits
Seven Grain Cereal*	Barley Grits
Steel Cut Oats*	
Rolled Oats	
Corn Meal	
Hominy Grits	1 c grain
Millet Meal	1 tsp salt
*see #404	2 to 3 c cold water

Steam as described above until done, using 2 c water; or, cook in double boiler; or cook in saucepan over direct heat stirring frequently until boiling. Cook 5 minutes. Cover with tight lid and turn off heat. Let stand, without removing lid, for 20 minutes. Wheat germ or rice polish may be added to cooked cereal just before serving. Raisins, dates or other dried fruits added, just before covering with lid, provide natural sugars.

CANNING WHEAT

402

Place $\frac{3}{4}$ c Red Cereal Wheat in a pint jar. Add $\frac{1}{3}$ tsp salt and fill the jar with boiling water to within 1 inch of the top.

Adjust the lid, place in pressure cooker and process 1 hour at 10 pounds pressure.

QUICK WHEAT FOR "EAT 'N RUN"

403

(using a 1 quart thermos bottle)

1 c Red Cereal Wheat 1 tsp salt

While doing up the breakfast dishes . . . put a cup of wheat on to soak—just cover with water.

While doing up the supper dishes . . . drain off water into a measure adding enough more water to make 3 c. Heat to boiling. Add salt and soaked grain and bring to an active boil.

Pour boiling wheat and water into a pre-heated thermos. Tightly cap, turn on its side until time for breakfast. See hint on emptying #404.

Refrigerate leftovers in covered jars to re-heat as needed. Try using in #316.

A pint thermos may be used for smaller portions if desired.

Variation:

Replace half the wheat with Oat Groats. For a REAL TREAT add a Tbs or two Hulled Sunflower Seed to this mixture of wheat and oats.

QUICK CRACKED WHEAT

404

(using a 1 pint thermos bottle)

Here is a SIMPLE method of preparing a QUICK, NOURISHING breakfast from most any of the cereals listed in #401.

Just fix each morning after emptying the thermos prepared yesterday; or, prepare it the night before.

½ c Cracked Wheat
½ tsp salt

Pour grain and salt into a pint thermos bottle and fill with actively boiling water. Tightly cap, turn on its side to remain overnight.

Some grains absorb more water than others. Vary the accurately measured amount to suit individual preference.

Hint: Steel Cut Oats combined with the wheat in equal portions particularly compliment the wheat flavor. FOR A TREAT add a Tbs or two of Hulled Sunflower Seed to this mixture of wheat and oats.

Hint on emptying thermos: Empty thermos with a fork into cereal bowls. Pour milk into thermos and shake all the wheat free from sides and bottom. Pour this milk with wheat over each serving. Sweeten and enjoy.

CORNMEAL MUSH

405

(made with milk)

- | | |
|------------------------------------|----------------------------|
| 1 c Corn Meal
(yellow or white) | 1 tsp salt |
| | 4 c milk, whole or skimmed |

Stir meal into $\frac{1}{2}$ c cold water. Heat milk to boiling, add the salt and moistened meal. Mix well. When thickened, place in top of double boiler or over very low even heat and cook for about 30 to 45 minutes depending on the flavor desired. Serve hot with butter or milk or pour into loaf pan to cool.

When cold and firm, slice, coat with cornmeal or wheat germ or potato flour. Brown in fat and serve hot with honey.

MILLET CEREAL

406

- | | |
|-------------------------------|------------------------|
| $\frac{1}{2}$ c Hulled Millet | 1 Tbs Honey |
| 1 c Water | $\frac{1}{2}$ tsp Salt |
| 1 c Milk | Raisins optional |

Bring water, milk to boil in top part of double boiler (direct heat). Add Millet. Boil 5 minutes then steam over boiling water for 30 minutes. Add honey (raisins, dried fruit) and steam 5 minutes longer. 4 to 6 servings. For a quick breakfast—prepare in double boiler the night before.



THE FRUIT OF THE CAROB TREE

Drinks

TEAS

HEALTH COCKTAILS

MILK DRINKS

GENERAL RULE

Use your favorite recipes with CAROB POWDER in place of chocolate or cocoa.

General Rule: 3 level Tbs CAROB POWDER plus 2 Tbs liquid (milk or water) equals 1 square of chocolate.

CAROB "PICK UP"

500

KAY BETTS in the Los Angeles Times advises: "For an afternoon pickup, try this in your blender:

Dissolve 2 tsp CAROB POWDER in $\frac{1}{4}$ c of boiling water.

Add: 1 sliced banana
1 c milk 2 or 3 pitted dates
1 egg $\frac{1}{2}$ tsp vanilla

Blend thoroughly, pour into a tall glass and top with grated nutmeg."

CAROB SYRUP

501A

Keep a jar in refrigerator to add to hot or cold milk drinks (2 to 3 tsp. per 8 oz. glass)

$\frac{1}{4}$ c carob powder $\frac{2}{3}$ c milk
 $\frac{1}{3}$ c dark brown sugar $\frac{1}{2}$ tsp vanilla
pinch of salt

Mix sugar and carob powder, add milk and salt, Bring to a boil and simmer 5 minutes, stirring frequently. Add flavoring. Store in jar in refrigerator. For use as syrup for sundaes, add 2 tsp butter while simmering.

HOT OR COLD CAROB MILK

501B

(Made in liquefier)

3 Tbs Carob Powder 4 c milk
1 Tbs powdered skim milk $\frac{1}{2}$ tsp smooth peanut butter
(optional) $\frac{1}{2}$ ripe banana
1 to 2 Tbs brown sugar (or
honey or molasses to
taste)

Combine dry ingredients with 1 c milk. Place in liquefier and mix thoroughly. Add remaining milk, peanut butter and banana. Serve hot or cold. For egg-nog add 1 well beaten egg.

In preparing Carob Powder drinks, best results are obtained when using a liquefier; or a hand beater may be used to completely whip the dry ingredients into the liquid.

For EGG-NOG add 1 well beaten egg.

A Nitecap of CAROB MILK is just the thing to purrrr yourself to sleep.

Cara-Coa Instant Carob Drink — Delicious! Nutritious! Quick! Hot or Cold—just add to milk and drink.

ask for: CARA-COA Instant Carob Drink

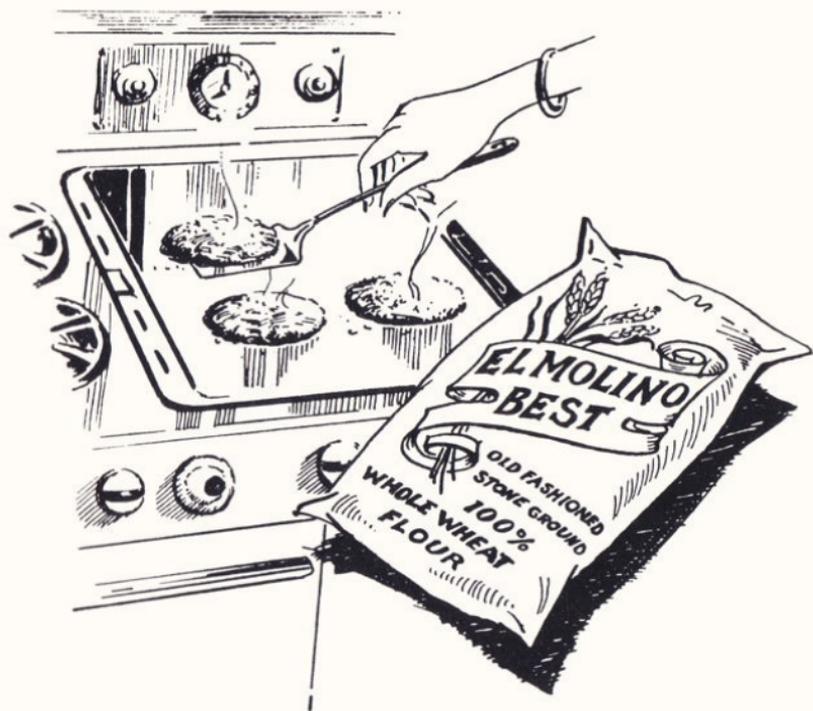
Pour one half the milk into a blender (liquefier). Add all remaining ingredients. Mix thoroughly, add remaining one half c milk and mix a few seconds longer.

SOYA-PINEAPPLE TONIC

507

(Reputedly aids digestion and elimination)

Vigorously stir 2 heaping Tbs soya powder in 1 medium glass pineapple juice. Serve chilled.



GLUTEN

Gluten

BASIC METHODS

STEAKS, BURGERS

CASSEROLES

WET GLUTEN BASE

600

Ethel B. Spear

Gluten is very rich in protein and can be used to make delicious entrees. Gluten can be made from hard wheat flours (Whole Wheat Flour or Unbleached White Flour) or from Gluten Flour.

Mix 8 c flour with 2½ to 3 c lukewarm water to make a stiff dough. Form into a ball and knead well. Let stand under water for 2 hours. Wash out starch by kneading with the hands in the water, ever being careful to keep the dough together and pouring off only the starchy water. Continue adding more water, kneading and pouring off starchy water, until water is almost clear. You will then have a lump of wet gluten in its raw state.

COOKED GLUTEN

601

Ethel B. Spear

Put ½ c oil in 6 quart kettle with tight lid. Add 1 large chopped onion. When slightly browned, add one Tbs Savorex. Roll gluten into loaf, cut in slices and put in kettle and cover with boiling water. Boil 1 hour and drain. This is the basis for recipes calling for cooked gluten.

GLUTEN GRAVY

602

Use the liquid from cooking gluten steaks or vegetable water and thicken with whole wheat flour and add mushrooms.

EGG SAUCE

603

Ethel B. Spear

Heat vegetable oil (do not overheat). Stir in 1 egg and continue stirring until egg becomes fine, golden brown bits. Sprinkle in a little whole wheat flour, stirring lightly, then add just enough milk for desired consistency. Optional seasonings; salt, sodium glutamate, mushrooms, etc.

GLUTEN CUTLETS AND STEAKS

604

Use Cooked Gluten #601

- 1 Dip in egg, roll in potato flour, brown slowly in oiled pan.
2. Roll in Brewers yeast and flour, brown slowly in oiled pan.
3. Brush well with Savorex, dip in egg, then Potato Flour, brown slowly in oiled pan.
4. Brush well with Savorex, dip in egg, then Brown Rice Flour, brown slowly in oiled pan.
5. Brush well with Savorex, dip in egg, then Wheat Germ, brown slowly in oiled pan.

- After any of the above breadings:
1. Place in oiled pan, cover with onion rings and bake in 350° oven until done.
 2. Cover with can tomato soup or puree, or tomatoes, season and bake in 350° oven until done. Make sauce from juice.

GLUTEN BURGERS

605

Use Cooked Gluten #601

Run gluten through a meat grinder and place in mixing bowl. Season with G. Washington's broth or other seasoning. Stir in egg & grated onion. Mix in enough Potato Flour to make patties. Fry in skillet, browning each side. Cover and slowly steam for 5 minutes to bring out flavor.

GLUTEN CHOW MEIN

606

Ethel B. Spear

- | | | | |
|----------------|--|---------------|-------------------------------|
| 2 | c coarsely chopped onions | 2 | c cut mushrooms. |
| 4 | Tbs vegetable oil | $\frac{3}{4}$ | c water |
| 2 | tsp Savorex (or Vegex or Savita) | 1 | tsp celery salt |
| 1 | c cooked gluten #601 (cut in thin strips $1\frac{1}{2}$ inches long) | 1 | c bean sprouts |
| | | 3 | Tbs soy sauce |
| | | | salt to taste |
| $1\frac{1}{2}$ | c diced celery | | arrow-root starch to thicken. |

Add onions to hot fat. Stir well. Add Savorex then gluten and stir. Add celery, mushrooms and water. Cover and allow to cook five minutes stirring frequently. Add bean sprouts and remaining seasonings. Thicken with starch dissolved in cold water to creamy consistency. Serve hot on un-salted flaky, dry cooked brown rice.

GLUTEN PATTIES

607

Ethel B. Spear

Part 1

- 2 eggs (beaten)
- 1 onion, medium (finely chopped)
- $\frac{1}{4}$ c soy sauce
- dash of garlic salt
- $\frac{1}{2}$ tsp sage

Part 2

- 2 c ground cooked gluten #601
- 2 c cooked brown rice

Mix Part 1 together then add Part 2. Mix thoroughly. Form into patties. Bake at 350° F. for 30 minutes; or, fry in oil slowly until nicely browned. Nice with tomato sauce.

GLUTEN COTTAGE LOAF

608

Ethel B. Spear

- | | |
|--|---------------------------------|
| ¾ c ground cooked gluten
#601 or left-over steaks | 1½ c hot mashed potato
#108A |
| 1 tsp sage | 2 Tbs parsley |
| 1 small onion chopped | |

Make wheat germ or whole wheat crust as for a pie, (see #208, 208A), roll out as square as possible. Spread crust with potato, add rest of ingredients. Roll as you would a jelly roll. Cut in thick roll and bake in oven 425° F. Serve with gravy.

GLUTEN ROAST

609

Ethel B. Spear

Use all of the wet gluten from 8 c flour as described for GLUTEN BASE #600.

- | | |
|-----------------------------------|--|
| 1 c English walnuts
bay leaves | 2 Tbs Savita, dissolved
in warm water |
| 2 eggs | 2 onions |
| ½ c oil | salt |

Put wet gluten through a meat grinder with the nuts and onions. Mix salt, eggs and oil with this and shape and put in a greased baking pan. Lay bay leaves over the top and add the Savita. Let bake until a good brown. As it is baking add a mixture of half water and half oil to keep it moist. Bake about 1½ hours at 350° F.

GLUTEN VEGETABLE STEW

610

Ethel B. Spear

- | | |
|---------------------------------|----------------------------------|
| 1 c diced carrots | 4 Tbs Whole Wheat Flour |
| 1 small onion | 3 c raw potatoes (cubed) |
| 1 c diced cooked gluten
#601 | 2 tsp salt
parsley (optional) |
| 2 Tbs oil | |

Add carrots and onion to 4½ c water and cook ten minutes. Brown gluten in oil and remove from pan. Brown flour in oil and make gravy from vegetable broth just made, and add to vegetables with potatoes and salt. Cook 15 minutes. Add gluten and cook until done. Garnish with parsley.

Ethel B. Spear

- | | | | |
|---|--|---|-------------------------------------|
| 6 | large eggs | 2 | small onions chopped |
| ½ | tsp salt | 2 | c brown rice |
| 2 | c bean sprouts (drained) | 2 | Tbs soy sauce |
| 1 | c chopped steak or
cooked gluten #601 | | parsley and mushrooms
(optional) |

Beat eggs foamy and add rest of ingredients except rice and soy sauce. Blend lightly. Heat a small amount of oil or butter in a large heavy skillet and pour portions into pan (same as hotcakes). When set and brown on the bottom, turn and brown well on other side. Serve with hot steamed rice and any brown gravy to which has been added soy sauce. Garnish with parsley and mushrooms.

GLUTEN SOUR CREAM NOODLES

612

Ethel B. Spear

- | | | | |
|---|--------------------------------|---|---------------------|
| 1 | c ground cooked Gluten
#601 | 1 | can mushroom soup |
| 1 | 8 oz. pkg. noodles | 1 | small onion chopped |
| 1 | 8 oz. carton sour cream | | salt to taste |

Slightly brown chopped onion in small amount of oil or butter. Add gluten, sour cream and mushroom soup and mix well. Cook noodles in salted water, drain and combine with first mixture. Bake in oiled casserole for 30 to 40 minutes at 350° F.. Serves 8.

GLUTEN BREAD

613

Hi-Protein — Lo Starch — 2 Loaves in 1½ Hours

- | | | | |
|----|------------------------------------|---|------------------------|
| 2 | Tbs. El Molino Active
Dry Yeast | 1 | c El Molino Soya Flour |
| | | ½ | c El Molino Wheat Germ |
| 3½ | c El Molino Gluten Flour | ½ | tsp salt (optional) |

Measure 2 cups warm water (110°-115°F.) into bowl. Add yeast and stir until dissolved. Add blended dry ingredients. Beat until smooth.

Turn dough onto floured board and knead thoroughly until dough is smooth and elastic (about 15 min.). Shape into 2 loaves. Place in oiled loaf pans: 8½" x 4½" x 2½". (For higher loaf, use smaller pans.) Cover with towel. Let rise until dough raises towel. Bake in pre-heated 375° oven 45 min. Remove from pan and cool on rack.

One 23 gram slice provides: 30 Calories; Protein 5.09 gm.; Carbohydrates 4.3 gm.

Delicious with soup, salads . . . and for 'tween meal snacks and appetizers.

- | | | | |
|---|--------------------------|---|------------------|
| 1 | c El Molino Gluten Flour | ½ | tsp salt |
| ¼ | c El Molino Soya Flour | | El Molino Hulled |
| ¼ | c El Molino Wheat Germ | | Sesame Seeds |
| 3 | Tbs oil | | |

Mix well with 6 Tbs water. Form into firm ball and roll very thin on floured board. Sprinkle generously with sesame seed. Roll seed into dough well. Score dough in a diagonal pattern (for diamond shaped crackers) with a knife or pastry wheel. Lift to baking sheet. Bake at 425° for 10-12 minutes or until brown. Separate crackers after baking.



Hot Cakes and Waffles

BUCKWHEAT

CORNMEAL

SCRAPPLE

HOT CAKES AND WAFFLES

OLD FASHION' BUCKWHEAT HOT CAKES**700**

- | | | | |
|---|--------------------------|----|----------|
| 2 | c Pure Buckwheat Flour | 1 | c milk |
| 1 | Tbs active dry yeast | 1½ | tsp salt |
| 2 | Tbs brown sugar | | |
| 1 | c Unbleached White Flour | | |

Dissolve yeast and sugar in 2 c lukewarm water. Sift and add both flours. Gradually add (scalded and cooled) milk and salt. Beat until smooth, cover and set in warm place, free from draft. Let rise 1 hour. When light, stir well and bake on a hot griddle.

To set overnight: Use only ¼ cake of yeast and add an extra ½ tsp salt. Cover and keep in cool place.

Variation:

Replace ½ c white flour with corn meal.

CORN CAKES WITH BUTTERMILK**700A**

Mrs. Grant Groat

- | | | | |
|---|--------------|----|-------------------|
| ½ | c wheat germ | ½ | tsp baking powder |
| 1 | c corn flour | 1½ | c buttermilk |
| ½ | tsp salt | 2 | Tbs vegetable oil |
| 2 | Tbs honey | 1 | egg |
| ½ | tsp soda | | |

Combine wheat germ, corn flour, salt, soda and baking powder. Stir in buttermilk, honey, oil and slightly beaten egg. Stir only enough to blend. Bake on medium griddle lightly oiled.

QUICK BUCKWHEAT HOT CAKES**701**

- | | | | |
|---|------------------------|----|-------------------|
| 1 | c Pure Buckwheat Flour | ¾ | tsp salt |
| 1 | c milk | 2½ | tsp baking powder |

Combine and bake on hot griddle.

WAFFLES**702**

- | | | | |
|---|----------------------------|---|-----------------|
| 2 | c Pastry Whole Wheat Flour | 1 | Tbs brown sugar |
| 3 | tsp baking powder | 3 | eggs |
| 1 | tsp salt | ¼ | c milk |
| | | ½ | c oil |

Sift flour and measure. Resift with salt, sugar and baking powder. Mix the milk, and oil with well beaten egg yolks; and combine with dry ingredients and mix until smooth. Fold in stiffly beaten egg whites. Bake on hot waffle iron.

For a delightful change: replace about ¼ c flour with Carob Powder. Or, sprinkle Hulled Sesame Seed or Hulled Sunflower Seed on batter on iron just before closing to bake.

EL MOLINO'S PRIDE . . . HOTCAKES AND WAFFLES

using El Molino Muffin Mix

see #121

CORN MEAL WAFFLES**703**

- | | | |
|-----------------------------------|-----|--|
| 3/4 c corn meal (yellow or white) | 2 | Tbs brown sugar |
| 3/4 tsp salt | 5 | Tbs oil |
| 2 tsp baking powder | 3/4 | c Whole Wheat Flour, or Pastry Whole Wheat Flour |
| 2 eggs, separated | | |
| 1 1/4 c milk (about) | | |

Sift dry ingredients together twice. Combine beaten egg yolks, milk and oil and stir in dry ingredients until just blended. Fold in stiffly-beaten egg whites. Bake on hot iron.

Delicious when served with apple sauce and cream, instead of syrup.

BROWN RICE FLOUR WAFFLES**704**

- | | |
|-------------------------|----------------------------|
| 2 c Brown Rice Flour | 3/4 c milk |
| 2 1/2 tsp baking powder | 1/2 c sour cream |
| 1 Tbs brown sugar | 2 eggs |
| 1/2 tsp salt | 6 Tbs melted butter or oil |
| pinch of soda | |

Combine beaten egg yolks, sour cream, melted butter, then the milk. Add slowly the mixed dry ingredients. Fold in stiffly-beaten egg whites. Bake on hot iron. Makes about 6 medium size waffles.

(sour cream may be replaced with milk)

CORN MEAL MUSH WITH PORK**705**

An easily prepared scrapple)

- | | |
|----------------------------------|-----------------------|
| 1 lb. lean pork (including bone) | 1 tsp salt |
| 1 c Corn Meal | 1/2 tsp powdered sage |

Cook the pork in water until the meat can be removed easily from the bone. Remove the meat, cool the broth, and remove the fat. Reduce the broth to about a quart, or add water enough to bring it up to this amount, and cook the corn meal in it. Add the meat finely chopped and the seasonings. Pack in bread tins. Cut into slices and fry. Beef may be used in the same way. This serves 6 persons.

ORANGE WHOLE WHEAT HOT CAKES**706**

- | | |
|---|---------------|
| 2 c sifted stone ground whole wheat flour | 1/2 tsp salt |
| 1/2 tsp soda | 2 eggs |
| | 1/4 c soy oil |

Enough fresh orange juice to make hot cake batter. Mix eggs and oil and beat. Add dry ingredients alternately with orange juice. Bake on lightly oiled, medium hot griddle. One cup of corn flour may be used instead of stone ground whole wheat flour. These are very delicious.

Gluten Mix Pancakes (#see 616)



Soups and Sprouts

ORIENTAL DISHES

STUFFING

SPROUTING

OATMEAL SOUP

800

- | | | | |
|---|---------------------|---|--------------------|
| 1 | large onion | 2 | tsp vegetable salt |
| 3 | stalks celery | 1 | bouillon cube or |
| 3 | Tbs oil | 1 | tsp soy sauce |
| 4 | c water | 1 | tsp accent |
| 1 | c steel cut oatmeal | | |

Chop onion and celery fine and cook in oil until softened. Add oatmeal and cook, stirring constantly until it browns slightly. Pour in water, add vegetable salt and bouillon cube and bring to a boil. Reduce heat and let simmer for about 30 minutes. Makes about one quart.

MILLET SOUP

801

L. Daly

- | | | | |
|---|--|-----|-------------------------|
| 1 | small cabbage* | 1/2 | c chopped celery |
| 1 | quart vegetable stock or
stock and milk | 1/4 | c chopped parsley |
| 1 | c Millet Meal | 1/2 | tsp Smokene |
| | 1/2 c chopped onion | 2 | Tbs butter or margarine |

Cook onion and celery in butter with a little water until tender. Wet millet meal until it is all damp. Add cabbage, liquid, and millet to onion, celery mixture and let cook slowly until cabbage is tender. Stir in parsley and Smokene and salt to taste just before serving.

*A left-over cooked vegetable may be used in place of the cabbage.

FAVORITE PEA SOUP

802

Hazel R. Parcels, Ph.D.

- | | | | |
|---|--------------------------|-----|-------------------|
| 1 | c split peas | 1/2 | tsp Summer Savory |
| 1 | lg. onion (chopped fine) | | Dash cayenne |
| 2 | Tbs oil (Soya) | | Salt to taste |

To 1 qt. water, add peas, onion and oil. Simmer for one hour or until tender. Add seasoning. Simmer 5 minutes. Serve hot.

SPLIT PEA VITAMIN SOUP

803

Ethel Spear

- | | | | |
|---|---------------------------|---|-----------------------------------|
| 3 | c split peas | | Salt to taste |
| 2 | bay leaves | 3 | c diced potatoes |
| 4 | Tbs oil | 1 | c chopped celery
(with leaves) |
| 4 | cloves garlic | 2 | c chopped parsley |
| 3 | Tbs soy sauce | | |
| 1 | med. onion (chopped fine) | | |

Soak peas. Add 3 qts. water and cook together with bay leaves, oil, garlic, soy sauce and onion. Salt. Cook until dissolved, then add potatoes, celery and parsley. Cook slowly until vegetables are tender. (about 20 min.)

LENTIL SOUP**804***Hazel R. Parcells, Ph.D*

- | | |
|-------------------|---------------------|
| 1 c lentils | 2 Tbs. oil (Soya) |
| 1 lg. onion | ½ tsp sweet basil |
| ½ c celery leaves | Dash cayenne pepper |
| ½ c parsley | Salt to taste. |

Wash lentils and soak several hours. Chop very fine: onion, celery leaves and parsley. Add vegetables and oil to lentils. Cook in water in which they were soaked. Simmer until tender. Add seasoning and simmer 5 min.

Hint:**804A**

Float buttered popcorn on top of most any soup. Tastes good and makes an attractive dish.

POTATO SOUP**805**

To 1 c hot milk, add 2 Tbs. Potato Flour. Use eggbeater. Add, salt, pepper, chopped or powdered onion and butter.

SOYA SOUP**806**

If you have 4 c of soup stock, take out ¼ c stock and mix it with ¼ c Soya Flour. Combine with the finished soup for the last few minutes of cooking before soup is served.

PUREE OF SOYBEAN SOUP**806A**

- | | |
|---------------------------------------|----------------|
| 1 c soybean pulp
(see Number 302) | 1 c meat stock |
| 1 Tbs finely chopped
celery leaves | 2½ c milk |
| 2 Tbs chopped onion | 1 Tbs flour |
| | 1 tsp salt |
| | ⅛ tsp pepper |

Combine soybean pulp with celery, onion, and meat stock, and simmer slowly until the vegetables are tender. Then mix milk with dry ingredients and add to the cooked mixture. Heat and serve with crackers or toast.

POTATO FLOUR GRAVIES**807**

Stir Potato Flour into the hot fat before adding water or milk. It browns quickly and imparts a fine flavor to the gravy.

Brown Rice Flour, Gluten Flour, Rice Polish or Whole Wheat Flour also make excellent gravies. Generally use 4 Tbs flour to each pint of liquid.

SPROUTING

Vitamin-rich sprouts are certainly the most "living" food on earth. Sprouted seeds compare with meat in nutritive value, to fresh fruit in vitamin C properties, have no waste, are excellent raw or can be cooked if desired. Sprouts are economical since one pound of seed produces six to eight pounds of sprouts.

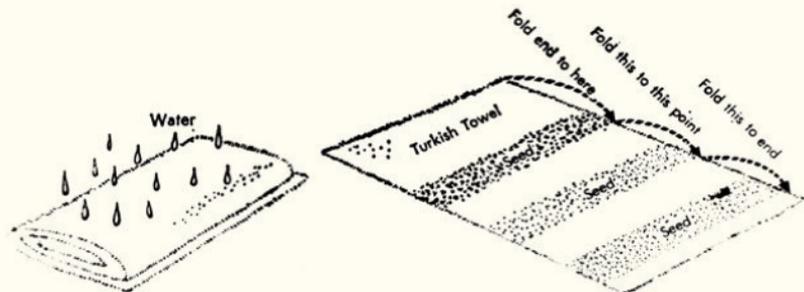
The vitamin content of seeds and grains is increased approximately five-fold in sprouting. Sprouted grains and legumes contain enough protein to be classed as "complete" and many of the proteins are predigested or changed to amino acids during the growing. Likewise, starch converts to sugar, making sprouts a quick energy food.

Seeds may be sprouted easily in the home. There are a few rules to remember: The container should be non-porous, such as plastic or glass. A porous pot or plate is apt to cause fungus or mold in the sprouts. A *constant humidity, an even source of water, exclusion of light and uniform temperature* are important to sprouting. A successful sprouter may be improvised in the kitchen by using a glass baking dish, a rust proof metal rack, such as a rack used for cooling cakes, etc., a double piece of clean terry cloth or several thicknesses of cheese cloth.

SIMPLE SPROUTING PROCEDURES

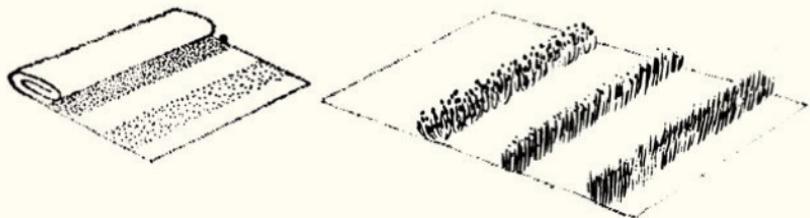
850

(Heavy Turkish Towel Method)



Soak seeds several hours or overnight. Wet a large turkish towel, fold in half length-wise. Starting at one end of folded towel, four inches from the end, spread a thin layer of soaked seeds four inches wide across the folded towel, fold the first four inches of towel over the seed. Spread a thin layer of seed over the next four inches of towel, folding the first fold over the seed and so on across the towel. Leave folded in this manner on a rack or on the kitchen counter. Each day, sprinkle lightly with enough fresh water to keep the towel wet.

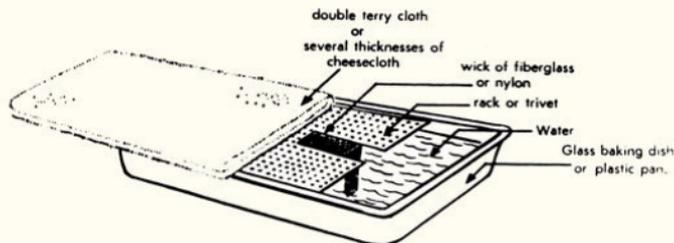
Alfalfa sprouts will be ready for use on the fourth or fifth day, depending upon the temperature during sprouting. Mung beans may take about six to eight days. To harvest the sprouts, lift from the cloth, rinse and drain in strainer. Place in a tightly covered container and refrigerate. Sprouts retain their nutritive value after storing for a week or ten days.



Most grains, seeds and legumes may be sprouted in this manner. The same sprouting cloths can be used repeatedly if care is taken to clean them well after each use. Wash carefully in hot water, allowing to soak in a mild solution of household bleach (do not use detergents). Rinse well. Rinse all sprouting equipment with a mild solution of household bleach, then in clear water. This prevents fungus in the sprouts.

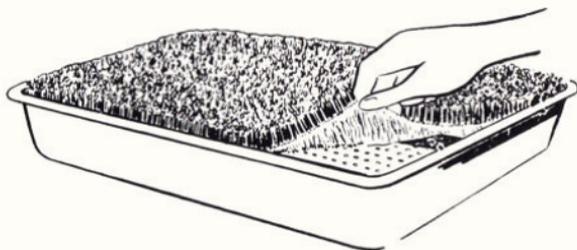
HOW TO IMPROVISE A SPROUTER AT HOME

(Tray Method)



Place fresh, warm water to a depth of one inch in bottom of dish, place elevated rack in dish, cut cloth to fit rack, leaving cloth long enough at two ends to extend over end of rack and reach water in bottom of dish; or better, use a wick made of a narrow strip of fiber glass or nylon. Place wick across rack under cloth allowing end of wick to reach the water. This provides a capillary action and a slower absorption of water on the cloth. Seeds need to be wet, but if immersed in water, they deteriorate. Spread seeds evenly on wet cloth. Each seed should touch the cloth and there should be enough space between seeds for growing; therefore, the amount of seed will

depend upon the size of the sprouter used. Cover dish with foil, folding edges under rim of the dish tightly. This is necessary to retain a high humidity and exclude light. Place in a warm place where temperature is uniform and leave undisturbed. After three days, uncover, sprinkle about two ounces of fresh water over the sprouts, cover with a piece of clear plastic and place in the sun, if possible. The chlorophyll content will be greater if placed in the sun.



(see footnote)

WAYS OF SERVING SPROUTS

Sprouts of all kinds are an excellent addition to either fruit or vegetable salads. Use sprouts on all kinds of sandwiches to add texture plus vitamins and minerals. Alfalfa sprouts are especially good in sandwiches.

Sprouts may be added to soups, stews or casseroles just before serving or cooked the waterless way at low heat for 5 minutes, seasoned and served as a vegetable.

Gently saute sprouts with green pepper and onion and add to scrambled eggs.

Ground sprouts can be added to yeast bread*, muffins, pancakes or waffles.

*To be added at the time of the final kneading—just before shaping for the pans.

Use a liquefier to combine sprouts with fruits, vegetables or juices.

No end of variety and interest, as well as good nutrition, can be added to the daily diet with the use of sprouts.

SUNSHINE VALLEY SPROUTER . . . complete kit ready to plant . . .
at all Health Food Stores, or write El Molino Mills.

SPROUTED WHOLE WHEAT BREAD

852

Into large mixing bowl pour 1 c lukewarm water. Add 2 Tbs dry active yeast. Let dissolve.

ADD: $\frac{1}{4}$ c honey
2 c warm water 3 Tbs oil or margarine
1 Tbs salt

Stir in $3\frac{1}{2}$ c Unbleached Hard White flour.

Beat dough until elastic. Let this sponge raise. Keep temperature around 80° F.

To raise sponge add:

2 c sprouts that have been ground in meat grinder.

Work in about 2 c 100% Whole Wheat Flour. Knead until dough is smooth and elastic.

Place in oiled bowl. Cover. Let raise in warm place until double bulk.

Knead lightly, shape into loaves. Place in greased bread pans. Let raise until double bulk.

Bake in moderate oven at 375° F. for 25 minutes, 300° F. for 35 minutes.

Remove from pans, place on wire rack to cool. (If desired, all or a part of the wheat sprouts may be used whole without grinding).

SPROUTED WHEAT BALLS

853

2 c sprouted wheat 1 tsp salt
1 c almonds, walnuts or 1 large onion
pecans 2 Tbs oil
2 c bread crumbs 1 c milk

Put sprouts, almonds and onion through small blade of a meat grinder. Add crumbs, salt, oil. Stir in milk. Make into balls. Bake in oven on a greased cookie sheet or fry in a frying pan until golden brown. Serve with gravy. Top with parsley.

SPROUTED WHEAT CEREAL

854

Replace $\frac{1}{4}$ to $\frac{1}{2}$ the cracked wheat or steel cut oats (or other ground cereal) with wheat sprouts. (separate the sprouts for easy stirring)

Proceed as directed for cooking ground grains, using slightly less water in cooking.

Alfalfa: Alfalfa is one of the easiest seeds to sprout, one of the tastiest and is certainly very nutritious. Alfalfa sprouts may be eaten plain or sprinkled over salads or used in soups.

ALFALFA SANDWICH

855

Spread favorite mayonnaise on rye bread. Add about a quarter inch thickness of alfalfa sprouts.

Serve either as open face or closed sandwiches. Other foods such as sliced tomato may also be incorporated in the sandwich.

STUFFED CELERY

856

Fill centers of cleaned celery stalks with Tbs of cream cheese. Sprinkle liberally with alfalfa or alfalfa-radish sprouts.

Lentils: Lentil sprouts have a unique taste and are very suitable for tossed salads.

COOKED BEAN SPROUTS

857

Chop one medium size onion and cook in frying pan in a little water until soft. Salt. When soft, add 4 c cleaned, drained, bean sprouts. Cook until almost soft. Add soy sauce and salt to taste. Serves four.

CHOP SUEY

858

Cook in frying pan with a little water:

1 large onion chopped, 1 c chopped celery and 1 c sliced mushrooms.

When soft add: 6 c cleaned, drained bean sprouts. Cook until almost soft. Add soy sauce and salt to taste. Serves six.



Allergy Recipes and Helpful Hints

BREADS

HOT CAKES & WAFFLES

CAKES & PASTRIES

For our friends who have an allergy to wheat, milk or eggs but still want bread, cake, cookies, etc., we recommend: "ALLERGY COOKING MADE EASY" (62 page booklet). Send \$1.00 to:

EL MOLINO MILLS

3060 West Valley Boulevard, Alhambra, California 91803

"ALLERGY COOKING," (a guide with menus and recipes) by Marion L. Conrad and John P. Conrad, Jr. M.D. (Pediatrician). Published by: Thomas Y. Crowell and Company, 432 Park Ave. South, New York, N. Y. 10016.

"GOURMET FOOD ON A WHEAT-FREE DIET" by Marion N. Wood. (Charles C. Thomas, Publisher, Springfield, Illinois.)

"RECIPES FOR ALLERGICS" by Billie Little, Vantage Press, Inc., 120 W. 31 St., New York, N. Y. 10001.

Many persons, with a mild allergy to wheat, have found the following method of preparing bread to be beneficial. The reason is that the fermentation takes place in the sponge rather than inside the body. This 72 hour sponge method also helps keep down weight.

BREAD SPONGE, 72 HOUR PROCESS

900

Sponge:

- | | |
|---------------------|------------------------|
| 2 potatoes or #108A | 1 Tbs active dry yeast |
| 2 Tbs brown sugar | 1 c Whole Wheat Flour |
| 2 tsp salt | |

Cook potatoes in 1 pt. water and let cool.

Mash and add sugar and salt.

Dissolve yeast in $\frac{1}{4}$ c lukewarm water and let stand 15 minutes without stirring.

Stir in 1 c Whole Wheat Flour and place in 1 quart jar. (cover, but not completely) Set aside 72 hours at room temperature. Stir down each time the mixture reaches top of jar; repeat until it stops working.

After 72 hours, keep in ice box until ready to use.

- | | |
|-----------------------------|------------------------------------|
| 2 c sponge | 1 pt. warm water |
| $\frac{1}{2}$ c oil | $6\frac{1}{2}$ c Whole Wheat Flour |
| $\frac{1}{2}$ c brown sugar | |

Combine, knead, varying amount of flour as needed, place in oiled bowl to rise.

Lightly work down, place in pans, let rise a little and bake at about 350° F. until done. (about 50 to 60 minutes, depending on the size of loaves).

RYE BREAD

901

(wheat-free)

- | | | | |
|---|----------|----|----------------------|
| 2 | c milk | 1 | Tbs active dry yeast |
| 1 | Tbs oil | 4½ | c Rye Flour |
| 2 | tsp salt | | |

Heat milk to simmering, pour over oil in bowl and add salt. When LUKEWARM dissolve yeast in mixture. Sift the Rye Flour, measure and resift into above. Add just enough Rye Flour to make a stiff dough. Stir for about 5 minutes, cover with towel and let rise for about 2 hours in a warm place. Punch down and turn onto a board lightly dusted with Rye Flour. Knead 10 minutes until dough becomes springy. Shape into loaves, cover with towel and let rise until dough begins to lift the towel. Place in a pre-heated oven and bake at 300° F. for 1½ hours with a pan of hot water placed on shelf directly beneath pans of bread.

BROWN RICE FLOUR BREAD

902

(with baking powder)

- | | | | |
|---|--------------------|---|----------------|
| 2 | c Brown Rice Flour | 2 | Tbs oil |
| 3 | tsp baking powder | 1 | Tbs Wheat Germ |
| ½ | tsp salt | | (optional) |

Combine all dry ingredients and sift. Blend in oil and make into a thin batter with about 1 c water. Pour into a shallow greased pan and bake in pre-heated oven at 400° F. for 1 hour or until done.

BROWN RICE FLOUR BREAD

903

(with yeast)

- | | | | |
|---|-------------------------|----|---------------------------|
| 6 | c Brown Rice Flour | 4 | Tbs brown sugar |
| ½ | c Wheat Germ (optional) | 4 | Tbs oil |
| 2 | tsp salt | 1½ | or 2 Tbs active dry yeast |

Thoroughly mix dry ingredients. Dissolve yeast in 3 c warm water and add oil and mixed dry ingredients. Mix well, add more warm water to make soft mixture. Place in greased muffin tins or bread pans, filling about ¾ full. Let stand 45 minutes. Bake in pre-heated oven 30 minutes, or until bread is brown crusted and cracks on top.

SOYA-RICE FLOUR BANANA BREAD**904****(wheat-free)**

- | | | | |
|----|--------------------|---|----------------------|
| 1 | c brown sugar | ½ | c Soya Flour |
| ¼ | c oil | 1 | tsp soda |
| 2 | eggs, well beaten | 3 | ripe, mashed bananas |
| 3 | Tbs milk | 1 | tsp salt |
| 1½ | c White Rice Flour | | |

Combine all ingredients. Put in warm place ½ hour before baking. Place in bread pan and bake at 400° F. for 1 hour.

SOYA MUFFINS**905****(wheat-free)**

- | | | | |
|----|--------------------------------|---|------------------------|
| 2 | eggs, separated | 2 | tsp baking powder |
| 3 | Tbs brown sugar | | pinch of salt |
| 1 | Tbs grated orange peel | 1 | c sweet milk |
| 1 | Tbs melted butter or margarine | ¼ | c raisins |
| | | ¼ | c chopped walnut meats |
| 1½ | c Soya Flour | | |

To beaten egg yolks, add brown sugar and grated orange peel, then add melted butter.

Add flour, baking powder and salt sifted together, alternately with the milk. Add stiffly beaten egg whites. Then add raisins and chopped walnut meats.

Bake at 325° F. for 35 minutes.

Hint: see #917A.

MILLET-BARLEY-SOYA MUFFINS**905B****(wheat-free)**

- | | | | |
|---|----------------|---|-------------------|
| ½ | c Millet Flour | 3 | tsp baking powder |
| ½ | c Barley Flour | ⅓ | c Water |
| ¼ | c Soya Flour | 1 | Tbs Oil |
| ½ | tsp salt | 4 | Tbs Honey |
| 1 | egg | | |

Sift flours before measuring. Mix dry ingredients. Beat egg and add oil, honey and water. Blend with dry ingredients, mix lightly. Bake at 375° F. for 25 minutes.

BARLEY GRIDDLE CAKES**906****(wheat-free)**

- | | | | |
|---|-------------------|---|-------------|
| 1 | c Barley Flour | 1 | egg, beaten |
| 2 | tsp baking powder | 1 | tsp oil |
| ¼ | tsp salt | | |

Combine ingredients with 1 c cold water. Mix thoroughly adding more water if necessary. Bake on hot griddle.

Hint: see #917A.

SOYA RICE WAFFLES**907**

(wheat-free)

E. B. Laursen

1/3 c Soya Flour	1/2 tsp salt
2/3 c Brown Rice Flour	3/4 c cream or water
1 Tbs baking powder	1 egg, separated
3 tsp brown sugar	2 Tbs oil

Combine well-beaten egg yolk with 1/2 c sifted dry ingredients, then add oil. Alternately add remaining sifted dry ingredients and liquid. Fold in stiffly beaten egg whites.

BROWN RICE FLOUR WAFFLES**908**

(wheat-free)

2 c Brown Rice Flour	2 eggs
3 tsp baking powder	1 1/2 c milk
1 Tbs brown sugar	6 Tbs oil
1/4 c chopped walnuts (optional)	

Beat eggs and milk together. Combine dry ingredients and add to egg and milk. Add oil.

SOYA-RICE FLOUR COFFEE CAKE**909**

(wheat-free)

1/2 c Soya Flour	2 eggs, beaten lightly
1 1/2 c White Rice Flour	1 c milk
4 tsp baking powder	1 tsp cinnamon
1/2 tsp salt	1 Tbs vanilla
4 Tbs brown sugar	

Bake in a flat pan at 350° F. for 35 minutes.

BANANA SPICE CAKE**909-1**

(wheat-free)

Paula Simonds

2 1/2 c Brown Rice flour (sifted)	1 tsp vanilla
2 1/2 tsp baking powder	1 1/4 tsp cinnamon
1/2 tsp soda	1/2 tsp nutmeg
3/4 tsp salt	1 1/2 c (about 4) ripe bananas
1/8 tsp cloves	1/2 c oil
2 eggs	1 1/4 c brown sugar
	3 Tbs sour cream

Sift together: flour, baking powder, soda, salt and spices.

Add oil to sugar gradually. Add eggs one at a time. Next add sour cream and vanilla.

Add bananas (mashed) alternately with flour. Pour into 2 well greased 9 inch layer cake pans. Bake at 375° F. 25 min. or until done.

SOYA, CAROB CUP CAKES

910

(wheat-free)

½ c brown sugar	1	c Soya Flour
¼ c oil	1	tsp baking powder
2 eggs, separated and beaten	2	Tbs Carob Powder
⅓ c milk	1	tsp vanilla

Thoroughly cream oil and sugar; add beaten egg yolks. Add flour and baking powder alternately with liquid to mixture. Then add beaten egg whites, carob and flavoring. Bake at 350° F. until done.

SOYA CAKE

910A

(wheat-free)

3 c Soya Flour	½ tsp Vanilla Extract
3 tsp baking powder	4 Eggs, well beaten
½ c Brown Sugar	⅓ tsp Soda
3 drops Almond Extract	½ tsp Salt
½ tsp Lemon Extract	1 c cream
⅓ c Orange Juice	1 c milk (approximately)

Sift dry ingredients together except sugar and soda which are to be rubbed smooth with the eggs. Add to the egg mixture the orange juice and extracts, then milk & cream. To this add the sifted ingredients. Bake at about 350 degrees for about 45 minutes.

QUICK RAISIN NUT BREAD

910B

(wheat-free)

½ c seedless raisins	½ tsp salt
½ c walnut meats	¼ tsp cinnamon
3 tsp baking powder	1 egg
2 c sifted rye flour	2 Tbs vegetable oil
½ c sweet milk	½ c honey

Chop nuts coarsely and mix with raisins. Sift flour. Sift portion of flour over raisins and nuts and remainder with baking powder, salt and cinnamon. Beat egg, add honey and vegetable oil. Add dry ingredients alternately with milk, beating after each addition. Add raisins and walnut meats last. Turn into a greased loaf pan and bake in a moderate oven, 350° F. for about one hour. After removing from oven, let stand in pan for a few minutes, then remove to cake rack and cool.

POPCORN BALLS

911

1 c sorghum	1 small piece butter
1 c brown sugar	popped corn

Cook sorghum and sugar until hard ball stage when dripped in cold water. Add butter and pour over popcorn. Stir and make into balls. Peanuts may be added.

RICE FLOUR PIE CRUST**912**

for one 9 inch pie

- | | | | |
|---|--------------------|---|---------------|
| 1 | c Brown Rice Flour | 4 | Tbs margarine |
| 1 | Tbs. Potato Flour | | |
| ½ | tsp. salt | 4 | Tbs ice water |

Combine rice flour, potato flour and salt. Cut in margarine with pastry blender to a fine texture. Add ice water to form a soft dough. Pat dough evenly into pie pan. Bake 15 minutes or until nicely browned in 425° oven.

WHOLE RYE FLOUR WAFFLES**913**

(wheat-free)

- | | | | |
|----|----------|----|-------------------------------|
| 3 | eggs | 1 | Tbs dark brown sugar or Honey |
| 1½ | c milk | 2 | Tbs melted butter |
| ½ | tsp salt | 1½ | c Whole Rye Flour |

Beat egg yolks well, add ingredients in order given. Beat egg whites until stiff but not dry and fold into batter. Bake in hot waffle iron. May also be used as pancakes.

Remarks: 1 egg is equal in leavening power to ½ tsp baking powder.

BARLEY MUFFINS**913A**

(wheat-free)

- | | | | |
|---|-------------------------|---|--|
| 2 | c Barley Flour | ½ | c dark brown sugar |
| 2 | tsp baking powder | 2 | eggs |
| 1 | tsp baking soda (scant) | ¼ | c cream (add water if moist batter is desired) |
| | pinch of salt | | |

Sift dry ingredients together. Add combined eggs and liquid, beat thoroughly. Makes 1 dozen muffins. Bake at 400 degrees for 25 minutes.

BROWN RICE FLOUR MUFFINS**913B**

(wheat-free)

- | | | | |
|----|-------------------------|---|--------------|
| 1 | c Brown Rice Flour | ¼ | tsp salt |
| | (sift before measuring) | 1 | egg (beaten) |
| 1½ | tsp baking powder | ½ | c milk |
| ¼ | c dark brown sugar | 4 | Tbs oil |

Sift dry ingredients together. Beat egg, add milk and oil, blend into dry ingredients, but do not beat. Bake in well greased muffin tins for 15 minutes in 450° oven. This recipe makes 6 large or 12 small muffins. May also be made and shaped as a loaf of bread.

(wheat-free)

2	c barley flour	2	Tbs vegetable oil
2	tsp baking powder	2	Tbs honey
1	tsp soda		(overflowing)
½	tsp salt	1	tsp vanilla
¼	c creamed or canned milk	2	eggs
		½	c dark brown sugar

Combine milk, vegetable oil, honey and vanilla in bowl. Add beaten eggs and sugar. Mix well. Sift dry ingredients and add to liquid mixture. Pour or spoon into greased muffin tins. (Mixture is the consistency of cookie dough.) Makes one dozen. Bake at 400° F for 20 minutes.

If you like a cookie with a cake texture, add coconut nuts, raisins or dates to the above recipe and drop onto a greased cookie sheet and bake 8 minutes at 375° F.

HELPFUL HINTS

914

With a little experience, Whole Wheat Flour (hard wheat) or Pastry Whole Wheat Flour (soft wheat) may be used in cake baking, pie crusts, breads and rolls or for any purpose white flour is used. The better flavor and nutritional value will reward you for your effort in learning how to use them.

To measure honey, first measure shortening and then measure honey in the same measuring unit.

One of our customers tells us her children now approach heir whole grain breakfast cereals with much enthusiasm. She noulds cooked cereals into figures and animals with cookie cutters.

Worth Trying:

Sprinkle chopped Hulled Sunflower Seed over grated carrot salad.

Replace approximately 10% wheat flour with Sunflower Seed Meal in all baking—especially cakes, to make more attractive. Note the high nutritive values on "composition of foods" chart.

Add handful of Hulled Sunflower Seed into cereals while cooking.

1 c Soya Grits, Wheat Grits, Barley Grits or Steel Cut Oats added to 1 c boiling water and soaked until all the water is absorbed is a delicious addition to: breads, chili, cookies, soups, casseroles meat loaf or patties. Keep on hand in refrigerator for instant use.

SOUR MILK

915

SOUR MILK—may be made from sweet milk by adding 2 tsp lemon juice or vinegar to 1 c sweet milk. Keep in a warm place or stir over very low heat a minute or two until the milk curdles.

SIFTING

916

SIFTING—Except for bread and rolls, sift flour once before measuring. For cakes, cookies and pies, resift flour 2 or 3 times after measuring. The purpose of sifting is to obtain a lighter texture—not to remove anything. Coarse bits of grain and bran flakes may be poured into bowl with sifted flour. Coarser flour or meal should not be sifted.

FOR MUFFINS

917A

For Muffins—try adding Hulled Sesame Seed to greased muffin tin before adding batter—also sprinkle on top.

SKIN CLEANSER

918

OAT FLOUR is successfully used by many to cleanse and soothe tender, sensitive skin. It also helps relieve dry, itchy, scaly skin caused by soap or hard water.

Methods as described by Doris Hopwood, Nutritionist:

“Wet hands and face—put about one Tbs of Oat Flour in palm—add enough more water to make a smooth paste—then smooth over the hands and face. Leave on for a short time—a minute or two—and rinse off.”

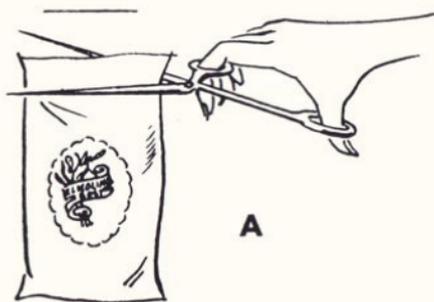
“For treating severe cases of poison oak or poison ivy, swish 1 c of oat flour in a small cotton bag in warm bath water until water is gooey—leave patient in bath for 10 minutes. Take patient out, pat dry and apply contents of bag to affected parts and let dry. Repeat with fresh oat flour until relieved.”

STORING WHOLE GRAIN PRODUCTS

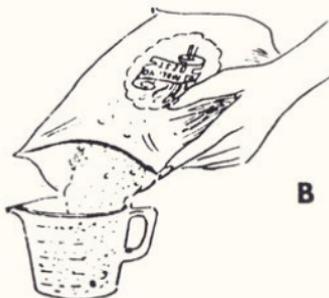
The best way to keep El Molino whole grain products from spoiling is to follow recipe and place the results on a table surrounded by a normal family. *Repeat* daily.

All products should be kept in a dry place to prevent the absorption of moisture. Whole grain flours and meals contain natural oils and should be kept in a dark, cool place to avoid rancidity. A cold room or freezer is ideal if kept dry.

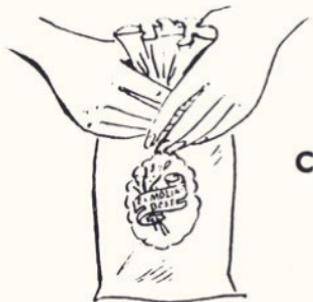
El Molino plastic bags are especially suited to prolong freshness. To help prevent oxidation of whole grain products follow these simple instructions:



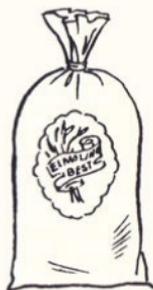
Cut off end of bag.



Pour out amount of contents needed.



Gather open end of bag together and press downward to force air from bag. (Creates a semi-vacuum)



Close bag snugly with rubber band. Keep in refrigerator or shelves nearest floor level for maximum coolness.

(Numbers indicate where product is used in recipes)

DESCRIPTION OF PRODUCTS OF EL MOLINO MILLS

ALFALFA SEED—Untreated, select quality alfalfa seed for sprouting and tea. High mineral content. See directions for preparation of sprouts or tea.

505-850-855-856

ARROWROOT STARCH—Finely ground tuberous root-stocks of the arrowroot. The nutritious starch yielded by this plant may be used in place of corn or tapioca starches, but is reputedly the only starch that has an alkaline ash with calcium content. Used as a carbohydrate for milk modifying in infant feeding.

From United States Dispensatory
23rd Edition

Arrowroot starch occurs as a light white powder. It provides a very mild, easily digested dietary article well adapted for the sick and convalescent and particularly suited because of its demulsion properties to bowel complaints. For use of the material, it should first be formed into a smooth paste with a little cold water or milk, then hot water or milk added gradually with brisk agitation. The preparation may then be suitably flavored and sweetened.

HULLED BARLEY—A natural white barley with only the outermost "hull" or "chaff" removed. Neither pearled nor polished. A flavorful addition to soups, cereals, casseroles, etc.
400

BARLEY GRITS—whole, hulled barley, cracked into 6 to 8 separate pieces, free from flour. A flavorful addition to soups, cereals, casseroles or in meat loaves, hamburgers and patties as a meat extender.
401-917

BARLEY FLOUR—A finely ground hulled barley for blending with other flours in baking bread, muffins, cakes, cookies, hotcakes, thickening, etc. Much used in infant feeding. An excellent substitute in restricted diets.

100C-905B-906-913A-913C

BUCKWHEAT GROATS—Whole, roasted buckwheat used for cereal, stuffing, soup, pudding, and favorite Jewish dishes: Blintzes, Knishes, Varnishkes, etc.

309-310-311-312-313-314-400

(Numbers indicate where product is used in recipes)

BUCKWHEAT FLOUR—Pure eastern buckwheat flour with nothing added. Makes real "Old Time" hotcakes and waffles. Add to scrapple.

700-701

CAROB POWDER—"St. John's Bread", "Boecksur", "Honey Locust", "Locust Bean", etc. Finely ground select Carob pods from budded trees. Ideally suited for confections, hot or cold milk drinks, cakes, icings, cookies, fudge, syrup. Carob powder is alkaline, high in calcium, rich in natural sugars, low in starch, low fat (2% fat as compared to 52% fat in chocolate), and is delicious used with equal parts of powdered skim milk for all kinds of "Confections without Objections". Surprise the family with a batch of "Brownies" today.

100A-100C-200A-202A-203-204-204B-
205-205B-205C-206-207-207A-207B-210-
211-211A-250-500-501-501A-501B-501C-506-702-910

CORN (WHOLE) White or Yellow—Midwestern select corn for home grinding, hominy or parching. Offered in various grinds for every use.

CORN MEAL White or Yellow—Cool, slow ground on buhr stones from select corn, to medium meal consistency. (An extra coarse grind is offered in yellow corn meal only). Ground the old fashion' way for old fashion' dishes. All the corn germ and corn flour is left in so that it is not necessary to add other flours to prevent crumbling. For: cornbread, mush, fried mush, hotcakes, tamale pie, fritters, scrapple, etc.

100A-100C-115-115B-116-117-
118-119-308-315-401-405-700-703-705

CORN FLOUR White or Yellow—Whole ground to a fine consistency from select midwestern corn. Used in breading, breads, gems, hot cakes, waffles and many other uses mixed with various flours.

100A-100C-700A

HOMINY GRITS—Southern Style "Grits" made from select white corn. Degermed and hulled.

401

POP CORN, Yellow—Highest quality. Pops large and tender. Try ours and taste the difference.

804A-911

(Numbers indicate where product is used in recipes)

FLAXSEED—Pure “Druggist” quality, untreated flaxseed. Add to cereals before cooking. Aids in relief of constipation. Reputedly contains valuable unsaturated fatty acids.

400-503

FLAXSEED MEAL—Flaxseed (described above) ground to medium meal consistency. Add to cereals before cooking and blend with other flours in baking. Aids in relief of constipation. Reputedly contains valuable unsaturated fatty acids.

100C

GARBANZOS (CHICK PEAS)—Untreated, large cooking variety Garbanzo Beans. For soups and casseroles. Alkaline tendency.

320

LENTILS—Untreated, large, cooking variety Lentils. For soups and casseroles. Alkaline tendency.

319-804-856

HULLED MILLET—Untreated (Proso) Millet, freshly hulled. Alkaline forming and easily digestible. Absorbs from 3 to 4 parts of liquid while cooking. In a steamer it cooks light and fluffy for delicious cereal, puddings or casseroles. An excellent meat extender of good quality protein.

321-400-406

MILLET MEAL—Medium grind meal from Hulled Millet. Use equal parts millet meal with corn meal in tamale pie; or, mush for cereal or for frying. Millet has an alkaline ash and tends to balance the ash of acid cereals. The unusually high quality of millet protein and lecithin make it an excellent meat extender.

100C-216-308-401-801

MILLET FLOUR—Pure, hulled millet (White Proso) finely ground. Alkaline-forming, easily digestible. Especially suited for breads, etc. in diets restricted of wheat, rye, etc. Millet is particularly high in Vitamin B-2, Potassium, Lecithin, Silicon, Iron, Magnesium, Calcium, Phosphorus and essential Amino Acids.

905B

(Numbers indicate where product is used in recipes)

MUFFIN MIX—for hotcakes, waffles, cookies, dumplings, breading, etc. A self-rising mixture of 8 unrefined flours: whole wheat, bran, old fashion' dark brown sugar, soybean, leavening*, rye, corn, wheat germ, barley, oats, salt, rice polish, buckwheat. A most delicious mixture constantly gaining in popularity.

*A tartrate base leavening (a recrystallized product from the juice of grapes) absolutely free from alum, ammonia or lime. (The exact combination is confidential; however, is added in conformance with good health principles).

100C-120-121-200A-210-307

MUNG BEANS—Untreated, select quality Mung Beans for sprouting or cooking. Sprouting reputedly increases B and C vitamins several times over amount contained in parent seed. Sprouts add flavor to salads, omelets, sandwiches and oriental dishes. See directions for preparation of sprouts.

857-858

OAT GROATS—Untreated, natural, hulled oats, with only the outermost "hull" or "chaff" removed. For grinding or cereal. Excellent when blended in equal amounts with Red Cereal Wheat when cooking as a cereal.

400-403

STEEL CUT OATS—Natural, unrefined oat groats cut into 2 to 3 small cubes for a tasty, chewy cereal. For cereal, or for variations, blend with cracked wheat or hulled millet.

401-404-800-917

ROLLED OATS—Old fashion' type rolled oats—large separate flakes. Cooks into large chewy flakes when properly steamed. Use for cereal, cookies as you would other type oats. For added flavor in cookies, toast lightly in oven, then crumble between hands.

110-211A-214-220-221-401

SCOTCH OATMEAL—Natural, unrefined oats ground "Scotch Style" for Scotch Oatcakes, griddlecakes, cookies, scones, porridge and for blending with other flours in baking.

100A-100C

OAT FLOUR—Finely ground to flour from oat groats. For blending with other flours in baking bread, muffins, cakes, hotcakes, thickening. Rolled Oats may be added to produce variety in texture. Much used in infant feeding. An excellent sub-

(Numbers indicate where product is used in recipes)

stitute in restricted diets. Also used to cleanse & soothe tender sensitive skin. Helps relieve dry, itching, scaly skin caused by soap or hard water.

918

GREEN SPLIT PEAS—Untreated, natural green split peas of select quality, for soups.

802-803

POTATO FLOUR—Whole, Idaho potatoes, steam cooked and dried (including peel). One pound of potato flour is equal to 5 pounds potatoes. Compact and convenient with all the flavor of good potatoes. Use in soup, breads, gravies, hotcakes, muffins, breading, etc. Blend with other flours before adding liquids to prevent lumping.

This FINE grind potato flour must be blended with the flour or other dry ingredients, such as sugar, before mixing into the dough. Another method is to cream the potato flour with the shortening, which produces excellent results.

100A-100C-108A-112-200A-

318-405-604-605-608-805-807

NATURAL BROWN RICE—Finest quality, California Pearl rice. Hulled by a special technique to fully preserve all the germ. (The germ at the tip end of the kernel is often damaged in hulling by common methods used.) All the polish and bran as well as all the rice germ remains for maximum natural goodness. Unsurpassed when properly cooked. Unpolished rice used in place of potatoes is a welcomed change. The protein is of high quality.

306-306A-306B-306C-306D-

306E-306F-400-606-607-611

BROWN RICE FLOUR—Rice (described above) reduced to flour for blending with other flours in all baking and bread-ing. A "must" added to hotcake and waffle batters.

One of the best flours used in allergy or restricted diets. With skill, brown rice flour may be used without any other flours in any baking with your favorite recipes. Unsurpassed when made into a batter for breading.

100C-126-200A-250-604-704-807-902-

903-907-908-909-1-912-913B

WHITE RICE FLOUR—Polished white rice reduced to flour. Use same as you would Brown Rice Flour.

904-909

(Numbers indicate where product is used in recipes)

RICE BRAN—Outer bran layers of brown rice. A by-product from polishing natural rice into white rice. Use as you would rice polish and wheat germ.

100C-200A

RICE POLISH—Inner bran layers from brown rice. A by-product from polishing natural rice into white rice. Contains high concentration of minerals and vitamins often absent from refined foods. Add to practically all foods as you would wheat germ. Particularly popular in "health cocktails". Extremely valuable in calcium in a form easily assimilated.

100C-116-200A-506-807

RYE (WHOLE)—Dark Northern rye for home grinding and cereal. Offered in several grinds for every use.

400

RYE GRITS—whole rye cracked into 6 to 8 separate pieces, free from flour. Used as cereal or mix with other grits or meals for adding to breads.

100C-100E-401

RYE MEAL—"Pumpernickel" type rye whole ground to consistency of a coarse corn meal. Blend with other meals or flours in baking.

100A-100D-105

RYE FLOUR—Whole ground to fine consistency from dark northern rye. For: breads, sour doughs, scrapple, rolls and many other uses mixed with various flours.

100A-100D-106-131-901-910B-913

HULLED SESAME SEED—Untreated, freshly hulled white Sesame Seed. Add to oiled bread pans and muffin tins before adding dough or batter. Sprinkle on top of moist hotcakes, waffles, breads, muffins, cookies when batter or dough is first put in container for baking. Use in liquefiers.

100C-100E-207-212-215-220-702-917A

SESAME SEED MEAL—Slow, cool ground Hulled Sesame Seeds. Contains full oil content. High in lecithin, protein, minerals and vitamins. Blend in with: cookies, cake, mashed potatoes, cooked vegetables and cereals. Combine with lemon and spices for salad dressings. Place in liquefier with coconut, carob powder or juices for "Health Cocktails" or liquefy with water and honey for sesame milk. Keep refrigerated in tightly closed plastic bag.

(Numbers indicate where product is used in recipes)

SEVEN GRAIN CEREAL—A delicious combination of 7 unrefined grinds of: wheat, corn, barley, oats, rye, soybeans, bran and rice bran. Raisins or dates provide adequate natural sweetening when added. A most delicious and nourishing breakfast of increasing popularity. For: cereal, pudding, soup, casseroles, loaves & patties as a meat extender. Replace small amount of flour when baking, with cooked cereal.

401

SOY BEANS—Easy cooking—Table variety. The Soy Bean combines more concentrated food elements than any other common food. Compare the nutritive values on "Composition of Foods" chart, and note these features: extreme high protein, 40 to 45%; low starch, less than 2%; easily digestible oils; rich in lecithin; "contains all essential Amino Acids" (Osborne & Mendel); has an alkaline ash and tends to balance the acid ash of acid forming cereals. The Soy Bean is concentrated, wholesome nourishing and economical. It is rich in and is also a cheap source of protein of high quality, oil, minerals and practically all the known vitamins when prepared in various forms. Serve: cooked, baked, toasted, sprouted, as milk, in soups and a thousand taste tempting ways. For more complete methods of preparation obtain: "The Useful Soybean," by Mildred Lager.

301-301A-301AA-301B-302-302A-302B-302C-302D
303-305-305B-806A-857-858

SOYA GRITS—Lightly toasted soya beans cracked into 8 to 10 separate pieces, free from flour. As like soya meal it is ready to eat except for softening, and therefore should be soaked as described for soya meal and added to numerous ready prepared cereals for added nourishment or to many meat dishes as a meat extender or in place of meat.

100C-219-221-318-401-917

SOYA MEAL—is ground to the consistency of a coarse corn meal. For improved flavor and nourishment and for alkaline balance soak with 2 parts of boiling water until all moisture is absorbed. Keep in refrigerator to be added to meat loaves, patties, croquettes as a meat extender.

100A-100C-318

SOYA FLOUR—is recommended for home consumption in preference to Soy Bean Flour (raw). Soy beans for all El Molino Soya products have been lightly toasted to aid assimilation and is designed to preserve full nutritional value. Soya products have a slightly sweet flavor somewhat resembling freshly

crushed nuts. Soya Flour imparts a smoothness and richness in all products in which it is used. For improved flavor and nourishment, replace up to 1 part soya flour to five parts wheat flour wherever wheat flour is used.

100A-100C-101-107-107A-129-200A-201B-

202D-214-218-806-904-905-905B-907-

909-910-910A

SOYA POWDER—is the same as soya flour except that it is more finely ground for milk and other liquid uses.

207A-504-507

SOY BEAN FLOUR—(Raw) Select whole raw soy beans reduced to flour.

HULLED SUNFLOWER SEED—Large, tasty meats from giant size, select sunflowers, freshly hulled. Can't be beat as appetizers, just as it comes from the bag. May be toasted with oil or butter and salted, for appetizers. Add to cereals while cooking, cookies, salads, patties, etc. After pouring waffle batter on iron, sprinkle sunflower seeds on top before closing lid. Good and Good for you.

110-207-321-404-702-917-917B

SUNFLOWER SEED MEAL—Ground sunflower seed meats. Contains full oil content. Blend in with: cookies, cake, mashed potatoes, spreads, cereals, and "health cocktails." Improves flavor of all baked dishes. Mixes to advantage with flour in most all bakings, when replacing flour up to 50%. A characteristic is its quick baking. In soup it needs only just heating.

100C-127-200A-914

RED CEREAL WHEAT—Select quality, hard Montana and North Dakota spring wheat. Grown in healthy soils of high mineral composition where the land is allowed to rebuild through a long range rotation plan. In discing under summer fallow, natural organic processes take place and humus is conserved. All El Molino hard wheat products are made with this wheat. The price of wheat is governed mostly by its protein content. Note the premium protein of El Molino wheat as compared with high protein spring wheat listed by the U. S. Department of Agriculture in "Composition of Foods" chart. Its premium quality is evidenced by its Alkaline ash.

316-317-400-402-403-850-850A

CRACKED WHEAT—Red Cereal Wheat cracked into 4 to 6 separate pieces, free from flour. For: cereal, meat loaf, casseroles, soups, hamburgers, patties, etc.

100C-100E-401-404

WHEAT GRITS—Red Cereal Wheat cracked into 6 to 8 separate pieces, free from flour. For: cereal, meat loaf, hamburgers, patties, etc.

100C-105-401-917

WHOLE WHEAT FLOUR—Cool, slow ground on buhr stones from hard Red Cereal Wheat described above offered in “Fine” or “Medium” grinds. Absolutely nothing is removed. All the bran and germ is reduced to flour consistency. For: breads, rolls thickening, hotcakes, etc. Use in place of white flour for all baking except for pastries. For pastries use Pastry Whole Wheat Flour.

100-106-107-108-112-113-114-
122-123-124-128-129-130-134-201-
202B-203-203-1-203-2-208A-211-213
310-311-315-600-610-703-706
807-852-900

GRAHAM FLOUR—a whole wheat flour with the inner part of the kernel ground to the consistency of white flour and the bran layers left flakey and coarse. For: bread, rolls, gems.
129

PASTRY WHOLE WHEAT FLOUR — Finely ground whole, soft, white pastry wheats. Use in place of all white flour in pastry baking including pies, cookies, waffles, cakes, etc. 2 or 3 extra siftings after measuring assure success in lighter cakes.

111-125-126-127-128-200-201-201B-
202-202D-203-3 -204-206-
208-211A-214-215-215A-217-218-219-
220-221-222-702-703

BRAN FLAKES—(Red) Outer bran layer as it naturally comes from hard, red wheat. Used in muffins, cereals, breads, health drink, etc.

100C-105-125-502

WHEAT GERM—Untreated, natural embryo of select wheat—ready to eat. Especially delicious for breading fish and other meats; omelets, or in cookies. Add wheat germ to prac-

tically all foods for your best source of valuable natural vitamins. Refrigerate after opening bag.

100A-100B-100E-101-116-123-
124-129-200A-201B-208-213-
213A-215-218-219-221-305-317B-318-
405-604-700A-902-903-912

WHEAT GERM FLOUR — Finely ground pure, raw wheat germ. Approximately 2% wheat germ flour added to refined flour recipes restores the germ removed in milling (white flour). Especially suited to add to cakes and pies, as well as all health “cocktails.” Refrigerate after opening bag.

WHEAT GERM & MIDDINGS—“Scalp of the Sizings” or “Caltech”. Made from the part of the wheat containing the germ and fine bran particles. Consists of approximately 17% pure wheat germ,. Replace for part of flour in baking. A quick-cooking cereal.

100C-401

“UNBLEACHED” WHITE FLOUR (HARD WHEAT)—A refined flour from hard wheat. Absolutely no bleaching, maturing, nor preserving chemicals have been used in this flour. It is refined without chemical treatment and is therefore a “live” food, cream colored with much flavor. It is intended for use by those not desiring whole wheat flour, who are opposed to using “commercial” type flours. For: breads and all purpose use except for cakes.

100A-100C-101-107-107A-110-112-
115-116-129-
131-211-212-310-311-600-700-852

“UNBLEACHED” WHITE PASTRY FLOUR (SOFT WHEAT)—A refined flour from soft wheat. Processed identical to “Unbleached” hard wheat flour described above. For: pies, cookies cakes and general pastry uses.

GLUTEN FLOUR—is a low starch flour made by washing the starch from high-protein wheat flour. The gluten is dried and ground. (Note recipe in gluten section for preparing gluten from whole wheat flour.) When using gluten flour, more soya, rye or other specialty flours can be used in baking breads, hotcakes, etc. Excellent for gravies.

100B-100C-108-109-110-600-807

**FOOD AND NUTRITION BOARD, NATIONAL RESEARCH COUNCIL
RECOMMENDED DAILY DIETARY ALLOWANCES,¹ REVISED 1958**

DESIGNED FOR THE MAINTENANCE OF GOOD NUTRITION OF HEALTHY PERSONS IN THE U.S.A.

(Allowances are intended for persons normally active in a temperate climate)

Age Years	Weight Kg. (lb.)	Height Cm. (in.)	Calories	Protein Gm.	Calcium Gm.	Iron Mg.	Vitamin A I.U.	Thiam. Mg.	Ribo. Mg.	Niacin ² Mg. equiv.	Asc. Acid Mg.	Vitamin D I.U.
Men.....	25	70(154)	175(69)	3200	70	0.8	5000	1.6	1.8	21	75	
	45	70(154)	175(69)	3000	70	0.8	5000	1.5	1.8	20	75	
	65	70(154)	175(69)	2550	70	0.8	5000	1.3	1.8	18	75	
Women.....	25	58(128)	163(64)	2300	58	0.8	5000	1.2	1.5	17	70	
	45	58(128)	163(64)	2200	58	0.8	5000	1.1	1.5	17	70	
	65	58(128)	163(64)	1800	58	0.8	5000	1.0	1.5	17	70	
Pregnant (second half)			+300	+20	1.5	15	6000	1.3	2.0	+3	100	400
Lactating (850 ml. daily)			+1000	+40	2.0	15	8000	1.7	2.5	+2	150	400
Infants 4.....												
	0-1/12	4	See									
	2/12-6/12	6(13)	60(24)	kg. x 120	Footnote	0.6	5	1500	0.4	0.5	6	30
	7/12-12/12	9(20)	70(28)	kg. x 100	4	0.8	7	1500	0.5	0.8	7	30
Children.....	1-3	12(27)	87(34)	1300	40	1.0	7	2000	0.7	1.0	8	35
	4-6	18(40)	109(43)	1700	50	1.0	8	2500	0.9	1.3	11	50
	7-9	27(60)	129(51)	2100	60	1.0	10	3500	1.1	1.5	14	60
	10-12	36(79)	144(57)	2500	70	1.2	12	4500	1.3	1.8	17	75
Boys.....	13-15	49(108)	163(64)	3100	85	1.4	15	5000	1.6	2.1	21	90
	16-19	63(139)	175(69)	3600	100	1.4	15	5000	1.8	2.5	25	100
Girls.....	13-15	49(108)	160(63)	2600	80	1.3	15	5000	1.3	2.0	11	80
	16-19	54(120)	162(64)	2400	75	1.3	15	5000	1.2	1.9	16	80

¹ The allowance levels are intended to cover individual variations among most normal persons as they live in the United States under usual environmental stresses. The recommended allowances can be attained with a variety of common foods, providing other nutrients for which human requirements have been less well defined.

² Niacin equivalents include dietary sources of the preformed vitamin and the precursor, tryptophan. 60 milligrams tryptophan equals 1 milligram niacin.

³ Calorie allowances apply to individuals usually engaged in moderate physical activity. For office workers or others in sedentary occupations they are excessive. Adjustments must be made for variations in body size,

age, physical activity, and environmental temperature.

⁴ The Board recognizes that human milk is the natural food for infants and feels that breast feeding is the best and desired procedure for meeting nutrient requirements in the first months of life. No allowances are stated for the first month of life. Breast feeding is particularly indicated during the first month when infants show handicaps in homeostasis due to different rates of maturation of digestive, excretory and endocrine functions. Recommendations as listed pertain to nutrient intake as afforded by cows' milk formulas and supplementary foods given the infant when breast feeding is terminated. Allowances are not given for protein during infancy.

APPROXIMATE COMPOSITION OF FOODS, 100 grams, Edible Portion

Household measurements (in terms of cups and spoons) are shown in grams to enable you, thru simple ratio, to determine any specific data desired in terms of cups or spoons.

For easier use, we have avoided cluttering our tables with reference numbers. We shall be glad to give the source of any figures of interest to our readers.

Many vitamins and minerals are contained in these products which we have not listed. As additional information is obtained it will be made available.

FOOD AND DESCRIPTION (Dry)	CALORIES per 100 gm	WATER gm	PROTEIN gm	FAT gm	FIBER gm	CARBO-HYDRATES gm	ASH gm	PRINCIPAL	
								MINERALS per 100 grams	VITAMINS per 100 grams
ARROWROOT STARCH 1 Tbs=8 gm	362	12.	.5	.2	.1	86.9	.3	25. 9.3 20.	
ALFALFA SEED ½ c=105 gm	371	10.	34.94	8.6	7.5	35.96	3.	320. 540. 14.	.22 mg B ₁ .78 mg B ₂ 3.3 mg Niacin
BARLEY HULLED 1 c=203 gm	361	11.5	12.8	2.1	1.6	70.	2.	75. 373. 5. 485. 171. 143.	.65 mg B ₁ .12 mg B ₂ 3.1 mg Niacin
BUCKWHEAT FLOUR—DARK 1 c=98 gm	347	12.	11.7	2.5	1.6	70.4	1.8	33. 347. 2.8	.58 mg B ₁ .15 mg B ₂ 2.9 mg Niacin

APPROXIMATE COMPOSITION OF FOODS, 100 grams, Edible Portion

FOOD AND DESCRIPTION (Dry)	CALORIES per 100 gm	WATER gm	PROTEIN gm	FAT gm	FIBER gm	CARBO-HYDRATES gm	ASH gm	PRINCIPAL	
								MINERALS per 100 grams	VITAMINS per 100 grams
CAROB POWDER (St. John's Bread) 1 tsp=2 gm	351	10.	7.75	1.9	5.05	72.85	2.45	210. mg Calcium 120. mg Phosphorus 5. mg Iron 950. mg Potassium 80. mg Magnesium 10. mg Silicon	50. I.U. A .033 mg B ₁ .053 mg B ₂ 2.53 mg Niacin
CAROB CANDY 130 per 7/8 oz. bar									
CORNMEAL YELLOW—100% 1 c=118 gm	365	12.	9.1	3.7	2.	71.9	1.3	18. mg Calcium 276. mg Phosphorus 2.7 mg Iron 121. mg Magnesium 680. mg Manganese	510. I.U. A .17 mg B ₁ 2.1 mg Niacin 1.7 mg E 37. mg Choline
CORNMEAL WHITE—100% 1 c=118 gm	365	12.	9.1	3.7	2.	71.9	1.3	18. mg Calcium 248. mg Phosphorus 2.7 mg Iron 121. mg Magnesium 680. mg Manganese	.41 mg B ₁ .12 mg B ₂ 1.7 mg Niacin 45. mg Inositol 37. mg Choline
POPCORN YELLOW Popped 1 c=14 gm	362	9.8	11.9	4.7	2.1	70.	1.5	10. mg Calcium 264. mg Phosphorus 2.5 mg Iron	.39 mg B ₁ .11 mg B ₂ 2.1 mg Niacin
HOMINY GRITS 1 c=160 gm	362	12.	8.7	.8	.4	77.7	.4	4. mg Calcium 73. mg Phosphorus 1. mg Iron	.13 mg B ₁ .04 mg B ₂ 1.2 mg Niacin

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APPROXIMATE COMPOSITION OF FOODS, 100 grams, Edible Portion

FOOD AND DESCRIPTION (Dry)	CALORIES per 100 gm	WATER gm	PROTEIN gm	FAT gm	FIBER gm	CARBO-HYDRATES gm	ASH gm	PRINCIPAL		
								MINERALS per 100 grams	VITAMINS per 100 grams	
FLAXSEED WHOLE ½ c=83 gm	526	10.	23.	36.7	4.9	21.95	3.45	260. 640. 11.	mg Calcium mg Phosphorus mg Iron	.08 mg B ₁ .13 mg B ₂ 5.5 mg Niacin
GARBANZO BEANS 1 c=210 gm	359	10.6	20.8	4.7	5.3	55.6	3.	92. 375. 7.1	mg Calcium mg Phosphorus mg Iron	Trace A .55 mg B ₁ .17 mg B ₂ 1.5 mg Niacin 2. mg C
LENTILS ½ c=100 gm	337	11.2	25.	1.	3.7	55.8	3.3	59. 423. 7.4	mg Calcium mg Phosphorus mg Iron	1. U. A .56 mg B ₁ .24 mg B ₂ 2.2 mg Niacin 5. mg C

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APPROXIMATE COMPOSITION OF FOODS, 100 grams, Edible Portion

FOOD AND DESCRIPTION (Dry)	CALORIES per 100 gm	WATER gm	PROTEIN gm	FAT gm	FIBER gm	CARBO-HYDRATES gm	ASH gm	MINERALS per 100 grams	VITAMINS per 100 grams
MILLET	334	11.5	9.	3.8	3.5	70.25	1.95	mg Calcium 80. mg Phosphorus 240. mg Iron 27.	.12 mg B ₁ .89 mg B ₂ 7.1 mg Niacin
WHOLE Hulled* ½ c=104 gm	327*	11.8*	9.9*	2.9*	3.2*	69.7*	2.5*		
MUFFIN MIX EL MOLINO ½ c=62 gm	351	10.	14.38	3.2	2.55	64.02	5.85	mg Calcium 100. mg Phosphorus 900. mg Iron 10.	.14 mg B ₁ .54 mg B ₂ 10.5 mg Niacin
MUNG BEAN SPROUTS — RAW 1 c=90 gm	23	92.4	2.9	.2	.7	3.4	.4	mg Calcium 29. mg Phosphorus 59. mg Iron .8	10. I.U. A .07 mg B ₁ .09 mg B ₂ .5 mg Niacin 15. mg C
OATS WHOLE GROATS ½ c=86 gm	390	8.3	14.2	7.4	1.2	67.	1.9	mg Calcium 53. mg Phosphorus 405. mg Iron 4.5 mg Magnesium 145. mg Manganese 4.95 mg Copper .5 mg Fluorine .17 mg Zinc 5.	.6 mg B ₁ .14 mg B ₂ 1. mg Niacin 150. mg Choline
OATS — ROLLED	390	8.3	14.2	7.4	1.2	67.	1.9	mg Calcium 53. mg Phosphorus 405. mg Iron 4.5 mg Magnesium 145. mg Manganese 4.95 mg Copper .5 mg Fluorine .17 mg Zinc 5.	.6 mg B ₁ .14 mg B ₂ 1. mg Niacin 150. mg Choline
dry: ¼ c=¾ c cooked cooked: ¾ c=136 gm									

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APPROXIMATE COMPOSITION OF FOODS, 100 grams, Edible Portion

FOOD AND DESCRIPTION (Dry)	CALORIES per 100 gm	WATER gm	PROTEIN gm	FAT gm	FIBER gm	CARBO-HYDRATES gm	ASH gm	MINERALS		PRINCIPAL VITAMINS	
								per 100 grams	per 100 grams	I.U. A	per 100 grams
PEAS GREEN SPLIT	344	10.	24.5	1.	1.2	60.5	2.8	33. mg Calcium	370.	I.U. A	
$\frac{1}{2}$ c=100 gm								268. mg Phosphorus	.87	mg B ₁	
								5.1 mg Iron	.28	mg B ₂	
								1.99 mg Manganese	3.1	mg Niacin	
								880. mg Potassium	2.	mg C	
									.3	mg B ₆	
									330.	mg Inositol	
									18.	mg Biotin	
									.02	mg Folic Acid	
									260.	mg Choline	
POTATO FLOUR (with peel)	357	7.	7.1	.7	2.2	80.	3.	25. mg Calcium	40.	I.U. A	
$\frac{1}{2}$ c=92 gm								88. mg Phosphorus	.30	mg B ₁	
								4. mg Iron	.11	mg B ₂	
									4.5	mg Niacin	
									23.	mg C	
RYE — WHOLE (sifted flour)	321	11.	12.1	1.7	2.	71.4	1.8	38. mg Calcium	.43	mg B ₁	
$\frac{1}{2}$ c=40 gm								376. mg Phosphorus	.22	mg B ₂	
								3.7 mg Iron	1.6	mg Niacin	
								3.07 mg Manganese			
RICE — WHOLE BROWN (unpolished)	360	12.	7.5	1.7	.6	77.1	1.1	39. mg Calcium	.32	mg B ₁	
$\frac{1}{2}$ c=104 gm								303. mg Phosphorus	.05	mg B ₂	
								2. mg Iron	4.6	mg Niacin	
								.36 mg Copper	2.4	mg E	
RICE BRAN	364	9.1	12.5	13.5	12.	39.4	13.5	135. mg Calcium	2.73	mg B ₁	
$\frac{1}{2}$ c=51 gm								1930. mg Phosphorus	.27	mg B ₂	
								20. mg Iron	33.2	mg Niacin	
								1420. mg Potassium	3.21	mg B ₆	
									7.3	mg Choline	
									10.	mg E	

APPROXIMATE COMPOSITION OF FOODS, 100 grams, Edible Portion

FOOD AND DESCRIPTION (Dry)	CALORIES per 100 gm	WATER gm	PROTEIN gm	FAT gm	FIBER gm	CARBO-HYDRATES gm	ASH gm	MINERALS per 100 grams	PRINCIPAL VITAMINS per 100 grams
RICE POLISH ½ c=57 gm	392	10.2	12.8	13.2	2.8	51.4	9.6	110. mg Calcium 1460. mg Phosphorus 659. mg Magnesium 660. mg Potassium 168. mg Sulphur 134. mg Chlorine	2.1 mg B ₁ .13 mg B ₂ 36.8 mg Niacin 3.08 mg B ₆ 9.25 mg Choline 9.8 mg E
SESAME SEED HULLED ½ c=77 gm	568	5.8	19.3	51.1	3.2	14.9	5.7	1125. mg Calcium 614. mg Phosphorus 9.5 mg Iron	.93 mg B ₁ .22 mg B ₂ 4.5 mg Niacin
SEVEN GRAIN CEREAL (El Molino) ½ c=80 gm	382	10.	16.5	5.95	2.15	63.2	2.2	210. mg Calcium 445. mg Phosphorus 8. mg Iron	.13 mg B ₁ .48 mg B ₂ 8.5 mg Niacin
SOYBEANS WHOLE ½ c=105 gm	331	8.	40.	18.	3.5	25.9	4.6	227. mg Calcium 586. mg Phosphorus 8. mg Iron 1700. mg Potassium 380. mg Sodium 20. mg Chlorine	140. I.U. A 1.07 mg B ₁ .31 mg B ₂ 2.3 mg Niacin Trace C 320. mg Choline 1.18 mg B ₆ .08 mg Biotin 229. mg Inositol

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APPROXIMATE COMPOSITION OF FOODS, 100 grams, Edible Portion

FOOD AND DESCRIPTION (Dry)	CALORIES per 100 gm	WATER gm	PROTEIN gm	FAT gm	FIBER gm	CARBO-HYDRATES gm	ASH gm	MINERALS per 100 grams	PRINCIPAL VITAMINS per 100 grams
SOYA FLOUR (hulled)	480	5.	41.	22.5	2.3	24.7	4.5	280. mg Calcium 600. mg Phosphorus 12. mg Iron 1670. mg Potassium 280. mg Magnesium 5.8 mg Manganese 270. mg Sulphur 280. mg Sodium 400. mg Silicon 1. mg Copper 2. mg Zinc 15. mg Chlorine .5 mg Iodine	140. I.U. A .5 mg B ₁ .32 mg B ₂ 1.2 mg B ₆ 4.9 mg Niacin .059 mg Biotin 1.1 mg Panto- thenic Acid 225. mg Choline 175. mg Inositol
$\frac{1}{2}$ c=56 gm									
(Lecithin: 2.2, Starch: 1.5, Alkalinity: 24.)									
SOYBEAN SPROUTS	46	86.3	6.2	1.4	.8	4.5	.8	48. mg Calcium 67. mg Phosphorus 1. mg Iron	180. I.U. A .23 mg B ₁ .20 mg B ₂ .8 mg Niacin 13. mg C 1.56 mg B ₆ .15 mg Biotin .336 mg Inositol
1 c=107 gm									
SUNFLOWER SEEDS Hulled	602	10.	26.31	49.5	2.	8.24	3.95	150. mg Calcium 880. mg Phosphorus 17. mg Iron	.13 mg B ₁ 1.71 mg B ₂ 6.8 mg Niacin
$\frac{1}{2}$ c=76 gm									

APPROXIMATE COMPOSITION OF FOODS, 100 grams, Edible Portion

FOOD AND DESCRIPTION (Dry)	CALORIES per 100 gm	WATER gm	PROTEIN gm	FAT gm	FIBER gm	CARBO- HYDRATES gm	ASH gm	MINERALS		PRINCIPAL VITAMINS	
								per 100 grams	per 100 grams	per 100 grams	per 100 grams
WHEAT RED CEREAL ½ c=107 gm Whole (Hard Northern Spring)	330	13.	14.	2.2	2.3	66.8	1.7	36. 383. 3.1 370. 165. 4.59 .72 8. .1	mg Calcium mg Phosphorus mg Iron mg Potassium mg Magnesium mg Manganese mg Copper mg Zinc	.57 mg B ₁ .12 mg B ₂ 4.3 mg Niacin .21 mg B ₆ 170. mg Inositol 5. mg Biotin .19 mg Folic Acid 90. mg Choline	
WHEAT BRAN FLAKES (from hard, red wheat) ½ c=28 gm	354	10.1	16.6	3.7	10.3	53.2	6.1	77. 1336. 16.7 1. 14.	mg Calcium mg Phosphorus mg Iron mg Copper mg Zinc	140. I.U. A .52 mg B ₁ .35 mg B ₂ 3.2 mg Niacin	
WHEAT GERM FLAKES (full fat) 1 Tbs=8 gm	361	11.	25.2	10.	2.5	47.	4.3	84. 1096. 8.1 .3	mg Calcium mg Phosphorus mg Iron mg Fluorine	2.05 mg B ₁ .8 mg B ₂ 4.6 mg Niacin 26. mg E .6 mg B ₆ 690. mg Inositol .3 mg Folic Acid 400. mg Choline	

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APPROXIMATE COMPOSITION OF FOODS, 100 grams, Edible Portion

FOOD AND DESCRIPTION (Dry)	CALORIES per 100 gm	WATER gm	PROTEIN gm	FAT gm	FIBER gm	CARBO-HYDRATES gm	ASH gm	MINERALS per 100 grams	PRINCIPAL VITAMINS per 100 grams
WHEAT GERM AND MIDDINGS ("Scalp of Sizings," "Caltech") ½ c=55 gm	361	11.6	15.4	3.48	2.41	64.87	2.24	61. mg Calcium 583. mg Phosphorus 11. mg Iron 486. mg Potassium	1.5 mg B ₁ .4 mg B ₂ 8.26 mg Niacin 10. mg E
WHEAT GLUTEN FLOUR ½ c=45 gm	355	8.62	41.6	1.76	3.75	43.6	.67		
"UNBLEACHED" WHITE FLOUR (Hard Wheat) sifted 1 c=112 gm	365	12.	11.8	1.1	.3	74.4	.4	16. mg Calcium 95. mg Phosphorus .9 mg Iron	.08 mg B ₁ .06 mg B ₂ 1. mg Niacin

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Household measurements (in terms of cups and spoons) are shown in grams to enable you, thru simple ratio, to determine any specific data desired in terms of cups or spoons.

For easier use, we have avoided cluttering our tables with reference numbers. We shall be glad to give the source of any figures of interest to our readers.

Many vitamins and minerals are contained in these products which we have not listed. As additional information is obtained it will be made available.

At the time of this printing there are several excellent cook books using whole grain products which would enhance your kitchen library with a greater variety of recipes. We particularly recommend:

LET'S COOK IT RIGHT (Revised)

by Adelle Davis

(Harcourt, Brace and World, Inc., New York)

COOKING WITH WHOLE GRAINS

by Ellen and Vrest Orton

(Farrar, Straus and Young, Inc., New York)

WHOLE GRAIN COOKERY

by Stella Standard

(The John Day Company, New York)

SOYBEANS FOR

HEALTH, LONGEVITY AND ECONOMY

by Philip S. Chen, Ph.D.

(The Chemical Elements — South Lancaster, Mass.)

EAT, DRINK AND BE HEALTHY

by Agnes Toms

(The Devin-Adair Co., New York)

THE NATURAL FOODS COOKBOOK

by Beatrice Trum Hunter

(Simon and Schuster, New York)

FEEL LIKE A MILLION!

by Catharyn Elwood

(The Devin-Adair Co., New York)

HE WAS WONDROUS WISE

*“There’s many a man in our land
Who thinks he’s wondrous wise,
He spends his health in gaining wealth
Until he nearly dies;*

*“And when he sees his health is gone,
With all his might and main,
He spends his wealth regaining health,
Then starts all o’er again.”*

Equivalents—continued from front cover

Tbs = Tablespoon

tsp = Teaspoon

c = Cup

gm = Gram

mg = Milligram

lb. = Pound

4 Tbs. Dry Yeast = 1 oz.

2 c dates = 1 lb.

3 c cornmeal = 1 lb.

4 c grated cheese = 1 lb.

1 c nutmeats = 5 ounces

1 c shortening = $\frac{1}{2}$ lb.

1 c uncooked rice = 2 c cooked

8 to 10 egg whites = 1 c

12 to 14 egg yolks = 1 c

1 c white flour = 1 c unbleached white flour

1 c white flour = 1 cup Fine Whole Wheat Flour

1 c white flour = 1 c Pastry Whole Wheat Flour

1 c white flour = $\frac{7}{8}$ c Stone Ground Whole
Wheat Flour

1 c white flour = $\frac{2}{3}$ c white flour and $\frac{1}{3}$ c wheat
germ (flake or flour)

1 c sugar = 1 c honey with $\frac{1}{4}$ c less liquid

1 c sugar = $\frac{1}{2}$ c honey and $\frac{1}{2}$ c sugar with $\frac{1}{8}$ c
less liquid

1 c sugar = 1 c corn syrup with $\frac{1}{3}$ c less liquid
(not so sweet)

1 c sugar = $1\frac{1}{3}$ c maple sugar

1 c sugar = 1 c brown sugar or 1 c raw sugar
(not so sweet)

1 egg is equal in leavening power to $\frac{1}{2}$ tsp baking
powder

EL MOLINO MILLS

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EL MOLINO MILLS

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and cereals since 1926*



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