

# Food Forum

**Dorothy Johnson**

ALL PURPOSE FLOUR

Instead of one all purpose flour, now there are two - the regular flour familiar to all cooks, and the instant type that looks and feels different from regular flour and blends easily with cool liquids.

Manufacturers claim all purpose flour no longer requires sifting. However, a cup of regular all purpose, spooned from the package and leveled is heavier than a cup of the same flour that is sifted before measuring, spooned into the cup, and leveled. When the heavier cup of flour is sifted, it will measure at least one to two teaspoons more.

The reason for this is that regular all purpose flour packs, and sifting fluffs it up. Instant type flour, however, does not settle, and sifting has no effect on the measuring and weight. A cup of this flour actually contains more flour than a cup of sifted regular flour, and less than the unsifted. Of course you might sift instant type with other ingredients to blend.

If you have a recipe in which the amount of flour must be exact (when a little too much or not enough will cause failure), then you should continue to follow your regular procedure of measuring, and use the flour you are accustomed to using.

SOME RECIPES, particularly those developed by flour manufacturers, give satisfactory results whether you measure without sifting, with sifting, or use the instant type flour, because the recipes are designed to tolerate a variation in flour quantity.

The question has been asked "How do the all purpose flours differ?" They are identical in the beginning, but more processing is required to produce the instant type. The flour particles are treated so that they stick together in loose clusters. As a result, the flour is coarser, feels grainy, and doesn't look as white. Liquid easily enters this porous frame work, is absorbed, and causes clusters to come apart. When this happens, the instant type flour has broken down to what is essentially regular all purpose flour. These larger instant-type flour particles don't pack down, and pour easily.

IF YOU HAVE had problems using the instant type flour recipes developed for regular flour, I suggest the best solution is to use recipes designed specifically for the instant type flour by the manufacturers; a bonus will be short-cut procedures.

There is a new self-rising flour in which you do not use a leavening agent (baking powder or soda). Use the recipes given on these packages for best results. Do not use this flour in sauces or gravies.

Neither all purpose flour is a substitute for cake flour. When a recipe calls for cake flour -- use cake flour.

## Grad Parties ?

ONE ANSWER IS TO HAVE  
A WAFFLE AND PANCAKE PARTY

Next time your teen-agers invite friends in for an evening snack, you might treat them to an old-fashioned Waffle Party. Serve one or more kinds of waffles and pancakes with a variety of your favorite toppings. Plain hot cakes and waffles made from your favorite recipe or mix would be a good addition. For each type, serve sweetened whipped cream, honey, or ice cream in a variety of flavors.

### \*Quick Cheese Pancakes\*

(Especially tasty with orange-flavored syrup.)  
1-1/2 cups milk, 3 tablespoons butter or margarine, 1 egg, 3/4 cup cream-style cottage cheese, 1-1/2 cups packaged pancake mix, 1 teaspoon shredded orange peel.

Place milk, egg, and cottage cheese in blender container and switch blender on and off 3 or 4 times, until cottage cheese is in small pieces. (Or beat with mixer) Pour into bowl, add pancake mix; stir just till moistened. Stir in butter or margarine and shredded orange peel. Bake on hot, lightly-greased griddle.

### \*Apple Sauce Pancakes\*

The hot spicy apple syrup sparks the flavor of the pancakes. . .

2 cups package biscuit mix, 2 eggs, 1 cup milk, 1 lb. can (2 cups) applesauce, 1 10-oz.

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jar (about 1 cup) apple jelly, 1/2 teaspoon cinnamon, dash cloves and salt.

In medium bowl, combine biscuit mix, eggs, milk and 1 cup of the applesauce; beat till smooth. Bake on hot, lightly-greased griddle.

**SPICED APPLE SYRUP:** In small saucepan, combine the remaining 1 cup applesauce, the apple jelly, cinnamon, cloves and salt. Cook and stir till jelly melts and syrup is hot.

### \*Blue Cheese Waffles Au Combo\*

Using packaged pancake mix, prepare waffle batter for 6 servings as label directs. Stir in 1/2 cup finely crumbled blue cheese. Refrigerate, covered, until ready to use.

Preheat waffle baker, and bake waffle as manufacturer directs. When done, spread lightly with butter; separate and serve hot with your favorite syrup, or for heartier fare, serve with home-made cream chicken or chicken a la king over hot waffles.

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### \*Ginger Bread Waffles\*

1/4 cup butter or margarine, 1/2 cup each dark brown sugar (firmly packed) and light molasses, 2 eggs separated, 1 cup milk, 2 cups all purpose flour, 1-1/2 teaspoons baking powder, 1 teaspoon each cloves and salt.

Cream together the butter or margarine and brown sugar; beat in the molasses, egg yolks and milk. Sift flour--measure and sift with the baking powder, cinnamon, ginger, cloves and salt. Beat egg whites until soft peaks form. Stir dry ingredients into creamed mixture, then fold in beaten egg whites. Pour batter into pre-heated waffle baker and bake until lightly browned. Serve with hot fudge sauce, or warm apricot jam.