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Food 4 Thought Series 2010

References

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- Grovesman, L. (2004) *The I love to cook book*. New York: Clarkson Potter Publishers.
- Nichols, N. B. (1959). *Farm journal's country cookbook..* New York: Doubleday & Company, Inc.
- Utah State University Handout: *Do it yourself mixes*.
- Utah State University Handout: *I can make my own mixes*.



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Food 4 Thought Series 2010

Class Handout Making & Using Master Mixes



Learn how to take your
food storage from now to
WOW!



Mixes are:

- **A great use of Food Storage ingredients**
- **Simple & Easy**
- **Time & Money Savers**
- **Healthful & Flavorful**
- **Adaptable & Versatile**

Master Mixes

Why Use Master Mixes?

- **Use Your Food Storage Ingredients:** Many Master Mixes can be made from ingredients we already have in storage. This allows us to utilize ingredients such as powdered milk, whole wheat flour, and other basics in our regular every-day cooking. You can even adjust these recipes to further use items such as powdered eggs or powdered fats (butter, shortening, etc.) in your own cooking.
- **A Time-Saver:** Making your own mixes at home can save you time in the kitchen. When you spend time to make Master Mixes, you end up partially preparing several recipes at the same time. This can help you save about three-fourths of the preparation time during a busy day!
- **Economical:** While commercial mixes do help us save time, we can save those precious dollars by providing the labor and packaging ourselves. Typically, homemade mixes are about half the cost of a commercial mix. Save even more by purchasing basic commodities like flour, sugar and meats when they are on sale.
- **Better Nutrition:** Commercial mixes are made to last on the shelf for a very long time. This screams preservatives! Your own homemade mixes are free of any preservatives and additives. You know exactly what is in the food you are serving to your family. You can also reduce fat and sugar and substitute other ingredients as desired.
- **Versatility:** Many of the mixes here can be used a variety of ways, and you are only limited by your own creativity and imagination. While this booklet only contains a glimpse of the variety of ways you can use Master Mixes, we hope you will seek out other mixes or create your own to suit your family's needs and tastes.
- **Great Ideas for Neighbor Gifts!**

Specialty Mixes

FRENCH DRESSING MIX

2 teaspoons dried parsley flakes
 1 tablespoon sugar
 1 1/2 teaspoons ground mustard
 1 1/2 teaspoons onion powder
 1 1/2 teaspoons paprika
 1/2 to 1 teaspoons salt
 3/4 teaspoon pepper
 3/4 teaspoon garlic powder

Combine all ingredients. Store mix in an airtight container in a cool, dry place. Label and date. Use within 6 months. Makes about 5 tablespoons of *FRENCH DRESSING MIX*.

Adapted from *Make-a-Mix* (1995).

French Dressing

Combine 1 recipe *FRENCH DRESSING MIX* with 3/4 cup canola or vegetable oil, 1/4 cup vinegar and 2 tablespoons water in a glass jar. Shake until well blended and chill at least 3 hours or overnight. Makes about 1 1/4 cup dressing.

Adapted from *Make-a-Mix* (1995)

INSTANT COCOA MIX

5 1/3 cups nonfat dry milk powder
 1 1/2 cups lower-fat powdered non-dairy creamer
 1 cup unsweetened cocoa powder
 3 cups powdered sugar **or** 1 1/2 cups Splenda® Sugar Blend

For cocoa mix, stir together milk powder, non-dairy creamer, cocoa powder, and sugar or sugar replacement. Cover and store in an airtight container. Makes 8 cups mix – (enough for 24 six-ounce servings)

Adapted from <http://www.cooks.com>

To Make: Add 1/3 cup *INSTANT COCOA MIX* to 3/4 cup very hot water; stir to dissolve.

Pantry Mixes

SWEET POPPY SEED DRESSING MIX

½ cup sugar
 1 teaspoon salt
 1 teaspoon dry mustard
 1 tablespoon poppy seeds
 1 tablespoon dried minced onion

Combine all ingredients and stir with a whisk to incorporate. Pour in an airtight container. Label, date, and store in a cool, dry place. Use within 3 months. Makes about 1/3 cup Poppy Seed Dressing Mix.

Adapted from *Make-a-Mix* (1995).

Sweet Poppy Seed Dressing

In a blender, combine 1 recipe *SWEET POPPYSEED DRESSING MIX*, ½ cup extra virgin olive oil and ½ cup vinegar. Blend 5 to 8 seconds. Chill at least 3 hours or overnight before using.

VARIATION: Fold dressing into one 12-ounce container of small-curd cottage cheese. Cover and refrigerate for 30 minutes before serving. Serve ½ cup flavored cottage cheese on a bed of spinach greens with crumbled bacon and dried cranberries.

Adapted from *Make-a-Mix* (1995)



Master Mixes

In preparing Master Mixes, it is important to use the freshest ingredients possible. This will help to ensure a high quality product with a good shelf life.

Remember to always label and date your Master Mix containers and store them where they are convenient to use.

- **Pantry Mixes:** These include mixes that contain only dry ingredients and have a shelf life of approximately six to eight months. Store in air tight containers in cool, dry locations and always stir /shake the pantry mixes before using.



- **Cold Storage Mixes:** Some mixes require refrigeration or freezer storage. Mixes that contain shortening, butter or margarine keep best in the refrigerator and can usually keep about 10 to 12 weeks. Other mixes that require refrigeration or freezing store well for about 3 months or more.
- **Specialty Mixes:** These include most seasoning/beverage type mixes.

Pantry Mixes

GRANOLA MIX

6 cups regular oatmeal
 1 box (10.5 ounce) wheat flake cereal*
 3 cups each: crispy rice cereal, puffed wheat cereal, puffed rice cereal (unsweetened)
 1 cup sliced almonds (about a 4-ounce package)

Syrup:

1/2 cup honey	1 tablespoon vanilla
3/4 cup oil	2 teaspoons salt
1 cup water	1/2 cups brown sugar

Combine cereals and almonds together in a large bowl. Mix syrup ingredients in a glass dish and microwave on high for three to four minutes or until sugar is dissolved. (You may also mix and heat in a saucepan on stovetop.) Pour syrup over cereal mixture and stir until thoroughly combined.

Spread cereal mixture on two 10"x15" baking sheets sprayed with nonstick cooking spray. Bake at 225° F for 90 minutes. Stir pan contents; rotate pans in the oven and bake another 90 minutes. Cool and store in airtight containers. Label & date; use within 6 months.

Optional:

You may also substitute a variety of nuts, seeds and coconut for some of the cereals. Add one to two teaspoons cinnamon to syrup, or substitute molasses for half of the honey and combine with cereal before baking. Add raisins or other dried fruit after granola has cooled.

*You will need eight (12 oz) boxes of wheat flake cereal to a one-pound bag each of crispy rice, puffed wheat and puffed rice cereals.

Recipe courtesy of Marie Anderson, USU Extension Staff

Specialty Mixes

HOMESTYLE BUTTERMILK DRESSING MIX

2 teaspoons instant minced onion
 1/2 teaspoon salt
 1/8 teaspoon garlic powder
 1 tablespoon dried parsley flakes
 1/2 teaspoon monosodium glutamate (MSG), optional

Incorporate all ingredients in a bowl using a whisk. Place mix in an airtight container. Label, date, and store in a cool, dry place. Use within 6 months. Makes about 2 tablespoons *HOMESTYLE BUTTERMILK DRESSING MIX*. Adapted from *Make-a-Mix* (1995).

Homestyle Buttermilk Dressing

Combine 1 recipe *HOMESTYLE BUTTERMILK DRESSING MIX* with 1 cup mayonnaise, and 1 cup buttermilk in a glass jar or small bowl. Blend well by shaking or using a whisk. Chill before serving. Makes about 2 cups dressing.

VARIATION: Substitute 1 cup sour cream or plain yogurt for buttermilk and use as a dip for fresh vegetables.

Adapted from *Make-a-Mix* (1995)

Specialty Mixes

CREAM OF CHICKEN SOUP MIX

- 1 1/2 cups powdered non-fat dry milk
- 3/4 cup cornstarch or flour
- 3 tablespoons instant chicken bouillon granules
- 1/2 tablespoon dried onion flakes
- 1/4 teaspoon ground sage
- 1/8 teaspoon ground thyme
- 1/8 teaspoon ground pepper

Combine all ingredients in a re-closeable plastic bag; mix well. Label, date, and store in a cool dry place for up to 6 months. Makes approximately 5 cans of cream of chicken Soup.

Adapted from USU Extension SOS Booklet & *Make-a-Mix* (1995).

Cream of Chicken Soup

- 1/2 cup *CREAM OF CHICKEN SOUP MIX*
- 1 cup cold water
- 1 to 2 tablespoons butter or margarine, melted

Combine cold water and butter or margarine in a saucepan. Use a whisk to mix in *CHICKEN SOUP MIX*. Stir constantly over medium heat until it is smooth and slightly thickened, about 2 to 3 minutes. Makes about 1 cup.

Adapted from *Make-a-Mix* (1995).

Pantry Mixes

Granola Bars

- 1/2 cup butter, melted
- 1 1/2 cups crushed graham crackers
- 1 1/3 cups coconut
- 1 1/2 cups chocolate chips, butterscotch chips or combination
- 1 cup *GRANOLA MIX*
- 1 (15-ounce) can sweetened condensed milk

Preheat oven to 350° F. Pour melted butter in a 9"x13" pan. Spread crushed graham crackers evenly over the melted butter; then spread coconut over the crumbs. Sprinkle chocolate chip mixture over coconut; then layer the granola. Pour the condensed milk evenly over the top. Bake 25-30 minutes until slightly browned then cool. Cut into 24+ 2-inch squares.

Adapted from *Make-a-Mix* (1995)

WHOLE WHEAT PANCAKE/WAFFLE MIX

- | | |
|------------------------|-----------------------------|
| 8 cups wheat flour* | 4 tablespoons baking powder |
| 2 cups dry milk powder | 3 1/2 teaspoons salt |

Combine all ingredients and stir with a whisk to thoroughly incorporate. Pour into an airtight container. Label, date and store in a cool, dry place. Use within 4 months.

*for best results, use hard white wheat ground into flour

Adapted from David and Tamara Gilliland Family Recipe

Whole Wheat Pancakes/Waffles

- 2 1/2 cups *WHOLE WHEAT PANCAKE MIX*
- 1 1/2 to 2 cups water
- 1/4 cup oil
- 2 eggs

In a blender, combine water, oil and eggs. Add to dry ingredients and stir just until combined. Adjust liquid as needed. Cook on a medium-high heat griddle or waffle iron.

Pantry Mixes

HOT ROLL MIX

You may use all-purpose flour, whole wheat flour, or a combination of both. When using whole wheat flour use about 9 cups whole wheat and 8 cups all-purpose flour.

20 cups flour	4 teaspoons salt
1 1/2 cups sugar	1 cup dried milk

In a large bowl, combine all ingredients thoroughly either by stirring, using a whisk or sifting. Store in an air-tight container. Label container with the date and name of contents. Makes about 20+ cups of mix. Store 6 to 8 months in a cool, dry place.

Adapted from *Make-a-Mix* (1995).

Dinner Rolls

1 1/2 tablespoons instant yeast	1/2 cup melted butter
1 1/2 cups warm water	5 to 6 cups <i>HOT ROLL MIX</i>
3 eggs, beaten	1/2 teaspoon lemon juice

In large bowl, add dry yeast to 5 cups *HOT ROLL MIX*. In separate bowl or blender, combine water, eggs, butter and lemon juice. Add to *MIX*. Add additional *MIX* to make a soft, but not too sticky dough. Knead approximately 10 minutes until dough is smooth and satiny. Cover and let rise until double in bulk, about 1 hour. Punch down and let rise 20 minutes. Punch down, divide in two and let rest about 10 minutes to allow the gluten to relax. Form into desired shapes and place on greased baking sheets. Preheat oven to 400° F; cover rolls and let rise until double. Turn preheated oven down to 375° F and bake rolls for 15 to 20 minutes or until golden brown.

Adapted from *Make-a-Mix* (1995).

Cold Storage Mixes

OATMEAL COOKIE DOUGH

2 cups butter or margarine*	5 cups rolled oats
1 cup granulated sugar	1 teaspoon salt
2 cups brown sugar, packed	2 teaspoons baking soda
4 eggs	4 tablespoons milk
4 teaspoons vanilla extract	1 to 1 1/2 cups raisins***
4 cups all-purpose flour**	3/4 cup chopped nuts

Cut four 14" x 12" pieces of waxed paper or plastic wrap. Cream butter or margarine and sugars in a large bowl until smooth. Beat in eggs, one at a time, and add milk & vanilla. Beat until light and fluffy. In a medium bowl combine flour, oats, salt, baking soda. Stir flour mixture into egg mixture until blended. Stir in raisins and nuts (optional)

Divide dough into 4 pieces and shape each piece into an 8- to 10-inch roll. Wrap each roll in waxed paper or plastic wrap. Place in a plastic freezer container or wrap airtight in heavy-duty aluminum foil. Label with date and contents. Store in freezer; use within 6 months. Makes 4 rolls of dough or about 12 dozen cookies.

*May use half butter and half butter-flavored shortening.

** May use a combination of half white and half whole wheat flour.

***May substitute chocolate, butterscotch, or peanut butter chips.

Oatmeal Cookies

1 roll frozen cookie dough, thawed enough to slice
Preheat oven to 375° F. Cut dough into 1/4" slices and place on lightly greased baking sheets, or line with parchment paper, 1" apart. You may also roll into balls and slightly flatten. Bake 10 to 12 minutes until edges are light brown and centers are slightly set. Cool about 2 minutes on baking sheet. Remove cookies to wire racks and cool. Makes about 36 cookies.

Recipe courtesy of Marie Anderson, USU Extension Staff, Adapted from *Make-a-Mix* (1995).

Cold Storage Mixes

MULTI-PURPOSE MIX

9 cups all-purpose flour
 1/3 cup baking powder
 1 cup plus 2 tablespoons nonfat dried milk
 4 teaspoons salt
 1 3/4 cups vegetable shortening

Stir dry ingredients until thoroughly mixed. Cut in shortening until mixture resembles coarse cornmeal. For best results, store in airtight containers in refrigerator for about three months.

Yield: About 13 cups *MIX*

** See additional handout for other ways to use this versatile mix!*

Apple Crisp

4 cups apples, sliced and peeled
 2 teaspoons water
 1/3 cup sugar or Splenda*
 1 1/4 cups *MULTI-PURPOSE MIX*
 1/2 cup sugar or Splenda*
 1/2 teaspoon cinnamon
 1 egg, beaten well
 1/4 cup butter or margarine, melted

Place fruit in 8-inch square buttered baking pan; sprinkle with water and sugar*. Combine *MIX*, sugar* and cinnamon; add beaten egg and melted butter, stirring until mixture is crumbly. Sprinkle over top of fruit. Bake at 400° F for 25 minutes.

*Variations: Sliced fresh peaches may be used instead of apples.

Adapted from USU Extension handout, *Do It Yourself Mixes*

Pantry Mixes

Dinner Roll Variations:

To make Crescent Rolls:

[After 10 minute resting:] On a lightly floured surface, roll one half of dough into a 12 to 15-inch circle. Use a rotary cutter or knife to divide into wedges of equal sizes (16 is recommended for regular sized rolls). Roll up each wedge, beginning with widest end, and place point-side down in a crescent shape on a greased baking sheet. Leave 2 to 3 inches between each roll. Brush each roll with melted butter and allow to rise. Bake as directed.

To make Cinnamon Rolls:

[After 10 minute resting:] On a lightly floured surface, roll dough into a 12-inch by 15-inch rectangle. Brush with melted butter and sprinkle with Cinnamon Filling (see below). Roll, beginning with long-side. Cut into 1-inch wide rolls and place on a well-greased baking sheet. Leave 1 to 2 inches between each roll. Brush with melted butter and allow to rise. Bake as directed.

Cinnamon filling: 1/2 cup sugar (brown or white) and 1/2 teaspoon cinnamon

To make Orange Rolls:

[After 10 minute resting:] On a lightly floured surface, roll dough into a 12-inch by 15-inch rectangle. Brush with melted butter and sprinkle with Orange Filling (see below). Roll, beginning with long-side. Cut into 1-inch wide rolls and place on a well-greased baking sheet. Leave 1 to 2 inches between each roll. Brush with melted butter and allow to rise. Bake as directed.

Orange Filling: 1/2 cup granulated sugar, 2 tablespoons softened butter, 2 tablespoons grated orange peel

DOUGH MAY ALSO BE REFRIGERATED!!

Refrigerator dough: As soon as the dough is kneaded, place it in a greased container, cover tightly, and keep in refrigerator. When the dough has doubled, punch down and keep it punched down until ready to use. It will keep in the refrigerator 2-3 days. When ready to use, punch it down and divide into smaller portions and let stand at room temperature about 30 minutes. Shape as desired and bake.

Pantry Mixes

BAKING POWDER BISCUIT MIX

14 cups all-purpose flour
 2 tablespoons plus 2 teaspoons salt
 ½ cup plus 2 tablespoons sugar
 ½ cup plus 1 ½ teaspoons baking powder

Combine all ingredients in a large container using a wire whisk. Sift into another large bowl and whisk again to ensure ingredients are thoroughly combined. Store in a 5-pound container with a tight-fitting lid in a cool-dry place for up to 6 months. Adapted from Lauren Groveman in *The I Love to Cook Book* (2004).

Baking Powder Biscuits

2 cups *BAKING POWDER BISCUIT MIX*
 3 tablespoons cold unsalted butter, cut into small pieces
 About 1 ½ cups heavy cream

Preheat oven to 400° F. Use a pastry blender or food processor fitted with a steel blade to add butter to the dry mix until the mixture looks like coarse meal. Add 1¼ cups of the cream and mix without overworking the dough. If the dough seems too dry, add 1 to 2 more tablespoons of cream. Turn out on a lightly floured surface and knead very gently five to eight times, until it holds together. Roll or pat dough to a thickness of 1 ½ inches. Using a floured biscuit cutter, cut out biscuits (don't twist the cutter). Lay rounds on an ungreased cookie sheet and bake 18 to 20 minutes or until they have turned golden brown. Cool slightly before serving.

Adapted from Lauren Groveman in *The I Love to Cook Book* (2004).

Cold Storage Mixes

Sour Cream Enchiladas

1 (10-oz) can enchilada sauce
 2 cups chopped fresh tomatoes
 or 1 (16-oz) can diced tomatoes (reserve liquid)
 12 corn or flour tortillas
 3 cups *SOUTH OF THE BORDER MEAT MIX*, heated
 1 to 1 ½ cups shredded Longhorn or Cheddar Cheese
 1 to 1 ½ cups sour cream or plain nonfat yogurt

Preheat oven to 375° F. Combine enchilada sauce and chopped tomatoes in a medium saucepan. Cook until mixture boils; reduce heat to simmer.

Dip one corn tortilla at a time in hot enchilada sauce mixture. If using flour tortillas, heat in pan sprayed with non-stick cooking spray until warmed, about 1 minute. Place about ¼ cup of heated *SOUTH OF THE BORDER MEAT MIX* on each tortilla. Sprinkle with 2 tablespoons shredded cheese. Roll up and place close together in a shallow casserole dish, seam-side down. Pour remaining sauce over enchiladas and sprinkle with the remaining cheese. Bake at 375° F for about 15 minutes, until bubbly. Remove from oven and spoon sour cream over the enchiladas. Serve hot. Makes 6 servings.

Adapted from *Make-a-Mix* (1995).



Cold Storage Mixes

SOUTH OF THE BORDER MEAT MIX

5 to 6 lbs. combination beef or pork roasts (reserve juices)
 3 tablespoons vegetable oil
 3 to 4 medium onions, chopped
 1 (4 oz.) can chopped green chilies
 1 (14 oz.) can/bottle green chili salsa
 1/4 teaspoon garlic powder
 4 tablespoons flour
 4 teaspoons salt
 1 1/2 teaspoons cumin

Preheat oven to 200° F. Put roasts in a covered roasting pan or Dutch oven. Roast about 12 hours. Drain off the juices to use later. Shred meat after it has cooled.

Heat oil in large skillet and sauté onions and green chilies for five minutes until tender; then add green chili salsa, flour and seasonings. Cook an additional 2 minutes. Add meat juices and shredded meat. Cook for an additional five minutes until thick. Cool. Divide into 3-cup portions and put into one-quart freezer containers to maintain sufficient head space for expansion during freezing (at least 1/2 inch). Label, date and freeze. Use within six months.

Yield: About 9 cups.

Use in burritos, enchiladas, tacos, chalupas, or chimichangas.

Adapted from *Make-a-Mix*, "Mexican Meat Mix" (1995).

Pantry Mixes

GINGERBREAD MIX

8 cups sifted flour
 2 1/4 cups sugar
 2 1/2 teaspoons baking soda
 2 tablespoons baking powder
 3 tablespoons ginger
 3 tablespoons cinnamon
 1 teaspoon cloves
 1 tablespoon salt
 2 1/4 cups shortening



Mix all dry ingredients together with a wire whisk. Sift ingredients into another bowl until you are sure all dry ingredients are well incorporated. Cut shortening into dry ingredients with a pastry blender until mixture resembles coarse meal. Store in an airtight container in a cool dry place, or in the refrigerator, up to 3 months. Makes approximately 12 cups of mix.

Adapted from *Farm Journal's Country Cookbook* (1959).

Gingerbread

2 cups *GINGERBREAD MIX*
 1 egg, beaten
 2/3 cup maple syrup
 1/3 cup sour cream or plain yogurt

Place *GINGERBREAD MIX* in mixing bowl. Heat maple syrup and stir in sour cream or yogurt; stir into mix. Add 1 egg, well-beaten. Pour into a greased 8"x8"x2" pan. Bake in moderate oven (350° F) 40 minutes. Serve with warm lemon sauce.

Adapted from *Farm Journal's Country Cookbook* (1959)

Pantry Mixes

CAKE MASTER MIX

3 ½ cups shortening
 8 cups granulated sugar
 6 cups sifted all-purpose flour
 5 cups sifted cake flour*
 1 ½ cups nonfat dried milk
 5 tablespoons baking powder
 1 ½ tablespoons salt



Using an electric mixer or beater, cream shortening until soft (if no electric mixer on hand, use 75 strokes with a wooden spoon—great exercise!!). Add 4 cups sugar, 1 cup at a time, beating well after each addition. Mixture should be light and fluffy. Sift together flours, nonfat dried milk, baking powder, salt and remaining sugar. Repeat sifting 2 times and sift last time into a large, clean kettle or onto a large piece of waxed paper. Add 2 cups sifted ingredients to shortening mixture. Blend with pastry blender. Continue adding flour mixture and blend until the mixture resembles coarse cornmeal.

To store: measure mix into six equal parts of about 3½ cups. Place each in a quart-sized container. Cover, label, date and store in a cool dark place. Yield: 21 cups mix or 6 average-sized cakes.

*Make your own Cake Flour: For each cup of flour, remove 2 tablespoons and add 2 tablespoons cornstarch. Sift together well.

Adapted from USU Extension Handout *I Make My Own Mixes*.

Cold Storage Mixes

Chicken a La King

½ cup butter	2 cups <i>CHICKEN MIX</i>
1 cup celery, chopped	1 cup milk
1 (4-ounce) can mushrooms	¼ cup pimiento, chopped
½ cup all-purpose flour	1 tablespoon parsley flakes
2 cups <i>CHICKEN BROTH</i>	Slivered almonds, for garnish

In Dutch Oven, melt butter. Add celery and mushrooms; sauté until tender. Stir in flour and cook for 1-2 minutes. Stir in *CHICKEN BROTH* and cook for about 5 minutes until thick. Add *CHICKEN MIX*, milk, pimiento and parsley flakes and simmer about ten minutes. Serve over rice, noodles, biscuits, or toast. Garnish with slivered almonds.

Chicken Salad

2 cups *CHICKEN MIX*, thawed
 2 cups chopped celery
 3 green onions, chopped
 1 (2-ounce) package sliced almonds, toasted
 1 (8-ounce) can water chestnuts, drained and chopped
 1 ½ cups seedless red grapes, halved
 1 apple, chopped (optional)
 1 cup mayonnaise
 2 teaspoons sugar
 Salt and pepper to taste

In a large bowl, combine all ingredients except mayo, sugar, salt, and pepper. Set aside. In another bowl, stir together mayo and sugar. Add to chicken mixture and mix well, seasoning with salt and pepper to taste. Cover and refrigerate until ready to serve. Recipe can be made a day in advance. Serve with crescent rolls.

Adapted from *Make-a-Mix* (1995).

Cold Storage Mixes

CHICKEN MIX AND CHICKEN BROTH

12 to 14 boneless, skinless chicken breasts*
 4 quarts cold water
 3 tablespoons parsley flakes
 4 carrots, peeled and chopped
 4 teaspoons salt
 1/2 teaspoon pepper
 2 teaspoons dried basil leaves

Cook all ingredients together in a large pot over high heat until it comes to a boil. Reduce heat and simmer until chicken is done, about 1 hour.* Remove chicken and allow to cool completely. Strain broth through a sieve and refrigerate overnight or until fat can be skimmed.

Once chicken is cool enough to handle, cut into small chunks or shred. Put chicken into approximately six 1-pint freezer containers, leaving a 1/2 inch headspace. Pour skimmed broth into different pint freezer containers, leaving a 1/2-inch headspace. Seal, label and date before placing in the freezer. Use within 3 months. Makes 6 pints each *CHICKEN MIX* and *CHICKEN BROTH*.

*You may also use 11 pounds bone-in chicken (approximately 4 whole fryers cut up); increase simmering time to about 1 1/2 hours.

Use chicken to make casseroles, gravy, enchiladas, salads, etc.

Adapted from *Make-a-Mix* (1995).

Pantry Mixes

Two-egg Cake

4 cups *CAKE MASTER MIX*
 3 eggs
 3/4 cup milk
 1 teaspoon vanilla

For best results, have ingredients at room temperature.

Place *MIX* in a bowl. Make a well in the center of the *MIX*. Add eggs, 1/2 cup milk and vanilla. Beat until smooth. Add the rest of the milk and beat until smooth and lump-free, about 2-3 minutes. Grease and flour the bottom of one 9"x13" pan or two 8" cake pans (divide batter evenly). Bake at 350° F for about 25-30 minutes.

VARIATIONS:

Chocolate:

Add 1/4 cup milk to the liquid ingredients. Add to *MIX* and stir until just blended. Add 3 squares of melted chocolate and blend into mixture. Continue mixing batter and bake as directed.

Rich Chocolate:

Omit milk. Add 1/4 cup softened butter, 1/2 cup sour cream, 2/3 cup water mixed with 2/3 cup cocoa. Add eggs & vanilla. Continue mixing batter and bake as directed.

Spice:

Add 1 teaspoon cinnamon, 1/2 teaspoon ground all-spice, 1/2 teaspoon ground cloves to *MIX*. Add liquids, increasing milk by 2 tablespoons. Mix and bake as directed.

Orange:

Add 2 teaspoons grated orange rind to *MIX*. Use juice from 1 orange plus water to make 3/4 cup. Do not add vanilla or milk. Mix and bake as directed.

Pantry Mixes

LEMON PIE-FILLING MIX

2 ½ cups presweetened powdered lemonade mix
 1 cup plus 2 tablespoons cornstarch
 1 ¼ cups sugar, more for sweeter flavor
 1 teaspoon salt

In a medium bowl, combine all ingredients and mix well. Pour into a 1-quart airtight container. Label, date, and store in a cool, dry place.

Use within 8 months.

Adapted from *Make-a-Mix (1995)*.

Hot Lemon Sauce

1 cup water
 ¼ cup *LEMON PIE-FILLING MIX*
 2 tablespoons butter or margarine

In a saucepan, combine water and *LEMON PIE-FILLING MIX* and bring to a boil while stirring constantly. Stir in butter until melted. Serve warm.

Adapted from *Make-a-Mix (1995)*.

Lemon Pie Filling

1 ¼ cups *LEMON PIE-FILLING MIX*
 2 ½ cups water
 3 egg yolks
 2 tablespoons butter

In a large saucepan, stir *MIX*, ½ cup water, and egg yolks until well incorporated and smooth. Add remaining 2 cups of water and cook over medium heat, stirring constantly, until thick and bubbly. Remove from heat and stir in butter until melted. Cover and let stand for 5 minutes, then pour into prepared pie shell. Refrigerate at least 3 hours.

Adapted from *Make-a-Mix (1995)*.

Pantry Mixes

OATMEAL COOKIE MIX

2 cups butter-flavored shortening	2 cups brown sugar*
1 cup granulated sugar	4 cups flour**
2 teaspoons baking soda	1 teaspoon salt
5 cups regular oats	

Mix dry ingredients thoroughly. Cut in shortening with a pastry cutter or two knives until it is evenly distributed. Store in airtight container. Label and store in a cool, dry place.

Best used within 10-12 weeks.

Yield: About 12 cups mix.

*It is easier to mix in the brown sugar if you first either sift it or rub it through a wire strainer to make sure there are no lumps.

**You can use either all-purpose flour or a combination of white flour and whole wheat flour.

Oatmeal Cookies

4 cups <i>OATMEAL COOKIE MIX</i>	1 cup raisins*
2 eggs	2 tablespoons milk
1 ½ teaspoons vanilla	

Blend eggs, milk, and vanilla in large bowl. Add *OATMEAL COOKIE MIX* and stir until mixed. Add raisins or chips. Bake at 350° F. for about 12 to 14 minutes or until lightly browned.

Cool on wire racks.

Yield: About 2 dozen cookies.

*May substitute chocolate, butter-scotch, or peanut butter chips.

Recipe courtesy of Marie Anderson,
 USU Extension Staff

