

## BAKING POWDER AND BAKING SODA

**Baking Soda** has an indefinite shelf life if stored in a sealed container in a cool, dry place.

**Baking Powder:** BYU has done research that shows that baking powder stored well over 30 years if kept dry and in its original container.

Baking Soda and single acting baking powder need to be baked as soon as they are mixed. The rising occurs as soon as the liquid is added.

Double acting baking powder can be delayed a short time. It rises the first time when liquid is added but it rises again when the heat of the oven is added.

### Rule of Thumb

1 teaspoon baking powder to 1 cup flour  
¼ teaspoon baking soda to 1 cup of flour

### BAKING POWDER BISCUITS

2 cups flour  
4 tsp baking powder  
½ tsp salt  
2 tsp sugar  
½ cup shortening  
2/3 cup milk

Preheat oven to 450° Combine flour, baking powder, salt and sugar. Add shortening and use fork to cut in to resemble coarse meal. Add milk, stir until blended. Transfer dough to lightly floured surface. Knead gently, 8-10 times. Roll dough ½ inch thick. Cut with biscuit cutter or use a drinking glass whose rim has been dipped into flour to keep the dough from sticking. Bake on an ungreased sheet for 12-15 minutes. Makes 12-15 biscuits.

### FOR FREEZER BISCUITS

Prepare dough as above. Form into biscuit shapes and place in single layer on ungreased 9 X 13 pan. Cover and freeze over night or until frozen. Transfer to a freezer bag and freeze for up to 2 months.

### TO USE FROZEN BISCUITS

Place on a baking sheet coated with nonstick cooking spray. Bake at 400 degrees for 15-20 minutes or until golden brown.

You can add different herbs or spices to the biscuits when you are kneading the dough to give it a different flavor to match what you are serving.

### BISCUITS MADE WITH OIL

2 Cups flour                      3 tsp baking powder  
1 tsp salt  
  
1/3 Cup oil                        2/3 cup milk

Combine dry ingredients. Pour wet ingredients all at once into flour mixture. Stir with a fork until mixture cleans sides of bowl. Form into a ball and knead dough about ten times. Roll out between wax paper, ¼-1/2 inch thick. Cut with biscuit cutter. Bake on ungreased cookie sheet for about 12-15 minutes at 475 degrees.

### SOUTHWESTERN CHICKEN BISCUITS

#### Biscuits

1 pkg frozen cooked southwestern-seasoned chicken breast strips, thawed, diced or seasoned  
diced canned chicken  
1 4 oz can chopped green chilies  
1 cup cheese  
1 tab instant minced onion  
1 cup chunky salsa

Heat oven to 400 degrees  
Spray 20 muffin cups with nonstick cooking spray. Separate dough into 20 biscuits. Place 1 biscuit into a muffin cup. Press into cup so it goes across the bottom and up the sides. In medium bowl, combine chicken, chilies, cheese, onion and salsa. Mix well and put 2 tablespoons mixture into each dough lined muffin cup. Press into cup with back of spoon. Bake at 400 degrees for 13-18 minutes or until edges are golden brown

## BISCUIT CRUSTED SAUSAGE EGG PIE

1 1 / 2 tsp oil  
1 / 2 lb bulk pork sausage  
4 to 6 pieces of biscuit dough  
1 small onion, thinly sliced  
Cheese to taste  
3 large eggs  
1 / 2 cup milk  
salt and pepper

Heat 1 tsp oil in skillet and cook sausage until cooked through. Grease a 9 inch pie plate with 1 / 2 tsp oil. Roll out each biscuit until it is approx 1 / 8 inch thick. Put in pie plate and seal biscuits together.

Put sausage onion and cheese into pie plate. Mix eggs, milk, salt and pepper together and pour over sausage mixture.

Bake in 375 degree oven for 25 minutes. Cool for 10 minutes before serving

\* can add green chilies, olives, etc.

## Zucchini Pineapple Muffins

3 eggs  
2 cups sugar  
1 cup oil  
2 teaspoons vanilla  
2 cups zucchini -- grated  
3 cups flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup pineapple -- crushed  
1/2 cup chopped nuts (optional)  
1/2 cup maraschino cherries (optional)

Beat eggs, sugar, oil, and vanilla. Add zucchini, flour, baking powder, baking soda, salt, pineapples, nuts, and cherries. Pour into two greased 5 x 9 inch loaf pans or 24 muffin cups.

Bake at 325 degrees for about 1 hour for loaves, or 20 minutes for muffins. (24 Servings)

Makes: 2 loaves or 24 muffins

## MUFFIN MICROWAVE INSTRUCTIONS

This has two settings. First setting is 2 minutes

seconds to 1 minute 50 seconds at 100 % power. You will have to test your microwave to find out the appropriate time for the second setting. Muffins will not rise as much and they will not brown.

## OTHER IDEAS

**These recipes say to bake until golden because they are not regular biscuits. They are either thinner or longer and that alters the baking time.**

1. Hot dog rolls. Roll out one biscuit. Place half a hot dog on it and roll it up. Place seam side down on baking sheet and bake at 350° until golden brown about 8-12 minutes. You can slit the hot dog open and add cheese if you want. You could also add a small amount of chili.

2. Mini Burgers. Cook biscuits as you usually would, with sides not touching. Make little hamburger patties that are just the size of the biscuit. Cook and put on biscuit with cheese, and other fixings that you like.

3. Cheese logs. Take one biscuit and roll it into a long roll. Roll in Parmesan cheese. Bake at 350° until golden brown. These need to be watched because if they are long and thin they will take less time to cook. These are good dipped in pizza sauce.

4. Make a little Italian style bread by flattening the dough. Brush with Olive oil and sprinkle with Italian spices. Bake at 350° until golden.

5. Make mini pizza's by flattening the dough and putting on baking sheet. Bake 350° until slightly brown. Add sauce and topping and return to oven. Pizza is done when cheese is melted.

6. Use as a topping for shepherd's pie instead of potatoes. Use as a crust for pot pies instead of pie crust.

## 7. BE CREATIVE

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