



QUICK MIXES FOR HIGH- ALTITUDE BAKING

Cooperative Extension

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INTRODUCTION

This bulletin presents recipes for high-altitude mixes and various baked products that can be prepared from them. The original recipes were standardized and tested in the altitude laboratory of the Home Economics section of the Colorado State University Experiment Station. The bakings at 7,500 and 10,000 feet were conducted in the altitude chamber.

This revised edition includes an acceptable range of salt and vegetable shortening in the all-purpose mix. The original recipes were tested using the higher end of the range. However, acceptable products that are lower in fat and sodium can be achieved using the lower end of the range. Using part to all whole-wheat flour in place of all-purpose white flour will increase the fiber content of the mix.

Like commercial mixes, the basic mixes in this bulletin provide a shortcut for preparing a wide variety of baked goods. These foods include biscuits, muffins, pancakes, waffles, breads, pastries, cakes and cookies. Generally, mixes prepared at home cost less than commercial mixes. The main reason for the cost saving is that you supply the labor.

The following tips will help ensure high quality products:

- Measure accurately. Measure dry ingredients in standard dry flush-rim measuring cups or standard measuring spoons. Spoon ingredients lightly into the cup and level with a spatula. Be careful not to hit the side of the measuring cup with the spoon causing dry ingredients to settle and measurements to be inaccurate.
- Pack solid ingredients, such as vegetable shortening, firmly into a flush-rim measuring cup so that no air pockets remain. A rubber spatula is useful to get all the shortening out of the cup.

- Always stir the basic mix before measuring to redistribute the ingredients. Spoon lightly into a cup and level with a spatula. Do not sift the mix before using.
- Store the basic mix in a glass jar, clean coffee tin, plastic container or plastic bag made for freezer use. If stored in an airtight container in a cool, dry location, the mix should stay fresh for several months.
- Storing the basic mix in the refrigerator or freezer will extend the shelf-life of the mix. Store mixes made with whole-wheat flour in the refrigerator or freezer to help prevent flavor changes due to the higher level of fat in whole-wheat flour.
- Before storing, label the basic mix with name of product, date prepared, use-by-date and other information (such as the recipe of your favorite product prepared using the mix).

MIXES TO BE USED AT HIGH ALTITUDES

Formulas for three all-purpose and three cake mixes are given below. The names reflect the type of flour used in preparing the mix. The recipes which follow the table of mixes tell exactly which mix to use. The altitude at which they are to be used is included for general information in this table.

PROPORTIONS FOR QUICK MIXES

All-Purpose Mix

For 11 cups mix	All-Purpose 1 (For 5,000 Feet)	All-Purpose 2 (For 7,500 Feet)	All-Purpose 3 (For 10,000 Feet)
Flour: Sift Before measuring	9 cups*	9 cups*	9 cups*
Baking Powder (double-acting)	3 tablespoons	2 tablespoons + 3/4 teaspoon	1 tablespoon + 1-1/2 teaspoons
Salt	1-3 teaspoons	1-3 teaspoons	1-3 teaspoons
Sugar	1/4 cup	1/4 cup	1/4 cup
Hydrogenated shortening (does not require refrigeration)	1-2 cups	1-2 cups	1-2 cups

*Use all-purpose, whole-wheat or any combination of both types of flour.

Cake Mix

For 13 cups mix	Cake A** (For 5,000 or 7,500 Feet)	Cake B** (For 7,500 or 10,000 Feet)	Cake C** (For 10,000 Feet)
Flour: Sift before measuring	10 cups cake flour	10 cups	10 cups
Baking Powder (double acting)	2 tablespoons + 1 1/2 teaspoons	1 tablespoon + 2 teaspoons	2 1/2 teaspoons
Salt	1 tablespoon	1 tablespoon	1 tablespoon
Sugar	1/4 cup	1/4 cup	1/4 cup
Hydrogenated shortening (does not require refrigeration)	2 cups	2 cups	2 cups

**See recipe for choice of proper mix.

Directions for Preparing Mixes:

1. Stir the baking powder, salt and sugar into flour.
2. Sift together three times into a large mixing bowl or onto a large piece of plain paper.
3. Cut in shortening with a pastry blender or two knives until the MIX is the consistency of cornmeal.
4. Store in an airtight container in a cool, dry place:
5. To measure the MIX, spoon it lightly into standard measuring cup and level off with a spatula.

BISCUITS

Yield: 18 two-inch biscuits

Oven temperature: 450 degrees.

Baking time: 12-15 minutes

5,000 feet	7,500 feet	10,000 feet
3 cups All-Purpose MIX 1 or Cake MIX A	3 cups All-Purpose MIX 2 or Cake MIX A	3 cups All-Purpose MIX 3 or Cake MIX B

Other Ingredients: 2/3 cup milk

Directions:

1. Add all of the milk to MIX and stir 25 strokes.
2. Turn out on a lightly floured board or pastry cloth. Knead 15 strokes.
3. Roll 1/2 inch thick.
4. Cut with biscuit cutter and then transfer biscuits with a spatula to a baking sheet.
5. Bake in hot oven (450 degrees) 12-15 minutes.

VARIATIONS

Cheese Swirls

1. Roll biscuit dough 1/4 inch thick into 18 x 11 inch rectangle.
2. Sprinkle with 1 cup grated American or cheddar cheese.
3. Roll like jelly roll and cut 1/2 inch slices.
4. Place slices, cut side up, on ungreased baking sheet.
5. Bake in moderately hot oven (425 degrees) 10-15 minutes.

Cinnamon Biscuits

1. Roll biscuit dough 1/4 inch thick.
2. Spread with cream, melted butter, or fortified margarine.
3. Sprinkle with sugar-cinnamon mixture. (Proportions: 1 tablespoon cinnamon to 1/3 cup sugar.)
4. Roll like jelly roll and cut 1/2 inch slices.
5. Bake on greased baking sheet in hot oven (450 degrees) 12-15 minutes.

Jelly Triangles

1. Roll biscuit dough out 1/4 inch thick.
2. Cut 3-inch squares.
3. On each square place a teaspoon of tart jelly.
4. Fold square diagonally and press edges together.
5. Bake on ungreased baking sheet in hot oven (450 degrees) 12-15 minutes.

For Variety in Shapes

1. Roll biscuit dough out 1/2 inch thick.
2. Cut into squares, triangles, or other shapes.
3. Sprinkle cinnamon-sugar mixture on top. (Proportions: 1 tablespoon cinnamon to 1/3 cup sugar.)
4. Bake on greased baking sheet in hot oven (450 degrees) 12-15 minutes.

WESTERN CHEESE BISCUITS

Filling: (Filling for 12 biscuits)

- 1 cup grated sharp cheese
- 1/4 cup chopped stuffed green olives
- 1/4 teaspoon celery seed
- 2 teaspoons grated onion
- 1/4 tablespoon mustard-with-horseradish
- Dash of Worcestershire sauce
- Salt and pepper
- 4 tablespoons mayonnaise

Directions:

1. Combine cheese, olives, and seasonings with mustard-with-horseradish and mayonnaise.
2. Roll out biscuits to 1/4-inch thickness.
3. Cut in 2-inch rounds.
4. Spread half of the rounds with cheese mixture.
5. Cut a "plus sign" (+) in remaining rounds and place on top of those spread with cheese.
6. Place on baking sheet.
7. Brush with melted butter or margarine.
8. Bake in hot oven (450 degrees) 10-12 minutes.

BISCUIT APPLE CAKE

Yield: One 8-inch apple cake

Oven temperature: 350 degrees.

Baking time: About 45 minutes

5,000 feet	7,500 feet	10,000 feet
1 1/2 cups All-Purpose MIX 1	1 1/2 cups All-Purpose MIX 2	1 1/2 cups All-Purpose MIX 3

Other ingredients:

- 1/4 cup sugar
- 1 cup finely chopped raw apple
- 1 teaspoon grated lemon rind
- 2-4 tablespoons milk (sweet)
- 1/2 cup raisins or currants

Directions:

1. Stir together sugar and MIX.
2. Add apple, lemon rind, and milk. Mix lightly.
3. Add raisins or currants.
4. Pack in an 8-inch greased cake pan.
5. Bake in a moderate oven (350 degrees) about 45 minutes.
6. Serve warm with cream or ice cream.

SHORTCAKE

SHORTCAKE DOUGH

Yield: One large shortcake or 5-6 individual shortcakes

Oven temperature: 425 degrees.

Baking time: About 20 minutes

5,000 feet	7,500 feet	10,000 feet
3 cups All-Purpose MIX 1 or Cake MIX A	3 cups All-Purpose MIX 2 or Cake MIX A	3 cups All-Purpose MIX 3 or Cake MIX B

Other Ingredients:

3 tablespoons sugar

1 egg, well beaten

1/2 cup milk (approx.)

Melted butter or margarine

Directions:

1. Stir together MIX and sugar.
2. Combine milk and well-beaten egg.
3. Add to dry ingredients, stir with fork until MIX is just moistened (about 25 strokes).
4. Knead dough about 6 times on a lightly floured board or pastry cloth.
5. Roll out dough about 1/2 inch thick. Cut in half.

6. Brush the top of each half with melted butter or margarine.
7. Place one-half on a baking sheet. Cover with the second half.
8. Bake in a hot oven (425 degrees) about 20 minutes.
9. Keep warm until serving time.

VARIATIONS

Individual Shortcakes

Individual shortcakes are made by cutting the dough with cutters about 3 inches in diameter. Plain or fancy cutters of different shapes may be used for variety.

Peach Shortcake

1 recipe Shortcake Dough

Other Ingredients:

5 to 6 peaches

1/3 cup sugar

Directions:

1. Allow one medium peach per serving
2. Peel, slice and sweeten peaches.
3. Just before serving, separate the layers of the warm shortcake. Spread with butter.
4. Cover the bottom layer with prepared fruit. Set the top layer in place.
5. Pour the remaining fruit over the top.
6. Cover with whipped cream, if desired.
7. Garnish with peach slices.

Strawberry Shortcake

1 recipe Shortcake Dough

Other Ingredients:

3 pints strawberries, hulled and washed

1/2 cup sugar

Directions:

1. Reserve 6 of the largest strawberries for garnishing. Sprinkle them with sugar.
2. Slice or crush the remaining strawberries.
3. Stir sugar into the berries.
4. Let stand so that the sugar will dissolve.
5. Just before serving, separate layers of the warm shortcake. Spread with butter.
6. Cover the bottom layer with the prepared berries. Set the top layer in place.
7. Pour the remaining berries over the top.
8. Cover with whipped cream, if desired, or garnish with the berries reserved for this purpose.

Raspberry Shortcake

Substitute crushed raspberries for the strawberries in the preceding recipe.

MUFFINS

Yield: 12 medium muffins

Oven temperature: 425 degrees.

Baking time: About 25 minutes

5,000 feet	7,500 feet	10,000 feet
3 cups All-Purpose MIX 1 or Cake MIX A	3 cups All-Purpose MIX 2 or Cake MIX A	3 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

2 tablespoons sugar

1 cup milk

1 egg, well beaten

Directions:

1. Stir together MIX and sugar.
2. Combine milk and beaten egg. Add to the MIX.
3. Stir until flour is just moistened (about 15 strokes).
4. Bake in greased muffin pans in hot oven (425 degrees) 20-25 minutes.

VARIATIONS

Spicy Crust Muffins

1. Mix together 2 tablespoons sugar and 1/4 teaspoon cinnamon.
2. Sprinkle this spice mixture over muffin batter in pans before baking.

Date, Nut, or Prune Muffins

1. Add 2/3 cup finely chopped dates, nuts, or prunes to egg-milk mixture before combining liquid with dry ingredients.

Blueberry Muffins

1. Fold 1 cup blueberries into muffin batter before baking.

Jelly Muffins

1. Put 1 teaspoon tart jelly on top of batter in muffin pans before baking.

PANCAKES

PANCAKES OR WAFFLES

Yield: 18 griddle cakes or 6 waffles

5,000 feet	7,500 feet	10,000 feet
3 cups All-Purpose MIX 1 or Cake MIX A	3 cups All-Purpose MIX 2 or Cake MIX A	3 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

- 1-1/2 cups milk
- 2 eggs, unbeaten

Directions:

1. Add unbeaten eggs to milk and beat with rotary egg-beater.
2. Add to MIX and stir until blended.
3. Bake on hot griddle or in waffle iron.

Sour-Milk Pancakes or Waffles

1. Use the same proportions and method as in the recipe above.
2. Substitute 2 cups sour milk for 1-1/2 cups milk.
3. Stir 1 teaspoon soda into the MIX thoroughly before adding the combined sour milk and eggs.

DATE NUT COFFEE CAKE

Yield: One 8-inch square coffee cake

Oven temperature: 350 degrees.

Baking time: 40-45 minutes

5,000 feet	7,500 feet	10,000 feet
2 1/2 cups All-Purpose MIX 1 or Cake MIX A	2 1/2 cups All-Purpose MIX 2 or Cake MIX A	2 1/2 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

- 1/2 cup sugar
- 1 egg, well beaten
- 1/2 cup milk
- 1 teaspoon vanilla

Filling:

- 1 cup brown sugar (firmly packed)
- 1 tablespoon flour
- 1 tablespoon cinnamon
- 1/4 cup melted butter
- 1/2 cup chopped dates
- 1/4 cup chopped nuts

Directions:

1. Stir sugar into MIX.
2. Combine milk, beaten egg, and vanilla.
3. Stir into dry ingredients until blended.
4. Pour half of the batter into an 8x8x2-inch greased pan.
5. Spread the blended filling over it.
6. Pour remaining batter over filling.
7. Bake in a moderate oven (350 degrees) about 40-45 minutes.

YEAST COFFEE CAKE

(Basic Beaten Batter)

Yield: Two 8-inch coffee cakes

Oven temperature: 375 degrees.

Baking time: About 30 minutes

5,000 feet	7,500 feet	10,000 feet
3 3/4 cups All-Purpose MIX 1 or Cake MIX A	3 3/4 cups All-Purpose MIX 2 or Cake MIX A	3 3/4 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

1/4 cup lukewarm water

1 cake yeast

1 cup milk

1/4 cup plus 1 tablespoon sugar

2 eggs

1/2 teaspoon vanilla (if desired)

Directions:

1. Soften yeast in lukewarm water.
2. Scald milk and add sugar, cool to lukewarm.
3. Add 1 1/4 cups MIX to the lukewarm milk-sugar mixture and beat vigorously.
4. Add softened yeast, eggs and vanilla extract to the batter and beat well.
5. Add remaining MIX to make a thick batter. Beat thoroughly until smooth.
6. Cover and let rise at room temperature (80-85 degrees) until almost doubled in bulk. Stir down.
7. To make coffee cakes, use with different toppings as described on the following pages. Let rise second time until almost doubled in bulk.
8. Bake in moderate oven (375 degrees) about 30 minutes.

VARIATIONS

Crumble Coffee Cake

1/2 recipe Basic Beaten Batter

3 tablespoons milk

Crumble topping*

Directions:

1. Prepare Basic Batter according to the directions for your altitude.
2. Let the batter rise until it is light (approximately doubled in bulk) and then stir down.
3. Pour batter into a greased 8x8x2-inch pan, spreading evenly.
4. Brush the top with milk and sprinkle on Crumble topping mixture.
5. Let rise again. Follow directions for the proofing times and temperatures recommended for each altitude (next page).
6. Bake in moderate oven (375 degrees) about 30 minutes. Approximate times for proofing at each altitude, temperature 80-85 degrees.

	5,000 feet	7,500 feet	10,000 feet
1st period:	50 minutes	25 minutes	10 minutes
2nd period:	25 minutes	17 minutes	12 minutes

***Crumble Topping**

1/2 cup enriched flour

2 tablespoons sugar

1/4 cup dry bread crumbs

1/2 teaspoon cinnamon

2 tablespoons melted butter or fortified margarine

Directions:

1. Mix together flour, bread crumbs, sugar, and cinnamon.
2. Cut or rub in butter or margarine until the mixture is crumbly.

Apple Coffee Cake

1/2 recipe Basic Beaten Batter

1/4 cup sugar

3-4 medium apples, peeled and sliced

1 teaspoon cinnamon

2 tablespoons butter or fortified margarine

Directions:

1. Prepare Basic Batter according to the directions for your altitude.
2. Let the batter rise until it is light (approximately doubled in bulk) and then stir it down.
3. Place batter in a greased 8x8x2-inch square pan or a 9-inch layer cake pan.
4. Spread batter evenly. Arrange apple slices on top of batter so that the slices overlap.
5. Brush top with melted butter or fortified margarine.
6. Mix sugar and cinnamon and sprinkle over apples.
7. Let rise again. Follow directions for proofing times and temperatures recommended for each altitude.
8. Bake in a moderate oven (375 degrees) about 30 minutes.

Cranberry Swirl Coffee Cake

1/2 recipe Basic Beaten Batter

1/2 cup sweetened cranberry sauce

1/4 cup sugar

1/4 teaspoon cinnamon

Directions:

1. Prepare Basic Batter according to the directions for your altitude.
2. Let the batter rise until it is light (approximately doubled in bulk) and then stir it down.
3. Place batter in a greased 9-inch layer pan and spread it evenly.
4. With a floured spoon, make grooves in a swirl design on top of the batter.
5. Fill grooves with cranberry sauce.
6. Mix sugar and cinnamon and sprinkle on top.
7. Let rise again. Follow directions for proofing times and temperatures recommended for each altitude under Crumble Coffee Cake.
8. Bake in moderate oven (375 degrees) about 30 minutes.

Note: Preserves or marmalade may be used instead of cranberries in the swirls.

QUICK BREADS

BANANA BREAD

Yield: One loaf

oven temperature: 350 degrees.

Baking time: About 1 hour

5,000 feet	7,500 feet	10,000 feet
2 cups All-Purpose MIX 1 or Cake MIX A	2 cups All-Purpose MIX 2 or Cake MIX B	2 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

- 1/4 teaspoon soda
- 1/2 cup sugar
- 2 eggs, well beaten
- 1 cup mashed bananas

Directions:

1. Stir together the MIX, soda, and sugar.
2. Combine the egg and banana and stir until blended.
3. Stir the liquid mixture into the dry-ingredients mixture until well blended.
4. Bake in a wax paper-lined loaf pan, 4-3/4 x 8-3/4 x 2-3/4 inches, in a moderate oven (350 degrees) about 1 hour.

DATE-NUT BREAD

Yield: One loaf

Oven temperature: 350 degrees.

Baking time: About 1 hour

5,000 feet	7,500 feet	10,000 feet
2 cups All-Purpose MIX 1 or Cake MIX A	2 cups All-Purpose MIX 2 or Cake MIX B	2 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

1/2 teaspoon soda (At altitudes of 10,000 feet, use only 1/4 teaspoon soda.)

8-oz. package whole, untreated dates

1/2 teaspoon cinnamon

2/3 cup boiling water

1/2 cup sugar

1 egg, well beaten

1/2 cup chopped nuts

1/2 teaspoon vanilla

Directions:

1. Chop dates. Pour boiling water over chopped dates and sugar, stir, and let cool.
2. When cool, add well-beaten egg and vanilla. Blend the mixture.
3. Stir together the MIX, soda, cinnamon, and chopped nuts.
4. Add the liquid mixture to the dry ingredients and mix until well blended.
5. Bake in a wax paper-lined loaf pan, 4-3/4 x 8-3/4 x 2-3/4 inches, in a moderate oven (350 degrees) for about 1 hour.

NUT BREAD

Yield: One loaf

Oven temperature: 350 degrees.

Baking time: About 1 hour

5,000 feet	7,500 feet	10,000 feet
2 cups All-Purpose MIX 1 or Cake MIX A	2 cups All-Purpose MIX 2 or Cake MIX	2 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

- 1/8 teaspoon soda
- 1/4 cup brown sugar
- 1/4 cup white sugar
- 1/2 cup chopped nuts
- 1 egg, well beaten
- 2/3 cup milk

Directions:

1. Stir together the MIX, soda, brown sugar, white sugar, and chopped nuts until blended.
2. Combine the beaten egg and milk.
3. Add the combined liquids to the dry ingredients and stir until blended.
4. Bake in a wax paper-lined loaf pan, 4-3/4 x 8-3/4 x 2-3/4 inches, in moderate oven (350 degrees) about 1 hour.

ORANGE-RAISIN BREAD

Yield: One loaf

Oven temperature: 350 degrees.

Baking time: about 1 hour

5,000 feet	7,500 feet	10,000 feet
2 cups All-Purpose MIX 1 or Cake MIX A	2 cups All-Purpose MIX 2 or Cake MIX B	2 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

1/4 teaspoon soda
1/2 cup sugar
1 cup raisins
Rind of an orange

Juice from a medium orange plus
enough boiling water to equal 2/3
cup
1 egg, well beaten
1 teaspoon vanilla

Directions:

1. Pour juice from one medium orange into a standard measuring cup.
2. Add enough boiling water to make 2/3 cup.
3. Remove most of the white membrane from orange peel. Grind orange peel in a food chopper with raisins, using coarse blade.
4. Add diluted orange juice to the raisins and orange rind mixture and stir together.
5. Add beaten egg and vanilla to the combined orange juice, raisin and orange rind mixture, and stir until blended.
6. Stir together MIX, sugar, and soda until blended.
7. Add the liquid mixture to the dry ingredients and mix well.
8. Bake in a wax paper-lined loaf pan, 4-3/4 x 8-3/4 x 2-3/4 inches, in a moderate oven (350 degrees) about 1 hour.

PASTRY

PASTRY

Yield: Two 8-inch crusts

Oven temperature: 450 degrees.

Baking time: About 15 minutes

5,000 feet	7,500 feet	10,000 feet
2 cups All-Purpose MIX 1*	2 cups All-Purpose MIX 2*	2 cups All-Purpose MIX 3*

*Cake MIX may be used for pastry but it is so tender and crumbly that All-Purpose MIX is recommended.

Other Ingredients:

1/4 cup boiling water

1/4 cup butter, fortified margarine, lard, or other shortening

Directions:

1. Melt butter, margarine, lard, or shortening in the boiling water.
2. Sprinkle over MIX, blending with a fork.
3. Turn dough out on wax paper. Shape into a ball and roll in the wax paper.
4. Chill for 30 minutes or longer.
5. Roll out for pastry.
6. For single crust pies, bake in a hot oven (450 degrees) about 15 minutes.

APPLE PIE

Yield: One 8-inch pie

Oven temperature: 450 degrees.
lower to: 350 degrees.

Baking time: 10 minutes
Baking time: 40 minutes

1 recipe pastry

Other Ingredients:

5 to 7 tart apples

3/4 to 1 cup sugar

2 tablespoons flour

1 teaspoon cinnamon

1/4 teaspoon nutmeg

1/8 teaspoon salt

2 tablespoons butter

Directions:

1. Pare apples and slice thin.
2. Mix sugar, flour, spices, and salt.
3. Add to sliced apples.
4. Fill 8-inch pastry-lined pie pan.
5. Dot with butter. Adjust top crust.
6. Bake in hot oven (450 degrees) 10 minutes, then in moderate oven (350 degrees) about 40 minutes.

Note: If apples are not tart, add 1 tablespoon lemon juice.

CHERRY PIE

Yield: One 8-inch pie

Oven temperature: 450 degrees.
lower to 350 degrees.

Baking time: 10 minutes
Baking time: 30 minutes

1 recipe pastry

Other Ingredients:

2 cups pitted cherries

1/3 cup cherry juice

1/8 teaspoon almond extract

3 tablespoons quick-cooking tapioca

1 tablespoon butter

2/3 cup sugar

Directions:

1. Combine cherries, juice, almond extract, sugar, and tapioca; let stand 15 minutes.
2. Pour into 8-inch pastry-lined pie pan.
3. Dot with butter.
4. Make twisted lattice top; flute edge.
5. Bake in hot oven (450 degrees) 10 minutes, then in moderate oven (350 degrees) 30 minutes.

COOKIES

CHOCOLATE DROP COOKIES

Yield: 4 dozen cookies 2 inches in diameter

Oven temperature: 350 degrees.

Baking time: 12-15 minutes

5,000 feet	7,500 feet	10,000 feet
3 cups All-Purpose MIX 1 or Cake MIX A	3 cups All-Purpose MIX 2 or Cake MIX A	3 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

- 1 cup plus 2 tablespoons brown sugar (firmly packed)
- 1/2 cup milk
- 1 egg, well beaten
- 1/3 cup plus 2 teaspoons cocoa
- 1 teaspoon vanilla

Directions:

1. Stir together MIX, sugar, and cocoa.
2. Combine milk, beaten egg, and vanilla.
3. Stir liquid mixture into the dry ingredients until well blended.
4. Drop by teaspoon on greased baking sheet.
5. Bake in a moderate oven (350 degrees) 12-15 minutes.

MINCE MEAT COOKIES

Yield: 4 dozen

Oven temperature: 375 degrees.

Baking time: 15-20 minutes

5,000 feet	7,500 feet	10,000 feet
3 cups All-Purpose MIX 1 or Cake MIX A	3 cups All-Purpose MIX 2 or Cake MIX A	3 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

- 1 egg, well beaten
- 2 tablespoons milk
- 1 teaspoon vanilla
- 3/4 cup sugar
- 1/4 teaspoon salt
- 3/4 cup mince meat*

Directions:

1. Stir together the MIX, sugar, and salt.
2. Combine the mince meat, milk, and vanilla.
3. Stir the mince meat-milk-vanilla mixture into the dry ingredients and mix well.
4. Drop by teaspoonfuls on a greased baking sheet.
5. Bake in a moderate oven (375 degrees) 15-20 minutes.

*If packaged mince meat is used, reconstitute the mince meat according to the directions on the package.

MOLASSES COOKIES

Yield: 5 dozen 2-inch cookies

Oven temperature: 375 degrees.

Baking time: 10-12 minutes

5,000 feet	7,500 feet	10,000 feet
4 cups All-Purpose MIX 1 or Cake MIX A	4 cups All-Purpose MIX 2 or Cake MIX A	4 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1/2 teaspoon cloves
- 1 egg, well beaten
- 1 cup molasses

Directions:

1. Stir together the MIX, sugar, and spices.
2. Combine the well-beaten egg with the molasses.
3. Add the liquid mixture to the dry ingredients and mix until well blended.
4. Chill the dough thoroughly; 2-3 hours or overnight.
5. Shape into balls about the size of a walnut and roll in sugar.
6. Flatten on greased baking sheet with the smooth bottom of a water glass.
7. Bake in a moderate oven (375 degrees) about 10-12 minutes.

SUGAR COOKIES

Yield: 4 dozen 2 1/2-inch cookies

Oven temperature: 375 degrees.

Baking time: 10-12 minutes

5,000 feet	7,500 feet	10,000 feet
3 cups All-Purpose MIX 1 or Cake MIX A	3 cups All-Purpose MIX 2 or Cake MIX A	3 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

- 1 cup sugar
- 3-4 tablespoons milk
- 1 egg, well beaten
- 1 teaspoon vanilla

Directions:

1. Stir together the MIX and sugar.
2. Combine the well-beaten egg, milk, and vanilla.
3. Stir liquid mixture into the dry ingredients until well blended.
4. Chill the dough thoroughly; 2-3 hours or overnight.
5. Roll out dough 1/8-inch thick on a lightly floured board. Cut any desired shape.
6. Sprinkle with white sugar, colored sugar, chopped nuts, or any desired decoration.
7. Bake on a greased baking sheet in a moderate oven (375 degrees) for 10-12 minutes or until lightly browned.

OATMEAL COOKIES

Yield: 4 dozen

Oven temperature: 375 degrees.

Baking time: 12-15 minutes

5,000 feet	7,500 feet	10,000 feet
3 cups All-Purpose MIX 1 or Cake MIX A	3 cups All-Purpose MIX 2 or Cake MIX A	3 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

- 3/4 cup milk
- 1 egg, well beaten
- 1 cup brown sugar (firmly packed)
- 1 cup rolled oats (quick)
- 1 cup chopped nuts
- 1 teaspoon cinnamon
- 1 cup raisins

Directions:

1. Stir together MIX, sugar, and cinnamon.
2. Combine milk and beaten egg. Add to MIX and stir until well blended.
3. Stir in rolled oats, nuts, and raisins.
4. Drop by teaspoon on a greased baking sheet.
5. Bake in a moderate oven (375 degrees) 12-15 minutes.

GINGERSNAPS

Yield: 5 dozen

Oven temperature: 375 degrees.

Baking time: 10-12 minutes

5,000 feet	7,500 feet	10,000 feet
4 cups All-Purpose MIX 1 or Cake MIX A	4 cups All-Purpose MIX 2 or Cake MIX A	4 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

1 cup sugar

1 teaspoon soda

1 teaspoon ginger

2 eggs, well beaten

1 teaspoon cinnamon

1/2 cup molasses

1 teaspoon cloves

Directions:

1. Stir together MIX, sugar, spices, and soda.
2. Combine well-beaten eggs and molasses.
3. Stir the liquid mixture into the dry ingredients and mix.
4. Chill the dough thoroughly; 2-3 hours or overnight.
5. Shape into balls about the size of a walnut and roll in sugar. Flatten on greased baking sheet with the smooth bottom of a water glass.*
6. Sprinkle top of cookies with sugar.
7. Bake in a moderate oven (375 degrees) 10-12 minutes.

*For variety one may roll out cookie dough 1/4-inch thick on a lightly floured board or pastry cloth and cut with cookie cutters.

CAKES

CHOCOLATE CAKE

Yield: Two 8-inch layer cakes

Oven temperature: 375 degrees.

Baking time: About 30 minutes

5,000 feet	7,500 feet	10,000 feet
3 cups Cake MIX A*	3 cups Cake MIX A*	3 cups Cake MIX B*

*It is recommended that Cake MIX be used for cakes. All-Purpose MIX may be used, but the cakes will be less delicate and light, and they will have smaller volume.

Other Ingredients:

3 squares unsweetened chocolate

1-1/2 cups sugar

1-1/3 cups milk

2 eggs, unbeaten

1 teaspoon vanilla

Directions:

1. Melt the chocolate over boiling water and cool.
2. Stir the sugar into the MIX.
3. Combine the milk, eggs, and vanilla.
4. Pour 3/4 cup of the liquid mixture into the dry ingredients.
5. Add the melted, cooled chocolate.
6. Mixer Method: Beat for 2 minutes at low speed. Add the remaining liquid mixture and beat for another 2 minutes at low speed; or Hand Method: Beat for 300 strokes. Add the remaining liquid mixture and beat for another 300 strokes.
7. Pour batter in two 8-inch layer pans (1-1/2 inches deep) which have been lined with wax paper on the bottom, or greased and floured lightly.
8. Bake in a moderate oven (375 degrees) about 30 minutes.

BUTTERMILK CHOCOLATE CAKE

Yield: Two 8-inch layer cakes

Oven temperature: 375 degrees.

Baking time: About 30 minutes

Buttermilk produces a light cake with a fine velvety texture.

5,000 feet	7,500 feet	10,000 feet
Combine 1/2 teaspoon soda with Cake MIX A* before adding liquids	Combine 1/2 teaspoon soda with Cake MIX A* before adding liquids	Combine 1/2 teaspoon soda with Cake MIX B* before adding liquids

*It is recommended that Cake MIX be used. All-Purpose MIX may be used but the cakes be less delicate and light and they will have a smaller volume.

Other Ingredients:

Substitute 1-1/3 cups buttermilk for 1-1/3 cups milk in Chocolate Cake. Use the same proportions of other ingredients and method as given for Chocolate Cake (previous page).

YELLOW CAKE

Yield: Two 8-inch layers

Oven temperature: 375 degrees.

Baking time: About 30 minutes

5,000 feet	7,500 feet	10,000 feet
3 cups Cake* MIX A or All-Purpose MIX 1	3 cups Cake* MIX B or All-Purpose** MIX 2	3 cups Cake* MIX C or All-Purpose** MIX 3

*It is recommended that Cake MIX be used. All-Purpose MIX may be used but the cakes be less delicate and light and they will have a smaller volume.

Other Ingredients:

1-1/3 cups sugar

2 eggs**, unbeaten

1 cup milk

1 teaspoon vanilla

**When using All-Purpose MIX 2 at 7,500 feet or All-Purpose MIX 3 at 10,000 feet, increase eggs to 4.

Directions:

1. Stir together the MIX and sugar.
2. Combine milk, eggs, and vanilla.
3. Pour one-half of the liquid mixture into the dry ingredients.
4. *Mixer Method:* Mix for 2 minutes at low speed. Add remaining liquid mixture and mix for another 2 minutes at low speed; or
Hand Method: Beat 300 strokes. Add remaining liquid mixture and beat another 300 strokes.
5. Pour into two 8-inch layer pans (1-1/2 inches deep) which have been lined with wax paper on the bottom, or greased and floured lightly.
6. Bake in a moderate oven (375 degrees) about 30 minutes.

WHITE CAKE

Yield: Two 8-inch layers

Oven temperature: 375 degrees.

Baking time: About 30 minutes

5,000 feet	7,500 feet	10,000 feet
3 cups Cake* MIX A or All-Purpose MIX 1 1 cup sugar	3 cups Cake* MIX A or All-Purpose MIX 2 1 cup sugar minus 1 tablespoon	3 cups Cake* MIX B or All-Purpose MIX 3 1 cup sugar minus 2 tablespoons

*It is recommended that Cake MIX be used when preparing cakes. All-Purpose MIX may be used but the cakes will be less delicate and light and they will have a smaller volume.

Other Ingredients:

3/4 cup milk	1/2 teaspoon almond extract
1/2 teaspoon vanilla extract	4 egg whites
	1/4 cup sugar

Directions:

1. Stir together the MIX and sugar.
2. Add the almond and vanilla extracts to the milk.
3. Beat egg whites until foamy.
4. Add 1/4 cup sugar gradually to egg whites and continue beating until egg whites are stiff and glossy, but not dry.
5. Add 1/2 cup milk to the dry ingredients.
6. *Mixer Method:* Mix dry ingredients and 1/2 cup milk for 2 minutes at low speed. Add the remainder of the milk and the beaten egg white-sugar mixture. Beat the combined mixture for another 2 minutes at low speed; or *Hand Method:* Beat dry ingredients and 1/2 cup milk for 300 strokes. Add the remainder of the milk and the beaten egg white-sugar mixture. Beat the combined mixture for another 300 strokes.
7. Pour cake batter into two 8-inch layer pans (1-1/2 inches deep), the bottoms of which have either been lined with wax paper or greased and floured lightly.
8. Bake in a moderate oven (375 degrees) about 30 minutes.

VARIATIONS

Cherry Upside Down Cake

Yield: One 8-inch square cake

Oven temperature: 350 degrees.

Baking time: 40-45 minutes

5,000 feet	7,500 feet	10,000 feet
Use 1/2 of the Yellow Cake recipe page 28	Use 1/2 of the Yellow Cake recipe page 28	Use 1/2 of the Yellow Cake recipe page 28

Other Ingredients:

1/3 cup sugar

1-1/2 tablespoons cornstarch

1/2 No. 2 can (1-1/4 cups) sour red cherries (drained)

Directions:

1. Use 1/2 of the amounts given in the recipe for Yellow Cake for the batter.
2. Follow the directions given under the Yellow Cake recipe for combining the cake batter.
3. Mix together sugar and cornstarch.
4. Add syrup from cherries and cook until thick and clear.
5. Add cherries; pour into a greased square pan, 8x8x2 inches.
6. Pour cake batter on top.
7. Bake in a moderate oven (350 degrees) about 40-45 minutes.

Peach Upside Down Cake

Yield: One 8-inch square cake

Oven temperature: 375 degrees.

Baking time: 40-45 minutes

5,000 feet	7,500 feet	10,000 feet
Use 1/2 of the Yellow Cake recipe page 28	Use 1/2 of the Yellow Cake recipe page 28	Use 1/2 of the Yellow Cake recipe page 28

Other Ingredients:

- 2 cups canned peaches (drained)
- 3 tablespoons butter or fortified margarine
- 2/3 cup juice from peaches

Directions:

1. Use 1/2 of the amounts given in the recipe for Yellow Cake for the batter.
2. Follow the directions given under the Yellow Cake recipe for combining the cake batter.
3. Place the peach slices or halves close together in the bottom of greased pan, 8x8x2 inches.
4. Cook the peach syrup until thick, stir in the butter and pour this mixture over the peaches.
5. Pour batter on top of peaches and bake in a moderate oven (375 degrees) for about 40-45 minutes.

Peach Dessert Cake

Yield: One 8-inch square cake

Oven temperature: 350 degrees.

Baking time: 50 minutes

5,000 feet	7,500 feet	10,000 feet
Use 1/2 of the Yellow Cake recipe page 28	Use 1/2 of the Yellow Cake recipe Page 28	Use 1/2 of the Yellow Cake recipe Page 28

Other Ingredients:

1 teaspoon grated lemon rind
2 cups peeled and sliced fresh peaches or well-drained sliced canned peaches

1/3 cup sugar
1/2 teaspoon cinnamon
1/4 cup chopped walnuts

Directions:

1. Use 1/2 of the amounts given in the recipe for Yellow Cake for the batter.
2. Follow the directions given under the Yellow Cake recipe for combining the cake batter.
3. Pour one-half of the cake batter into a greased 8x8x2-inch pan.
4. Spread batter and arrange slices of peaches on top of the batter.
5. Pour remainder of the cake batter over peaches, spreading it carefully.
6. Combine sugar, cinnamon, and chopped walnuts.
7. Sprinkle the sugar-cinnamon-walnut mixture on top of the cake batter.
8. Bake in an oven at 350 degrees. about 50 minutes.
9. Serve while warm either with or without cream.

Pineapple Upside Down Cake

Yield: One 8-inch square cake

Oven temperature: 375 degrees.

Baking time: 40-45 minutes

5,000 feet	7,500 feet	10,000 feet
Use 1/2 of the Yellow Cake recipe page 28	Use 1/2 of the Yellow Cake recipe page 28	Use 1/2 of the Yellow Cake recipe page 28

Other Ingredients:

- 1/4 cup butter or margarine
- 9 slices pineapple
- 2/3 cup brown sugar (firmly packed)
- 9 maraschino cherries

Directions:

1. Use 1/2 of the amounts given in the recipe for Yellow Cake for the batter.
2. Follow the directions given under the Yellow Cake recipe for combining the cake batter.
3. Melt the butter in a square pan, 8x8x2 inches. Add the brown sugar.
4. Arrange the pineapple slices over the sugar-butter mixture.
5. Place a maraschino cherry in the center of each slice of pineapple.
6. Pour the cake batter on top of the fruit.
7. Bake in a moderate oven (375 degrees) for about 40-45 minutes.
8. Cool slightly; invert on plate while still warm.

GINGERBREAD

Yield: One 8-inch square cake

Oven temperature: 350 degrees.

Baking time: 40-45 minutes

5,000 feet	7,500 feet	10,000 feet
2 cups All-Purpose MIX 1 or Cake MIX A	2 cups All-Purpose MIX 2 or Cake MIX A	2 cups All-Purpose MIX 3 or Cake MIX C

Other Ingredients:

1/4 cup sugar

1/4 teaspoon soda (At altitudes of 10,000 feet, use only 1/8 teaspoon soda.)

1/2 teaspoon cinnamon

1/2 teaspoon ginger

1/4 teaspoon cloves

1 egg, well beaten

1/2 cup molasses (dark)

1/2 cup water

Directions:

1. Stir together MIX, sugar, soda, and spices.
2. Combine egg, molasses, and water.
3. Add half the liquid mixture to the dry ingredients.
4. Mixer Method: Mix for 2 minutes at low speed. Add the remaining liquid mixture and beat for another minute at low speed; or Hand Method: Beat 300 strokes. Add the remaining liquid mixture and beat an additional 150 strokes.
5. Bake in a wax paper-lined 8x8x2-inch square pan in moderate oven (350 degrees) about 40 minutes.

FUDGE PUDDING

Yield: One 8-inch square pudding

Oven temperature: 350 degrees.

Baking time: 45-50 minutes

5,000 feet	7,500 feet	10,000 feet
1 1/2 cups All-Purpose MIX 1 or Cake MIX A	1 1/2 cups All-Purpose MIX 2 or Cake MIX A	1 1/2 cups All-Purpose MIX 3 or Cake MIX B

Other Ingredients:

- 1/2 cup sugar
- 2 tablespoons cocoa
- 3/4 cup chopped nuts
- 1/2 cup milk
- 1 teaspoon vanilla

Topping:

- 3/4 cup brown sugar
- 1/4 cup cocoa
- 1-3/4 cups boiling water

Directions:

1. Stir together MIX, sugar, 2 tablespoons cocoa, and nuts.
2. Stir in the milk and vanilla and beat well.
3. Spread batter in an 8x8x2-inch square pan.
4. Combine brown sugar and cocoa for topping. Sprinkle over batter in the pan.
5. Pour boiling water over all. Bake in a moderate oven (350 degrees) 45-50 minutes.

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