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HOMEMAKERS' CHAT

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SUBJECT: "Sweet, Quick Breads" - information from food specialists of the
U. S. Department of Agriculture

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Put the spotlight on sweet bread - this summer - and your family will forget about cake and other rich desserts.

Hot bread - fresh from the oven - is always a treat...even when the thermometer climbs. With cold cuts, a generous raw vegetable salad and fresh fruit...sweet hot bread makes a tempting light meal for late summer days.

Food specialists of the U.S. Department of Agriculture point out that quick breads - such as muffins and biscuits - are made to order for summer baking. You can stir them up in a hurry. In fact...you can save time by mixing the dry ingredients of biscuit dough in quantity ahead of time. Then all you need to do...when you get ready to make hot bread...is to add the fat and milk. They can be baked quickly.

There are countless variations on the quick bread theme. Here are some suggestions from the food specialists. Dress up muffins by adding chopped nuts or dried fruits. Or treat the children to a surprise by baking a spoonful of jelly in the center of each muffin.

One way to vary the basic baking powder biscuit is to substitute a flavorful juice for all or part of the liquid called for in the recipe. For example, tomato juice biscuits are delicious. Or you may use orange juice. Or you may get another fruit flavor by using sweetened apple sauce - that's been flavored with cinnamon - for part of the liquid in baking powder biscuits. Try this and see if your family doesn't call for a return engagement.

A pleasant way to vary the shape of biscuits is to make pinwheels. When the dough's rolled flat...spread it with filling...such as chopped raisins or dates...or raw chopped apple with cinnamon...or marmalade. Roll the dough jelly-roll fashion...slice off in inch-thick pieces...and the pinwheels are ready for baking.

Take the tip from the food specialists...let your family eat hot bread.

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