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# HOMEMAKERS' CHAT

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U. S. DEPARTMENT  
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(Release on receipt)

SUBJECT: "Pan Practice"-information from the Bureau of Human Nutrition and Home Economics, U.S. Department of Agriculture

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A beginner at this homemaking business wants to know, "What's the way to prepare a pan for baking?"

Then she goes on to say, "There seems to be no hard and fast rule. For example, my mother simply greases the pan. My mother-in-law uses both grease and flour. And my neighbor uses wax paper. All of them turn out delicious breads, cakes and cookies. Which is the approved method?"

Well...if you're baking cakes and cookies that contain both fat and sugar... you may use any one of the three methods..say home economists of the U. S. Department of Agriculture.

You'll find the greased pan is better than waxed paper if you're baking quick breads and yeast breads. That's because the paper burns up at the relatively high baking temperatures used for these products.

Maccaroons have a way of sticking to pans because they have a good deal of sugar and egg white and not fat. Best way to fix a pan for maccaroons is to line it with wax paper. Or you may use a heavy greased brown paper. They are baked at low temperature. So the paper won't burn.

You'll find puddings are best baked in greased containers.

Use heavy brown greased paper or a heavy type of wax paper for rich mixtures such as fruit cakes and brownies. These are baked at low temperatures for a long period of time. So the greased paper is the best protection.

For sponge cakes and angel food cakes...use an ungreased pan. They won't stick.

One final bit of advice on pan practice. The home economists say the best fat for greasing pans contain no salt, water or protein. In other words you'll find vegetable oils and shortenings are more satisfactory for greasing baking pans than table fats or bacon drippings.

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