



The CANADIAN COOKING SCHOOL

A complete Cookery Arts Course in 12 Lessons dealing with all the Fundamentals of this Important Subject. Thoroughly practical to the beginner as well as to the experienced Cook who is interested in the newer, better, more economical methods.

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LESSON 2

THE SIMPLE BATTERS

From Pancakes to Muffin Mixtures. In our last lesson, we learned how to thicken a sauce by adding the right amount of starchy thickening material such as flour, cornstarch, etc. in the right way. In this lesson, we begin the study of flour mixtures which, when cooked, take solid form.

The easiest way to divide mixtures into their different classes, is to go by their consistency—that is to say, by the thickness of the different mixtures. This consistency or thickness depends upon the proportion of flour and liquid used.

There are two kinds of batters and two kinds of doughs. We will leave the doughs for the present and consider only the batters.

1. **Four Batter** has approximately 1 cup flour to 1 cup liquid. It is the thickest of our flour mixtures (not counting the sauces). Good examples of mixtures that are made in about this proportion are pancakes, waffles, fritters, popovers, Yorkshire pudding.

2. **Drop Batter** has approximately 2 cups flour to 1 cup liquid. Good examples are muffins, cornbread and most cakes.

This is not a strict rule of proportion but is a general guide in the making of batters.

In this lesson, we will study the Pour Batters, and the simpler Drop Batters, which are those put together by the Muffin Method. We shall have a special lesson later on cake making, for the cake mixtures, which are also Drop Batters, are not quite so easily handled as the muffin-type mixtures, and of course you will want the whole book on cakes—the Easy-Way Cake Book, which this paper is making so readily available to its readers.

POUR BATTERS

I have already given you a very general rule that describes a Pour Batter. It gets its name from the fact that it is thin enough to be poured. In general, it contains equal amounts of liquid and flour. We take 1 cup liquid as our base in describing these batters, and so this means that to 1 cup liquid (sweet milk, sour milk, buttermilk, water, molasses, eggs) we allow about 1 cup flour.

Let me point out here something about flour which every student should know:

Different types of flour are different from one another in more than just quality. One kind of flour will have more thickening power than another; one kind will have more gluten than another, or a stronger gluten. For general purposes the difference in results is not so noticeable, but proportions are so important in cake mixtures that we have definitely based our recipes on pastry flour. In the lessons and in the Easy-Way Books all of the recipes are carefully balanced to give perfect results when a soft wheat or pastry flour is used.

Shortening has to be considered in this lesson for the first time—at least so far as this kind of flour mixture is concerned.

It serves one main purpose—to give a tender texture to our finished batter or dough. It further adds richness and flavour.

There are different kinds of shortenings; but all contribute about the same amount of actual fat. Butter, a favourite shortening for some things (particularly for cakes) also gives a distinctive flavour to a mixture it goes into, but we must consider against this point the average higher cost of butter. Many cooks use part butter and part shortening.

Cream contains butter fat. Lard is a very old and reliable shortening which may be used in some of the simple batters, and for the doughs. Of course, it is an animal fat.

Commercial shortening is usually pure white fine in texture, neutral in flavour. Usually it is made of pure vegetable oils, and sometimes a mixture of vegetable and animal fats; thoroughly wholesome and digestible. Liquid shortening may be any of these solid fats melted, or a cooking oil.

When we substitute Cream. Sometimes we have some cream, either sweet or sour, that we would like to put into a batter which calls only for milk.

We can substitute the cream, but because it has extra butter fat in it, we can leave out some of the butter or other fat which is called for in our recipe.

Because of this extra fat (which we look on as a solid), there is less actual liquid in cream than in milk. So we work it out this way:

1 cup 16 p.c. cream equals 3 table-spoons fat, plus 7-8 cup milk.
1 cup 24 p.c. cream equals 4 2-3 table-spoons fat, plus 2-3 cup milk.
1 cup 32 p.c. cream equals 6 1-3 table-spoons fat, plus 1-2 cup milk.

To Make Mixtures Light

The next ingredients we must consider are those that we call "lightening" or "leavening materials" which we put in a flour mixture to make it light. These are the things we count on to give lightness to our flour mixtures.

Air—In many of our batters, we get all the air we can into our mixtures. We sift our flour several times, so as to make it "light and airy." We beat eggs until they reach from 3 to 4 times their original bulk, due to the air which is beaten in, and caught inside the tiny cell-walls of delicate egg.

In the oven, this air (like any other gas) expands, and helps to make our muffins, cakes, etc., rise.

Steam—When some of the liquid in a flour mixture is changed by very strong heat into steam, there is expansion and the steam tries to push its way out to the surface—and of course as it does this, it carries some of the mixture up with it. This is another way of causing a flour mixture to "rise." Of course, this happens only when a mixture with a great deal of liquid is put into a very hot oven. Popovers, for example, which are made by the Pour Batter rule and go into the oven as a very thin batter, are given a very hot oven; steam is soon formed, and the popovers rise—puffs away up, and gradually bakes firm in that position; that is why it is like an almost empty, bubble of delicate, crisply-baked batter. Yorkshire pudding is another of the Pour Batters that count largely on steam to make it light; the eggs in it also help lightness, but may add a custard-like character to the mixture, which is unique.

Baking Powder—This is the lightening agent or leavening material which we use most. It is very convenient to use. There is a very easy rule for you to remember about the amount of baking powder that is needed; if there are no eggs in the mixture:
2 teaspoons baking powder will lighten 1 cup of flour.
You can count on each egg with air beaten in which you add to the mixture, to do the work of 1-2 teaspoon baking powder, and so you can use that much less powder than you would otherwise need.

This is the way baking powder works: After it has been wet, unless the temperature is very low, it begins, rather slowly, to create gas. This gas makes a gentle effort to escape from the mixture, so it rises, and if the mixture is left standing, the gas forms little bubbles on the surface and escapes when they break. This is why we waste no time after we have added the baking powder in getting our batter into the oven or into a uniformly cold refrigerator, and here, by the way, is one of the great boons of the modern electric or gas refrigerator. It maintains such steady cold temperatures that we are able to prepare many batters and doughs ahead of time and keep them chilled until the moment to bake them arrives. See what that does in providing hot biscuits at the tea hour—waffles for late supper, fresh-baked short-cake for dinner! Even, with some batters a cake to bake next day.

When a mixture containing baking powder is heated, gas is created, and it expands much more quickly; larger bubbles are formed, which are better able to force their way upwards. So when we heat our batter, hundreds upon hundreds of these little gas bubbles begin to work their way up in it, and they force the flour mixture upwards (we say then that our mixture is "rising"); it is just as though hundreds and hundreds of tiny popovers were "popping" at once (though more slowly). And all the time, the mixture is baking, so that soon it will begin to "set," to become delicately firm. When it has set sufficiently to hold its shape, in that puffed-up position it has been given by the materials that have made it light, we consider it "done." At once, we remove it from the heat.

But if we take it out a little too soon, before the mixture has become strong enough to really support itself, it will shrink back, or as we say, "fall," and if we leave it too long, our finished pro-

duct comes out more brown and dry than we want it.

Baking Soda—This is another very familiar material for use in making a flour mixture light. It works something like baking powder—it helps to form a gas, and this gas forces its way up, carrying the batter with it. The soda cannot work with ordinary liquid alone, as baking powder does. It has to have some acid in the mixture to work with it. So we usually use soda in a batter that we are wetting with an acid liquid like sour milk, buttermilk or molasses. There are other things that are a little bit acid too, like brown sugar, cocoa, spices and fruits. Hot liquids, even though not acid, also act on baking soda.

We must be very careful to have exactly the right amount of soda to work with the acid in our mixture. If we use more soda than the acid can take care of, that "extra soda" will taste in the finished product; sometimes you can smell it off a muffin or a soda-scone—or you can see that it has made the mixture a little yellowish. So we are always careful to have no extra soda.

This is the rule for using soda:
1 cup sour milk, buttermilk or molasses will take care of 1-2 teaspoon soda.

The equivalent amount of acid in fruit juices, small amounts of vinegar, etc., will have to be estimated.

Mixing the Pour Batter
You have probably spoken yourself of a friend who has "a light touch with a cake." The expression has a very sound origin. It is a mistake to over-work a batter, either a cake batter (which comes in Lesson 9 and in such wide and fascinating variety in the Easy-Way Cake Book) or the simpler batters we are discussing in this lesson. Quick but thorough blending of the materials is our aim. I will reduce the work to a sort of formula for you:

1. See to the oven if it is to be used—it should generally be heating.
2. Get out utensils.
3. Get out ingredients required.
4. Grease pans or line with paper if necessary.
5. Measure, mix and sift dry ingredients.
6. Measure shortening and liquid.
7. Combine ingredients, usually adding mixed liquids to mixed dry ingredients.

2. Cook as required.
Griddle Cakes or Pancakes (with sweet milk)
2 cups flour.
3 1-2 teaspoons baking powder
1-2 teaspoon salt
1 3-4 cups milk
1 egg
3 tablespoons shortening.

To follow rules: Sift and measure flour, sift flour, baking powder and salt together into a bowl. Beat the egg until light, add the milk and melted shortening and mix well with the flour until all lumps have disappeared. This makes quite a sturdy pancake, substantial and satisfying. For thinner, more delicate pancakes, add more milk.

Heat a griddle or heavy frying pan, grease lightly, and pour on the batter in spoonfuls; allow to cook until the bottom becomes golden brown, the edges begin to crisp, and bubbles appear and break on the surface. Using an egg-turner, turn the cakes neatly and brown on the other side. Serve in a very hot dish (since sudden cooling makes them heavy), with butter, syrup, honey, lemon and sugar, or brown sugar.

Griddle Cakes (with sour milk)
2 cups flour
1-2 teaspoon salt
1 teaspoon soda
2 cups sour milk
1 egg
3 tablespoons shortening.
Sift dry ingredients together; combine with liquids according to rule.

Variations—Add to either pancake batter 1 cup cooked corn, or diced cold chicken and corn; or sweetbread or chicken and fried mushrooms. Or use 1 cup whole wheat flour in place of 1 cup white flour, for whole wheat cakes. For thinner pan-cakes, add some sweet milk rather than increase the sour milk very much, because we would not add more soda and the additional "unmellowed acid" might affect the cakes' flavour.

Prepared Flour Pancakes
Add enough milk, or even water, to prepared flour to make a thin batter, and cook as directed for the Griddle Cake batter I have given you.

For a richer pancake, use a beaten

egg as part of the liquid. (Nice for dessert pancakes).

Because batter made with some prepared flours becomes thicker by standing, more liquid may be added to keep each batch of pancakes thin enough.

Yorkshire Pudding
The genuine old Yorkshire Pudding is a good example of batter raised by the changing of a large amount of liquid into steam. Sift 2 cups flour with 1-2 teaspoon salt. Beat 3 eggs very light, combine with 2 cups milk and gradually stir into flour mixture until very smooth. Beat hard several minutes. Pour about 1 inch deep into a strongly-heated shallow baking pan, containing a little hot dripping from the roasting pan; bake 30 to 45 minutes, basting after it is well risen with some hot fat, from the pan in which beef is roasting.

Here is a modernized version, less a custard-like batter than the first one; sift together 1 cup flour, 1-2 teaspoon salt and 1 teaspoon baking powder; add 1 cup milk and 2 well-beaten egg yolks; fold in 2 whites, beaten stiff. Bake same as first mixture, or in greased gem pans.

DROP BATTERS BY MUFFIN METHOD

The Drop Batters, as I have explained are only about half as thin as the Pour Batters.

A Drop Batter gets its name because it is just the right thickness to drop nicely from a spoon.

We have two methods of mixing a Drop Batter:

1. The Muffin Method—
(a) Mix dry ingredients.
(b) Mix liquids.
(c) Combine them quickly.

This is the simplest method we have of mixing a batter.

Frankly we feel that these muffins are best eaten hot from the oven; cold ones may be split and toasted.

2. The other method is the one that we follow for cakes that have shortening in them; we shall not discuss that method in this lesson, it is so important it requires a lesson to itself.

We shall now look at Muffin Batters, which are very closely related to Pour Batters. We use the same kind of ingredients for them, expect these ingredients to do the same work, and put them together in much the same way.

The difference lies in the thickness of the batters and in the method of cooking.

For muffins, we use not only white flour, but also whole wheat flour, graham flour, bran, cornmeal, rolled oats, coarse grains like some of the interesting mixed breakfast cereals, any kind of cooked cereal—all of these can be worked into different muffin batters, once you understand muffin-making in a general way.

Here are the rules for putting an ordinary muffin mixture together:

1. Sift white flour, measure it, mix the other fine dry ingredients with it and sift them together into mixing bowl.
2. Mix in any coarse meal which should not be sifted—cornmeal, whole wheat flour, bran, etc.

3. Mix the liquids—milk, beaten egg and melted shortening.
4. Make a well in the centre of the dry ingredients and pour the liquids into it.

5. With as few strokes as possible, combine the liquids and the dry materials. Leave the batter very rough—don't beat it or try to make it smooth. Add the flavouring while mixing. This is a very quick way to mix a batter—and perhaps it seems too casual to be successful; but blending muffin ingredients too carefully, when they are mixed this way, will only spoil the texture of the muffins.

6. Turn into greased muffin pans, making them 2-3 full and bake at about 400 degrees F. in a hot oven, about 20 to 25 minutes. (Time depends on exact mixture and on size of muffins, which may be very tiny or large "gem" size).

By the way, I like to bake my finer muffins in little paper cups that I buy in packages of a hundred. It is a good plan to set a paper-cup in each pan—no greasing will be required and the pans will not need washing afterwards; also the paper cups keep muffins and cakes fresher. To bake many at once, however, just place paper cups closely on a large baking sheet or flat pan.

Plain Muffins
2 cups flour
3 1-2 teaspoons baking powder
1-2 teaspoon salt
1 egg
7-8 cup milk
2 or 3 tablespoons melted shortening.

Combine according to general muffin method. Bake at 400 degrees F.

Rich Muffins
1-4 cup butter
1-4 cup sugar
1 egg
3-4 cup milk
2 cups flour
1-2 teaspoon salt
3 teaspoons baking powder

Combine according to muffin method, or by cake method after you have learned it. These muffins have a slightly different texture if made according to the cake method, which will come to you in Lesson 9. When you have learned both methods, try them out and compare them.

Variations of Muffins
Whole Wheat Muffins—Substitute 1 cup whole wheat flour for 1 cup white pastry flour in plain muffins; increase sugar to 4 tablespoons.

Fruit Muffins—Add 1-2 cup washed and dried currants, raisins, or chopped dates to plain or rich type muffins; add to dry ingredients before mixing in wet ingredients.

Savory Muffins—Reduce shortening and sugar in plain white muffins to 1 tablespoon each; add 1-2 cup diced cooked ham or chopped cooked bacon to dry ingredients, before adding the wet.

Cheese Muffins—Reduce sugar in plain white muffins to 2 tablespoons; cut shortening to 1 tablespoon and add 1-2 cup grated, sharp cheese to the dry

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Ingredients before mixing in the wet.
Peanut Butter Muffins—In plain white muffins or rich white muffins, use only 2 tablespoons shortening and add 1-2 cup peanut butter to the wet ingredients before mixing with dry ingredients.

Fresh Fruit Muffins—Add 1-2 cup washed, dried blueberries, raspberries, strawberries or pitted red cherries to the dry ingredients before stirring in wet ingredients.

Bran Muffins
2 cups flour
1-2 teaspoon salt
3 1-2 teaspoons baking powder
3-4 cup sugar
1 1-2 cups bran
1 egg
3 tablespoons molasses
1 cup milk
1-3 cup melted shortening
1 cup stoned, chopped dates
1-3 cup chopped walnuts.

Combine according to Muffin Method, adding fruit and nuts to dry ingredients and the molasses to beaten egg. Bake in a moderate oven, 375 degrees F., 30 to 35 minutes. (These muffins are very rich and sweet).

These muffins are given a different texture which makes them especially delicious, even when cold, if they are combined according to the cake method which we shall give you in Lesson 9.

Nut Bread
2 cups flour
3 1-2 teaspoons baking powder
1-2 teaspoon salt
1-3 cup sugar
1 cup milk
1 egg
2 tablespoons melted fat
3-4 cup chopped nuts
or 3-4 cup chopped dates, figs, prunes, raisins or currants.

Mix by Muffin Method, adding nuts or fruits—or a combination of the two, if you like—to the dry ingredients. Turn into greased pans, let stand 20 minutes, then bake in a slow oven 300 degrees F., 45 to 60 minutes.

As hinted at the beginning of this lesson, the simpler muffin mixtures are only at their best served hot. For serving cold, I advise you to use cake batter, perhaps such useful cup-cake mixtures as you will find in the Easy-Way Cake Book.

Four Sudbury Juniors are Given Cards by N.O.H.A.

According to a despatch from Sault Ste. Marie, President J. H. McDonald of the Northern Ontario Hockey Association announced Thursday that the executive of that body, by telegraphic vote, had decided to approve playing certificates for four members of the Sudbury Cub Wolves whose transfers have been refused by the O.H.A.

The players affected by the decision were not named by Mr. McDonald but it is expected that whatever four applicants are submitted by Sudbury will be passed for cards.

The decision to grant the quartet the right to play in the north does not mean that they have been given transfers by the O.H.A. They can take part in the series in the north but have not yet been given this privilege of competing against the O.H.A. teams in the annual playoff series.

The transfers from the O.H.A. will be the subject of discussion at a meeting of the executive of that body the night of January 26 in Toronto. Should the Sudbury transfers be refused at that time the Nickel City club may be asked to replay its games in the north without the services of the four players who will be granted N.O.H.A. playing cards.

Considerable pressure has been brought to bear on the N.O.H.A. executive by the Sudbury club to approve the playing certificates. The result was the telegraphic vote taken last week which brought the decision that four would be approved.

Released After Plea of Guilty to Highgrading

The Haileyburian last week says:—"Although both Natale Cuzzilla of Windsor, and Eli Mayer of Cobalt, pleaded guilty last week to charges of highgrading and theft of ore respectively, both were released at the weekend when it was found from an assay that the 'silver' found in the possession of Cuzzilla was only zinc, and there was no evidence to substantiate the charge of theft against Mayer. They had been remanded in custody for sentence, following the pleas of guilty, and Wm. C. Inch, Haileybury lawyer, appeared in their behalf. When Cuzzilla appeared for sentence in police court here Magistrate Atkinson was informed of the result of the assay of the metal, a bar of which had been found in his possession. It had been believed to be partly-treated silver, but was found to be plain zinc. Mayer appeared later in Cobalt police court and Crown Attorney F. L. Smiley, K.C., told the magistrate that he had no evidence to offer in the case. It had been stated by Mr. Inch, in behalf of Mayer, that Mayor Wainwright of Cobalt, one of the owners of the Coniags property, from which the ore was alleged to have been stolen, would appear to explain some of the circumstances, but His Worship was not called when the Crown did not offer any evidence."

Quarterly Statement of the McIntyre-Porcupine

The quarterly statement of the McIntyre Porcupine Mines for the period ending Dec. 31st, 1933, was issued last week. The statement also reviews the nine months ending the same time.

The gross income for the third quarter ending Dec. 31st, 1933, was \$2,062,539.55; costs, including development, \$836,417.07; appropriation for taxes, \$195,232.53; depreciation, \$74,071.93; total costs, \$1,105,718.53; net income after depreciation, \$956,821.02; earnings per share, \$1.20.

For the nine months ending Dec. 31st, 1933, the gross income was \$5,973,582.65; costs, including development, \$2,454,972.65; appropriation for taxes, \$587,100.55; depreciation, \$219,409.62; total costs, \$3,261,482.82; net income after depreciation, \$2,712,109.83; earnings per share \$3.40. This is an increase in every item from the same period for the previous year. The increase may be summarized as follows: gross income, \$1,489,604.88 increase; costs, including development, \$159,551.11 increase; appropriation for taxes \$363,049.93 increase; depreciation, \$16,263.46 increase; total costs, \$538,864.50 increase; net income after depreciation \$950,740.38 increase; earnings per share, \$1.19 increase.

The increase in taxation is very striking, the appropriation for the past nine months being more than double the same period the previous year. That taxes should be more than double the depreciation is also a rather striking fact. With ten per cent. of the total gross income going to taxation, gold mines certainly must be considered as fully taxed.

BURGLARY ATTEMPTED AT T. & N. O. OFFICES, NORANDA

Both the freight and ticket offices of the T. & N. O. Railway station, Noranda, were broken into recently but nothing of value secured. The money was in the safe which proved too much for the prowlers. The thieves apparently made a special effort to secure tickets when they failed to find cash, but the tickets had also been safely stowed away in the safe. It is thought that they were two persons in the burglary from the footmarks in the snow. The police have the matter in hand.

Hamilton Spectator:—Crewless planes will be used in the next war. Now, let's have those other needed improvements—robot infantry and a sailorless navy.

ROUYN CAFE PROPRIETOR FACES CHARGE OF FRAUD

Ed. Peltola, of the Paris Cafe, Rouyn, was arrested last week and taken back to Kirkland Lake on a charge of obtaining goods under false pretences. The charge was preferred by the Workers' Co-operative Co., the amount involved being understood to be around \$326.00. Peltola formerly conducted a cafe in Kirkland Lake. It is said that the police have been looking for him for some time, but located him at Rouyn last week.

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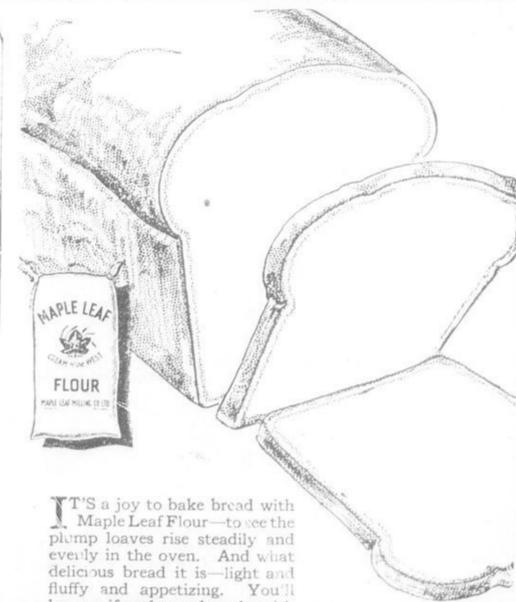
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