

SIMPLY GOOD FOOD

QUICK BREADS

Quick breads are called quick breads because they are quickly mixed and since they do not use yeast, they do not need a lengthy rising time before baking.

Biscuits, pancakes, waffles, popovers, cornbread, muffins and loaves are all examples of delicious quick breads.

Quick Breads are mixed one of 3 ways.

1. The muffin method - first mix the dry ingredients, next mix the liquid ingredients, then combine the two mixtures (wet and dry) by mixing or folding briefly - just enough to moisten the dry ingredients.

2. The creaming method - mixed with an electric mixer with all ingredients at room temperature. The butter is beaten with the sugar, then the eggs are beaten in. The dry ingredients are beaten in one third at a time alternating with the liquid ingredients.

3. The biscuit method - the dry ingredients are mixed then the butter or shortening is cut in to the flour before the wet ingredients are mixed in.

PERFECT QUICK BREADS



Biscuits should have level, golden tops and be tender, light and slightly moist inside.



Coffecake is tender and moist and without tunnels or elongated holes.



Loaves typically have a golden top crust; many are cracked down the center.



Doughnuts are tender and should be even-textured, not greasy.



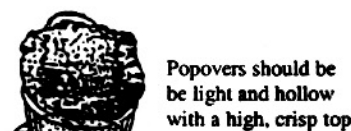
Pancakes should be feathery-light inside, evenly browned outside. A good waffle has a crisp crust, tender inside.



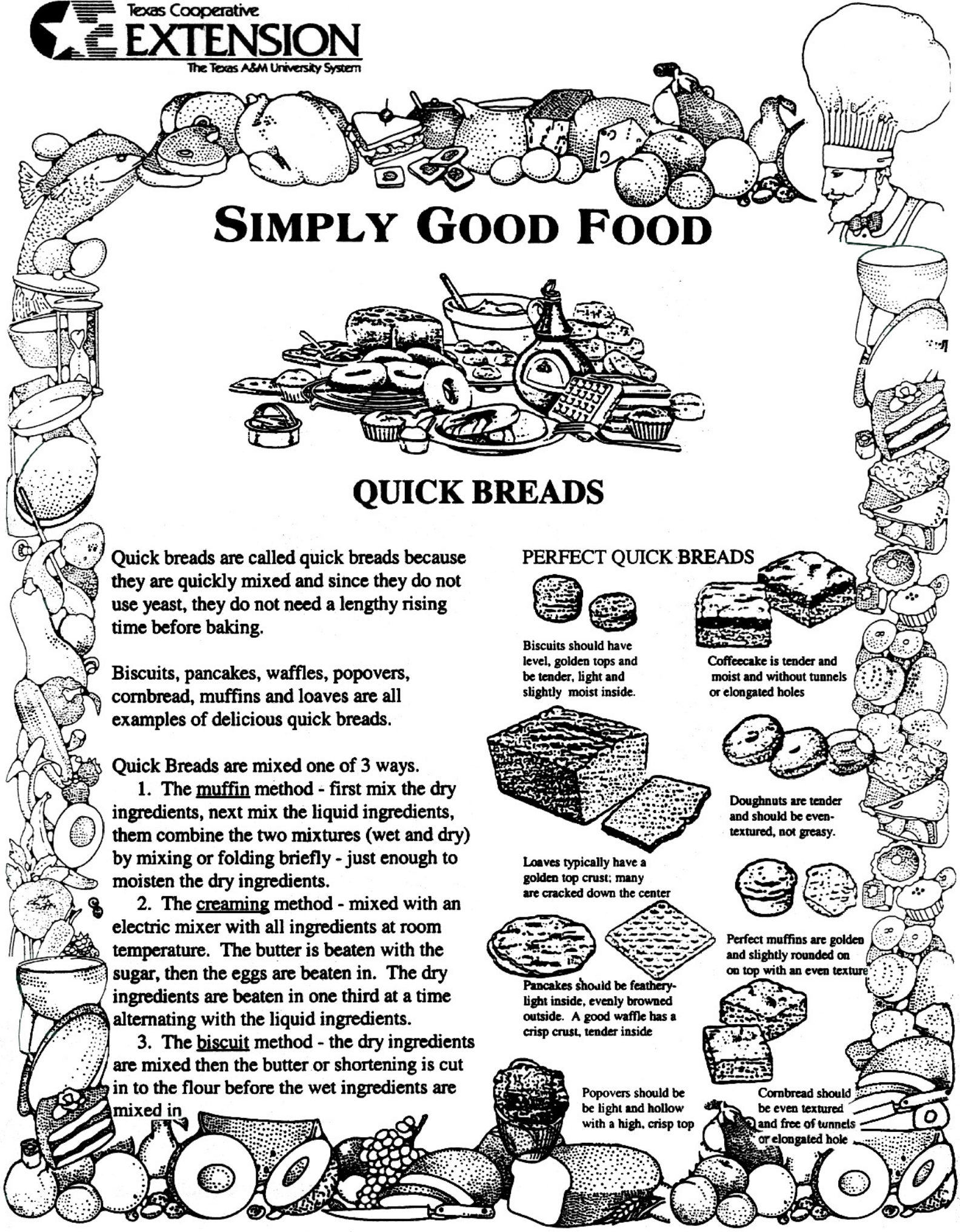
Perfect muffins are golden and slightly rounded on top with an even texture.



Cornbread should be even textured and free of tunnels or elongated hole.



Popovers should be light and hollow with a high, crisp top.



Apple Butter Muffins

- 1 ¼ cups all purpose flour
- ⅓ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- ¼ teaspoon ground nutmeg
- ⅓ teaspoon ground allspice
- ⅓ teaspoon ground ginger
- 1 egg lightly beaten
- ¾ cup milk
- ¼ cup vegetable oil
- ½ cup thick apple butter

TOPPING

- ½ cup chopped pecans
- 3 tablespoons sugar

In a medium bowl, combine the first eight ingredients. Combine egg, milk and oil; stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups with a rounded tablespoon of batter. Top each with a rounded teaspoon of apple butter and remaining batter. Combine topping ingredients; sprinkle over muffins. Bake at 400° for 15-18 minutes. Cool in pan 10 minutes before removing to a wire rack.

Yield: about 12 standard-size muffins

Quick breads are an important source of carbohydrates, magnesium, phosphorus, niacin, folate and fiber.

Servings 6-11

Women & older adults.....6 servings
Children, teen girls,
active women & most men.....9 servings
Teen boys & active men.....11 servings

- 1 slice bread
- 1 medium sized muffin
- ½ cup cooked cereal, rice, pasta
- Eat a variety & choose whole grains

Supporting State Extension Goal: Health, Safety and Well Being

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Source: *The Joy of Cooking and
The Good Housekeeping Illustrated Cookbook*

Orange Date Bread

- 1 cup butter or margarine, softened
- 2 cups sugar
- 3 eggs, beaten
- 4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 ½ cups buttermilk
- 1 cup chopped walnuts
- 1 cup chopped dates
- 1 tablespoon grated orange peel
- GLAZE**
- ¼ cup orange juice
- ½ cup sugar
- 2 tablespoons grated orange peel

In a mixing bowl, cream butter and sugar. Add eggs; mix well. Combine flour, baking soda and salt, add to creamed mixture alternately with buttermilk. Fold in walnuts, dates and orange peel. Pour into two greased and floured 8 ½ inch X 4 ½ X 2 ½ inch loaf pans. Bake at 350° for 60-65 minutes or until done. Combine glaze ingredients; spoon half over hot bread. Cool for 10 minutes. Remove from pans; spoon remaining glaze over bread. Yield: 2 loaves.

Bacon Cheddar Round

- 3½ cups biscuit/baking mix
- ¼ cup sugar
- 1½ cups (6 ounces) shredded cheddar cheese
- 6 bacon strips, cooked and crumbled
- 1 egg
- 1½ cups milk

In a large bowl, combine the biscuit mix and sugar. Stir in cheese and bacon. Beat egg and milk; add to cheese mixture just until moistened. Pour into a greased and floured 9 inch springform pan. Bake at 350° for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove sides of pan and serve warm.
Yield 1 loaf.