

Jr. Chef Club
"Go" on Grains
Lesson 2

Cooking Table Notes

Master Mix

Makes approximately 10 cups of Master Mix.
Use 6 cups Master Mix to make biscuits for 25-30 students.

Make the Master Mix before class; it is time consuming.
Have Jr. Chefs make the "Master Mix Biscuit" recipe only.

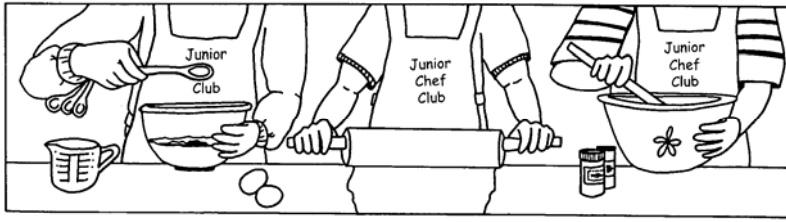
Ingredients:

4 cups all-purpose flour
4 cups whole wheat flour
¼ cup baking powder
1 1/3 cups non-fat dry milk
1 teaspoon salt

Directions:

1. Stir dry ingredients together until well mixed.
2. Store in closed, covered jar or can.
3. Stir lightly before using in recipes.

To use: add oil when mixing recipes. Use 2 tablespoons oil for every cup of Master Mix.



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Master Mix Biscuits

Triple the recipe to make biscuits for 25-30 students.

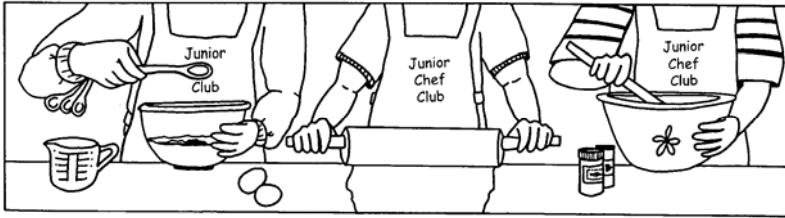
Put the Jr. Chefs into pairs to each make the following recipe using 2 cups of Master Mix (for a total of 6 cups of Master Mix). Explain and show them how to measure both dry and wet ingredients.

Ingredients:

2 cups Master Mix
½ cup water
4 tablespoons vegetable oil

Directions:

1. Preheat the oven to 400 F. Biscuits turn out best when baked in a hot oven.
2. Add water and oil to dry mix. Stir about 20 times.
3. Turn dough onto lightly floured board or tabletop. Knead 2 to 5 strokes. Give each student a chance to knead the dough once or twice.
4. Pat to ¾-inch thickness.
5. Cut with a biscuit cutter, upside down drinking glass, or cut into squares with a knife. Score dough with a knife. Allow each Jr. Chef to cut along two or three of the scored lines with a plastic knife.
6. Bake on ungreased pan for 12-15 minutes.



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Master Mix Biscuits

Serves 25-30 students

Ingredients:

6 cups Master Mix

1½ cups water

8 tablespoons vegetable oil

Directions:

1. Preheat the oven to 400 F. Biscuits turn out best when baked in a hot oven.
2. Add water and oil to dry mix. Stir about 20 times.
3. Turn dough onto lightly floured board or tabletop. Knead 2 to 5 strokes.
4. Pat to ¾-inch thickness. Cut with a biscuit cutter, upside down drinking glass, or cut into squares with a knife.
5. Bake on ungreased pan for 12-15 minutes.