

The U'xeter Baking Powder : directions for use / prepared only by A. Parker.

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THE U'XETER BAKING POWDER.

DIRECTIONS FOR USE.

Bread.—Mix thoroughly a *large tea-spoonful heaped up* of the Yeast Powder, and a little salt with each pound of flour, *in a dry state*, then pour on half a pint of cold water or milk, *mix into* dough of the usual consistence, make into a cottage loaf, or put in a tin and into a *quick oven*. *Be sure the oven is quite hot*. The dough requires very little kneading. When fully risen open the oven door for a moment to let out steam.

Tea-Cakes.—Prepared as Bread, with milk, are very short and delicious, but with the addition of an egg they are very superior.

Pastry, Pie Crusts, &c.—Mix about half a tea-spoonful of the Powder with a pound of flour, then work in about half the usual quantity of butter, dripping, or lard. Paste made up the night before it is baked will not be deteriorated.

Plum, Suet, and other Puddings should never be made without it. A tea-spoonful to a pound of flour makes them both light and digestible, and effects a great saving both in eggs and butter; in fact, they may be entirely dispensed with.

Norfolk Dumplings.—Prepare as for Bread; put into boiling water immediately, and boil twenty minutes, *without taking the lid off*.

Confectioners, in making **Sweet Biscuits, Pound Cakes, School Cakes, Sponge Cakes, Bath Buns, &c.**, will find it one of the greatest improvements. Put a tea-spoonful and a half of Powder in every pound of flour, and half the quantity of butter, &c., recommended in most receipt books, will be found sufficient.

In **Schools and Large Families** it should be used as an article of health as well as economy; Puddings, Pastry, &c., made without it being too indigestible for children.

Puff Paste.—Mix one pound of flour with a tea-spoonful of Powder, then cut half a pound of butter into slices, roll it into thin sheets on some of your flour, wet up the rest with about a quarter of a pint of water, see that it is about as stiff as your butter, roll it to a thin sheet, cover with your sheets of butter, double it in a three double; do the same five times. It is then fit for use, or it may stand an hour covered over to keep the air from it.

Plum Cakes.—One pound of flour, a tea-spoonful and a half of Powder, a little salt, quarter of a pound each of butter, sugar, and currants, two eggs, and half a pint of milk.

Plum Pudding.—Take one pound of brown crumbs, one table-spoonful of flour, a little salt, one tea-spoonful of Powder, half a pound of moist sugar, half a tea-spoonful of mixed spice, and rub the ingredients well together, add half a pound of suet chopped fine, three-quarters of a pound of stoned raisins, half a pound of well-washed currants, two ounces candied peel, (two eggs are an improvement, though not necessary,) slightly moisten the whole with a little milk, taking care not to make it too wet, or the pudding will be too heavy. Boil in a basin for four hours the day before it is required. Two hours' boiling will be sufficient the day it is used.

Norfolk Dumplings.—Make a very light dough with Powder, as for Bread, with milk or water, and salt added; have ready a large stewpan of boiling water, make the dough into balls the size of a medium dumpling, throw them in, and boil them for twenty minutes, *without taking off the lid*. To ascertain when they are done enough, stick a fork into one, and if it comes out clear it is done. Before serving, tear them apart on the top with two forks, as they become heavy by their own steam. Serve with butter and sugar, or treacle.

Pancakes.—One pound of flour, one tea-spoonful of Powder, and a little salt, mix well *dry*; add an egg or two beaten up, and sufficient milk to make a thin batter, and fry at once with lard and butter.

Apple Pancakes.—Half a tea-spoonful of Powder, and a little salt, to two table-spoonfuls of flour, add two eggs well beaten, and enough milk to make a smooth and rather thin batter; then take a little powdered cinnamon, grated lemon peel, two ounces of currants, and six apples peeled and chopped; mix well together; melt some butter in a frying pan, and do not put the mixture in till quite hot.

Rice Biscuits.—Take half a pound of sugar, half a pound of best ground rice, half a pound of butter, half a pound of flour, and half a tea-spoonful of Powder; mix the whole into a paste with two eggs.

PREPARED ONLY BY

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