



# Belgoods Bakeware Baking Tips & Recipes

Muffins - Cookies - Breads  
Cakes - Candy - Donuts

By Kathy Dillenbeck For Belgoods Bakeware

By Kathy Dillenbeck For Belgoods Bakeware

# **Belgoods Bakeware Baking Tips & Recipes**

**Muffins – Cookies – Breads – Cakes – Candy - Donuts**

**All rights reserved.**

You are not allowed to reproduce, distribute, or transmit any part of this publication by any means, including photocopying, recording, or other electronic or mechanical methods without the prior written permission of the author, except in the case of brief quotations used in critical review and other non-commercial uses permitted by copyright law. For permission requests, please contact the author.

© Copyright 2013 Kathy Tunning Dillenbeck

All inquiries should be addressed to:

Kathleen Dillenbeck

125 Wildwood Ln

Thonotosassa, FL 33592

[kathy@kathydillenbeck.com](mailto:kathy@kathydillenbeck.com)

## About This Ebook

This free ebook is an exclusive Belgoods Bakeware compilation of ebooks written by bestselling author Kathy Dillenbeck. It contains tips and recipes of biscuits, muffins, breads, donuts, cakes, candy and cookies.

We truly hope you'll enjoy this ebook!

## About The Author

From when she was born in 1945 until 1967, Kathy Tunning Dillenbeck lived in Gang Mills, a hamlet and census-designated place near Painted Post in the Southern Tier of New York State. In those days, people did not buy biscuits and muffins at the grocery store. There was not the variety we enjoy today and, in many cases, people could not afford to buy something they could easily make themselves. Currently, folks rarely bake their own biscuits and muffins.

Most of the recipes in this cookbook are from Kathy's mother, Ethelyn Tunning, but they were no doubt made in compilation with Kathy's aunts (Iona Benedict, Ruth Harrison, and Lana Ballinger), and her uncle Floyd Benedict. This cookbook is a tribute to those wonderful cooks who lived in and around Gang Mills and to the amazing creations they made.

All of the recipes in this ebook are more than 50 years old and have stood the test of time. I hope you and your family enjoy making and eating them as much as my family and I have. **Please [check out my other ebooks](#) available on [Amazon.com](#).**

## About Belgoods Bakeware

Whether you are an experienced baker or have never baked before, at Belgoods Bakeware our mission is to help people of all skill levels and ages bake better and have fun doing it.

**Check out our available bakeware at our Amazon store:**

<http://www.amazon.com/shops/belgoodsbakeware>

Our website: <http://www.belgoods.com>

Our blog: <http://www.belgoods.com/blog>

Facebook: <http://www.belgoods.com/facebook>

Youtube: <http://www.belgoods.com/youtube>

Twitter: <http://www.belgoods.com/twitter>

## Table of Contents

About This Ebook.....	3
About The Author.....	3
About Belgoods Bakeware .....	3
Tips On Making Biscuits and Muffins .....	6
Biscuits.....	7
Aunt Ruth’s Cheesy-Garlic Biscuits.....	8
Mom’s Buttermilk Biscuits .....	9
Mom’s Sausage Biscuits .....	10
Muffins .....	11
Aunt Iona’s Blueberry Muffins .....	11
Mom’s Applesauce Muffins.....	12
Mom’s Bran Muffins.....	13
Mom’s Cinnamon Raisin Muffins .....	14
Mom’s Corn Meal Muffins .....	15
Mom’s Cranberry Buttermilk Muffins .....	16
Tips on Making Breads and Donuts.....	17
Breads.....	18
Aunt Lana’s Zucchini Bread .....	18
Aunt Ruth’s White Bread.....	19
Beverly Thompson’s Cranberry Bread.....	20
Carolyn’s Dilly Casserole Bread .....	21
Cousin Ethelyn’s Banana Bread.....	22
Donuts .....	23
Aunt Ruth’s Donuts .....	23
Mom’s Raised Donuts.....	24
Uncle Floyd’s Mashed Potato Fried Cakes .....	26
Tips and Tricks on Making Cakes.....	27
Cakes .....	29
Lightning Cake .....	29
Mom’s Hundred-Year Old Johnny Cake .....	30
Mom’s Johnny Cake.....	31
Mom’s Knobby Apple Cake .....	32

Mom’s Mayonnaise Cake .....	33
Tips on Making Candy .....	34
General Tips.....	34
Chocolate Candy.....	35
Candy Made from Sugar Syrups .....	35
Candy.....	37
Alice Eaton's Penuche Fudge.....	37
Aunt Iona’s Berry-Berry Bonbons.....	38
Aunt Lana’s Creamy Butter Mints .....	39
Aunt Ruth’s Popcorn Balls .....	40
Basic Hard Candy .....	41
Tips about Baking Cookies.....	42
Cookies .....	43
Chocolate Jumbles.....	43
Uncle Floyd’s Chocolate Drop Cookies.....	44
Aunt Ruth's Molasses Cookies.....	45
Mom’s Oatmeal Cookies .....	46
Mom’s Ginger Snaps.....	47
Mom’s Perfect Pumpkin Cookies .....	48
Silicone Bakeware.....	49
Resources .....	50
Thank you .....	50

## Tips On Making Biscuits and Muffins

1. Biscuit-making, like most baking, has a normal method of making the recipe:
  - a. Dry ingredients, including flour, baking powder and/or baking soda, and salt are combined together.
  - b. Chilled shortening is usually worked into the flour mixture with a pastry blender (see above image) or fork until the mixture looks like coarse crumbs.
  - c. Regular sweet milk, buttermilk or sour milk is added to the flour/shortening combination
  - d. The dough is mixed, but not too much since over-mixing will result in tough biscuits. (The idea is to spread little luscious lumps of fat throughout the mixture so the biscuits will be light and flaky.)
2. Your pastry blender will be a multi-purpose tool since you can also chop and mix hard-boiled eggs for egg salad.
3. If the recipe calls for sour milk or buttermilk and you don't have any, put a tablespoon of cider vinegar in the measuring cup, fill it up to the mark with milk, and let it stand for about 5 minutes.
4. A lot of these original recipes call for sifting flour with other ingredients, but putting the ingredients in a bowl and stirring them with a whisk works just as well. I have therefore removed reference to sifting.
5. Some recipes require you to scald milk. To do this, put the correct amount of milk in a pan that has a heavy-bottom and turn your heat to medium-low. Heat the milk until it steams, stirring constantly to prevent scorching. When small bubbles start to form around the edges of the pan, remove from the heat. Do NOT boil the milk. Let the milk cool to the desired temperature before using.
6. Since biscuits contain a fair amount of shortening, it is not usually necessary to grease the sheets you bake them on.

## Biscuits

### Aunt Lana's Baking Powder Biscuits

#### Ingredients:

2 cups all-purpose flour  
4 teaspoons baking powder  
1/2 teaspoon fine Kosher salt  
Dash of sugar  
5 tablespoons Crisco™ or other vegetable shortening  
3/4 cup half milk and half water, i.e. 3/8 cup milk and 3/8 cup water

#### Directions:

- 1 - Turn on oven and set temperature to 450°.
- 2 - Put flour, baking powder, salt and sugar in a bowl and combine well (I usually use a whisk).
- 3 - Work in the shortening with a fork or pastry blender until the mixture resembles coarse crumbs.
- 4 - Add the milk and water and mix well.
- 5 - Turn mixture onto a floured counter.
- 6 - Pat out or roll out to 1/2 inch thick.
- 7 - Cut with a floured biscuit cutter or glass.
- 8 - Put on an ungreased baking sheet.
- 9 - Bake at 450° for 10 - 12 minutes.

## Aunt Ruth's Cheesy-Garlic Biscuits

### Ingredients:

2 cups Bisquick™\*

2/3 cup milk

½ cup shredded extra sharp cheddar cheese (measure after shredding)

¼ cup melted butter or margarine

¼ teaspoon garlic powder

### Directions:

1 - Turn oven on and set to 450°.

2 - Mix all ingredients together.

3 - Drop by tablespoonful onto an ungreased cookie sheet.

4 - Bake 8 to 10 minutes at 450°.

5 - Mix melted butter and garlic powder and brush over hot biscuits before removing from baking sheet.

6 - Serve warm.

**Yield:** 10 – 12 biscuits.

\*This recipe makes use of Bisquick™, one of the best bakers' helpers you will ever find. It basically creates the flour, the baking powder and shortening mixture without your having to work in the shortening to the correct consistency.

Truth be told, when I want to make basic biscuits, I often turn to Bisquick: just measure out 2 ¼ cups Bisquick™, dump in 2/3 cup milk and drop by tablespoonful onto an ungreased cookie sheet. In 10 – 12 minutes, at 450°, you'll have some great biscuits.

## Mom's Buttermilk Biscuits

### Ingredients:

- 2 cups self-rising flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 2 teaspoons salt
- ½ cup shortening
- ¾ cup buttermilk or sour milk

### Directions:

- 1 - Combine flour, sugar, baking powder, and salt together (I usually use a whisk.)
- 2 - Cut the shortening into flour mixture.
- 3 - Add milk and stir until it clings together.
- 4 - Knead dough 10 or 12 times.
- 5 - Dump onto lightly floured board or counter.
- 6 - Roll into a square and cut with a floured biscuit cutter or glass.
- 7 - Brush with butter.
- 8 - Bake at 400° for 15 – 18 minutes.

Please note that this recipe calls for self-rising flour even though the recipe calls for two teaspoons of baking powder. Self-rising flour already has leavening – that's one of the things that makes dough rise. Did you know that you can make your own self-rising flour by adding 1 ¼ teaspoons of baking powder and ¼ teaspoon of salt to each cup of all-purpose flour?

## Mom's Sausage Biscuits

### Ingredients:

- 1 pound of breakfast sausage (or ½ pound each breakfast sausage and hot sausage)
- ½ pound grated extra sharp cheddar cheese
- 3 cups Bisquick™
- 1 Jalapeno pepper, seeded and minced
- ¾ cup milk

### Directions:

- 1 - Turn on your oven and set the temperature to 350°.
- 2 - Mix together and form into small balls about the size of a walnut. (This is best done with your CLEAN hands.)
- 3 - Bake on well-oiled baking sheet at 350° for 10 minutes.

**Yield:** 4 dozen sausage balls

I simply love sausage biscuits. Every Thanksgiving, my brothers and I get together for the holiday and sausage balls are one of the treats we enjoy during the weekend. I hope you enjoy them as much as we do.

By the way, if you do not like a little heat, you could leave out the Jalapeno pepper or use all regular breakfast sausage.

## Muffins

### Aunt Iona's Blueberry Muffins

#### Ingredients:

- ½ cup butter, at room temperature
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 teaspoons baking powder
- ¼ teaspoon nutmeg
- ½ teaspoon salt
- 2 cups flour
- ½ cup sweet milk
- 2 ½ cups blueberries, fresh is best, but frozen will work

#### Directions:

- 1 - Turn on oven and set temperature to 375°.
- 2 - Liberally grease muffin tins or use a non-stick silicone muffin pan.
- 3 - Mix butter and sugar together until light and fluffy.
- 4 - Add eggs, one at a time, mixing until incorporated.
- 5 - Add vanilla, baking powder, nutmeg, and salt and mix well.
- 6 - Add one-half of the flour and mix, then one-half of the milk and mix.
- 7 - Repeat previous step.
- 8 - Carefully add the blueberries and mix.
- 9 - Fill the muffin tins to ¾ full.
- 10 - Bake for 15 – 20 minutes until a toothpick inserted in a center muffin comes out clean.

When you say muffins without clarification, it seems as if a lot of people think of blueberry muffins. If they have ever had these blueberry muffins, that will be even more true. Try these. They are delicious.

## Mom's Applesauce Muffins

### Ingredients:

- 2 eggs
- 1 cup milk
- 2 cups sifted flour
- 3 tablespoons sugar
- 4 teaspoons baking powder
- ½ teaspoon salt
- ½ cup applesauce
- 3 tablespoons melted butter
- ½ cup chopped dates or raisins

### Directions:

- 1 - Turn on the oven and set the temperature to 400°.
- 2 - Beat eggs and milk together.
- 3 - Blend in applesauce and butter.
- 4 - Combine flour, sugar, baking powder, and salt.
- 5 - Add flour mixture to liquids and mix well.
- 6 - Mix in chopped dates or raisins.
- 7 - Pour into well-greased muffin pans or use a non-stick silicone muffin pan..
- 8 - Bake at 400° for 20 minutes.

It's odd to me that this recipe – I copied it out of my mother's recipe book – does not call for any spices. You might want to try adding some cinnamon, nutmeg, cardamom, or ginger to "spice it up a little." Won't this be a great opportunity for you to experiment with your muffin recipe?

## Mom's Bran Muffins

### Ingredients:

1 cup sugar  
1 cup shortening  
4 eggs  
4 cups All Bran Buds™  
3 cups milk  
4 cups flour  
2 teaspoons baking powder  
2 teaspoons salt

### Directions:

- 1 - Mix sugar and shortening together:
- 2 - Add eggs and mix well:
- 3 - Mix All Bran Buds™ and milk together and let stand for 10 minutes:
- 4 - Add bran mixture to sugar mixture and mix well.
- 5 - Combine flour, baking powder, and salt together.
- 6 - Add flour mixture to bran mixture and combine well.
- 7 - For an extra-special treat, mix in 1 cup raisins and/or 1 cup chopped nuts before putting in muffin tins.
- 8 - Pour into well-greased muffin tins or use a non-stick silicone muffin pan.. (Note: Do not overfill the muffin tins.)
- 9 - Bake at 375° for 15 – 20 minutes until toothpick inserted in the center of a center muffin comes out clean.

All-Bran Buds™, made from psyllium and wheat bran, are made by Kellogg and are jam-packed full of healthy fiber. Be careful and don't eat too many of these muffins at any one time or you may have a "moving" experience.

## Mom's Cinnamon Raisin Muffins

### Ingredients:

2 cups all-purpose flour  
1/3 cup granulated sugar  
1 tablespoon baking powder  
¾ teaspoon salt  
¼ cup vegetable oil  
1 egg  
1 cup milk  
½ teaspoon ground cinnamon  
1 cup raisins  
3/4 cup confectioners' sugar  
3 teaspoons milk

### Directions:

- 1 - Turn on the oven and set temperature to 400°.
- 2 - Mix together the flour, sugar baking powder, cinnamon and salt.
- 3 - In another bowl, mix together the oil, egg, and milk.
- 4 - Add the liquids to the flour mixture and mix, but do not overmix.
- 5 - Add the raisins and carefully mix into the batter.
- 6 - Liberally grease a muffin tin or use a or use a non-stick silicone muffin pan.
- 7 - Add batter to the muffin tins until they are ¾ full.
- 8 - Bake for 20 minutes – muffins are done when a toothpick inserted in a center muffin comes out clean.
- 9 - While the muffins are baking, mix the confectioners' sugar and milk together.
- 10 - Allow it to thicken a bit.
- 11 - Pour over the muffins, and eat heartily.

Cinnamon is good for you and so are raisins. This tasty combination makes these muffins a treat fit for a king.

## Mom's Corn Meal Muffins

### Ingredients:

- 1 cup cornmeal
- 1 cup flour
- 1/3 cup granulated sugar
- 2 teaspoons baking powder
- ¼ teaspoon chili powder
- ½ teaspoon salt
- 1 egg, beaten
- ¼ cup vegetable oil

### Directions:

- 1 - Turn on oven and set temperature to 400°.
- 2 - Liberally grease muffin pan or use a non-stick silicone muffin pan.
- 3 - Mix together the flour, sugar, corn meal, baking powder, chili powder, and salt (use a whisk).
- 4 - Mix together egg, oil, and milk and add to the dry ingredients, stirring gently.
- 5 - Using a spoon, put the batter into the muffin tins.
- 6 - Bake at 400° for 15 – 20 muffins.
- 7 - Muffins are done when a toothpick comes out clean when inserted in the center of one of the inner muffins.

I simply love cornbread, but I actually like corn muffins better. Unlike corn bread which is usually baked in a loaf pan, corn muffins have more of a surface to brown up. That crispy, crunchy outside somehow makes the cornbread taste better. Vary this recipe by adding cheese, Jalapeno peppers, bacon, red peppers, roasted red peppers, green peppers, and/or onions. You'll love them.

## Mom's Cranberry Buttermilk Muffins

### Ingredients:

2 cups sifted flour  
2 teaspoons baking powder  
½ teaspoon baking soda  
1 teaspoon salt  
1/3 cup sugar  
1 egg  
¾ cup buttermilk  
¼ cup butter, melted  
1 cup fresh cranberries, chopped

### Directions:

- 1 - Combine ingredients in bowl.
- 2 - In a separate bowl, beat egg and buttermilk, then stir in melted butter.
- 3 - Add dry ingredients and stir until partly mixed.
- 4 - Add chopped cranberries and stir until completely moistened.
- 5 - Pour into well-greased muffin pans or use a non-stick silicone muffin pan.
- 6 - Bake at 400° for 20 minutes.

I baked my cranberry buttermilk muffins in the mini-muffin pan and found the correct amount of time was more like 13 – 15 minutes. They sure are yummy.

## Tips on Making Breads and Donuts

1. There are basically two types of bread: quick bread and yeast bread.
2. Quick breads use baking powder and/or baking soda for leavening (that's what makes the bread rise).
3. Quick breads can usually be put in the oven as soon as you finish putting the ingredients together.
4. Yeast breads use either yeast cakes or dry yeast to make the dough rise.
5. You must allow yeast breads to "work" or rise (they actually ferment) until doubled, only to be punched down and allowed to rise again. This greatly increases preparation time.
6. Be sure to check the expiration date on all of your leavening agents, whether baking powder, baking soda, or yeast.
7. The texture of quick breads tends to be somewhat coarse with a soft crust.
8. The texture of yeast breads tends to be fine with a smooth and crispy crust.
9. Most of the recipes in this book are quick breads – they use baking powder or baking soda to make the bread rise.
10. When making yeast breads, the amount of flour is really only a starting point, since humidity can affect the amount of flour that is required,
11. If the dough seems too moist, just add a little more flour.
12. Kneading the yeast bread develops something called gluten. Gluten makes the dough stretchy or elastic.
13. There are two types of dry yeast: quick-rising yeast and active dry yeast.
14. Quick-rising yeast generally takes about one-half the time to rise that the active dry yeast or yeast cakes take.
15. Quick-rising yeast rises more quickly because 1) it contains more live cells, 2) it consists of smaller particles, and 3) it has more nutrients.
16. Do not over-mix quick breads; just make sure the ingredients come together with the all of the dry ingredients moistened.

## Breads

### Aunt Lana's Zucchini Bread

#### Ingredients:

1 cup sugar  
½ cup oil  
2 eggs  
1 teaspoon grated lemon peel  
½ teaspoon orange extract  
1½ cups flour  
2 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1/8 teaspoon ground nutmeg  
1/8 teaspoon ground ginger  
1 cup unpeeled, grated zucchini  
½ cup nuts, chopped

#### Directions:

- 1 - Turn on oven and set temperature to 375°.
- 2 - Mix together sugar and oil.
- 3 - Add eggs, lemon peel, orange extract, and zucchini and mix well.
- 4 - Combine flour, baking powder, baking soda, salt, nutmeg, and ginger.
- 5 - Add to sugar mixture, and mix until smooth:
- 6 - Mix in the nuts.
- 7 - Pour into greased loaf pan.
- 8 - Bake at 375° for 55 minutes.
- 9 - Cool for 15 minutes before removing from the pan (if you can stand to wait that long).

I am not particularly fond of most vegetables, and especially not squash. Whenever I eat too much zucchini bread, I always tell myself that it is good for me. I bet it would be good for you too.

This zucchini bread is very fresh-tasting, probably because of the lemon zest and orange extract. What a great way to get someone to eat their vegetables, but it is an even better way to use up some of those extra zucchini you have growing in your garden.

## Aunt Ruth's White Bread

### Ingredients:

2 yeast cakes or the equivalent of dry yeast  
2 cups scalded milk, a little more than lukewarm (not more than 115°)  
2 teaspoons salt  
½ cup sugar  
1 egg  
¼ cup shortening  
6 ½ to 7 cups all-purpose flour

### Directions:

- 1 - Put somewhat cooled milk in bowl and add yeast, salt and sugar.
- 2 - Stir and let stand for 5 minutes.
- 3 - When yeast bubbles, add ½ of flour and beat really well.
- 4 - Add egg and shortening, then beat some more.
- 5 - Add rest of flour and beat until all flour is gone.
- 6 - Knead the dough 10 or 12 times.
- 7 - Put into 2 greased loaf pans, cover with a damp towel, and let rise until doubled.
- 8 - Punch down and let rise again.
- 9 - Bake at 375° for 30 – 35 minutes.

This terrific bread is best served hot with lots of butter and jam – my favorite is strawberry. Some prefer just peanut butter instead of the butter and jam, but they are wrong. When it comes out of the oven, if it is done, it will sound hollow when you rap on it. There truly is nothing like it.

## Beverly Thompson's Cranberry Bread

### Ingredients:

The zested rind and juice of 1 orange

1 cup sugar

1 1/2 teaspoon of baking powder

2 tablespoons oil or margarine

1 egg, beaten

2 cups flour

1/2 teaspoon baking soda

1/2 teaspoon salt

1 cup cranberries, cut in half

1/4 cup nuts, chopped

### Directions:

1 - Put grated orange rind and orange juice in measuring cup with oil or margarine.

2 - Add enough water to make 3/4 cup liquid.

3 - Add beaten egg and dry ingredients.

4 - Add cranberries and chopped nuts.

5 - Pour into a greased tin.

6 - Turn on the oven and set temperature to 375°.

7 - Let stand 20 minutes

8 - Bake at 375° for 1 hour.

**Yield:** 1 loaf

Beverly Thompson, daughter of Alice Eaton (see her Penuche Fudge in Gang Mills Cooks: Candy) and sister-in-law of my cousin Ethelyn, was famous for her cranberry bread recipe. Once you try it, you will know why. Enjoy!

## Carolyn's Dilly Casserole Bread

### Ingredients:

1 package yeast  
¼ cup warm water (about 100°)  
2 tablespoons sugar  
1 cup cream style cottage cheese  
1 tablespoon minced instant onion  
1 tablespoon butter, melted  
2 teaspoons dill seed  
The yeast mixture  
1 teaspoon salt  
¼ teaspoon soda  
1 egg  
2¼ to 2½ cups of flour

### Directions:

- 1 - Mix together the yeast, water and sugar.
- 2 - In a sauce pan, warm the cottage cheese, onion, butter, dill seed, the yeast mixture, and salt:
- 3 - Remove from heat.
- 4 - Add soda to the egg and mix.
- 5 - Add enough flour to form a stiff dough.
- 6 - Beat well.
- 7 - Grease 1½ quart casserole bowl and place dough in it; rub grease on both sides of dough.
- 8 - Cover and let rise in a warm place (85°) until doubled (about 1 hour).
- 9 - Stir dough down then let rise again until doubled.
- 10 - Bake in casserole bowl or bread pan which has been greased for 40 minutes until golden brown.
- 11 - Brush with butter and salt.

**Yield:** 1 loaf

The dill in this recipe gives this bread a unique flavor that I'm sure will enjoy, but you might find that one loaf will not be enough. My dear friend, Carolyn Parks, used to come up with a number of interesting recipes. She and her husband Dave spent a lot of time in Gang Mills and we always appreciated her recipe input. Wish she were here to help me with these cookbooks.

## Cousin Ethelyn's Banana Bread

### Ingredients:

1 c sugar  
½ cup margarine  
3 banana's, very ripe – mashed  
2 eggs  
2 c flour  
½ cup sour milk + 1 tsp soda  
1 cup nuts, chopped

### Directions:

- 1 - Turn on oven and set temperature to 300°.
- 2 - Mix everything together.
- 3 - Pour into a loaf pan.
- 4 - Bake at 300 degrees for 1 ½ hours.

**Yield:** 1 loaf

This recipe is a no-fail recipe Just mix up the ingredients, pour the batter into the loaf pan and bake. If you are new to baking, you might want to make this one of the first you try. You will be pleased with the results. My cousin Ethelyn Eaton won an award for this recipe at the Hornby Grange.

## Donuts

### Aunt Ruth's Donuts

#### Ingredients:

1 cup sugar  
1 teaspoon vanilla  
1 cup milk  
2 eggs  
6 tablespoon melted lard (or, in Mom's writing, 1/2 cup) or (3 tablespoons Wesson oil)  
¼ teaspoon salt  
1 teaspoon baking soda  
2 teaspoons cream of tartar  
1 heaping teaspoon of ground nutmeg (per Ethelyn)  
Flour – about 4 cups  
Add a little vinegar (1/2) to grease before heating the grease  
Crisco – enough so the grease is at least 4" thick in the pan

#### Directions:

- 1 - Heat the grease (my Aunt Ruth always used Crisco) to 365°.
- 2 - Dissolve the sugar in the milk (this will help keep the cakes from taking up too much grease).
- 3 - Mix together the sugar, vanilla, milk, eggs, and lard.
- 4 - Combine flour, salt, baking soda, cream of tartar, and nutmeg.
- 5 - Add the flour mixture to the sugar mixture in three batches, mixing in between batches.
- 6 - Roll out the dough on a floured counter to a thickness of about 3/4".
- 7 - Using a floured donut cutter, cut out the donuts.
- 8 - Drop donuts into the grease, being careful not to crowd them.
- 9 - Turn them after they rise to the top and turn brown on one side.
- 10 - Drain them on wire racks are placed over paper towels. (You might want to put paper towels and racks on cookie sheets.)

When I was a kid and until she passed, people would stop by my Aunt Ruth's house whenever they heard she was making donuts. Of course, I was one of those people.

My aunt was an instinctive cook who never measured anything and never used a recipe. The only reason we even have this recipe for her donuts is that her daughter Ethelyn stood by her one day while she was making them and measured the ingredients as she added them. My cousin is now the donut-maker of choice for all of those who used to enjoy Aunt Ruth's fine fare.

## Mom's Raised Donuts

### Ingredients:

2 tablespoons warm water  
1 package dry yeast  
½ cup granulated sugar  
1 egg at room temperature  
2 tablespoons melted butter  
1 cup warm milk  
3 ½ cups all-purpose flour  
½ teaspoon salt

### Directions:

- 1 - In a medium bowl, pour the yeast and sugar into the water.
- 2 - Let stand until yeast blooms (about 15 minutes).
- 3 - Add the egg and mix well.
- 4 - Add butter, milk, flour and salt and mix until the dough is pliable.
- 5 - Grease another medium bowl and put the dough into it.
- 6 - Turn it around until the entire dough ball is covered in grease.
- 7 - Cover the bowl in plastic wrap and then with a clean dish towel.
- 8 - Put the bowl in a warm place and let it rise for a couple of hours.
- 9 - After this time, to make it easier to work with the dough, place it in the refrigerator overnight.
- 10 - Punch down the chilled dough and put it on a liberally-floured board or counter.
- 11 - Cut the dough into two halves and work with one-half at a time.
- 12 - Roll out the halves to a thickness of about ½".
- 13 - Cut the dough with a floured donut cutter.
- 14 - Place the cut-out parts on cookie sheets covered with waxed paper that has been generously buttered. Repeat for other half.
- 15 - Place the cookie sheets in a warm place and let the donuts rise until doubled (probably will take about 60 minutes or so).
- 16 - Heat the at least 4 inches of grease to 365°
- 17 - Drop donuts into the grease, being careful not to crowd them.
- 18 - Turn them after they rise to the top and turn brown on one side.
- 19 - Drain them on wire racks are placed over paper towels. (You might want to put paper towels and racks on cookie sheets.)

These donuts can be much improved by applying a glaze while they are still warm. One choice is to melt 4 ounces of semi-sweet chocolate in 4 ounces of butter. Or, you can substitute 4 ounces of granulated sugar for the chocolate. Another option is to heat up

mixture a cup of confectioners' sugar, 2 tablespoons of lemon juice, and a tablespoon of honey or maple syrup. Pour one of these glazes over the warm donuts.

As you can tell by the number of directions, this recipe is a little complicated, but don't be afraid. Just follow each step one at a time. You will be generously rewarded when they are done. You'll probably find you want to inhale them. They are much lighter than the fried cakes.

## Uncle Floyd's Mashed Potato Fried Cakes

### Ingredients:

- 1 1/2 cups sugar
- 1 cup mashed potatoes
- 2 eggs
- Pinch of salt
- 1 teaspoon vanilla
- 1 cup milk
- 3 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 4 cups flour
- 1 tablespoon melted shortening

### Directions:

- 1 - Heat the grease to 365°.
- 2 - Dissolve the sugar in the milk (this will help keep the cakes from taking up too much grease).
- 3 - Mix in the mashed potatoes, vanilla, eggs, and shortening.
- 4 - Combine flour, salt, baking powder, nutmeg and cinnamon.
- 5 - Add the flour mixture to the sugar mixture in three batches, mixing in between batches.
- 6 - Roll out the dough on a floured counter to a thickness of about 3/4".
- 7 - Using a floured donut cutter, cut out the donuts.
- 8 - Drop donuts into the grease, being careful not to crowd them.
- 9 - Turn them after they rise to the top and turn brown on one side.
- 10 - Drain them on wire racks are placed over paper towels. (You might want to put paper towels and racks on cookie sheets.)
- 11 - For sugar coating, shake warm fried cakes in a bag with either granulated or powdered sugar.

I was so glad to find this recipe just recently, because I vividly remember my Uncle Floyd's Fried Cakes. He didn't make them often, and they didn't last long when he did, but they sure did taste good.

## Tips and Tricks on Making Cakes

1. Cake-baking is probably the most difficult of all baking, but have faith. You can master it.
2. Have lots of toothpicks around because the easiest way to determine if a cake is done is to insert a toothpick in the center. If it comes out clean, the cake is done. (When I was a kid, if we didn't have any toothpicks, my mother would use a broom straw, but she always rinsed it off first.)
3. Be sure to hang an oven thermometer in your oven so that you can make sure the oven temperature is exactly correct.
4. Pay attention to the instructions about heating up your oven before you start working on your cake.
5. If you are going to be using glass baking dishes, reduce the temperature by 25°. Glass heats a little more quickly and stays hot a little longer.
6. If your recipe calls for eggs or butter, be sure both are at room temperature.
7. In fact, all ingredients should be at room temperature.
8. If your recipe calls for buttermilk or sour milk and you do not have it. Put a tablespoon of cider vinegar in your measuring cup and fill it up to the desired liquid measure.
9. You can use semi-sweet chocolate when the recipe calls for bittersweet chocolate and vice versa.
10. The best way to combine dry ingredients is to put them all in a bowl and use a whisk.
11. Don't put too much batter in your pan –  $\frac{2}{3}$  full is best, but  $\frac{3}{4}$  would still work.
12. When baking a cake, if the recipe calls for the pan to be greased, grease the pan thoroughly, dust it with flour, shake it around till flour covers the entire inside, and dump out the excess flour, tapping the bottom of the pan. If the cake is chocolate, you can use cocoa powder instead of flour.
13. Cakes should be baked on the center rack of your oven. If you have to use multiple cake pans, make sure they do not touch and that the pans don't touch the sides.
14. After 20 minutes, turn the cake pans 180°, but do not take the pans out of the oven.
15. Also, when checking to see if the cake is done, do not take the pan out of the oven.
16. Cakes work best when baked in the recommended size pan.
17. If your recipe gives you a range of time, be sure to set your timer for the lower time. If not done when your first check it, test it every 5 minutes after that.
18. A cake baked too long will be dry.
19. After you take your cake out of the oven, put the cake and pan on a wire rack.

20. Don't try to take your cake out of the pan until it is completely cooled. Trying to remove it before it is cool will result in a crumbly removal.
21. After you remove the cake from the pan, wrap it in plastic wrap and put it in your freezer for half an hour before trying to cut it or frost it.
22. If you are icing a layer cake, cover a cake board with aluminum foil and place the cake on it.
23. Use a silicone pastry brush to gently remove any loose crumbs from the top and sides.
24. Apply any filling you want to use on the top with an offset spatula and icing on the side.
25. If not using a filling, apply a thin layer of icing on the top and sides.
26. If you have never iced anything before, just take your time. You might want to practice on the bottom of a cake pan, although that won't give you the same challenge or results.
27. Cakes don't have to be fancy to taste good and, when it comes down to it, taste is the best measure of a good cake, anyway.

## Cakes

### Lightning Cake

#### Ingredients:

4 eggs  
2 cups sugar  
2 cups flour  
1 cup milk  
Butter the size of an egg  
Pinch of salt  
2 teaspoons baking powder  
1 tablespoon lukewarm water

#### Directions:

- 1 - Beat eggs thoroughly.
- 2 - Add sugar and beat.
- 3 - Add flour and beat thoroughly.
- 4 - Bring milk and butter to a boil.
- 5 - Add to batter with vanilla to flavor.
- 6 - Bake at 350°.

I think this is called Lightning Cake because it goes together as fast as lightning. Rumor has it that this cake or a version of it first appeared in the Boston Cooking School Cookbook by Fannie Farmer. I don't know where my family got this recipe, but if you try it, I'm sure you will like it.

## Mom's Hundred-Year Old Johnny Cake

### Ingredients:

- 1 cup flour
- 1 cup cornmeal
- $\frac{3}{4}$  cup brown sugar
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{8}$  teaspoon baking soda
- 1 egg, beaten
- $\frac{1}{2}$  cup sour milk
- $\frac{1}{2}$  cup sour cream

### Directions:

- 1 - Turn on oven and set temperature to 450°.
- 2 - Liberally grease an 8" x 8" baking pan.
- 3 - Mix all ingredients together until well-combined.
- 4 - Pour into 8"x8" baking pan.
- 5 - Bake at 450° for 20 minutes.

This Johnny Cake has a very different taste than traditional Johnny Cake. This is probably because of the use of brown sugar, sour cream and sour milk. It also uses baking soda as opposed to baking powder. Try them both and see which you like best. I think it was called hundred-year old because of how old the recipe is. Now, it should probably be called "Hundred-Fifty Year Old Johnny Cake."

## Mom's Johnny Cake

### Ingredients:

½ cup sugar  
1 egg  
1 tablespoon shortening  
1 cup milk  
1 cup flour  
1 cup corn meal  
2 teaspoons baking powder  
½ teaspoon salt

### Directions:

- 1 - Turn on the oven and set temperature to 350°.
- 2 - Liberally grease baking pan.
- 3 - Mix the sugar, egg, and shortening together until smooth.
- 4 - Add the milk and mix until fully incorporated.
- 5 - Combine flour, corn meal, baking powder, and salt.
- 6 - Mix flour mixture into sugar mixture.
- 7 - Pour into a greased 9"x9" baking pan.
- 8 - Bake at 350° for 40 – 45 minutes (cake is done when toothpick inserted in the center comes out clean).

Whenever my mom made this Johnny Cake, she would always take some to my Uncle Nate. Nate was my Aunt Ruth's husband and a really great guy. Even after he went in a nursing home, she would make a special batch and take it to him there. He would put a piece of Johnny Cake in a bowl and put milk and sugar on it before eating it. I myself prefer butter, but what do I know?

## Mom's Knobby Apple Cake

### Ingredients:

1 cup sugar  
3 tablespoons oil  
1 egg, beaten  
1 teaspoon vanilla  
1 cup flour  
1 teaspoon baking soda  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
3 cups chopped apples  
½ cup walnuts

### Directions:

- 1 - Turn on oven and set temperature to 350°.
- 2 - Grease a 9" x 9" baking pan.
- 3 - Mix the sugar and oil together until creamy.
- 4 - Add egg and vanilla and mix.
- 5 - Combine flour, baking soda, cinnamon, and nutmeg and add to sugar mixture.
- 6 - Fold in chopped apples and walnuts.
- 7 - Pour into baking pan.
- 8 - Bake at 350° for 30 to 40 minutes -- a toothpick inserted in the center should come out clean.

This cake is like a combination of apple pie and cake. The best apples for this are the same as you would use for a pie – Granny Smith or some other firm, tart apple. This is another one of those treats you won't be able to get enough of. Try it warm with a scoop of vanilla ice cream or in a bowl with some milk. You will love it!

## Mom's Mayonnaise Cake

### Ingredients:

- 1 teaspoon vanilla
- ½ cup mayonnaise (not salad dressing – we always use Hellman's Real Mayonnaise™)
- 1 cup cold water
- 2 cups flour
- 1 cup sugar
- 2 teaspoons soda
- 5 tablespoons chocolate (cocoa powder)
- ½ teaspoon salt

### Directions:

- 1 - Turn on oven and set temperature to 350°.
- 2 - Liberally grease a 9" x 13" baking pan.
- 3 - Mix vanilla, mayonnaise, and water until smooth.
- 4 - Combine flour, sugar, soda, cocoa powder and salt.
- 5 - Add flour mixture to liquid mixture.
- 6 - Pour into the baking pan.
- 7 - Bake at 350° for 25 minutes (a toothpick inserted in the center will come out clean).

You'll notice that this cake and the Salad Dressings do not call for eggs. This is because one of the main ingredients of mayonnaise and Salad dressing is eggs. This has a tad more chocolate flavor than Aunt Ruth's Salad Dressing Cake because it has two more tablespoons of cocoa powder. Sorry, Mom, if you can hear me up there, I always liked Aunt Ruth's Salad Dressing Cake better, but I guess you probably knew that.

## Tips on Making Candy

### General Tips

1. When a recipe calls for two different measurements of the same ingredient, it will usually say “divided. This is because one of the measurement goes in one step and the other into another step.
2. You will need a deep heavy saucepan, an accurate candy thermometer, measuring cups, and measuring spoons for making candy.
3. Before any session of candy-making, check the accuracy of your candy thermometer by putting it in a pot of boiling water. The temperature should read 212°. If it does not, increase or decrease the temperature by the difference from 212°. For example, if the thermometer reads 210°, it means that when your thermometer reads 210°, your mixture is actually at 212°. If you wanted to heat your candy to a soft-ball stage (234°), the candy will be at the right temperature when the thermometer reads 232°, 2° less than 234°.
4. You will have a much better chance of being successful at candy-making if you wait to make it when the humidity is low, i.e. 60% or less.
5. Various candies are heated to certain temperatures depending on the candy you are trying to make. These ranges are called stages.
6. Thread Stage = 230° to 233° -- syrup such as you would pour over ice cream – sugar concentration = 80%
7. Soft-Ball Stage = 234° to 240° -- fudge, pralines, and fondant – sugar concentration = 85%
8. Firm-Ball Stage = 244° to 248° -- caramels – sugar concentration = 87%
9. Hard-Ball Stage = 250° to 266° -- nougat, marshmallows, gummies, and divinity – sugar concentration = 92%
10. Soft-Crack Stage = 270° to 290° -- salt water taffy and butterscotch – sugar concentration = 95%
11. Hard-Crack Stage = 300° to 310° -- toffies, nut brittles, and lollipops – sugar concentration = 99%
12. Caramel Stage = 320° to 350° -- caramels – sugar concentration = 100%
13. Don't store hard candies and soft candies together.
14. Use miniature cupcake liners to separate candies and make them look professionally made.
15. Waxed paper between layers of candy will keep it from sticking.

## Chocolate Candy

1. Chocolate candy is made with baking chocolate, milk chocolate, white chocolate, almond bark, and chocolate chips.
2. To make chocolate candy, the chocolate must be melted.
3. When melting chocolate, be sure to keep any water away from it.
4. Melting any of these forms of chocolate is most easily accomplished by using a microwave.
5. Semi-sweet chocolate or chocolate chips should be melted at full power, starting with one minute. Stir and heat it at 10-second intervals until melted and very smooth.
6. When melting white chocolate, white almond bark, or milk chocolate, use the same method, but with the microwave at 70% power.
7. If you don't have access to a microwave, use a double boiler with the chocolate in top over a pan of not-quite-boiling water.
8. If your recipe calls for you to dip something in chocolate, use candy coating or almond bark since it will stick to whatever you dip in it better than the other chocolates.

## Candy Made from Sugar Syrups

1. When making candy from sugar syrups, be sure to draw a large pan or bowl of cold water and keep it near to the place where you will be working. Splattered hot sugar syrup can burn you very quickly. If this happens, immediately plunge the affected area into the cold water.
2. Make sure you gather together all of your ingredients and the paraphernalia you need for candy making before you begin.
3. These candies, more than the others, require low humidity (<60%). If your candy comes out sticky, it is probably because the humidity was too high or you didn't cook it to the proper temperature.
4. There are a variety of molds made specifically for candy that will turn ordinary blobs of candy into delightful little gems that just enhance the appeal of the candy.
5. You can use a basic hard candy recipe and vary the flavor, color, and shape in an infinite number of ways.
6. You can add wonderful flavors to hard candy using essential oils. There is such a variety available that you won't have to eat the same flavor every day. In addition to peppermint, you can get spearmint, wintergreen, lemon, lime, anise, orange, cinnamon, clove, almond, amaretto, apple, banana, Bavarian crème, black walnut, blackberry, and on and on – need I say more?

7. You can add wonderful colors to hard candy using food coloring or Kool Aid™.
8. When cooking the syrup, be sure to use a burner that is wider than the bottom of the pan you are using; heating will be more even.
9. Store cooled candy in paper bags or metal tins.

## Candy

### Alice Eaton's Penuche Fudge

#### Ingredients:

2 cups brown sugar or 1 cup each, brown and white sugar  
Pinch of salt  
1/4 cup cream or top milk  
3/4 cup milk  
2 tablespoon butter or margarine  
1/2 cup chopped Walnuts

#### Directions:

- 1 - Prepare a pan of cold water in which your saucepan will fit.
- 2 - Grease a 9" x 9" baking pan.
- 3 - Combine sugar, salt, cream and milk
- 4 - Cook this mixture over medium heat, stirring until it boils.
- 5 - Stir the above occasionally until soft ball stage (234° - 238°).
- 6 - Set it in the pan of cold water you prepared earlier.
- 7 - Immediately add the butter and beat until creamy.
- 8 - Mix in the nuts.
- 9 - Pour the mixture into a square pan to cool.
- 10 - Cut into 1" squares.

This recipe was passed on to my cousin Ethelyn by her sister-in-law, Beverly Thompson. Beverly is Alice Eaton's daughter. For a little variety, you could use pecans instead of walnuts.

Did you notice the use of the term "top milk?" When this recipe was developed, milkmen were still delivering bottles of milk to houses. The milk was not homogenized and the cream would rise to the top, hence the term "top" milk.

## Aunt Iona's Berry-Berry Bonbons

### Ingredients:

8-ounces of cream cheese, softened

1 cup milk chocolate chips

¾ cup crushed vanilla wafers (I like to use Nabisco Nilla Wafers™)

¼ cup fruit preserves (I used strawberry; it just seems to fit best.)

15 ounces milk chocolate candy coating, chopped (Merckens Cocoa Lite Chocolate works well)

2 ounces white baking chocolate (I prefer Ghiradelli Premium Baking Bar – White Chocolate.)

### Directions:

1 - Line a cookie sheet with waxed paper.

2 - Make sure your cream cheese is soft and easy to work with.

3 - Melt the chocolate chips. (I used a 2-cup Pyrex measuring cup to measure my chocolate and melted it in the microwave, starting with 30 seconds duration. Repeat and check every 5 seconds after that.

4 - Place vanilla wafers in a plastic bag and crush them.

5 - Move the melted chocolate chips to a large bowl.

6 - Add the crumbs and preserves and mix.

7 - Cover and move to the refrigerator for a couple of hours.

8 - Remove from the refrigerator and divide it in half.

9 - Place one-half back in the refrigerator.

10 - Use a 1 tablespoon disher/scoop to measure and start forming balls.

11 - Melt the milk chocolate coating in the microwave, starting with 30 seconds duration. Repeat and check every 5 seconds after that. Stir until smooth.

12 - Using a toothpick to handle the chocolate balls, dip them in the melted candy coating .

13 - When excess has dripped off, place them on the already-prepared baking sheet.

14 - Refrigerate until they set up.

15 - Remove the second half and repeat steps 10 – 14.

16 - After the balls have totally set, melt the white baking chocolate.

17 - Pour the melted white chocolate into a pastry bag and use a very small tip to decorate the balls with swirls, lines, or whatever “suits” your fancy (maybe, spades, hearts, diamonds and clubs ☐ (If you don't have a pastry bag, a plastic sandwich bag will work- just fill it half-way with the melted chocolate, cut a small hole in one corner and decorate with that.

18 - Store this in a sealed container in the refrigerator.

**Yield:** 44 – 55 balls

Other than melting chocolate, there is no real “cooking” involved in making these delectable orbs of goodness. These berry-berry bonbons are berry, berry good.

## Aunt Lana's Creamy Butter Mints

### Ingredients:

½ cup butter, softened  
3 ¾ cups confectioners' sugar  
1 tablespoon milk or heavy whipping cream  
1 teaspoon vanilla  
¼ teaspoon peppermint extract  
At least two different food colorings

### Directions:

- 1 - Line a cookie sheet with waxed paper.
- 2 - Combine butter sugar, milk, vanilla, and peppermint extract.
- 3 - Divide the mixture into as many portions as you have food coloring to use.
- 4 - Put a couple of drops of food coloring into one of the portions and knead it in. (I recommend you use gloves to protect your hands from stains.)
- 5 - If not enough color, add more by the drop until the color suits you.
- 6 - To form balls, use a disher or scoop, packing the mixture in tightly.
- 7 - Drop the balls onto the waxed paper.
- 8 - Use a fork to flatten the balls – tine marks just add character to the mints.
- 9 - Cover with another layer of waxed paper and refrigerate overnight.

The butter in these mints gives them a richness that Mom's Mints don't have. If you don't want boring, circular mints, you can roll the mixture out about 1/8" thick between two layers of waxed paper and cut the mints out with cookie cutters or whatever shape cutters you have.

## Aunt Ruth's Popcorn Balls

### Ingredients:

10 cups of popcorn  
1 1/2 c. sugar  
1 1/2 sticks butter  
3/4 c. light corn syrup (she always used Karo™)  
1 tsp. vanilla

### Directions:

- 1 - Pop the popcorn.
- 2 - Remove any hulls or hard kernels from the popcorn.
- 3 - Add the sugar, butter, and corn syrup into a heavy saucepan.
- 4 - Cook until mixture reaches temperature of 235° to 245° (forms soft ball in cold water).
- 5 - Remove from heat source and add vanilla.
- 6 - Food coloring is optional at this stage.
- 7 - Pour over popped corn and mix with a wooden spoon until all popcorn is thoroughly coated. It may be necessary to do some of the mixing with your hands. If so, run your hands under cold water and shake off the excess water first.
- 8 - To form popcorn balls, grab a handful of the mixture and pack together to form a ball about the size of a baseball.
- 9 - Wrap the popcorn balls in plastic wrap, aluminum foil or waxed paper.

Although I prefer my mother's popcorn balls because I love molasses, I never turned down one of my Aunt Ruth's popcorn balls. I guess it depends on whether you prefer molasses to no molasses. If you're like me and prefer molasses, try my Mom's Popcorn Balls.

## Basic Hard Candy

### Ingredients:

2 cups granulated sugar

2/3 cup light corn syrup (I always use Karo™)

¾ cup water

Flavoring – use the amount recommended on the package

Food Coloring – use the amount recommended on the package

### Directions:

- 1 - Prepare candy molds or whatever you are planning to pour the candy into.
- 2 - Put all ingredients in a heavy saucepan over medium heat, stirring until sugar is dissolved and mixture starts to boil.
- 3 - Attach a candy thermometer to the side of the saucepan, but make sure it doesn't touch the bottom of the pan.
- 4 - Without stirring, bring the mixture to a boil over medium heat.
- 5 - Wash down the sides of the saucepan with a damp pastry brush.
- 6 - When the mixture reaches 260°, add the food coloring – again, do not stir.
- 7 - When the mixture reaches 300°, remove the pan from the heat source. (Don't forget to turn off the burner.)
- 8 - After the mixture stops boiling, add the flavoring and stir gently to distribute it.
- 9 - Pour the mixture into your prepared molds or whatever you are using for the candy.
- 10 - Never put candy in the refrigerator.
- 11 - If you are cracking up your candy, shake it in a bag with confectioners' sugar.
- 12 - If you are making lollipops, put them in plastic bags and secure them with twist ties.

Please don't be intimidated by the idea of making hard candy. With this basic recipe, you can create an infinite number of hard candies, differing in flavor, color, and shape. I hope you will experiment with the various flavors, colors and shapes and come up with your own creations. You can even mix flavors and colors together to make your own flavors and your own colors.

## Tips about Baking Cookies

1. Relax and have a great time.
2. Follow the recipe carefully, at least the first time you make it, but don't be afraid to make some changes, such as exchanging dried cranberries for the raisins, increasing or decreasing the amount of spices or even adding other spices.
3. Pay attention to whether you need to pre-heat the oven.
4. Most cookie recipes involve creaming together sugar and shortening or butter, adding some eggs, milk, or other liquid, and then adding a combination of flour, spices, and either baking powder or baking soda or both.
5. When a recipe calls for dropping by spoonful onto the cookie sheet, I recommend that you get a good quality tablespoon-sized scoop or disher and use that.
6. When you are dropping the cookie batter by the spoonful, how much you put on the cookie sheet is not as important as the consistency of the amount. If the amount of batter is not consistent, some cookies might be overdone and some might be underdone.
7. For me, the best way to combine the flour and other dry ingredients is to put them in a bowl and use a whisk to distribute them throughout the flour.
8. Mixing together the sugar and shortening is best done with a stand mixer, but a hand-held mixer will do the trick.
9. Be sure to use a spatula or spoon to wipe down the sides and bottom of the mixture a couple of times during the mixing process.
10. Cookies that have just come out of the oven, should rest a couple of minutes on the cookie sheet and then be transferred to wire racks for final cooling.
11. It is not necessary to wash cookie sheets between batches. Just scrape off the cookie sheet with a spatula and add the next batch of cookies.
12. Since the temperature of the oven is important, you might want to get an oven thermometer that you can hang from the rack and check it instead of relying on your oven setting. Just adjust the oven until the oven temperature is correct.
13. Even though your oven probably has two racks, it is best to put only one cookie sheet at a time in center of the center rack of your oven.
14. Use a timer to keep track of the how long the cookies should bake (I used the timer on my microwave.) If there is a range of minutes to bake the cookies, set your timer at the lower range and, at the end of that time, decide whether they need to bake a little longer.
15. You can usually determine whether cookies are done when the outside of the cookies are brown, or if you lightly touch the top of a cookie, it should have some spring to it. (I prefer mine more done than most people.)
16. If a recipe calls for sour milk and you do not have any, put a tablespoon of cider vinegar or lemon juice in your measuring cup and add milk up to the level required, then wait about 5 minutes. Sweet milk is just regular milk.

## Cookies

### Chocolate Jumbles

**Ingredients:**

- 1 cup sugar
- 1 cup shortening
- 1 cup molasses
- 2 eggs, beaten
- 3/4 cup sour milk
- 3 cups flour
- 2 tablespoons cocoa
- 1 teaspoon cinnamon
- 1/2 teaspoon salt

**Directions:**

- 1 - Turn oven on and set temperature to 375°.
- 2 - Grease your cookie/baking sheets.
- 3 - Combine sugar and shortening and mix well.
- 4 - Mix together molasses, eggs and milk.
- 5 - Add to the above, and mix thoroughly.
- 6 - Combine flour, cocoa, cinnamon, and salt, add to the above, and mix well (batter is very moist).
- 7 - Drop by spoonful on greased cookie sheets.
- 8 - Bake in a 375° oven for 8 - 10 minutes.
- 9 - After removing the cookies from the oven, leave them on the cookie sheet for a couple of minutes.
- 10 - Cool them the rest of the way on wire racks.

**Yield:** 45 cookies.

I think it's the cinnamon in these cookies that give them such a great taste and interesting color, but you be the judge. Nobody I knew ever turned them down.

## Uncle Floyd's Chocolate Drop Cookies

### Ingredients:

- 1 cup shortening
- 1 cup sugar
- 1 well-beaten egg
- ½ cup milk, sweet or sour (My uncle liked sour milk best, but I used sweet milk.)
- 1 teaspoon vanilla
- 1½ cups flour
- ½ cup cocoa
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup chopped nuts, if desired (I didn't)

### Directions:

- 1 - Turn on oven and set temperature to 400°.
- 2 - Mix the shortening and sugar thoroughly.
- 3 - Add the egg, milk and vanilla and mix well:
- 4 - Combine flour, cocoa, baking soda, and salt, add to sugar mixture, and mix well:
- 5 - Add the chopped nuts and mix.
- 6 - Drop by spoonful onto ungreased cookie sheets.
- 7 - Bake at 400° for 8 – 10 minutes.

**Yield:** 24 cookies.

If you like chocolate, you'll really like these cookies. That half-cup of cocoa makes itself know. I always loved these cookies and was very excited when Uncle Floyd made them. What a great guy he was.

## Aunt Ruth's Molasses Cookies

### Ingredients:

2 cups shortening  
1 cup light brown sugar  
1 cup molasses  
1 cup buttermilk or sour milk  
Flour enough to roll good (5 1/2 cups)  
1 teaspoon ginger  
1 teaspoon cloves  
1 1/3 teaspoons cinnamon  
1 rounded teaspoon soda

### Directions:

- 1 - Turn on oven and set temperature at 350°.
- 2 - Mix together the shortening and sugar until creamy.
- 3 - Add molasses and milk and mix well.
- 4 - Combine the flour, ginger, cloves, cinnamon, and baking soda, and mix well.
- 5 - Lightly flour your counter (cover it in wax paper if you don't want a mess).
- 6 - Dump the dough on the floured board and sprinkle lightly with a little more flour.
- 7 - Pat it down a bit, trying to keep the thickness fairly even.
- 8 - Apply a little flour to a rolling pin and roll out the dough to a thickness of about 3/8 inch. Dust your rolling pin with flour if it becomes sticky.
- 9 - Using a floured glass or biscuit cutter, cut out the cookies and put on an ungreased cookie sheet/baking pan.
- 10 - Depending on humidity, you may have to add a little flour so the cookies will roll properly.
- 11 - Bake at 350° for 10 - 15 minutes.
- 12 - Let them cool a minute or two on the cookie sheet then move to wire racks to complete the cooling process.

**Yield:** 25 cookies.

My Aunt Ruth was a terrific baker. Actually, she was a good all-around cook, but she was probably best known for her baking. Even after she had a stroke, she was able to bake circles around most of the people in her neighborhood. I miss her so much and I especially miss her molasses cookies. Mine just don't turn out the same, but they are really good.

## Mom's Oatmeal Cookies

### Ingredients:

½ cup shortening  
1¼ cups white sugar  
2 eggs  
6 tablespoons molasses  
1¾ cups flour  
1 teaspoon salt  
1 teaspoon baking soda  
1 teaspoons baking powder  
1 teaspoon cinnamon  
2 cups oats  
½ cup nuts  
1 cup raisins

### Directions:

- 1 - Turn on oven and set temperature at 400°.
- 2 - Mix together shortening and sugar until creamy.
- 3 - Add the eggs and molasses and mix well.
- 4 - Combine flour, salt, baking soda, baking powder, and cinnamon.
- 5 - Add to sugar mixture and beat well:
- 6 - Mix in oats, nuts, and raisins.
- 7 - Drop by spoonful on ungreased baking sheets.

Bake at 400° for 10 to 12 minutes.

**Yield:** 30 cookies.

These oatmeal cookies are chewy compared to others in this cookbook. That and the molasses just makes them all the better. They seem to last longer that way. Did you notice that these cookies are dropped by spoonful, but are not called “drop” cookies? I think Mom just did this to distinguish them from her other oatmeal cookies.

## Mom's Ginger Snaps

### Ingredients:

¾ cup shortening  
1 cup brown sugar (packed)  
¼ cup molasses  
1 egg, beaten  
2¼ cups flour  
1 teaspoon ground ginger  
1 teaspoon cinnamon  
1/2 teaspoon ground cloves  
2 teaspoons baking soda  
½ teaspoon salt

### Directions:

- 1 - Turn on oven and set temperature to 400°.
- 2 - Mix together the shortening and sugar until creamy.
- 3 - Add the molasses and egg and mix well:
- 4 - Combine flour, ginger, cinnamon, cloves, baking soda, and salt.
- 5 - Add to sugar mixture, and mix well.
- 6 - Add some granulated sugar to a saucer.
- 7 - Form dough into a 1" ball and roll in sugar. (I used a 1-tablespoon scoop or dishes to measure how much dough to form a ball.)
- 8 - Put on an ungreased cookie sheet.
- 9 - Bake at 350° for 14 – 16 minutes.

**Yield:** 36 - 40 cookies.

I just love ginger snaps and I bake mine until they will snap. You may want yours cooked a little less. Sometimes, my Mom would add ¼ teaspoon of cayenne pepper to make them really snap – at least that's what it felt like.

## Mom's Perfect Pumpkin Cookies

### Ingredients:

- 1 ½ cups sugar
- ½ cup shortening
- 2 eggs
- 1 cup pumpkin
- 1 teaspoon vanilla or cider vinegar (I used vanilla, but my Aunt Ruth used vinegar.)
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 3 teaspoons baking powder
- ¼ teaspoon baking soda
- ½ cup nut meats, chopped (I used 1 cup, because I love nuts in my cookies.)

### Directions:

- 1 - Turn on oven and set temperature to 375°.
- 2 - Grease your cookie/baking sheets (I sprayed no-stick cooking spray on mine.)
- 3 - Mix sugar and shortening until creamy:
- 4 - Add eggs, pumpkin, and vanilla and mix well:
- 5 - In a separate bowl, combine flour, salt, cinnamon, ginger, nutmeg, baking powder, and baking soda.
- 6 - Add flour mixture to sugar mixture and combine well.
- 7 - Add nuts and mix
- 8 - Drop by spoonful onto greased cookie sheet (The size of the cookie is not as important as the consistency of the size).
- 9 - Bake at 375° for 12 - 14 minutes.

**Yield:** 23 cookies.

Of all of the cookies I have ever had, these are the cookies I like best. The spicy pumpkin flavor is unbeatable. Top that with the crunchy nuts and these are cookies I bet you will love as much as I do.

## Silicone Bakeware

Silicone bakeware has become extremely popular and for a lot of good reasons. One can still bake a perfect cake in a metal, aluminum, ceramic, or glass pan, but with all that silicone bakeware has to offer, you might not want to. It is unbreakable, easy to store, lightweight, flexible, and easy to clean. Once you try this type of bakeware, you may not want to bake with anything else.

One of many key advantages of silicone bakeware is that it is unbreakable and long lasting. It is fairly soft and very flexible, and won't dent like metal bakeware can. You can drop it without having to worry that it might break like glass or ceramic bakeware can. These characteristics also make it less hazardous to use, because you do not have to be concerned about sharp edges or broken parts.

All silicone bakeware sold by Belgoods Bakeware is made from 100% pure food grade silicone. Most cheaper brands often use plastic fillers. Such fillers may compromise the quality and durability of silicone. Belgoods Bakeware does not use such fillers, but only uses 100% pure food grade silicone that meets all international quality standards.

More info about the quality of our products can be found here:

<http://www.belgoods.com/quality/>

## Resources

**Check out our available bakeware at our Amazon store:**

<http://www.amazon.com/shops/belgoodsbakeware>

Our website: <http://www.belgoods.com>

Our blog: <http://www.belgoods.com/blog>

Facebook: <http://www.belgoods.com/facebook>

Youtube: <http://www.belgoods.com/youtube>

Twitter: <http://www.belgoods.com/twitter>

Google+: <http://www.gplus.to/Belgoods>

Pinterest: <http://pinterest.com/belgoods>

RSS Feed: <http://feeds.feedburner.com/BelgoodsBakeware>

**Please [check out the other ebooks by Kathy Dillenbeck](#) available on Amazon.com.**

## Thank you

...for downloading this free ebook!