

USE
UNIFINE
FLOUR



Waffles

Pancakes

Yeast rolls

Fruit cakes

Applesauce cakes

Gravies and thickening

Nut breads and fruit breads

Muffins

Dumplings

Sweet rolls

Coffee cakes

Whole wheat bread

Cookies--nearly all kinds

Cobblers, and fruit crisps

Raisin, prune, date cakes--etc.

You will soon prefer the full flavor of whole grain in all of your baking, and have the satisfaction of using wheat for food as nature intended.

WHY UNIFINE FLOUR IS DIFFERENT

Unlike other milling practices, **Unifine** is a rotary type of splitting action. This is accomplished by centrifugally driving the grain against a series of sharp teeth at high speed. The resultant product leaves the germ cell intact though finely pulverized. Milled in this manner **Unifine** flour is noted for its keeping qualities. By the same token, this flour is more efficacious since it contains all the nutritive and health giving ingredients that are especially associated with the bran and the germ of the kernel.

The bran fragments are fine with rounded edges, thereby making available the minerals and proteins of aleurone cells contained therein. The germ of the wheat is nature's richest known source of the all-important Vitamin E which is associated with the natural Vitamin B Complex to provide their nutritive and life giving properties. The fineness also makes for greater moisture absorption which is essential for freshness and good digestion.

The name "Unifine" is not a trade name, it is more appropriate for a household name. It was coined by virtue of the fact that flour produced by the mill contains the entire wheat berry ground to a fineness and uniformity of high degree by comparison. This flour does not need to be sifted; a bit of stirring to fluff it up and it is ready for measuring.

The recipes enclosed are tried and proven, they are but a sample of the varied uses of this flour. Other natural ingredients are recommended also such as cooking oils with their unsaturated fats. Honey, molasses and brown sugar too, are nature's best. See how these all combine to make better foods for your family.

UNIFINE YEAST BREAD

4 c. hot water (tap)
½ c. sugar
½ c. oil, or melted
shortening

2 tbs. salt
5 c. Unifine
2 pk. instant blend
yeast

Put hot water in large mixing bowl, add sugar, oil, and salt. Mix flour and yeast together and stir into the lukewarm water mixture. Beat with mixer for 3 minutes. Stir in more Unifine to make dough just stiff enough to knead (about 2 c.). Turn onto well floured board and knead in flour to make very stiff dough.

Let raise in warm place until fully doubled. (Should be about 80°—may be slightly warmed oven.) Knead down, shape into 3 loaves, put in greased pans and let raise again until barely doubled. Bake in preheated oven 40-45 minutes at 350°.

DATE CARROT BREAD

2/3 c. shortening
1 c. sugar
2 eggs
1 t. soda
1 t. baking powder

1 t. salt
1 t. cinnamon
1 t. nutmeg
2 c. Unifine flour
1½ c. grated raw carrots
1 c. chopped dates

Mix shortening, eggs, and sugar, blend until foamy. Add carrots, then dry ingredients and dates. Bake in loaf. 350°—45 minutes.

QUICK BUN OR SWEET ROLLS

4 c. warm water. Dissolve 3 pk. yeast, then add:

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| 1 c. sugar | 1 tb. salt |
| 2 eggs, well beaten | 8 c. Unifine |
| 1 c. oil or melted shortening | |

Beat until smooth, and continue adding flour until just stiff enough to knead. Knead until smooth and elastic, but still quite soft. Cover and let rise in warm place until doubled. Shape into buns or rolls. Cover, let rise again until double. Bake at 375° for 12 to 15 min. or until done.

Makes about 6 dozen. Delicious! Make a supply of dinner rolls and sweet rolls to have on hand, in the freezer.

REFRIGERATOR BRAN MUFFINS

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|---------------------|--|
| 1 c. boiling water | 1 t. salt |
| 2½ t. soda | 2 c. All bran cereal
(Nabisco 100% Bran or
Kelloggs Bran Buds) |
| ½ c. shortening | 2 c. buttermilk |
| ¾ c. sugar | 1 c. chopped dates |
| 2 eggs | ½ c. chopped nuts |
| 3½ c. Unifine flour | |

Mix water and soda, set aside to cool. Cream shortening, sugar, and eggs. Add flour and salt to water mixture. Stir in cereal and milk. (May use sour milk, or milk soured with 2 tb. vinegar.) Fold in dates and nuts, if you desire to use them.

Batter will keep in refrigerator 6 weeks in covered container if plain, and 3 weeks if nuts and dates are added. Bake at 375° for 15-20 min.

UNIFINE MUFFINS

2 c. Unifine	2 tb. molasses
1 t. salt	(if desired)
¼ c. sugar	1 c. milk
3 t. baking powder	2 tb. oil
2 eggs, beaten	½ c. raisins

Put dry ingredients into mixing bowl and stir until mixed, add eggs, molasses, milk, oil, and raisins, and stir only enough to moisten. Fill well-greased muffin tins 2/3 full. Bake at 400° 15-18 min.

TOASTY GRAIN READY-TO-EAT CEREAL

4 c. Unifine flour	2 tsp. salt
4 c. uncooked rolled oats	½ c. honey
2 c. fine macaroon coconut	½ c. cooking oil
	½ c. water

Combine dry ingredients. Mix well. Blend honey, oil and water, (osterizer or electric beaters) add to the dry ingredients and mix to small chunks—about like pie crust, (easier done with hands). Place in large baking pan (17 x 11), put into 275° to 300° oven for 1 hour. Stir at 15 min. intervals for even browning.

Turn off heat and allow cereal to stay in oven at least 4 hours. Stir about 4 times during this period. This allows grain to dextrinize (sweeten) as well as the product to dry. Yields 2 quarts. Serve in ½–1 cup amounts with milk or cream. (as one would Grape Nuts)

UNIFINE WAFFLES

2 c. Unifine flour	1½ c. milk
3 tsp. baking powder	½ c. oil or melted shortening
2 tb. sugar	1 t. salt
3 egg yolks, beaten	3 egg whites, beaten

Loosen flour well and measure, then stir in sugar, baking powder, and salt. Add milk, egg yolks, and oil and stir. Fold in stiffly beaten egg whites. Bake on a preheated waffle iron.

UNIFINE PANCAKES

1 egg beaten	1 c. Unifine flour
1 c. milk	1½ t. baking powder
1 tb. sugar or honey	¾ t. salt
2 tb. oil or melted shortening	

Beat egg, add milk, sugar, and oil. Loosen flour and measure, stir in baking powder and salt, and add to liquid all at once. Mix lightly, with no more than 50 strokes. Bake on a hot greased griddle.

LIGHT 'N EASY UNIFINE BISCUITS

1½ c. Unifine, loosened	¼ c. oil
2½ t. baking powder	⅔ c. milk
½ t. salt	
1 tb. sugar	

Mix dry ingredients together and put into a bowl. Add oil and milk, and stir just to mix. Turn onto a well floured board and knead 10-12 times. Pat out flat and cut. Bake on greased sheet at 400° 12-15 min.

PARTY APPLESAUCE LAYER CAKE

1 c. sugar
½ c. shortening
2 eggs, separated
½ t. salt
1 t. vanilla
1½ c. applesauce
2 c. Unifine flour

1 t. soda
1 t. baking powder
1 t. cinnamon
¼ t. cloves
½ c. raisins, ground
½ c. walnuts, chopped

Beat shortening, sugar, egg yolks, salt, and vanilla until creamy. Mix raisins and nuts and dredge with a small portion of flour. Add spices, soda, and baking powder to remaining flour, and add with the applesauce and stir for 30 seconds. Mix in raisins and nuts. Beat egg whites stiff and fold in. Bake in 2 greased and floured layer pans, and frost for a "party" cake--or it may be baked in a loaf pan. Bake at 350° for 30-35 min. in layer pans.

Same formula may be used for cake-like drop cookies. Bake on greased sheet at 375°-10-12 min.

ALBERTA'S ORANGE CAKE

Squeeze juice from 1 large orange, and grind pulp and rind with 1 c. raisins, reserving juice for topping.

½ c. brown sugar
½ c. white sugar
½ c. shortening
2 eggs

2 c. Unifine flour
1 t. soda
1 t. salt
¾ c. milk
½ c. walnuts, chopped

Beat sugar, shortening, and eggs together until fluffy. Mix dry ingredients together, and add with milk, stirring well. Fold in raisin and orange mixture and nuts. Bake in 13 x 9 x 2 pan, for 30-35 min. at 350°.

When cake is done, mix the orange juice (¼ to 1/3 cup) with ½ c. brown sugar, and 1 t. cinnamon. Spread it over the warm cake. Mouth-watering served warm or cool.

CARROT RAISIN CAKE

1½ c. raisins, grind with	1½ t. soda
2 tb. water	1 t. salt
½ c. shortening	1 t. cinnamon
1 c. sugar	½ t. nutmeg
1 t. grated orange peel	¼ t. cloves
2 eggs	2 c. (loose) raw carrots
2 c. Unifine flour	finely grated
1½ t. baking powder	

Chop raisins coarsely. Beat shortening, sugar and orange peel, then beat in eggs one at a time, and half of the dry ingredients which have been well stirred together. Mix in raisins, and carrots, and blend in remaining flour. Put into 2-8" layer pans, or 2 small loaf pans greased and lined with waxed paper. Bake at 350°—about 35 min. Frost with butter cream frosting, if desired.

JUNE ROSE CAKE

(Good as shortcake, with berries and whipped cream, or served with a sauce—or frosted.)

2 c. Unifine	1/3 c. shortening
3 t. baking powder	3/4 c. milk
3/4 t. salt	1 t. vanilla
3/4 c. sugar	

Stir dry ingredients together in mixing bowl, add other ingredients and beat at medium speed for 2 minutes.

Add 1 egg, and beat one minute more. Put into 2 greased and floured round cake pans—or flat pan. Bake at 350°—20 to 25 min.

RAISIN SQUARES

1 c. raisins and 1 c. water: heat to a boil and cool.

½ c. oil or shortening	1 t. soda
1 egg, beaten	1 t. each cinnamon, nutmeg, and allspice
1 c. sugar	¼ t. cloves
1 ¾ c. Unifine	½ c. nuts
1 t. salt	

Bake in a 9 x 13 loaf pan, at 375°-15-20 min.
Sprinkle with powdered sugar for a nice topping.

GINGER REFRIGERATOR COOKIES

1 c. shortening	4½ c. Unifine flour
1 c. sugar	3 t. baking powder
2 eggs	1½ t. salt
½ c. dark molasses	1 tb. ginger
	2 c. chopped raisins, if desired

Beat shortening, sugar, eggs and molasses until creamy. Mix dry ingredients and stir in—mix thoroughly with hands. Shape into smooth rolls, about 2½ in. in diameter. Wrap, and chill (or freeze). Cut in slices and bake on ungreased baking sheet, until lightly browned, and just barely firm. 350°-8-10 min.

ICEBOX COOKIES

1 c. shortening	1 t. salt
½ c. sugar	2 t. baking powder
½ c. brown sugar	3 c. Unifine
2 eggs	1 c. chopped nuts
1 t. vanilla	

Beat shortening, eggs, vanilla, and sugar until fluffy. Mix dry ingredients, and add with nuts. Form into rolls, wrap in waxed paper and refrigerate overnight. Slice, and bake at 375°-8-12 min.

Variations: Date nut cookies: Add 1 t. cinnamon, and ½ c. chopped dates. Chocolate cookies: Blend 2 sq. unsweetened chocolate into the shortening mixture.

UNIFINE BUTTER COOKIES

2½ c. Unifine

½ c. sugar

1 c. butter or margarine

1 egg

Cream butter and sugar. Beat egg and blend together gradually with flour. Use cookie press, and put on ungreased cookie sheet. Bake 8-10 min. at 400°.

DROP COOKIES

1 c. shortening

1 c. sugar

2 eggs

1 t. vanilla

¼ c. milk

2 tb. molasses (dark)

(for brown sugar flavor)

3 c. Unifine

1½ t. salt

2 t. baking powder

Beat all but dry ingredients together until creamy. Loosen flour, measure, stir in salt and baking powder. Add to creamed mixture. Drop onto greased sheet. Bake at 350°-8 to 10 min.

Variations:

Chocolate Chip: Add 1 pk. chocolate chips and ½ c. nuts.

Raisin spice: 1 c. chopped raisins, 1 t. cinnamon, 1 t. nutmeg, and ½ t. cloves. (or may use dates)

Coconut: 1 c. coconut. (For light cookie, substitute milk for the molasses).

Pineapple Drop: Omit milk and use 1 c. very well-drained pineapple, crushed.

Apple sauce drops: Omit milk, and use 1 c. thick applesauce, add 1 c. raisins, and spices.

FRUIT COBBLER

1½ c. loose Unifine flour	3 tb. shortening or
2 tb. brown sugar	margarine
2 t. baking powder	1 egg, well beaten, plus
½ t. salt	milk to make 1 cup
	liquid

Sift dry ingredients four times. Blend in the shortening. Add liquid and stir just until mixed. Spread over sweetened fruit—you can use peaches, apricots, rhubarb, cherries, or any other fruit desired. Bake at 350° to 375° until fruit is tender. Serve with whipped cream.

UNIFINE CHIFFON CAKE

Stir together into bowl:	1 t. cinnamon
2 c. Unifine flour	½ t. nutmeg
3 t. baking powder	½ t. allspice
1 t. salt	½ t. cloves

Mix in 2 cups brown sugar with lumps pressed out. Add: ½ cup cooking oil, 7 egg yolks, ¾ cup cold water. Beat until smooth. (2 t. vanilla may be used instead of spices, if so add here). Beat until very stiff (in another bowl) 7 egg whites, ½ t. cream of tartar.

Pour flour mixture slowly into whipped egg whites, folding gently together until blended. Pour into ungreased tube pan. Bake 55 min. at 325 degrees, then 15 min. at 350 degrees. When done invert cake until cold. When cold, remove cake. Use little or no frosting to enjoy natural flavor.

Compliments of

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