

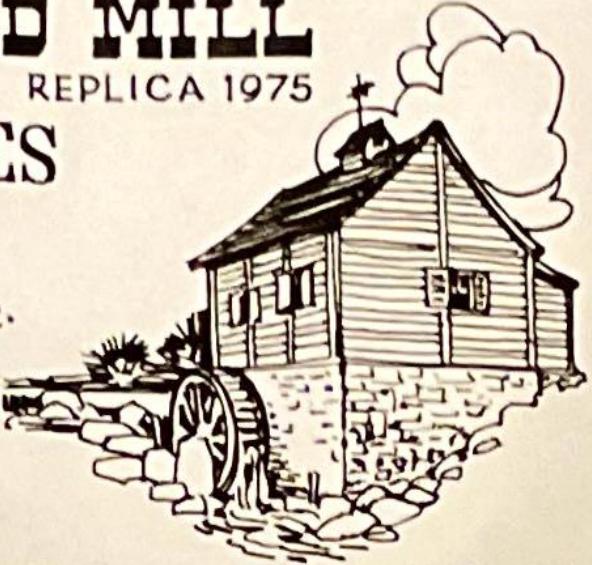
GRANT'S OLD MILL

ORIGINAL 1829 REPLICA 1975

RECIPES

Sponsored by the St. James-Assiniboa
Pioneer Association Inc.

WHOLE-WHEAT & TRITICALE FLOUR
FOR SALE AT THE MILL



MUFFINS

1½ cups Whole Wheat Flour
½ cup brown sugar
½ teaspoon baking soda
½ teaspoon salt
2 teaspoons baking powder
¼ teaspoon cinnamon
2 tablespoons lard
1 cup sour milk
½ cup raisins
1 egg

Bake in muffin tins in a 375°F oven for 25 minutes.

SCHNETKI (TEA BISCUITS)

2 cups Whole Wheat Flour
1 tablespoon brown sugar
1 teaspoon baking soda
2 teaspoons cream of tartar
1 teaspoon salt
2 tablespoons lard
¾ cup milk
Mix, knead, roll on floured board, cut and bake in 400°F oven for 30 mins.

BANANA-WALNUT BREAD

½ cup butter
1 cup sugar
2 eggs, beaten
1 cup mashed bananas
1 cup all-purpose flour
1 cup Triticale

½ teaspoon salt
1 teaspoon soda
⅓ cup hot water
½ cup chopped walnuts
Preheat oven to 325°F.
Melt butter. Blend in sugar.
Add beaten eggs & mashed
bananas, blending until
smooth. Sift white flour,
measure, sift again with
Triticale, salt and soda. Add
dry ingredients, alternating
with hot water. Stir in
chopped nuts. Grease pans &
pour in a 9x5" pan or 2 small
ones. Bake for 1 hour or until
straw comes out clean.

WHOLE WHEAT BREAD

3 lbs. Whole Wheat Flour
1 pkg. yeast dissolved as on pkg.
2½ cups lukewarm water
¾ cup lard & butter (melted)
2 teaspoons salt

Mix the flour, salt, lard &
butter mixture, yeast & water
and knead till smooth, let
rise till light, punch down &
let rise again till doubled in
bulk. Form into 2 or 3 loaves
or as size desired, let rise again
till light, or double in bulk.
Preheat oven to 375°F, bake
1 hour.

