

GRANT'S OLD MILL

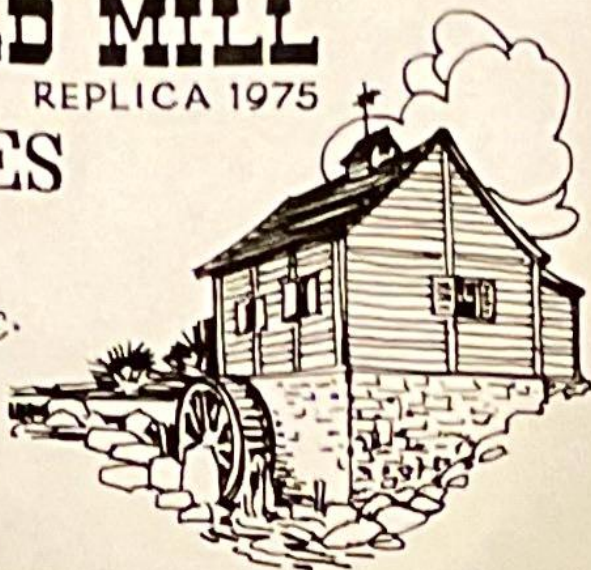
ORIGINAL 1829

REPLICA 1975

RECIPES

*Sponsored by the St. James-Assiniboia
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

- ⅓ 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.



B. ENDRES