



Cooking with All-Purpose Flour

All-purpose flour is a type of flour that is best to use when you are making breads, biscuits, cakes, pastries and cookies. You can also use flour to thicken sauces and gravies.

Flour is often packaged in 5-pound bags (5 pounds of flour equals 17½ cups). To make flour more nutritious, B vitamins and iron are often added.

How to measure it

To measure flour, spoon it into a measuring cup until the flour overflows. Use the straight edge of a knife to level the flour at the top of the cup. You do not need to sift the flour, because most flour is sifted at the mill.

Using all-purpose flour instead of self-rising flour

If a recipe calls for self-rising flour, add 1½ teaspoons of baking powder and ½ teaspoon of salt to each cup of all-purpose flour you use.

How to store it

Store all-purpose flour in a cool, dry place. After you open the bag, store the flour in an airtight container to keep out dust, moisture and insects. You may also store it in the refrigerator.

For best quality, use flour within 6 months after receiving it.

Quick Coffee Cake (makes about 6 servings)

What you need

- 3 tablespoons softened butter or margarine
- ½ cup granulated (white) sugar
- 1 egg
- 1 cup all-purpose flour
- 1¼ teaspoons baking powder
- ¼ teaspoon salt
- ⅓ cup milk
- ¼ teaspoon vanilla
- ⅓ cup brown sugar, packed
- ½ teaspoon cinnamon

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the butter or margarine with the sugar.
3. Add the egg and beat the mixture until it is creamy. Set it aside.
4. In another bowl, mix the flour, baking powder and salt.
5. Add the flour mixture and milk to the sugar mixture.
6. Add the vanilla. Mix well.
7. Spread the batter evenly into a greased 8-inch baking pan.
8. Mix the brown sugar and cinnamon; sprinkle it over the batter.
9. Bake it at 350 degrees F for 25 to 30 minutes.

Variation: For extra flavor, add ¾ cup of raisins and ½ cup chopped nuts to the cake batter.

Tip: When you measure brown sugar, spoon or scoop the sugar into dry measuring cup. Pack it down firmly with a spatula or spoon until it is level. Brown sugar should hold its shape when it is removed from the cup.

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