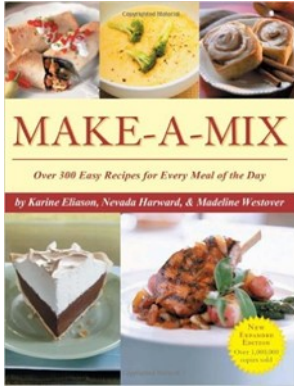


# MAKE YOUR OWN MIXES

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*Make-A-Mix* is really two cookbooks in one. The cookbook begins with 67 make-ahead shortcut mixes for everything from all-purpose cake mix to meatball mix. These can be made on a weekend, or whenever there's free time, and used to speed food preparation on busy days. The mixes are a key ingredient in one or more of the 306 recipes that follow. The kitchen-tested recipes run the gamut from breakfast dishes to after-dinner treats. They include hearty dinner entrees, like enchilada casserole, onion pot roast, and shrimp & vegetable stir-fry; international fare like green chili burritos and quick chow mein; soups and other appetizers, like New England clam chowder, and even freezer treats like fruit slush. With the Make-A-Mix method, home cooks can control the amount of sugar, salt, and preservatives in a recipe, and save money on store-bought mixes. This cookbook is the updated and expanded version of *Make-A-Mix* that sold over a million copies.

This book is available on Amazon.com in Kindle or Paperback book format. The following recipes were used with permission of author Karine Eliason.

### ALL-PURPOSE CAKE MIX

*Use this mix as you would a packaged cake mix.*

10 cups all-purpose flour  
6 ¼ cups sugar  
1 cup cornstarch  
5 tablespoons baking powder  
1 tablespoon salt  
2 ½ cups vegetable shortening

In a large sifter, combine flour, sugar, cornstarch, baking powder and salt. Sift, in batches, into a large bowl. Use a pastry blender or a heavy-duty mixer to blend in shortening until mixture resembles cornmeal in texture. Spoon into a 20-cup container with a tight-fitting lid. Seal container. Label with date and contents. Store in a cool, dry place. Use within 10 to 12 weeks. Makes about 17 cups ALL-PURPOSE CAKE MIX.

### YELLOW CAKE

5 cups ALL-PURPOSE CAKE MIX  
1 ¼ cups milk  
1 teaspoon vanilla extract  
3 eggs

Preheat oven to 350 F. Generously grease and lightly flour two 8 - 9-inch round cake pans or one 13" x 9" baking pan; set aside. In a large bowl, combine ALL-PURPOSE CAKE MIX, milk and vanilla. Beat with electric mixer on high speed 1 minute. Scrape batter from side of bowl with a rubber spatula. Beat on high 1 minute longer. Add eggs 1 at a time, beating well after each addition until batter is creamy. Pour into prepared pans.

Bake 30 to 35 minutes for 8 or 9" inch round pans; bake 13" x 9" pan 35 to 40 minutes, until a wooden pick inserted in center comes out clean. Cool on a rack 10 minutes. Invert onto rack and remove pan, if desired. Frost, if desired, when cake is completely cool. Makes 1 or 2 cakes.

Small Cake:

Use half the ingredients (using 2 egg yolks or whites) and bake in 8-inch square pan.

*Variation*

**White Cake** - Use only egg whites.

### BROWNIE MIX

*This has become a "best of all" recipes by many families. And as the authors demonstrated throughout the country, many others share that opinion.*

6 cups all-purpose flour	4 teaspoons salt
4 teaspoons baking powder	8 cups sugar
1 (8 oz.) can unsweetened cocoa powder	

### OUR BEST BROWNIES

¼ cup butter or margarine, melted	2 ¼ cups BROWNIE MIX
2 eggs, beaten	½ cups chopped nuts
1 teaspoon vanilla extract	

Preheat oven to 350F. Grease and flour an 8" inch square pan. Combine melted butter or margarine, eggs, vanilla and BROWNIE MIX. Beat until smooth. Stir in nuts. Pour into prepared pan. Bake 30 to 35 minutes, until edges separate from pan. Cut into 2-inch bars when cool. Makes 16 brownies.

### TEXAS SHEET CAKE

*A BIG Brownie Cake. Super moist and stores well.*

4 cups BROWNIE MIX	2 eggs, slightly beaten
½ cup butter or margarine	1 teaspoon vanilla extract
1 cup water	1 teaspoon baking soda
½ cup dairy sour cream	
Cocoa icing, below	

Preheat oven to 375F. Grease a 15" x 10" or larger baking pan. Put BROWNIE MIX in a large bowl. In a small saucepan, bring butter or margarine and water to a boil. Add to BROWNIE MIX. Add sour cream, eggs, vanilla extract and baking soda. Blend well. Pour into prepared pan. Bake 20 to 25 minutes, until a toothpick inserted in center comes out clean. Prepare Cocoa Icing. Frost cake while still hot. Makes one large cake.

### Cocoa Icing

1/2 cup evaporated milk	3 cups powdered sugar
1/2 cup butter or margarine	1 cup chopped nuts
3 tablespoons unsweetened cocoa powder	1 teaspoon vanilla extract

In a small saucepan, bring evaporated milk, butter or margarine and cocoa to a boil, stirring constantly. Remove from heat. Place powdered sugar in a bowl; add cocoa mixture. Beat. Stir in nuts and vanilla.

## GRAHAM CRACKER CRUST MIX

*With this mix, you'll crumb enough crackers for six crusts.*

1 (2-lb.) box graham crackers

1 cup granulated sugar

2 teaspoons ground cinnamon

Process 6 or 7 crackers in blender or food processor fitted with the metal blade to make fine crumbs. Pour crumbs into a large bowl. Repeat with remaining crackers. Or use a rolling pin to crush crackers between 2 sheets of waxed paper or in a plastic bag. Stir in sugar and cinnamon. Pour into a 10-cup container with a tight-fitting lid. Seal container. Label with date and contents. Store in a cool, dry place. Use within 6 months. Makes about 9 cups GRAHAM CRACKER CRUST MIX.

## GRAHAM CRACKER CRUST

1 ½ cups GRAHAM CRACKER CRUST MIX

1/3 cup melted butter or margarine

To make crust for 9" inch pie plate, spring-form pan or baking dish: Combine GRAHAM CRACKER-CRUST MIX with melted butter or margarine. Press mixture over bottom and sides of pie plate or spring-form pan. Refrigerate 45 minutes before filling. If baking crust, preheat oven to 375. Bake 6 to 8 minutes in preheated oven; cool completely before adding filling. Fill as desired. Makes one 8 "or 9" inch crust.

## BANANA-SPLIT CAKE

*And you thought banana splits were only made from ice cream!*

2 cups GRAHAM-CRACKER-CRUST MIX

¼ cup butter or margarine, melted

1 cup butter or margarine, softened

2 cups sifted powdered sugar

3 to 4 bananas

1 ½ cups fresh crushed pineapple, drained or 1 (15 oz.) can crushed pineapple, drained

2 cups sweetened shipped cream or 1 (13 oz.) carton shipped topping

¼ to ½ cup chopped nuts

In a medium bowl, combine GRAHAM-CRACKER-CRUST-MIX and ¼ cup melted butter or margarine. Press into an unbuttered 13" x 9" pan.

In a medium bowl, beat together 1 cup butter or margarine and powdered sugar until smooth. Spread over crust in pan. Slice bananas and place evenly over top of mixture. Spread pineapple over bananas. Top with whipped cream or whipped topping. Sprinkle with nuts. Refrigerate 3 to 4 hours. Makes about 12 servings.

## BUTTERMILK PANCAKE & WAFFLE MIX

*Your family will kiss the cook when you serve them these delicious morning treats.*

2 cups dry buttermilk powder  
8 cups all-purpose flour  
½ cup sugar  
8 teaspoons baking powder  
4 teaspoons baking soda  
2 teaspoons salt

In a large bowl, combine all ingredients. Stir with a wire whisk until evenly distributed. Pour into a 12 cup container with a tight-fitting lid. Seal container. Label with date and contents. Store in a cool, dry place. Use within 6 months. Makes about 10 ½ cups BUTTERMILK PANCAKE & WAFFLE MIX.

### BUTTERMILK PANCAKES

1 egg, beaten  
2 tablespoons vegetable oil  
1 cup water, more if desired  
1 ½ cups BUTTERMILK PANCAKE & WAFFLE MIX  
Syrup

In a medium bowl, combine egg, oil and 1 cup water. With a wire whisk, stir in BUTTERMILK PANCAKE & WAFFLE MIX until blended. Let stand 5 minutes. Stir in additional water for a thinner batter. Preheat griddle according to manufacturer's instructions. Lightly oil griddle. Pour about 1/3 cup batter onto hot griddle to make 1 pancake. Cook until edge is dry and bubble form. Turn with a wide spatula. Cook 35 to 45 seconds longer until browned on both sides. Repeat with remaining batter. Serve with syrup. Makes ten 4" inch pancakes.

### BUTTERMILK WAFFLES

*All waffles should be like these – light, crisp and golden outside, tender and moist inside.*

2 ½ cups BUTTERMILK PANCAKE & WAFFLE MIX  
2 cups water  
3 eggs, separated  
¼ cup vegetable oil

Preheat waffle baker. In a large bowl, combine BUTTERMILK PANCAKE & WAFFLE MIX, water, egg yolks and oil. Beat with a wire whisk until just blended. In a medium bowl, beat egg whites until stiff. Fold into egg-yolk mixture. Bake according to waffle-baker instructions. Makes 3 or 4 large waffles.

## SLICE & BAKE SUGAR COOKIES

*Cookie rolls can be thawed, rolled out and cut into shapes.*

2 cups butter or margarine, softened	1 teaspoon lemon extract
2 cups granulated sugar	6 cups all-purpose flour
3 eggs	1 teaspoon baking soda
2 teaspoons vanilla extract	

Cut four 14" x 12" pieces of waxed paper or plastic wrap; set aside. In a large bowl, cream butter or margarine and sugar. Beat in eggs, vanilla and lemon extract until light and fluffy. In a large bowl, combine flour and baking soda. Gradually stir flour mixture into egg mixture until blended.

Divide dough into 4 pieces. Shape each piece into an 8" to 10" inch roll. Wrap rolls in waxed paper or plastic wrap. Place in a plastic freezer container with a tight-fitting lid, or wrap airtight in a 14" x 12" piece of heavy-duty foil; label. Store in freezer. Use within 6 months. Makes 4 rolls of dough or about 12 dozen cookies.

## SUGAR COOKIES

1 roll frozen cookie dough, slightly thawed  
Granulated sugar, if desired

Preheat oven to 350F. Lightly grease 2 large baking sheets. Cut dough into ¼ inch slices. Place slices on prepared baking sheets about ½ inch apart. Sprinkle slices lightly with granulated sugar, if desired. Bake 8 to 10 minutes until edges start to brown. Remove cookies from baking sheets and cool on wire racks. Makes about 36 cookies.

## COOKIE CRUST FRUIT TART

1 roll SLICE & BAKE SUGAR COOKIES, thawed  
Cream-Cheese filling, below  
Fruit Glaze, below  
2 or 3 cups fresh or canned fruits, drained (berries, kiwi, bananas, etc.)

Preheat oven to 350 F. Press thawed dough into a 12-inch quiche pan with removable bottom or pizza pan to ¼-inch thickness. Make rim around edge of cookie. Bake 15 to 20 minutes until edges brown. Cool. Prepare **Cream Cheese Filling**. Spread on top to within ½ inch of edge. Prepare **Fruit Glaze**; set aside. Top filling with concentric circles of assorted fruits. Brush fruit with **Fruit Glaze**. Cover with plastic wrap and chill. Makes 8 to 12 servings.

### **Cream-Cheese Filling**

1 (8 oz.) pkg. cream cheese, softened	1 teaspoon vanilla extract
½ cup sugar	

In a small bowl, mix all ingredients until smooth.

### **Fruit Glaze**

1 tablespoon cornstarch	2 tablespoons sugar
½ cup orange juice	2 tablespoons fresh lemon juice
¼ cup water	

In a saucepan, combine all ingredients and boil 1 minute. Cool.

## ALL-PURPOSE GROUND MEAT MIX

*Use this mix in most casseroles that call for a meat mixture.*

- 5 lbs lean ground beef, turkey or chicken
- 1 tablespoon salt
- 2 cups chopped celery
- 2 cups chopped onion
- 1 cup diced green pepper

In a large pot or Dutch oven, brown ground meat, stirring to break up meat. Drain excess grease. Stir in salt, celery, onion and green pepper. Cover; simmer until vegetables are crisp-tender, about 10 minutes. Remove from heat; set aside.

Ladle into six 2-cup freezer containers with tight-fitting lids, leaving ½ inch space at top of each. With a knife cut through mixture in each container several times to remove air pockets. Attach lids. Label with date and contents. Store in freezer. Use within 3 months. Makes 6 packages or about 12 cups ALL-PURPOSE GROUND MEAT MIX.

## TACO SALAD

*Ole`! Perfect to serve outside on a hot summer night. For a party look, omit tortilla chips and serve in large taco shell. Layer ingredients instead of tossing. Guacamole, sour cream and olives may be added.*

- 2 cups ALL-PURPOSE GROUND-MEAT MIX or 2 cups CHICKEN MIX
- 1 (7 oz.) can green-chile salsa
- 1 head of lettuce, torn into bite-size pieces
- 3 large tomatoes, chopped
- 4 to 5 green onions, chopped
- 8 oz. (2 cups) shredded Monterey jack or Cheddar cheese
- 1 (15 oz.) can kidney beans, drained or 1 (15 oz.) can ranch-style beans
- 1 (10 oz.) pkg. tortilla chips
- Salsa or salad dressing of your choice

In a medium skillet, combine your choice of MIX with salsa. Heat. In a large salad bowl, combine lettuce, tomatoes, avocado, green onions, shredded cheese and beans. Add meat mixture. Toss gently. Add tortilla chips and top with salsa or salad dressing of your choice. Makes 8 servings.

## CHICKEN MIX

*You may prefer using 12 to 14 whole boneless chicken breasts instead of fryers. It reduces the fat and is a whole lot easier to make.*

- 11 lbs. Chicken (4 medium fryers or 12 to 14 whole boneless chicken breasts)
- 4 qt. cold water
- 3 tablespoons parsley flakes
- 4 carrots, peeled and chopped
- 4 teaspoons salt
- ½ teaspoon pepper
- 2 teaspoons dried basil leaves

Combine all ingredients in a large pot or Dutch oven. Cover and cook over high heat until water boils. Simmer until chicken is tender about 1 ½ hours. (Less time is required, if you are using boneless, chicken breasts). Remove from heat. Strain broth and refrigerate until fat can be skimmed.

Cool chicken, remove and discard bones and skin and chop into bite size pieces. Put chicken into six 1-pint freezer containers, leaving ½ inch space at top. Pour skimmed chicken broth into six more 1 pint containers, with ½ inch space at top. Seal and label with date and contents. Freeze. Use within 3 months. Makes 6 pints of CHICKEN MIX. Makes 6 pints of CHICKEN BROTH.

### **HOT CHICKEN SALAD**

*Versatile as an appetizer in cream-puff shells or as a luncheon or main-dish salad. For a change of pace try this hot salad rather than the expected cold salad.*

2 cups CHICKEN MIX, thawed  
2 cups chopped celery  
1 cup sliced almonds  
1 tablespoon minced onion  
2 tablespoons lemon juice  
1 teaspoon salt  
1 ¼ cups mayonnaise  
4 hard-cooked eggs, chopped  
4 oz. (1 cup) shredded Swiss cheese

Preheat oven to 400 F. Lightly butter a 2-quart casserole. In a medium bowl, combine CHICKEN MIX, celery, almonds, onion, lemon juice, salt and mayonnaise. Mix well. Add chopped eggs and toss lightly.

Put mixture into prepared casserole dish or individual soufflé dishes. Top with shredded cheese. Bake, uncovered, 20 to 25 minutes. Makes 6 servings.

### **CAESAR SALAD DRESSING MIX**

1 ½ teaspoon grated lemon peel  
1 teaspoon ground oregano  
1/8 teaspoon instant minced garlic  
2 tablespoons grated parmesan cheese  
½ teaspoon pepper

Combine all ingredients in a small bowl until evenly distributed. Put mixture in foil packet or 1-pint glass jar. Label with date and contents. Store in a cool, dry place. Use within 3 to 4 months. Makes about 3 tablespoons CAESAR SALAD DRESSING MIX.

### **CAESAR SALAD DRESSING**

1 pkg. CAESAR SALAD DRESSING MIX  
½ cup vegetable oil  
¼ cup lemon juice  
3 to 4 anchovy filets, chopped, if desired



## Master Mix

5 pounds (18 3/4 cups) all-purpose flour  
3/4 cup double acting baking powder  
3 tablespoons salt  
2 1/2 cups powdered milk  
2 tablespoons cream of tartar  
1/2 cup white sugar  
2 pounds (4 cups) solid vegetable shortening

Combine dry ingredients in a very large mixing bowl. Cut in shortening until mix looks like cornmeal. Store at room temperature in tightly sealed container (s). Makes about 30 cups mix. Use just as you would Bisquick, if you can find some recipes, making sure you substitute water for any milk required. Or get started with those that follow.

**1 DOZEN BISCUITS:** 3 cups Master Mix, 3/4 cup water. Blend and knead a few strokes. Bake on a greased cookie sheet in a 450 F preheated oven for 10 minutes.

**1 DOZEN MUFFINS:** 3 cups Master Mix, 2 tablespoons sugar, 1 egg, 1 cup water. Mix water and egg and add to dry ingredients. Mix together until incorporated. Bake in greased muffin cups in 450 F preheated oven for 25 minutes.

**4 DOZEN DROP COOKIES:** 3 cups Master Mix, 1 cup sugar, 1 egg, 1/3 cup water, 1 teaspoon vanilla, 1/2 cup nuts, chocolate chips or whatever. Blend and bake on greased cookie sheet in 375 F preheated oven for 10-12 minutes.

**9-INCH ROUND COFFEE CAKE:** 3 cups Master Mix, 1/2 cup sugar, 1 egg, 2/3 cup water.  
Optional: 1/2 cup nuts or raisins. Blend and pour batter into a greased 9-inch cake pan. Cover with topping: 1/2 cup brown sugar, 3 tablespoons softened butter, 1/2 teaspoon cinnamon. Bake in 400 F preheated oven for 25 minutes.

**18 MEDIUM PANCAKES OR 6 WAFFLES:** 3 cups Master Mix, 1 1/2 cups water, 1 egg. Blend.

**8-INCH SQUARE CORNBREAD OR MUFFINS:** 1 1/4 cups Master Mix, 3/4 cup cornmeal, 1 egg, 1 tablespoon sugar, 1/2 cup water. Blend and pour into greased pan or muffin tin. Bake in 400 F preheated oven for 25 minutes.

## FAVORITE HOMESTYLE DRESSING

15 saltines	¼ cup onion salt
2 cups dry minced parsley flakes	¼ cup garlic salt
½ cup dry minced onion	¼ cup onion powder
2 tablespoons dry dill weed	¼ cup garlic powder

Put crackers in a blender or food processor and process on high speed until powdered. Add parsley, minced onions, and dill weed. Blend again until powdered. Dump into bowl. Stir in onion salt, garlic salt, onion powder and garlic powder. Store in container with tight fitting lid for up to one year. Yield 42 one tablespoon servings.

To use: mix 1 tablespoon dressing mix with 1 cup mayonnaise and 1 cup buttermilk.

Forty-two packets of Hidden Valley Ranch Dressing Mix at \$1.79 each retail for \$75.18.

The recipes on pages 8 & 9 were taken from newspaper articles.