

Make Our Own.....

Mixes

Preparing homemade
goodies is a breeze with
these make ahead
mixes from the
Cheapskates Club
Recipe File.

Baking:

Make Your Own Gluten Free Flour

You can make your own gluten free flour for much less than buying it from a health food shop. To make 1 kilogram of gluten free flour mix 750g rice flour and 175g arrowroot. Cost is approximately \$4.50 for the kilo. To make self-raising flour add baking powder (I use Wards from the baking aisle in the supermarket and follow the directions on the container). You can buy McKenzies brand gluten free rice flour and arrowroot at any Coles or Woolworths, making it easy to just put them on your shopping list and pick them up as you need them without having to make a special trip to a health food shop or bread making supply shop. - *Contributed by Sandra, Blackburn South*

With an easy basic quick mix, you can make a wide variety of inexpensive homemade biscuits, breads, and other baked goods. This mix is easy to make and store and great for any family on a tight budget.

Basic Bulk Mix

Ingredients:

10 cups plain flour

1 1/4 cups non-fat milk powder

1/3 cup baking powder

1 tbsp salt

2 cups vegetable shortening

Method:

In a large bowl combine flour, baking powder, powdered milk and salt, mixing well. Use an electric mixer on medium speed to mix shortening into other ingredients until mixture resembles coarse breadcrumbs.

To store:

Store basic bulk mix in a ziplock bag or an air tight Tupperware container. This mix can be stored at room temperature about 2 weeks and will keep for up to two months in the fridge and six months in the freezer. Bring mix to room temperature before using.

To use:

Stir lightly before measuring mix. When measuring mix into a bowl, use level cup measures.

Basic Biscuits

Ingredients:

2 cups basic bulk mix

1/2 cup water

Stir bulk mix and water together with a knife until a dough forms. Turn dough onto a lightly floured board, kneading lightly. Roll 1.5cm thick. Cut with biscuit cutter and place on ungreased baking sheet. Bake at 220 degrees Celsius for 10 minutes.

Basic Muffins

Ingredients:

2 cups basic bulk mix

4 tsp sugar

1 egg, beaten

2/3 cup water

Method:

Stir sugar into bulk mix. Add water and egg. Fill greased or paper case lined muffin tins 2/3 full and bake at 200 degrees for 20 minutes.

Basic Pancakes

Ingredients:

2 cups basic bulk mix

1 tsp sugar

1 egg, beaten

1 cup water

Method:

Stir sugar into bulk mix. Add water and egg. Pour pancakes onto heated non-stick fry pan, turning pancakes when bubbles appear on the pancake surface.

Cheapskates Bulk Biscuits

Ingredients:

2 KG SR FLOUR

750g butter

1 1/2kg brown sugar

6 eggs

3 tsp vanilla extract

Method:

Melt butter in microwave and let cool. Combine flour, brown sugar, beaten eggs and vanilla in a large bowl. Add the melted butter. Stir with a knife to combine to stiff dough. Roll teaspoonfuls into balls. Put on a baking tray lined with baking paper. Lightly press dough balls to flatten slightly. Turn oven on to 225 degrees and bake for 15min.

Basic Cheapskates Muffin Mix

Ingredients:

1 1/2 cups SR Flour
1/2 cup sugar
1 egg, lightly beaten
2/3 cup milk
1/4 cup oil

Method:

Pre-heat oven to 180 degrees Celsius. Sift flour in bowl and add remaining ingredients. Stir with a fork until mixed. Put in muffin pan bake for 15-20 minutes. Bake them as mini muffins for 9-10 minutes.

Variations:

You can add additional flavourings as you like. Add mashed banana for banana muffins, chopped nuts, choc chips, dried apricots and white choc buds, coconut. Substitute the syrup from tinned fruit for the milk for fruit flavoured muffins.

Evaporated Milk

Ingredients:

2/3 cup milk powder
1 cup cold water

Method:

Dissolve milk powder in the cold water. This recipe makes the equivalent of one can of evaporated milk.

Variation:

Light evaporated milk: Substitute skim milk powder for a low fat version.

Sweetened Condensed Milk

Ingredients:

1 cup boiling water
2 cups white sugar
2 cups powdered milk
6 tbsp butter

Method:

Place water, sugar and butter in a blender and whiz until butter is melted and sugar dissolved. Add milk powder and blend a further two minutes. The mixture will be thin, but thickens to the consistency of condensed milk when cool. Keep it refrigerated. Makes the equivalent to two tins and can be used in any recipe that calls for it.

Dinner:

KFC Style Fried Chicken Coating

Ingredients:

2 cups plain flour
1 tsp salt
1 tsp basil
1 tsp oregano
1 tsp thyme
2 tbsp celery salt
2 tbsp ground black pepper
2 tbsp dry mustard (I like Keens)
2 tsp ground ginger
1 tbsp garlic salt
6 tbsp chicken stock powder
8 tbsp sweet paprika

Method:

Use a balloon whisk to combine ingredients, being sure they are evenly distributed. Store in an airtight container. To use, dip chicken pieces into flour, then either beaten egg, or milk and then into breadcrumbs, dip into egg or milk again and roll in KFC mixture. Chill in fridge for 30 minutes. Spray a pizza tray or similar baking tray with cooking spray and spread chicken pieces onto tray. Spray chicken with olive oil spray (can use vegetable oil) and bake in a moderate oven 25 - 30 minutes until chicken is cooked through and coating is golden brown and crispy.

Another really handy convenience food is noodles and sauce, but at over \$1.30 a packet, they can be quite costly. Try this mix and add it to whatever noodles you have on hand.

Noodle Sauce Mix

Ingredients:

1 cup instant nonfat dry milk
2 tablespoons grated parmesan cheese
1/4 cup dried minced onion
1tablespoon garlic powder
1/4teaspoon white pepper

Method:

Combine ingredients and store in an airtight container or ziplock bag. This mix will keep for 2 months in the pantry. I like to keep it in the fridge because of the cheese; it also lasts longer. This recipe doubles and triples well.

To Use: combine 1/4cup mix with 2 tablespoons melted butter and 1/4cup milk. Toss with 250g cooked pasta.

Curry Pasta and Sauce

Ingredients:

- 1 x 500g pasta (spirals, small shells etc) 50c
- 1/2 cup milk powder – 30c
- 1 tbsp parsley flakes – 5c
- 1 tbsp onion flakes- 5c
- 1tbsp curry powder (more or less to taste) – 5c

To store:

Mix together and store in airtight container.

To make up:

Bring 6 ½ cups water to the boil and add the noodle mix. Stir in 1 tablespoon butter. Cook at a rapid boil for 10 minutes, until noodles are soft and mixture has thickened.

This recipe makes 6 main course size serves at a cost of 16c per serve.

Cream of Anything Cup-a-Soup

Ingredients:

- 4 cups powdered milk
- 1 1/2 cups cornflour
- 1/2 cup chicken flavoured stock powder
- 4 tsp dried onion flakes
- 2 tsp thyme
- 2 tsp dried basil
- 1 tsp ground black pepper

Method:

Combine all ingredients together and store in an air tight screw top jar. This mix will keep for twelve months in a cool, dry pantry.

To Use:

Add 1/3 cup of cup-a-soup mix to 1 coffee mug of boiling water. Stir well to dissolve soup mix.

Variations:

Add half a cup of one or more of the following:

- Sliced mushrooms
- Asparagus pieces
- Cooked broccoli or cauliflower florets
- Thinly sliced celery
- Cooked, diced chicken or beef

Drinks:

Hot Chocolate Mix

Ingredients:

4 cups milk powder

1 cup cocoa

2 cups sugar

4 tsp instant coffee powder

Method:

Mix all together with a balloon whisk. Store in an airtight jar. To make a hot chocolate drink add 1/4 cup of mix to a coffee mug and top up with boiling water. Can use skim milk powder if desired.

Cappuccino Mix

Ingredients:

1/2-cup instant coffee

1/2 to 3/4 cup sugar (depends on strength of coffee)

1-cup instant non-fat milk powder

1-teaspoon cinnamon

Instructions: Mix together in a food processor or blender. Wait for the dust to settle after turning it off. Store in an airtight container. Use 2 Tablespoons per cup of hot water.

Cafe Au Lait Mix

Ingredients:

2-cups instant non-fat milk powder

1/2 cup powdered sugar

1/2-cup instant coffee

1/2-teaspoon cinnamon

Instructions: Blend together in a blender. Store in an airtight container. Use 1/4 cup of mix for each 2/3-cup hot water.

Swiss Mocha Mix

Ingredients:

1/2-cup instant coffee

1/2-cup sugar

1-cup instant non-fat milk powder

2 Tablespoons cocoa

Instructions: Mix together in a blender. Store in an airtight container. Use 1 Tablespoon for each 3/4 cup of hot water.

Puddings:

Chocolate Pudding Mix

Ingredients:

3/4 cup powdered milk

1 cup cornflour

1 1/2 cups sugar

3/4 cups cocoa powder

1/4 tsp salt, rounded

Method:

Combine all the dry ingredients and store in an airtight container. The mix fits in a quart jar.

To Make Up (Serves 4):

Add 2/3 cup mix to a saucepan. Add 2 cups milk and stir until blended. Bring to a boil, reduce heat and simmer while stirring constantly until thickened. Cool and serve.

Vanilla Pudding Mix

Ingredients:

1 1/4 cups powdered milk

1 1/4 cups cornflour

1 1/2 cups sugar

1/4 teaspoon ground nutmeg

3/8 teaspoon salt

Method:

Combine all the dry ingredients and store in an airtight container. The mix fits in a quart jar.

To Make Up (Serves 4)

Add 1/2 cup mix to a saucepan. Add 2 cups milk and stir until blended. Bring to a boil, reduce heat and simmer, stirring constantly until thickened. Remove from heat and add 1/2 teaspoon of vanilla extract. Cool and serve.

Seasonings:

Taco Seasoning Mix

Ingredients:

2 tsp ground chilli powder
1 tbsp ground cumin
1 tsp paprika
1 tsp sugar
1 tbsp onion powder
1 tbsp garlic powder
1 tsp ground oregano
1/2 tsp salt

Method:

Mix all ingredients together and store in a small, air tight jar. To use: 3 tablespoonfuls is the equivalent of 1 packet of commercial taco seasoning mix.

Celery Salt

Ingredients:

1 tbsp celery seed
2 tbsp rock salt or coarse salt

Method:

Mix together. Store in a small, air tight jar.

Curry Powder

2 tbsp coriander seeds
1 tbsp rice
2 tbsp cumin seeds
2 tbsp fenugreek seeds
2 tsp mustard seeds
4 cardamom pods
4 cloves
5cm piece of cinnamon bark
4 bay leaves

Method:

Combine all ingredients with a mortar and pestle or blender or grinder until finely powdered. Store in an airtight, screw top jar.

Mexican Chilli Powder

Ingredients:

- 1 tsp paprika
- 2 tsp ground cumin
- 1 tsp cayenne pepper
- 1 tsp oregano
- 2 tsp garlic powder

Method:

Combine all ingredients with a mortar and pestle or blender or grinder until finely powered. Store in an airtight, screw top jar.

Seasoned Salt

Ingredients:

- 3 tbsp salt
- 1 tbsp paprika
- 1 tbsp celery salt
- 2 tbsp garlic powder
- 1 tsp. sugar
- 1 tsp. onion powder
- 1/2 tsp. cayenne
- 1/2 tsp. turmeric

Method:

Combine all ingredients with a mortar and pestle or blender or grinder until finely powered. Store in an airtight, screw top jar.