

Recipes Using All Purpose Flour

Neighbors Inc., South St. Paul, MN 55075



Country Blueberry Pancakes

You will need:

1 cup all-purpose flour	1 tsp. baking powder	$\frac{1}{4}$ tsp. baking soda	$\frac{1}{4}$ tsp. salt
1 $\frac{1}{2}$ tbsp. sugar	4 tbsp. melted butter or oil	1 large egg	$\frac{1}{2}$ cup orange juice
$\frac{3}{4}$ cup small curd cottage cheese		$\frac{1}{2}$ cup milk	1 tsp. vanilla extract
$\frac{3}{4}$ cup blueberries, fresh or frozen		oil for cooking pancakes	

Instructions:

- In a bowl, combine all dry ingredients.
- In another bowl, whisk together butter or oil, cottage cheese, egg, orange juice, milk, and vanilla.
- Combine wet and dry ingredients just until blended. Overmixing may cause pancakes to be tough.
- Gently stir in blueberries. If blueberries are fresh, place on top of the pancakes instead of mixing in.
- Using a non-stick pan, heat oil over medium heat. Measure about $\frac{1}{4}$ cup batter or slightly less.
- Spoon batter into the pan and gently spread batter with back of spoon.
- Cook 3 - 4 minutes, until small bubbles appear on top. Turn pancakes and cook another 3 - 4 minutes.
- You may have to add oil to pan before each batch.
- You can save batter in fridge for use the next day. Allow batter to warm before using.

Cheddar Biscuits

You will need:

2 cups all-purpose flour	1 cup shredded Cheddar cheese	1 tsp. baking powder
1 tsp. salt	$\frac{1}{2}$ tsp. garlic powder	$\frac{2}{3}$ cup milk
$\frac{1}{3}$ cup butter	1 large egg	2 tbsp. melted butter

Instructions:

- Heat oven to 400 degrees F. Butter a baking sheet or line with parchment paper.
- Combine flour, Cheddar cheese, baking powder, salt, and garlic powder in a bowl.
- Combine milk, $\frac{1}{3}$ cup butter, and egg in a separate bowl. Mix into flour mixture until chunky.
- Be careful not to over mix batter. Drop batter by tablespoonfuls onto prepared baking sheet.
- Bake in preheated oven for 10 minutes. Brush melted butter on top and bake an additional 5 minutes.
- Note: You could add 1 tsp. garlic powder and/or 2 tsp. dried parsley to the melted butter.

Oven Fried Chicken

You will need:

1 cup all-purpose flour	12 chicken thighs	3 eggs	salt and pepper to taste
1 cup Italian seasoned breadcrumbs	1 tsp. paprika	$\frac{1}{2}$ cup vegetable oil	

Instructions:

- Preheat oven to 350 degrees F. Put flour in a shallow plate or bowl. Season with salt/pepper to taste.
- Beat eggs in another bowl. Put breadcrumbs in another plate or bowl.
- Dredge the chicken pieces one by one into the flour, then the egg, then the breadcrumbs.
- Let chicken sit for about 10 minutes until the crumbs have absorbed the moisture.
- Pour oil into a 9x13 inch baking dish. Add the chicken to the dish and sprinkle with paprika.
- Bake in preheated oven for 20 - 30 minutes, then turn pieces over and bake another 20 - 30 minutes.
- Remove from oven and drain on paper towels. Enjoy!

Ham and Cheese Crepes

You will need:

1 $\frac{1}{4}$ cups all-purpose flour 4 eggs 1 cup milk 1 tbsp. butter, melted, cooled off
6 oz. ham, sliced 6 oz. cheese of choice, sliced or shredded extra butter for skillet
salt and pepper to taste water chopped green onions, diced peppers, and/or Dijon mustard: optional

Instructions:

- Add eggs, flour, milk, and melted butter and mix using a blender or a hand-held electric mixer.
- Process until smooth; about 2 - 3 minutes. Let batter sit for 30 minutes.
- Coat a crepe pan or skillet over medium heat with about 1 tsp. of melted butter.
- Ladle about $\frac{1}{4}$ cup batter into the pan, swirling the pan to thinly coat the entire pan.
- Cook until small brown spots appear on the bottom of the crepe, about 2 minutes.
- Loosen crepe carefully from the edges using a spatula. Gently flip to the other side; cook 1 - 2 min.
- Slide crepe onto a plate. Repeat with remaining batter, buttering the pan as needed.
- Stack the cooked crepes between pieces of parchment or waxed paper.
- Place crepes, one at a time, into the still warm pan. Place ham and cheese over $\frac{1}{2}$ of crepe.
- Fold the other side over the crepe. Press down slightly and heat to melt the cheese.
- Optional: Add green onion, peppers, or Dijon mustard.

Vanilla Butter Cookies

You will need:

2 cups all-purpose flour 1 cup unsalted butter, melted 1 cup sugar
1 egg 1 tbsp. vanilla sugar sprinkles; optional

Instructions:

- Preheat oven to 350 degrees F. Use a handheld mixer to cream butter & sugar together for 2 - 3 min.
- Add egg and vanilla and mix well together. Add flour. Mix with all ingredients.
- Using a teaspoon, drop rounds of dough onto parchment lined cookie sheet.
- Press down lightly if desired. Sprinkle with white or colored sugar if desired.
- Bake about 7 - 9 minutes until edges are lightly browned. Let cool in on wire rack before serving.

Strawberry Scones

You will need:

2 cups all-purpose flour 1 tsp. vanilla extract $\frac{1}{2}$ cup light cream
1/3 cup white sugar 1 tbsp. baking powder $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. ground nutmeg 1 $\frac{1}{2}$ tsp. lemon zest 6 tbsp. cold unsalted butter
1 cup ripe strawberries - cleaned, hulled, and diced

Instructions:

- Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.
- Rinse and dice strawberries. Place diced strawberries on paper towels to absorb liquid.
- Combine cream with vanilla extract in a small bowl and set aside.
- Whisk flour, sugar, baking powder, salt, nutmeg, and lemon zest together in a mixing bowl.
- Cut the cold butter into chunks and add to the flour mixture.
- Cut in the butter with a pastry blender or a fork until mixture is the size of peas.
- Add the strawberries and gently toss ingredients. Quickly stir in cream until just blended.
- Allow dough to rest 2 minutes. Turn dough onto a lightly floured work surface. Knead for about 5 min.
- Transfer dough to the prepared baking sheet and pat into an 8-inch round.
- Use a serrated knife to cut the round into 8 wedge-shaped pieces. Separate wedges on baking sheet.
- Bake in oven until tops are light brown and crusty, about 16 - 18 min. Let cool 20 min before serving.