

SINCE 1889

**Pearl Milling**  
COMPANY

**SELF-RISING**  
**Flour**

**WHAT IS SELF-RISING FLOUR?**

Self-rising flour is all-purpose flour to which leavening agents and salt have already been added—the equivalent of 1½ teaspoons of baking powder and ½ teaspoon of salt per cup. Self-rising flour is an ideal ingredient for biscuits, gravies, corn bread and other quick breads.

**SOUTHERN BISCUITS**

- ¼ cup vegetable shortening
- 2 cups Pearl Milling Company™ Self-Rising Flour
- ¾ cup milk

Cut shortening into flour until mixture resembles coarse crumbs. Add milk, mixing just until dry ingredients are moistened. (If necessary, add additional milk to make soft dough.) Turn out onto lightly floured surface; knead gently a few times. Roll out ½-inch thick; cut with floured 2-inch biscuit cutter. For soft, high biscuits, place close together on ungreased cookie sheet; for crusty biscuits place about 1 inch apart. Bake in preheated very hot oven (425°F) 10 to 12 minutes. **Makes 10 to 12 biscuits.**

**VARIATION:** For buttermilk biscuits, combine flour with ½ teaspoon baking soda; substitute ¾ cup buttermilk for milk.

**SAFE HANDLING INSTRUCTIONS:** This product is made with raw flour so it is not ready-to-eat and must be thoroughly cooked before eating to prevent illness from potential bacteria in the flour. Do not eat or play with raw dough; wash hands, utensils, and surfaces after handling.

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**Flour**  
**ENRICHED BLEACHED**

For delicious biscuits, pie crusts, pancakes, cookies, gravies and batters.

**Nutrition Facts**

84 servings per container  
**Serving size 3 tablespoons (27g)**

**Amount per serving**  
**Calories 90**

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber less than 1g	<b>2%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	

Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 1.1mg	6%
Potassium 30mg	0%
Thiamin 0.12mg	10%
Riboflavin 0.08mg	6%
Niacin 1.3mg	8%
Folate 65mcg DFE	16%
(40mcg Folic Acid)	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Enriched bleached flour (bleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), leavening (monocalcium phosphate, baking soda), salt.

**CONTAINS WHEAT INGREDIENTS.**  
**MAY CONTAIN TRACES OF MILK.**

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**CINNAMON-APPLE COFFEE CAKE**

**CINNAMON TOPPING:**

- ½ cup sugar
- ½ cup Pearl Milling Company™ Self-Rising Flour
- 2 teaspoons cinnamon
- ¼ cup butter or margarine, melted

**CAKE:**

- ¼ cup butter or margarine
- ¾ cup sugar
- 1 egg
- 2 cups Pearl Milling Company™ Self-Rising Flour
- 1 cup milk
- 2 medium apples, peeled, thinly sliced

For cinnamon topping, combine dry ingredients. Add butter, mixing until crumbly.

For cake, beat together butter and sugar until creamy; blend in egg. Add flour alternately with milk, mixing well after each addition. Spread half of batter into greased 9-inch square pan. Top with half of apple slices and with half of cinnamon topping. Repeat with remaining batter, apples and topping. Bake in preheated moderate oven (375°F) 45 to 50 minutes. Cool slightly; serve warm.

**Makes 9-inch square cake.**

**SELF-RISING PANCAKES**

- 2 cups Pearl Milling Company™ Self-Rising Flour
- 3 tablespoons sugar
- 1½ cups milk
- 2 eggs, beaten
- ⅓ cup vegetable oil

Combine flour and sugar. Add milk, eggs and oil; mix until batter is fairly smooth. (Somewhat lumpy batter makes light pancakes.) For each pancake, pour scant ¼ cup batter onto hot (375°F) lightly greased griddle. Cook for 90 seconds on first side. Turn when tops are covered with bubbles and edges looked cooked, and cook for another 60 seconds. Turn only once.

**Makes 12 pancakes.**

**We're here to help.**  
pearlmillingcompany.com or 800.694.7487  
Please have package available when calling

**CHICKEN GRAVY**

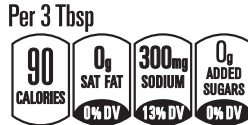
- ¼ cup Pearl Milling Company™ Self-Rising Flour
- ½ cup chicken drippings
- 2 cups milk or water
- Salt and pepper.

Blend flour into chicken drippings, cook over medium heat, stirring constantly until flour is browned. Gradually add milk to flour mixture, stirring constantly, until mixture boils and thickens. Simmer about 2 minutes, stirring frequently. Add salt and pepper to taste. Makes about 2 cups gravy.

**CRISPY SOUTHERN STYLE CHICKEN**

- 1 cup Pearl Milling Company™ Self-Rising Flour
- 1 teaspoon salt
- ½ teaspoon paprika
- 1¼ teaspoon pepper
- One 2½ to 3-lb. broiler-fryer, cut up
- 1 egg
- ¼ cup milk.

Combine flour, salt, paprika and pepper. Coat chicken pieces in flour mixture; dip in combined egg and milk. Coat chicken again in flour mixture. Fry in ½-inch deep hot oil (350°F to 375°F) in 12-inch skillet or electric fry pan until golden brown on one side. Turn. Cover; continue cooking 15 to 20 minutes or until chicken is golden brown and done. Remove cover; continue cooking about 2 minutes. Drain on absorbent paper. Makes 4 servings.



**NET WT 80 OZ (5 LB) 2.27 kg**

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