

# IT'S LUNCH TIME

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UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE  
AND THE UNITED STATES DEPARTMENT OF AGRICULTURE  
COOPERATING

## FOODS 2

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DEAR 4-H'ER:

WE'RE GLAD YOU'VE ENROLLED FOR  
FOODS II THIS YEAR.

YOU'LL LEARN TO MAKE QUICK BREADS  
SUCH AS GINGERBREAD .... MAIN DISHES  
SUCH AS LITTLE MEAT LOAVES .... AND FUN  
TO FIX SALADS AND DRESSINGS. YOU  
CAN TRY YOUR HAND AT MAKING SOME  
WONDERFUL JAMS, MARMALADES AND  
CONSERVES. YOU'LL ALSO LEARN TO PLAN  
AND PREPARE A LUNCH.

THERE ARE ALWAYS SOME INTEREST-  
ING "EXTRAS" TO DO JUST FOR FUN. YOU  
DON'T HAVE TO DO THEM TO COMPLETE  
THE PROJECT. YOU CAN STIR UP A CAKE-  
MIX CAKE, LEARN TO FREEZE PEACHES  
AND START A RECIPE COLLECTION OF  
YOUR VERY OWN RECIPES!

SUSIE & TOM

P.S. DON'T FORGET... SCORE THE FOODS  
EACH TIME YOU MAKE THEM.

## PROJECT REQUIREMENTS

*To complete this project do five of the following:*

1. Prepare a fruit dessert 2 times.  
Prepare pudding 2 times.
2. Prepare a gelatin fruit salad 2 times.
3. Make quick bread such as nut bread, orange bread, gingerbread 3 times.
4. Make 3 jars—2 different kinds of jam, marmalade or conserve.
5. Prepare 3 different main dishes suitable for lunch.
6. Prepare a complete lunch for your family or friends at least once.
7. Set the table correctly 3 times.

## EXTRAS

*Some extras you can do just for fun!*

Cake-mix cakes  
Freezing Peaches  
Collecting Recipes  
Range Round-up

## ACTIVITIES

*We hope your project group will do three or more of these.*

1. Visit a grocery store and report at project meeting the number of different kinds of fresh, frozen, canned, and dried, fruits you saw and how much they cost.
2. Prepare and take a dish to a church supper or some other community affair.
3. Plan, prepare, and serve, a lunch or supper for guests.
4. Have a work party for planning and preparing gift packages of food for a holiday or special occasion.

## TO EARN YOUR 4-H PIN OR CERTIFICATE

1. Complete your project requirements.
2. Attend a majority of the Foods meetings.
3. Turn in the Foods record to your Foods leader.
4. Attend 6 or more 4-H club meetings.

## HERE'S HOW TO MEASURE

*These are the measuring utensils you will need:*

### *Cup to measure liquids*

To measure liquids, use a glass measuring cup with spout for pouring.

### *Set of measuring cups*

To measure dry ingredients, use metal cups which come in sets of 1 cup,  $\frac{1}{2}$  cup,  $\frac{1}{3}$  cup and  $\frac{1}{4}$  cup. Then you can level off the top with a knife or a spatula.

### *Set of metal measuring spoons*

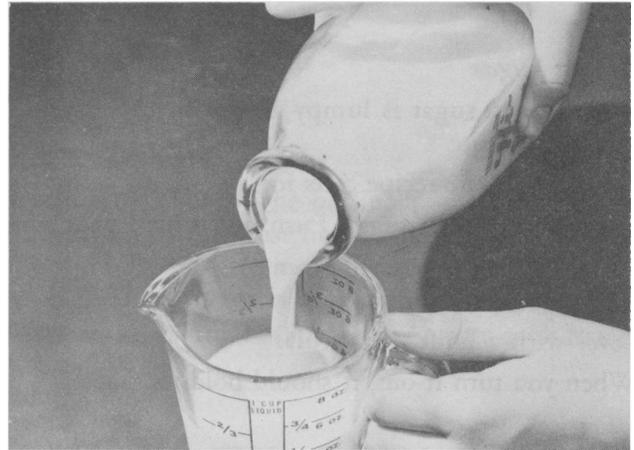


### *Liquids*

Use a glass measuring cup. The one cup mark below the rim, so you will not spill the liquid.

Place cup on the table and pour in the amount of liquid you want. (The table holds the cup level.)

If you hold the cup in your hand, be sure to hold it level. If you tilt the cup, the measurement will not be accurate.



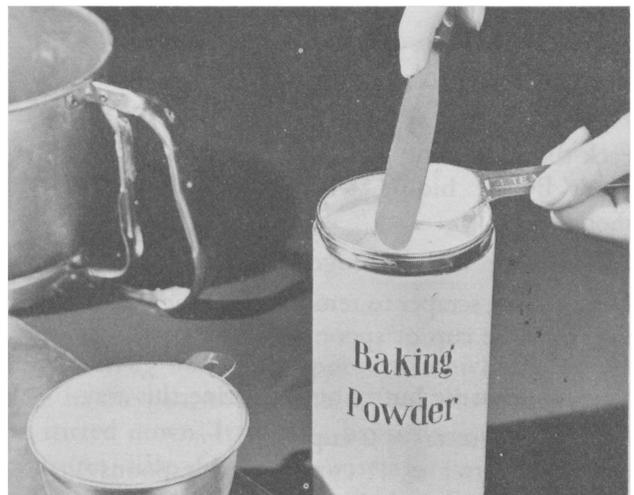
### *Dry Ingredients*

All recipes call for level measurements.

To get the level cupful of the ingredients you want, fill the cup heaping full. Then, level off the cup by taking the straight edge of a knife or a spatula and running it across the top.

You do the same thing to get a level spoonful of ingredients. Here you're measuring baking powder. Notice that you measure over the baking powder can, not the bowl that has your other ingredients in it.

You sift flour and "powdered" sugar before you measure.



"Photographs on this page courtesy of Better Homes & Gardens Junior Cook Book."

### *Flour*

Always sift flour before you measure it.

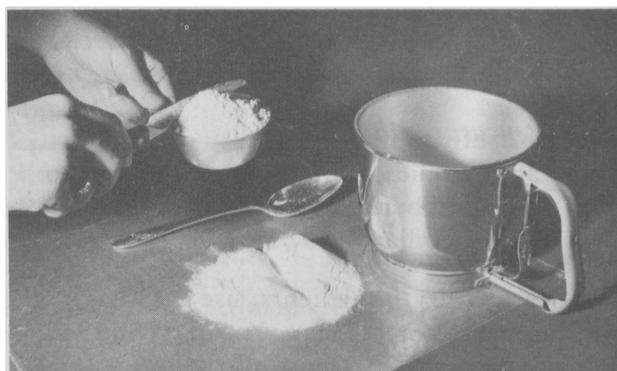
1. Place the flour sifter on a piece of waxed paper, a pie pan, or a plate.

Put some flour into the sifter. Sift it carefully onto the waxed paper or pan.

2. With a spatula or a spoon, lift this sifted flour lightly into a measuring cup until the flour runs over the top.

3. Level the flour off with the straight edge of a knife or a spatula.

Never shake the flour down in the cup before you level it off.



### *Brown Sugar*

If the brown sugar is lumpy, roll it before you start to measure.

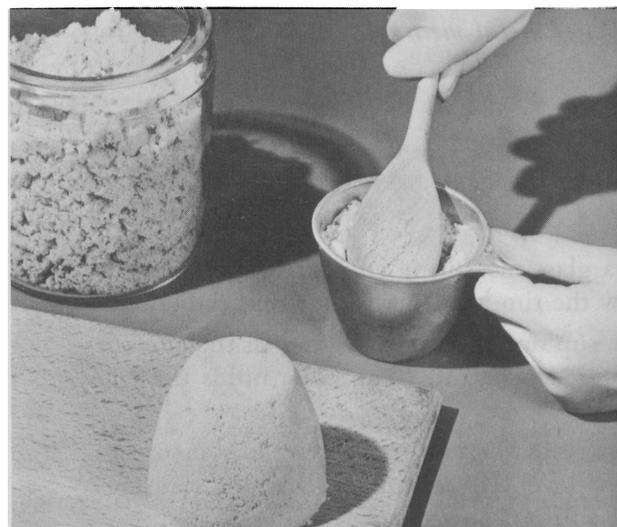
Use the cup the recipe calls for.

Fill it with brown sugar. Push down hard with your spoon.

Add more, pack down, until you get a cupful.

Level with a knife or spatula.

When you turn it out, it should hold its shape.



### *Shortening*

Pack the shortening in a little at a time, so there won't be air hiding where there should be shortening.

Level the top with the edge of a knife or spatula.

Use a rubber scraper to remove all of the shortening from the cup or spoon.

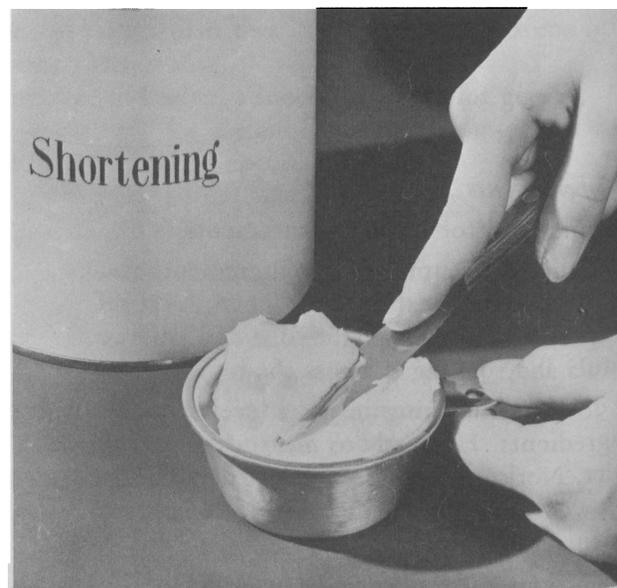
You can measure butter or margarine this way:

1 pound of butter = 2 cups

1 stick of butter =  $\frac{1}{2}$  cup or 8 tablespoons

$\frac{1}{2}$  stick of butter =  $\frac{1}{4}$  cup or 4 tablespoons

$\frac{1}{4}$  stick of butter = 2 tablespoons



"Photographs on this page courtesy of Better Homes & Gardens Junior Cook Book."

## SO YOU'RE BOILING!

**BOILING IS PROBABLY USED IN MORE RECIPES**, and misunderstood by more cooks, than any other cooking term. Many a cook mistakenly

thinks, for instance, that the harder food boils, the quicker it's done. The explanations below should help.



**Bring to the boiling point** or bring to a boil signifies the step before cooking. You'll know that water or any liquid is reaching that point when bubbles appear at the bottom, rise to top, then break. When all liquid is in motion, it has come to a boil.

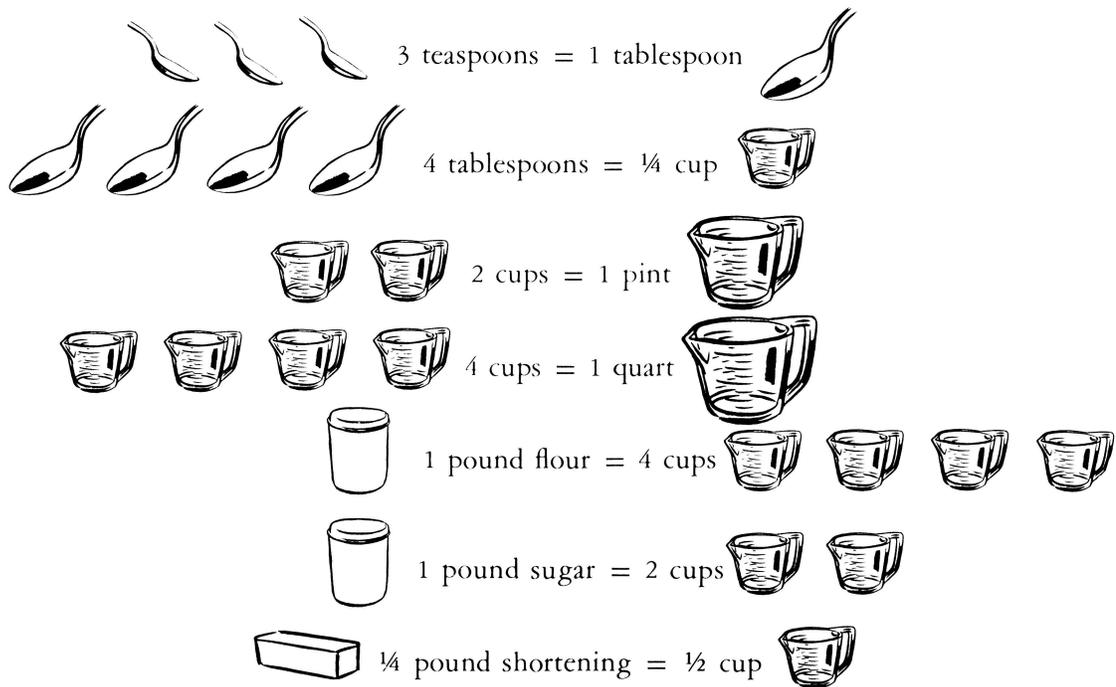
**Boil** means cook at the boiling point. When this point is reached, adjust heat to maintain it. This is the term recipes use most often—the one that retains flavor and color of vegetables; saves fuel; avoids scorched pans. And boiling harder won't cook faster.



**Boil rapidly** is the point at which liquid goes into rapid motion; the surface breaks into small, lumpy waves. A rapid boil won't cook food faster, but for some uses it's better: to start cereals (keeps particles separated) and to evaporate soup or jam.

**Full rolling boil** is the point at which the liquid rises in the pan, then tumbles into waves that can't be stirred down. It usually happens in heavy sugar mixtures like candy or frosting, in jellymaking when jelly is almost done or when liquid pectin is added.

## IT HELPS TO KNOW



## IT PAYS TO BE CAREFUL

Use a pot holder when you pick up a hot pan.

Stir hot foods with a spoon with a wood handle.

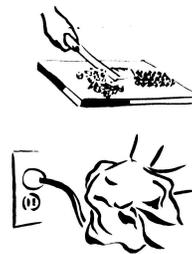
Pans won't upset and spill if handles are turned to the back of the range.



*Stop!*

You're about to turn the page to a heap of fun. So—hands washed? Have on an apron, girls—or a chef's apron you guys? OK—kitchen, here we come.

Now, remember to read the recipe before you start. And to follow the directions carefully—then what you cook will be tops—not flops.



Slice, dice, and chop on a chopping board.

Be sure your hands are dry when you plug in or disconnect an appliance.

Watch the clock when something is cooking or baking to be sure nothing burns.



# Chapter I

## PLANNING LUNCH

(For Family and Friends)

"It's Lunch Time," will be a welcome sound when you call your family to a lunch you've planned and prepared all by yourself. Or perhaps you'll want to invite in some other friends to show off your cooking skill, as Susie did.

Susie invited Jane and Tom over for lunch one Saturday noon. Since Mrs. Jackson, her project leader, had discussed menu planning at the last project meeting, Susie had no difficulty planning the lunch. See how you get along.

### Where to Start?

Here is a guide you can follow in planning and preparing your lunches.

Plan . . . .

- The menu
- The grocery list
- A time schedule

Then . . . .

- Prepare the lunch
- Set the table
- And clean up!

Now, ask yourself, "How well did I do?"

### Plan the Menu First

The first step is to decide what main dish you will serve. Then plan what you will serve to complete the meal.

Here is a pattern for planning a light lunch (or supper):

- A main dish
- Salad or relish tray
- Bread                      Butter
- Dessert or a sweet
- Beverage



Using this pattern, Susie planned the following lunch:

- Little Meat Loaves
- Relish Tray
- Orange Bread                      Butter
- Peach Crumble
- Milk

Using this pattern, plan a lunch for your family. (Look through the book to get some recipe ideas)

- Main Dish
- Salad
- Bread                      Butter
- Dessert                      Beverage

Now check your menu. Does it . . .

- \_\_\_ Include some colorful foods?
- \_\_\_ Have both crisp and soft foods?
- \_\_\_ Avoid serving several foods of the same type, such as potatoes, noodles, macaroni and rice?
- \_\_\_ Suit the season?
- \_\_\_ Have at least one hot dish? An exception may be made, however, for some meals in hot weather.
- \_\_\_ Supply at least one third the daily food needs?

### *Next the Grocery List*

After the menu is planned, make the grocery list so you will be sure to have everything you need for the meal before you start to prepare it.

### *To Market, To Market*

In a supermarket, nowadays, there are some 5,000 different items. This means you have to choose from many foods in many different forms.

So when you trot off to market, keep these points in mind.

- Foods are usually less expensive when they are in season and they are also likely to be of better quality.
- Sometimes larger packages cost less per pound than smaller ones and different brands vary in cost. Choose the ones that best meet your needs.
- Compare fresh, frozen, and canned, foods as to

cost and number of servings in a package or pound. The best buy may vary with the season and supply.

Some of these cost more than others. Will this make a difference when you plan your meals?

### *Now Plan Your Time*

A good work plan to follow when preparing a meal saves time for the cook. It also will help you to have everything ready at the right time.

Here are the steps for making a work plan:

1. First, list everything you need to do.
2. List the order that work should be done. If you state about what time they should be done, this will help, too.
3. Put your list some place in the kitchen where you can see it.



Susie has planned a good menu for company, because she can prepare some of the food the day before. This way she won't be hurried the day of the luncheon. And notice, too . . . she's free for 30 minutes before the lunch to greet her guests and visit with them while her lunch bakes in the oven.

This is Susie's plan for her menu:

### *The Day Before*

Make the peach crumble dessert

### *Day of Luncheon*

<i>Time</i>	<i>What to Do</i>
10:00	Set the table
	Fix the Relish Tray (Refrigerate)
10:30	Make the orange bread and let it stand for 20 minutes.
11:00	Put the orange bread in the oven (350° for one hour)
	Mix the 'Little Meat Loaves'
11:15	Put the 'Little Meat Loaves' in the oven (350° for 45 minutes) (While the oven's at work, visit with guests!)
12:00	Remove 'Little Meat Loaves' and Orange Bread from the oven. Put Peach Crumble in the oven to warm. Lunch Is Ready!

Now, make out a time schedule for your menu:

### *What I will Do*

*Time*

### *Set A Pretty Table*

Set a proper, pretty table, and the good food you serve will look even better.

### *Give Some Thought To Color And Design*

Use a tablecloth, or place mats, that go with your plates. If you use a table cloth with a large pattern in it, use plates that are simple and plain. If you use a table cloth that is plain, you may use a plate that has a pattern. Sometimes both solid table cloths and plates look attractive together.

A centerpiece will add an extra dash of color and interest to a table. There are many things you can use, for example, fresh cut flowers, fresh fruit, or potted plants. Keep the size of the arrangement low enough to see over. The colors should go with the colors of the dishes and table cloth.

### *Rules For Setting The Table*

It may seem too much to remember what goes

where, but you need to know. These rules are for a purpose . . . for ease and convenience.

By the way! Save steps by using a tray to set the table and to clear it.

1. The silver and plate go one inch from the edge of the table.
2. Arrange silverware in the order you use it, from the outside in. The knives and spoons are on the right and the forks on the left. This way, you don't have to change hands when you pick them up.
3. The knife blade turns toward the plate because then it's ready to pick up. No fumbling.
4. The cup and saucer go beside the spoons, as you see in the drawing. The glasses for the beverage and water (at the tip of the knife) belong on the right, because most people use them in their right hand. The beverage goes to the right of the water glass.

5. The salad plate goes above the forks. Napkins go beside the fork with the fold away from the plate. In case the table looks crowded, put the napkin right on the dinner plate.

There, wasn't that easy? Oh! Just one more thing. Serving dishes and salt and pepper shakers go parallel to the edge of the table, never cater-cornered.

### *When You Serve*

When you serve food at the table, there are certain rules to follow, too.

- All foods are served from the *left* side of each person, using your left hand.
- Pour water and other beverages from the *right* side, using your right hand.

When you clear the table after the main part of the meal (such as you will do to get ready for dessert), clear the table in this order:

- First, remove the leftover food, the salt and pepper, etc., from the center of the table.
- Second, remove the used dishes and silver from each person's place. Do not remove the beverage. You remove the dishes from the *left* side of each



person with the left hand. You may then transfer the dish to the right hand and take another dish with the left hand.

### *Tips on Table Manners*

Certain rules for good table manners have become established through long usage. These rules make you feel at ease while you are eating. Good manners become natural and easy only when you use them everyday. Susie, Tom and Jane follow these rules when they eat. You will want to, too.

- Sit down and get up from the *left* side of the chair.
- Unfold your napkin below the edge of the table and lay it across your lap. If you are using a large dinner napkin, do not unfold it all the way. Leave it half folded.
- Sit up straight with your feet flat on the floor.
- Keep your arms and elbows off the table. When you are not eating, rest your hands in your lap. Do not play with the silverware or arrange your clothing or hair at the table.
- Wait until everyone has been served before you begin to eat.
- Break bread into three or four pieces. Butter the piece of bread as you eat it.

- Keep your mouth closed when you are chewing food. Do not talk when you have food in your mouth.
- In cutting food, hold the knife in the right hand, and the fork in the left. The tines of the fork point downward holding the food and the index finger holds the knife firmly. When eating food, the fork is held in the right hand with the tines up.
- Cut only enough meat at one time for one or two bites. This applies to any food that must be cut up before it is eaten. When you are not using your knife, place it on your plate like this.
- A spoon should never be left in a glass, cup, soup bowl, or dessert dish. Place the spoon on the saucer or plate that the dish or cup is setting on.
- When the meal is over, the used silver should be placed on the plate so it will not fall off when the plate is removed.

### *Time to Tidy Up!*

After the dishes are all washed, there are still a few things that need to be done to leave the kitchen tidy:

1. Wipe off the counter tops and range.
2. Take care of the garbage.
3. Clean the sink.
4. Hang up towels and dish cloth.

### *How Did You Do?*

One of the best ways to make good meals better is to check back after your meal to see what things were done well and what might be improved.

So, ask yourself . . .

Did your luncheon supply at least  $\frac{1}{3}$  of the dairy food requirements?

Did your planned menu, grocery list, and time schedule, save you time? How can you improve it next time?

Did you keep your kitchen orderly while working?

Did you have a pretty table when you served your meal?

Was the meal served on time?

Did your family or friends enjoy it?

What would you like to try next time to improve your meal?

## Chapter 2

### *MAIN DISHES*

You will remember that a menu pattern for lunch or a light supper is:

Main Dish  
Salad or Relish Tray  
Bread                      Butter  
Beverage  
Dessert

Most of the main dishes you'll stir up will include meat, fish, cheese, egg, *or* beans. These are

protein foods. You need at least one large serving of protein food each day. Two servings are even better. Protein is needed to build and repair your body tissues . . . like your muscles. Protein makes up a part of every cell in your body.

#### *When You Buy Meat*

One pound of ground meat will make 4 medium sized servings. Look for a bright red color. Be sure there's *some* fat in the ground meat you buy. You'll

taste the difference in a juicier hamburger or meat loaf.

Top grades and tender cuts are more expensive, yet they have no more food value than the less tender lower grades. So any meat regardless of price spells good nutrition . . . treat it right and it spells good meals.

### *Meat is Money—Store It Right*

*Ground Meat:* Keep ground meat in the coldest part of the refrigerator. Unwrap meat. Place it in the meat compartment or on a plate near the meat compartment. Place waxed paper or other wrapping loosely over the top of the meat. The top of the meat will dry a little. This will discourage the growth of bacteria. Use ground meat soon after you buy it—within two days—for the most freshness and flavor.



*Franks:* Store frankfurters and wieners in or near the meat compartment—in the original wrapper. Use them within 4-5 days for the best flavor.

## MAIN DISH RECIPES

Here are some of Tom and Susie's favorite main dish recipes. Most of them are high in protein, quick and easy to make—and they'll add magic to your mealtime.

### LITTLE MEAT LOAVES

**Set oven at 350°**

**Grease muffin tins lightly**

**Put in large bowl**

**½ cup bread crumbs**

**Add**

**1 cup milk**

**Beat slightly and add to milk mixture**

**2 eggs**

**Add**

**1½ pound ground beef  
¼ cup chopped onion  
1 teaspoon salt  
½ teaspoon sage  
dash of pepper**

**Mix them together well with a spoon**

**Spoon mixture into muffin tins . . . Round off tops**

**Make 45 minutes at 350° F**

**Makes 8 servings.**

**TO COMPLETE THE MEAL, SERVE:**

**Little Meat Loaves**  
**Slaw**                      **Sunny Carrots**  
**Peaches**  
**Milk**

**SWISS EGGS**

**Cook in 1-2 tablespoons shortening**

**1 small onion, chopped**

**Add. Cook slowly. Stir constantly**

**1 cup tomatoes**  
**6 eggs, beaten**  
**½ teaspoon salt**

**Add when eggs begin to thicken**

**½ cup grated cheese**

**Continue to cook until eggs are set.**  
**Serves 4.**

**TO COMPLETE THE MEAL, SERVE:**

**Swiss Eggs**  
**A Tart Fruit Salad**  
**Toast**  
**Chocolate Pudding**  
**Milk**

**MEAT AND EGG SCRAMBLE**

**Heat oven to 350°**

**Arrange in layers in buttered baking dish**

**4 hard cooked eggs, sliced**  
**1 cup cooked diced ham**  
*or* **chopped chicken**

**Pour over**

**2 cups medium white sauce** *or*  
**1 can cream soup**

**Cover with**

**1 cup bread crumbs**

**Dot with**

**1 tablespoon butter**

**Brown in the oven.**  
**Serves 4-6.**

## MEDIUM WHITE SAUCE

Since the white sauce used in most main dishes is a medium white sauce, here are directions for making 2 cups.

Melt in a saucepan **4 tablespoons butter or margarine**

Stir in and cook 1-2 minutes **4 tablespoons flour**  
**1 teaspoon salt**

Add slowly. Stir constantly **2 cup milk**

Cook until flour is done—about 5 minutes.  
Makes 2 cups.

### TO COMPLETE THE MEAL, SERVE:

Meat and Egg scramble

Relish Tray

Frozen Peaches

Cookies

Milk

## MACARONI AND CHEESE

Heat oven to 350°

Prepare an 8 ounce package of macaroni as directed on the package.

Combine **Cooked macaroni**  
**1½ cups grated cheese**  
**2 cups medium white sauce**

Turn into a greased baking dish.

Bake until brown and bubbly—15 or 20 minutes.

Makes 6 servings.

### TO COMPLETE THE MEAL, SERVE:

#### MACARONI AND CHEESE

Relish Tray

Fresh Fruit

Cookies

Milk

### CHEESE STUFFED HOT DOGS

Heat oven to 350°

Slit almost through—lengthwise

4 wieners

Cut in 4 pieces lengthwise  
and put a slice in each wiener

1 sliced processed cheese

Place in a small baking pan and bake for 15 minutes.

Put in a dampened paper bag in the oven for last 7-8  
minutes

Serve a frank in each bun.

4 wiener buns

#### TO COMPLETE THE MEAL, SERVE:

Cheese Stuffed Hot Dogs

Cranberry Salad

Nut Bread

Milk

### CHILI

Heat

2 tablespoons shortening

Cook slowly until brown

2 small onion, chopped  
1 pound hamburger  
1 teaspoon salt

Add and cook slowly for an hour

2½ cups cooked tomatoes  
5 cups kidney beans (2 #303 cans)  
2 tablespoons chili powder

Add water as desired.

Serves 10-12.

#### WHAT WOULD YOU SERVE WITH THIS TO COMPLETE A LUNCH OR SUPPER?

Salad \_\_\_\_\_

Bread \_\_\_\_\_

Dessert \_\_\_\_\_

Beverage \_\_\_\_\_

## HAMBURGER BOATS

Set the oven at broil.

Mix

1 pound hamburger  
1 teaspoon salt  
¼ teaspoon pepper

Butter buns and spread each half with hamburger mixture

4 wiener buns

Put under broiler so tops are 2-3 inches from heat. Broil until meat is brown . . . about 3 minutes. Watch to see that they don't burn!

Cut cheese into 4 triangles

2 slices processed cheese

Remove hamburger boats from broiler and stick a cheese sail on top of each. Ready to eat!

### TO COMPLETE THE MEAL, WHAT WOULD YOU SERVE?

Salad \_\_\_\_\_

Bread \_\_\_\_\_

Dessert \_\_\_\_\_

Beverage \_\_\_\_\_

## Chapter 3

### SALADS

#### *Featuring Fruit and Cottage Cheese*

At least one fresh crisp salad a day is a good rule to follow in planning your meals.

Think how the salad will fit into the meal. A *heavy* salad should be served when the salad is the main part of the meal. Heavy salads contain meat, egg, fish, cheese or beans.

The salad should be *light* if it is to be served before the main course or with the main course. Light salads may be made with vegetables, fruit, cottage cheese or gelatin. If the salad is served before the main course, it can be served with crackers, thin biscuits, wafers, or cheese straws.

There are many greens that may be used for salads. To name a few: bibb lettuce, parsley, water-

ress and spinach, plus the standbys—leaf and head lettuce. All salad green should be carefully washed, drained, and placed in a vegetable crisper or plastic bag. Keep in a refrigerator until you are ready to make the salad.

We will discuss fruit and cottage cheese salads in this chapter.

#### FRUIT SALADS

Fruit adds color, flavor, and food value, to meals. Fruit gives you minerals, vitamins, bulk, and roughage that your body needs to function properly. Every-

one should eat two different fruits every day. One of them should be a citrus fruit. Eating fruit each day will help you have plenty of vitamin C which has so much to do with your feeling good and peppy.

Fruit salads are an excellent way to serve fruit to the family. You may use fresh, canned, or frozen fruits in the salads you make.

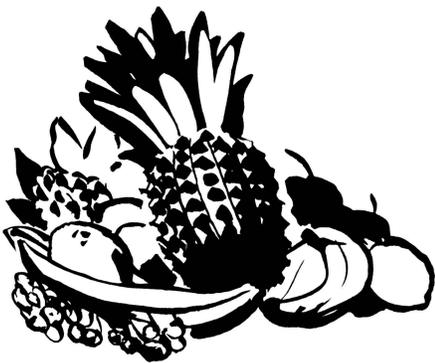
*Here are some pointers for fruit salad making:*

- Do not cut fresh fruit until time to serve. Most fruits discolor when cut. Lemon, orange, or other citrus fruit juices will help keep fruit from turning dark.
- If you add sugar, do it just before time to serve. Sugar draws out the juice and may leave the fruit wilted and toughened.
- Chill the fruit before preparing the salad.
- Drain the fruit well, so the salad will not be watery.
- If the fruit is cut up, keep the pieces bite size.
- If a dressing is used, put it on the salad just before you are ready to serve it. This will help preserve the crispness of the salad.
- Use just enough dressing to coat the salad. Any more dressing will make the salad watery and mushy.



- The fruit should be nicely arranged on the plate. However, it should not look as if each piece has been carefully placed.
- The salad should cover only  $\frac{2}{3}$  or  $\frac{3}{4}$  of the salad plate and none of the green should extend over the edge.

## FRUIT SALAD RECIPIES



### BANANA ROLL SALAD (Makes 2 salads)

Lettuce leaves  
1 banana  
Mayonnaise  
8 canned grapefruit sections  
 $\frac{1}{4}$  cup walnuts

1. Wash lettuce, shake off water. Pat dry with paper towels. Put on 2 plates.
2. Cut peeled banana in half. Place on each plate.
3. Spread with mayonnaise. Sprinkle with nuts.
4. Arrange grapefruit sections around bananas.

**STACK UP FRUIT SALAD**  
(Makes 4 salads)

Lettuce leaves  
4 pineapple slices  
4 peach halves  
2 teaspoons peach syrup  
¼ cup salad dressing  
or mayonnaise  
4 maraschino cherries

1. Wash, dry lettuce. Place on salad plates.
2. Put pineapple slice on each.
3. Top with peach half, rounded side down.
4. Mix salad dressing  
¼ cup salad dressing  
2 teaspoons peach syrup
5. Put salad dressing in center of peach half.
6. Top with a cherry.

**PEACH BANANA FAN SALAD**

½ peach, pear or apricot  
Lettuce leaves  
Berry or cherry  
1 ripe banana

1. Place a lettuce leaf on plate.
2. Place half of peach, pear or apricot to one side of the lettuce leaf. Garnish with cherry or berry.
3. Peel and cut banana in half. Then cut each half lengthwise into three slices. Dip the banana slices in lemon or orange juice to help keep them from turning dark.
4. Place the banana slices across the other side of the salad plate. Spread slices open to look like a fan.
5. Serve with a sweet or tart dressing.



## CRANBERRY SALAD

Wash fruit and grind

1 orange, including rind  
1 apple, cored  
2 cups raw cranberries

Mix in

$\frac{3}{4}$  cup sugar

Put in refrigerator for several hours.

Dissolve

1 box lemon jello in  
1 cup boiling water

Cool.

Add cranberry mixture to gelatin mixture.

Pour into molds and chill.

Serve on salad greens.

## RED CINNAMON APPLES

Boil for 5 minutes

1 cup sugar  
1  $\frac{1}{2}$  cups water  
2 tablespoons cinnamon  
candies  
3-4 drops  
red food coloring

Simmer in hot syrup until bottom half is tender. Turn and repeat

6 apples, peeled  
and cored

Cool in the syrup. Chill and drain.

Serve on salad greens. Fill center with cottage or cream cheese.

## *Dressings for Fruit Salads*

### FRENCH DRESSING

Place all ingredients in pint jar. Cover. Shake

Store in refrigerator

Shake well before using.

Makes 1  $\frac{1}{2}$  cups.

1 cup cooking oil  
 $\frac{1}{2}$  cup lemon juice or  
vinegar  
1 teaspoon salt  
1 tablespoon sugar  
1 teaspoon paprika

## ORANGE DRESSING

Combine in top of double boiler

¼ cup sugar  
2 tablespoon flour  
½ teaspoon dry mustard  
½ teaspoon salt

Add. Cook over low heat 3-5 minutes until mixture thickens

1 cup orange juice  
¼ cup lemon juice

Add. Stir until fat melts

Chill

Makes 1½ cups.

2 tablespoons butter  
or margarine

### *How Do You Rate as a Cook?*

After you make your fruit salad, check it to see how it rates.

Is your salad—

\_\_\_ Colorful?

\_\_\_ Cold?

\_\_\_ Crisp?

\_\_\_ Attractive?

\_\_\_ Flavorful?

## COTTAGE CHEESE SALADS

Cottage cheese is really a remarkable food because:

- It has a good flavor.
- It is an economical source of protein.
- It can be used in main dishes, salads, desserts, and baked foods.
- It is highly digestible.
- It is low in calories.

- It is a good source of calcium and protein.

Unlike hard cheese, cottage cheese spoils rather quickly. Try to use it either two or three days after buying. Always keep it in the refrigerator and tightly covered.

Here are some good cottage cheese salad recipes.

### CLOVER LEAF SALAD

1. Take the pulp and seeds from a green or red pepper and stuff it with salted cottage cheese.
2. Add finely chopped nuts, chopped red pepper or onion to the cottage cheese for variety.
3. Let the stuffed pepper stand in refrigerator for one hour or more.
4. Serve slices of it on lettuce leaves.

## COTTAGE CHEESE FILLED TOMATOES

Cut core out of head of lettuce.  
To loosen leaves, hold core  
side, under running water

6-8 cup shaped lettuce leaves  
or  
other greens

Wash, peel and cut out stem

4 smooth, fully ripe,  
large tomatoes

Place stem end down on a cutting board. Cut into 6-8 sections leaving them attached at the center.

Place tomatoes on salad greens  
Pile about  $\frac{1}{2}$  cup cottage cheese on each.

1 pint cottage cheese

## GARDEN CHEESE FILLING

Mix together

1 cup cream-style  
cottage cheese  
2 tablespoons finely  
grated raw carrots  
 $\frac{1}{2}$  teaspoon chopped  
green pepper  
 $\frac{1}{2}$  teaspoon finely  
chopped chives  
or  
 $\frac{1}{2}$  teaspoon chopped parsley  
and grated onion

Serve on a lettuce leaf or other salad greens.

Serves 6.



### COTTAGE CHEESE SALAD RING

Soften

2 tablespoons plain,  
unflavored gelatin  
½ cup cold water

Mix

4 cups cottage cheese  
1 cup light cream  
2 tablespoons lemon juice  
1 teaspoon onion juice  
¼ teaspoon paprika  
Salt to taste

Add dissolved gelatin

Turn into ring mold that has been rinsed in cold water.

Chill until firm.

Unmold on crisp salad greens. To easily remove the gelatin from the mold, dip the mold briefly in warm water.

Fill center of mold with a fruit or vegetable salad of your choice.

Serve with mayonnaise or french dressing.

Serves 8.

### GINGERALE FRUIT MOLD

Dissolve

1 package lemon gelatin  
1 cup hot water

Chill until cool but not thickened.

Stir in

¾ cup gingerale  
1 cup fruit cocktail, drained  
juice of ½ lemon

Pour into ring mold that has been rinsed in cold water.

Chill.

At serving time unmold.

Fill center with this mixture

Serves 6.

1 cup cottage cheese  
¼ cup pecans  
4 maraschino cherries, sliced  
1 tablespoon cream  
1 tablespoon mayonnaise

# Chapter 4

## QUICK BREADS

If you want to make that ordinary lunch or supper a special treat for the family . . . whip up a quick bread. Tom and Susie have enjoyed spicing up their suppers with quick breads because they are fun to make, more fun to eat, and take, seemingly, just a jiffy.

These breads are called quick breads because they are made with a leavening agent that acts quickly. They can be baked as soon as they are mixed. You don't have to wait for them to rise as you do when you use yeast.

Quick breads may be plain . . . or you may add fruit or nuts or both.

*Here are some pointers for making good quick breads:*

- Mix the ingredients together, but do not beat. If you overbeat your quick breads, they'll be peaked, heavy and full of tunnels.
- The oven temperature should be low enough for the bread to expand before a crust forms on top.



- You want the bread to bake clear through before the crust becomes hard or brown.  
For a medium loaf, a moderate oven (350°) is used. A larger loaf requires a lower temperature.
- If you want a good top crust, cover the pan until the bread is about three-fourths done.

### *Equipment for Making Quick Breads*

1. Choose a *good mixing bowl*. The bowl may have straight or rather sloping sides. Those with sloping sides may be easier to mix in, but batters have a way of spilling over the top during beating.
2. Choose a *mixing spoon* which is the length that suits you best and fits the utensil you will use it in. Spoons with larger bowls and longer handles than tablespoons are generally better for mixing and stirring. You may prefer a wooden spoon. It will not leave a mark on the bowl but it does stain easily and may absorb flavors.
3. If you want your bread brown and crusty use a *dull aluminum* or *glass pan*. Bread baked in bright shiny pans will be a lighter color on the bottom.
4. Put the quick bread on a *cooling rack* to cool. This lets the air circulate around the pan.



## QUICK BREAD RECIPIES

### NUT BREAD

Heat oven to 350°

Sift together \_\_\_\_\_

3 cups sifted flour  
1 cup sugar  
3 teaspoons baking powder  
½ teaspoon salt

Add but do not overmix \_\_\_\_\_

1 egg, beaten  
1 cup milk

Add \_\_\_\_\_

¾ cup nutmeats

Pour into greased loaf pan.

Bake 30-35 minutes.

Quick bread is done when a toothpick is stuck in the center and comes out clean.

### DRIED FRUIT QUICK BREAD

Sift together \_\_\_\_\_

1½ cups sifted flour  
½ teaspoon soda  
2 teaspoons baking powder  
¾ cup sugar

Add \_\_\_\_\_

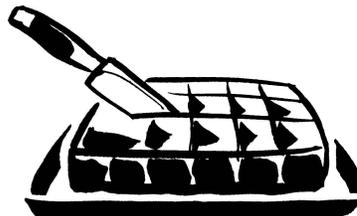
1 cup whole wheat flour,  
unsifted

Stir in but do not beat \_\_\_\_\_

½ cup juice from dried fruit  
1 cup sour milk  
1 cup cooked prunes or apricots  
or other dried fruit  
1 egg beaten  
2 tablespoons melted shortening

Pour into greased No. 2 tin cans or a loaf pan.

Bake 1 hour



## GINGERBREAD

Heat oven to 350°

Sift together

1 ½ cup sifted flour  
1 teaspoon baking powder  
¼ teaspoon salt  
1 teaspoon cinnamon  
¼ teaspoon soda  
1 teaspoon ginger  
¼ teaspoon ground cloves  
¼ cup sugar

Pour into dry ingredients.  
Stir until smooth

1 egg, beaten  
½ cup milk

Stir in

¼ cup melted shortening  
½ cup molasses

Pour into greased 8 inch square pan.  
Bake 30-40 minutes.

## ORANGE BREAD

Heat oven to 350°

Sift together

2 cups sifted flour  
1 teaspoon soda  
¼ teaspoon salt  
½ cup sugar

Combine

1 egg well beaten  
¾ cup orange juice  
2 tablespoons lemon juice  
1 teaspoon grated orange rind  
¼ teaspoon grated lemon rind  
¼ cup shortening, melted

Add dry ingredients stirring only until well mixed.  
Pour into a greased loaf pan.  
Cover and let stand 20 minutes.  
Bake 1 hour.



## BANANA BREAD

Heat oven to 350°

Sift together

2 cups sifted flour  
1 teaspoon baking powder  
½ teaspoon soda  
½ teaspoon salt

Cream together

1 cup sugar  
½ cup butter or margarine

Add

1 egg, beaten  
1 cup mashed bananas (3-4)  
3 tablespoons milk

Fold in flour mixture.

Pour into greased loaf pan. Bake about 40 minutes.

## BROWN BREAD

Heat oven to 350°

Mix

1 cup sifted white flour  
1 cup whole wheat flour,  
unsifted

1 teaspoon soda

1 teaspoon salt

1 cup raisins

½ cup nutmeats

1 egg, beaten

1 cup molasses

¾ cup sour milk.

Combine

Pour liquid mixture into dry ingredients. Stir gently.

Do not overbeat.

Pour into greased tin cans or loaf pan—fill ¾ full.

Bake about 45 minutes.

*How do you rate as a cook?*

Is your quick bread:

\_\_\_ Slightly rounded?

\_\_\_ Even golden brown?

\_\_\_ Light for its size?

\_\_\_ Moist, with a tender crumb?

\_\_\_ Good in flavor?

All of these quick breads will freeze well. Just let the bread cool, wrap it tightly in freezer paper or aluminum foil, label, and freeze. That's all there is to it!

## ROUND-UP ON THE RANGE

To get an “A Number One” rating as a cook, partner . . . you must leave the range as clean as you found it. Here are some pointers.

### *On top of the Range*

- If food or liquids are spilled on the stove, wipe up immediately with a paper towel or damp cloth. Foods containing acid, citrus fruits, or milk may cause permanent stains if allowed to stand on the porcelain enamel.

If food or liquid is wiped up immediately a damp cloth is sufficient to clean the porcelain enamel of your stove surface.

- When it is necessary to use a mild soap or other detergent, wipe with a cloth rinsed in clean water and dry.
- To clean the chrome use a damp cloth. Dry with a cloth to prevent water spots.
- If surface has become discolored with heat or burned on food, apply a mild cleaning powder with a damp cloth.

### *Wanted: Clean Oven*

- Most spilled foods in the oven can be easily re-

moved by wiping with a paper towel and washing with soapy water. If left on, however, the spots and stain become burned on.

When spots and stains are burned on, remove the racks before cleaning. These units may be wiped with a clean soft cloth.

- For a thorough cleaning of the oven, there are several oven cleaners on the market. Use these according to the directions. However, you may make an oven cleaner. A cloth moistened with household ammonia and left in the oven with the door closed for a few hours, or overnight, will often loosen the grease and spilled over foods. After these spots are loosened, wash the side walls and inside of door.

### *Keep the Oven Clean*

- It is possible to use aluminum foil in the oven to catch spillovers. However, the foil should never be placed on the heat direct, but on a shelf just below the pan. Foil should be smaller than the oven with a space at least one inch on all four sides for proper air circulation. Keep the shiny side of the foil away from the heat.

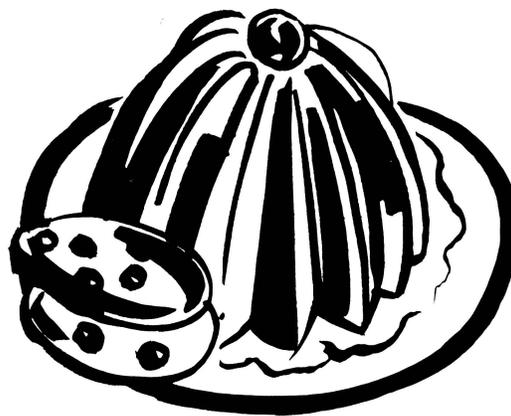
## Chapter 5

### DESSERTS

Desserts . . . almost everyone likes desserts. They can be as easy as A,B,C, or a big production. Whatever you make them at your house . . . always choose a last course that suits the meal. Plan a light dessert, such as fruit, if the meal has been heavy. A richer dessert—a frosted cake or heavy pudding—goes with a light meal. Be sure that the dessert is a part of the meal—not an afterthought!

In this section, you'll make three types of desserts—fresh fruit, puddings, and cakes made with a mix.

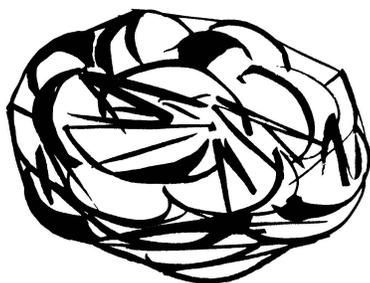
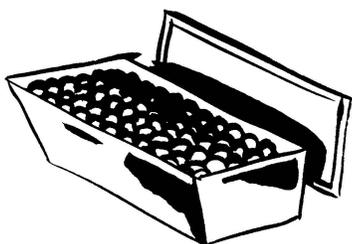
After a big meal, fresh fruit for dessert adds just the right touch. It gives a satisfied but not overfull



feeling. Fresh fruit for dessert is colorful, just plain good, and you get a big bonus—it's full of vitamins

and minerals that help keep you in tip top shape. Colorful fruits, full of vitamins A and C also help you resist infections.

### *Tips on Handling Fresh Fruit*



*Wash hard fruits* (except berries and cherries) thoroughly to remove dust and sprays. Drain them. Leave on the skin unless the skins are tough or blemished.

*Sort berries and cherries* to remove stems and leaves. Put them in the refrigerator in a shallow dish or a pan. Cover lightly.

*Wash berries and cherries just before using*, because they spoil quickly when wet. Wash them carefully, a small amount at a time, in a colander or sieve.

*Wrap cut fruit* in cellophane, waxed paper, or aluminum foil to shut out the air.

*Keep light-colored fresh fruits* (such as apples, peaches, apricots, pears, and bananas) from turning dark by dipping the fruit in:

Orange, pineapple or lemon juice

*or*

A weak salt solution: 1 tablespoon of salt to 1 quart water

*or*

Vinegar, 2 tablespoons vinegar to 1 quart water.

*or*

A commercial material.

### *Serving Fresh Fruit*

Fresh fruit is best when it is chilled before it is served. Arrange the fruit attractively. Here are some ideas for serving fruit for dessert.

#### *Strawberries in the Rough*

- Wash strawberries, lifting them out of water. Do not stem.
- Lay them on a clean towel to dry.
- Place a small mound of powdered sugar in center of a small plate.
- Place a ring of strawberries around the mound of

powdered sugar. Dip each berry in sugar as you eat it.

- The strawberries are eaten with the fingers.

#### *Grapes in the Cluster*

- Wash grapes, leaving them in bunches.
- Cut bunches into small serving-size clusters with scissors.
- Serve small cluster on plate or from a bowl with other fresh fruits, as pears, tangerines, and plums.
- The grapes are eaten with the fingers. If there are seeds, remove them from the mouth with fingers.

### *Fresh Plums, Apples or Pears*

- Wash, dry, and shine.
- Serve on a small plate. Or you may give each person a plate and fruit knife and serve the fruit in a basket, tray, or bowl.
- Serve with a paper napkin as fruit stains are hard to remove.

### *French Fruit*

- Choose a tender, colorful, canned, or stewed fruit . . . such as apricots, cherries, or pineapple.
- Chill.
- Place in a compote or sauce dish. Top with ice cream.
- Add a few fresh or frozen berries for a garnish and serve immediately.

### *Fruit Dessert Plates*

Sweeten fresh fruits to taste with powdered sugar, honey, or sugar syrup. Serve chilled in sherbet glasses or berry dishes. Garnish with lemon or lime wedges, sprig of fresh mint, a berry, cherry, or scoop of ice or sherbet.

Combinations you might like to try are:

- Grapefruit sections, tangerine sections, and slice apple.
- Sliced peaches, Bartlett pears, and frozen raspberries.
- Orange sections, banana chunks, and Thompson seedless grapes.
- Melon balls, sliced bananas, and frozen blackberries.
- Orange sections, apple slices, and pear balls.

- Fresh peaches and huckleberries.
- Fresh strawberries, banana slices, and pineapple wedges.

### *Simple and Super*

Don't forget that washed and drained berries (strawberries, raspberries, and blackberries) heaped in a sauce dish are simple and super. Place the sauce dish on a small plate and serve.

## PUDDINGS

Puddings taste good and are good for you. Each serving contributes milk to the diet. What a tempting way to serve milk! We need 3-4 cups of milk each day. This gives us the calcium we need for strong bones and sound teeth. So how about a dish of pudding and a glass of milk for an after school snack?

### *How to Serve Pudding*

Creamy puddings look best when they are piled up slightly in the serving dish. This will give them a rounded look, rather than a flat look.

Make the pudding look more attractive and taste better by adding cream, a sauce, or a garnish.

### *Here are some ideas for garnishes:*

- A few large nut meats, or candied fruit.
- A slice or two of banana inserted slightly in the pudding.
- A fluff of whipped cream, topped with a berry, strips of dates, a cherry, or preserves.

## BREAD PUDDING

**Heat oven to 300-325°**

**Heat**

**Crumb**

**Beat**

**Add**

**Let stand about half an hour to let crumbs soften.**

**Stir well. Turn into baking dish.**

**Bake in slow oven (300-325° F) until set—about one hour.**

**1 quart milk**

**2 cups bread crumbs**

**2 eggs**

**1/3 cup sugar**

**1/2 teaspoon salt**

**1 quart milk, heated**

**2 cups bread crumbs**

**1/2 teaspoon vanilla**

### TAPIOCA CREAM

Cook over hot water until clear

1 tablespoon granulated tapioca  
1 cup hot milk

Add

3 tablespoons sugar  
Pinch of salt

Beat slightly, add to tapioca mixture slowly

1 egg yolk

Continue cooking until thickened, stirring frequently.  
Cool slightly.

Beat stiff

1 egg white

Add

¼ teaspoon vanilla

Fold in to tapioca mixture

the egg white.

Chill. Serve with plain or whipped cream.

### *pudding Mixes*

pudding mixes make easy to prepare desserts. Follow the directions on the box for making the

pudding. For variety, you may want to try one of these recipes that uses a pudding mix.

### TAPIOCA PUDDING

Place in sauce pan, 1 package Tapioca Pudding mix, any flavor .

Add

2 cups milk  
or  
1 cup milk and 1 cup evaporated milk  
or  
2 cups water and 6 tablespoons dry skim milk

Cook and stir over medium heat until mixture comes to a full boil and is slightly thickened. (The mixture will continue to thicken as it cools.)

Remove from heat. Let it stand 15-20 minutes, stir once or twice.

Pour into serving dish.

Chill.

Make 4 servings.

### ORANGE DELIGHT

Place in saucepan

Coconut cream pudding mix  
or  
Orange Coconut pudding mix

Add

1½ cups of milk

When cooked, add  
Chill

½ cup grated orange rind

If desired, before serving fold in

½ cup chopped macaroons

## OZARK PUDDING

Heat oven to 350°  
Beat until smooth

Mix together and stir into  
egg-sugar mixture

1 egg  
2/3 cup sugar  
2 tablespoons flour  
1 1/2 teaspoon baking powder  
1/8 teaspoon salt

Add

1/2 cup chopped apple  
1/2 cup chopped nuts  
1 teaspoon vanilla

Pour into greased baking dish or pie pan . . . bake 35  
minutes. Pudding puffs up and then falls.  
Serve with whipped cream or ice cream.  
Serves 6

## CREAMY CHOCOLATE PUDDING

Place in saucepan

1 package chocolate  
pudding mix

Add, before cooking

1 square (1 ounce) un-  
sweetened chocolate

Follow directions on the package.  
Remove from heat and stir in

2 teaspoons butter or  
margarine  
1/2 teaspoon vanilla  
A dash of nutmeg

Note—Want it extra creamy? Beat with a rotary beater.

## CAKES

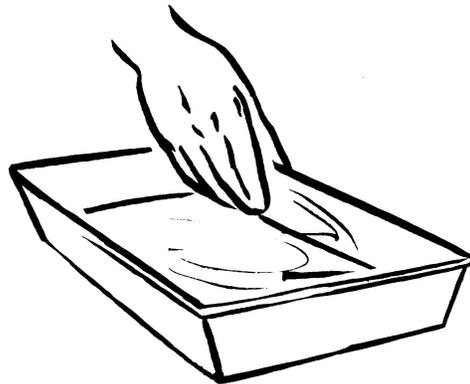
### Making Cakes with Mixes

Man, can that Tom bake a cake! His favorite Sunday treat for Mom is to bake a cake for Sunday dinner. And he's not the least bit hesitant to admit it came out of a box. He knows it requires some

1. Turn on oven to temperature given on package. Re-check . . . did you set it right?  
If the oven is *too slow*, the cake will fall in the center and be too light and crumbly.  
If the oven is *too hot*, the cake will crack on top, have a peak in the center and have tunnels and large holes.
2. To easily remove the cake from pan, you will want to  
Line bottom of the pan with plain paper. With pan

know-how to bake a cake with a mix, even when all you do is add water or milk and eggs.

Here are some of the things to keep in mind when you make a cake with a mix:



as guide, draw around the outside edge. Cut a bit smaller than your pencil mark.

or

*Grease the bottom of the pan* and dust with flour.

3. *Empty mix into bowl.* Add ingredients according to package directions. Beat the batter as much as the package says. Be careful not to overmix! A moderate or low speed with an electric mixer is generally the best.
4. *Pour the mixture into the pans,* not more than  $\frac{1}{2}$  to  $\frac{2}{3}$  full. Use the size pan suggested on the package.

Spread it into the corners and sides of the pan, but leave a slight depression in the center. This way the cake will rise evenly.

5. *Now it's ready for the oven!* Place the pan as near the center of the oven as possible. If you're using two pans, stagger them in opposite corners away from wall and not touching each other.

Don't move the cake after it begins to rise. It may fall.

6. *Be a clock watcher* or set the timer and bake it the right length of time.

If it is *underbaked*, it will sink in the middle, or have a heavy streak.

If it is *overbaked*, the cake will be dried out and have a thick brown crust.

The cake is done when:

- It shrinks slightly from the sides of the pan.
- It springs back when lightly touched in the middle. Be sure no imprint remains before you remove the cake.
- A toothpick pushed in the center of the cake comes out clean.

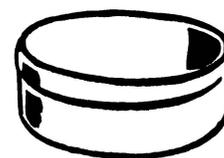
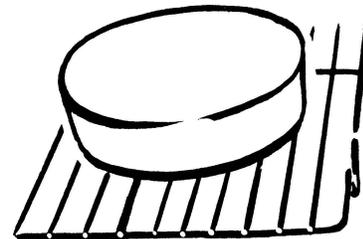
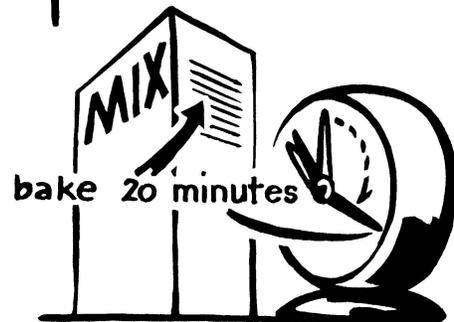
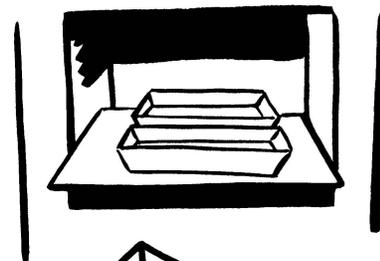
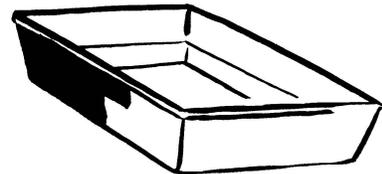
7. *Let cake cool in the pan 5 or 10 minutes.* Loosen edges. Place the rack upside down on the cake. Hold the cake pan and rack and flip it over. Lift off the pan. Remove the paper if you used it.

Turn the cake right side up.

*Cool it on a rack* so it will not sweat and become soggy.

8. *Store the cake* in a pan with a close fitting lid.

*Cake mixes* will keep well for months if they are stored in a tight container in a cool, dark, place. A cake mix stored at room temperature will not keep much longer than six weeks.



### *Use the Right Pan*

Since you want a lightly browned crust, use pans of fairly bright aluminum or tin. Cakes baked in bright shiny pans will be lighter on the bottom, because a shiny surface reflects the heat. A dark bottomed pan absorbs the heat and will cause the cake bottom to be darker.

If you use a glass baking dish, bake the cake 25° lower. This is because glass transmits the heat

faster and holds the heat longer.

If you'd prefer, you can make cup cakes by putting the cake mixture into paper baking cups and place them on a cookie sheet or in muffin pans.

### *Recipes*

Here is a special favorite of Tom's. He just adds chocolate and nuts to a white cake mix and presto! Chocolate dream bars. Here's the recipe—

#### CHOCOLATE DREAM BARS

Set oven temperature at 400° F

Get a 10" by 14" pan ready. Grease or line with paper.

Mix according to package directions

1 package white cake mix

Stir in

1 package semi-sweet chocolate  
1 cup coarsely chopped walnuts

Spread the batter into a pan.

Bake in 400° F oven for 20 minutes.

Cool and cut into bars.

Yield: Approximately 3 dozen 2 inch square bars.

#### APPLESAUCE CAKE

Use a spice cake mix.

Stir in before adding water

¼ teaspoon soda

In place of second ½ cup of water, add

1 cup thick applesauce  
(sweetened or unsweetened)

Fold in

⅓ cup chopped nuts

#### FROSTINGS

Here are some easy-to-make frostings that will add just the right topping to your cakes.

#### BROILED COCONUT FROSTING

Combine and spread over warm cake

6 tablespoons melted  
butter or margarine  
⅓ cup brown sugar  
¼ cup cream  
1 cup shredded coconut  
½ teaspoon vanilla

Brown lightly in the broiler . . . 3-5 minutes.

### MOCHA-CHOCOLATE FROSTING

Combine

6 tablespoons cocoa  
6 tablespoons hot coffee

Add

6 tablespoons butter  
or margarine, melted  
1 teaspoon vanilla

Add gradually

3 cups sifted powdered sugar

Will frost top and sides of two nine inch layers.

### LEMON FROSTING

Combine and beat

1 ¼ cups sifted  
powdered sugar  
¼ cup melted butter  
or margarine  
¼ cup lemon juice  
1 tablespoon cream  
⅛ teaspoon grated  
lemon peel

Add gradually

1 ¾ cup sifted powdered sugar

Will frost tops and sides of two nine inch layers.

#### *How do you rate as a Cook?*

Is your cake:

- \_\_\_ Uniform in thickness with slightly rounded top . . . not lopsided, humped, or peaked?
- \_\_\_ Golden brown top, bottom and sides?
- \_\_\_ Smooth, velvety, crumb with fine even cells?
- \_\_\_ Delicious rich flavor typical of kind of cake?

## Chapter 6

### JAM, MARMALADE, CONSERVES

Mighty good to spread on the breakfast toast—and a natural with hot biscuits or rolls—are jams, marmalades, and conserves. Spread on bread and add

a glass of milk for a good after-school snack.

On holidays and for special occasions, a gift of jam, marmalades, or conserves will rate cheers.

## JAM



*This is the way to make jam.*

### *Preparing the Glasses or Jars*

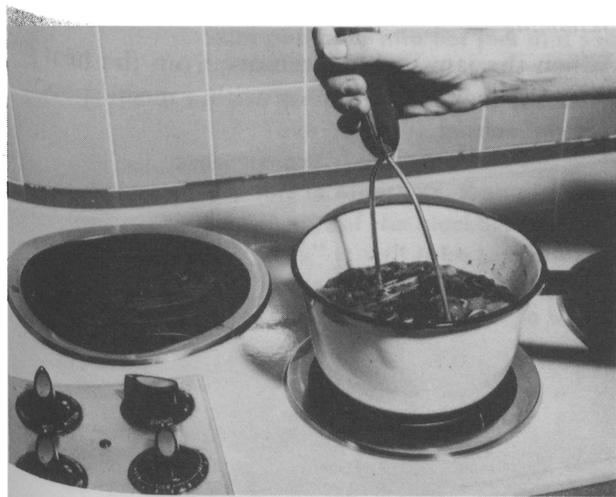
Assemble the number of jars you need. For each cup of prepared fruit that you use, the yield will be a cup of jam.

Examine the top edge of the jar to make sure there are no nicks, cracks, or chips.

You may use  $\frac{1}{2}$  pint jars or pint jars. Usually  $\frac{1}{2}$  pint jars are preferable, but, if you have a large family and they all like jam, you may want to use pint jars.

Wash the jars and lids in hot soapy water and rinse them.

Place the jars upside down with the lids and rubbers in a pan of hot water. Keep them hot until you are ready to put the jam into them.



### *Preparing the Fresh Fruit*

Wash the fruit. Remove any blemishes or bad spots. Be sure to wash berries before you stem them, so you will not lose any of their juice.

Prepare the fruit exactly as directed in each recipe. The fruit may be crushed, ground, sliced, or chopped.

To crush fresh berries, place them in a large, flat bottomed pan and mash them, one layer at a time, until you have reduced each berry to a pulp.

With other fruits, such as cherries, plums, grapes, or peaches, remove the pits and seeds before you crush them. Remove the skin, too, if it is tough or undesirable.

### *Measuring Ingredients*

Measure the ingredients accurately. Use standard measuring cups.

If you have scales, it is better to measure the fruit and sugar by weight. It is more accurate than measuring.



### *Cooking the Jam*

Follow the directions given in the recipe.

To tell when the jam is done, use the "sheeting test". Lift some of the mixture in a cold spoon and allow it to fall from the side of the spoon. When two drops run together and form a sheet as it falls from the spoon, the product is done.



### *Skimming*

When the jam is done, remove from the heat and skim the foam from the top with a metal spoon.

### *Filling the Jars*

Pour or ladle the jam into the clean hot jars. Fill the jars to the top. Seal immediately.



### *Labeling and Storing*

Shine the jar and label it with the name of the product and the date the jam was made. Store it in a cool dry place.

## JAM RECIPES

### STRAWBERRY JAM

(Use the same recipe for making  
Blackberry or Raspberry Jam)

Wash, drain, and crush \_\_\_\_\_ 1 quart stemmed strawberries  
(measure after crushing)

Add \_\_\_\_\_ 4 cups sugar

**Boil rapidly until it has thickened to a jelly-like consistency.**

**Stir constantly.**

**Skim and pour into hot jars and seal.**

**Makes about 2 pints.**

**If you want blackberry or raspberry jam that is less seedy:**

**Take  $\frac{1}{3}$  of the berries and put through a sieve to remove the seeds.**

**Add this to other  $\frac{2}{3}$ 's, then remeasure.**

**If part of the blackberries or raspberries are only "red ripe" it will take less cooking to get the jam thick.**

**There is more pectin, but less flavor, in partly ripe berries than in fully ripe ones.**

## PLUM JAM

Select, tart, fully ripe, plums, such as Damson. Wash, drain, cut in pieces, remove pits.

Simmer until skins are tender  
(10-15 minutes)

2 quarts or 1½ lbs. plums  
1 cup water

Crush plums and add  
Heat to rolling boil. Stir constantly.  
Add

½ package powdered pectin

4 cups sugar

Continue stirring. Heat to bubbling boil. Boil one minute.

Pour into hot jars and seal.

Makes about 5 half pints.

### *How Do You Rate As A Cook?*

Score the jam you make:

- \_\_\_ Does the jam taste fruity?
- \_\_\_ Is it medium thick, without lumps?
- \_\_\_ Is the jam bright and clear—about the same color as the natural fruit?

## MARMALADES AND CONSERVES

*Marmalades* are similar to jams, but they are usually made from two or more fruits. A marmalade has small pieces or thin slices of fruit in it.

Oranges, grapefruits, and lemons, are the favorite fruits for marmalades, but, apples, cranberries, pineapples, pears, and berries, are frequently used.

*Conserves* are usually mixtures of fruits to which

nuts have been added. The cooked mixture look like jam. Any fruit suitable for jam may be used in conserves. The fruit may be whole, cut, or pulped.

The nuts most commonly used in conserves are pecans, almonds, and English walnuts. Hickory nuts, hazel nuts, and black walnuts, can be used. Be sure the nuts are fresh, as even slightly rancid nuts will spoil the conserve.

## GOLDEN MARMALADE

Soak overnight in shallow pan

1½ cups oranges, sliced thin  
1½ cups lemons, sliced thin  
6 cups water

Boil 10 minutes. Let stand overnight. Cover with a lid. Boil 20 minutes.

Add and boil rapidly about 10 minutes until mixture sheets from a spoon.

3½ cups sugar

Pour into hot sterilized jars. Seal. Shine jars. Label with name of marmalade and date.

Makes 3 pints.

### GRAPE CONSERVE

Wash and Drain. Remove from stems **4 pounds Concord grapes**

Slip skins from grapes and keep separate from the pulp.

Boil grape pulp for 10 minutes. Stir constantly. Press through sieve to remove seeds.

Add to grape pulp. Boil until mixture thickens.

Stir constantly **4 cups sugar  
1 cup raisins  
1 orange including rind,  
chopped  
½ teaspoon salt**

Add grape skins and boil 10 minutes longer.

Stir in **1 cup chopped nut meats**

Pour into hot jars. Seal. Shine jars. Label with name and date made .

Makes about 8 pints.

### APRICOT-PINEAPPLE MARMALADE

Wash and grind **1 pound dried apricots**

Add and boil until thick and clear.

Stir constantly **2 cups crushed pineapple  
½ lemon, sliced thin  
2 cups sugar**

Pour into hot jars. Seal. Shine jars. Label with name of marmalade and date.

Makes 2 pints.

### RHUBARB CONSERVE

Cut in thin slices. Do not peel **1 pound rhubarb (1 pint cut)**

Grate the rind from **1 orange  
1 lemon**

Juice the lemon. Cut the orange into small pieces.

Add **½ teaspoon salt  
2 cups sugar**

Boil rapidly until thick—about 20 minutes, stirring occasionally.

Stir in **½ cup chopped nuts**

Pour into hot sterilized jars. Seal, Shine jars, label, and store.

Makes about 3 pints.

## FREEZING PEACHES

Frozen peaches are just as colorful and delicious as they were when they were picked fresh off the tree.

Freezing peaches is easy. Your family will think *you're a peach* when you serve them peaches that YOU have frozen.

### *Selecting The Peaches*

When you look for peaches, keep in mind . . .

- Peaches at a good eating stage are best for freezing. The peaches should be ripe but firm.
- Peaches have a better flavor if they are ripened on the trees, rather than picked green and allowed to ripen at room temperature.
- Green or shriveled or bruised peaches lack flavor.
- Never pinch a peach. It will bruise the peach.
- Three varieties are recommended for freezing. They are: Red Haven, Triogem, and Loring.

### *Preparing The Peaches*

This is how to prepare them for freezing.

1. Wash the peaches.

2. Peel the peaches and remove the pits.

### *Adding The Sugar*

Add sugar, either dry or as syrups, to the peaches to keep their color and flavor. Sugar syrup is sugar that has been dissolved in water.

Whether you pack the peaches in dry sugar or sugar syrup will depend on how you plan to use them. Peaches that you are going to serve in salad or dessert are better if they are packed in syrup. Peaches that you are going to use in baking should be packed with dry sugar.

### *Packed in Syrup*

#### HOW TO MAKE SUGAR SYRUP

**Heat to near boiling**

**3 cups sugar**

**1 quart water**

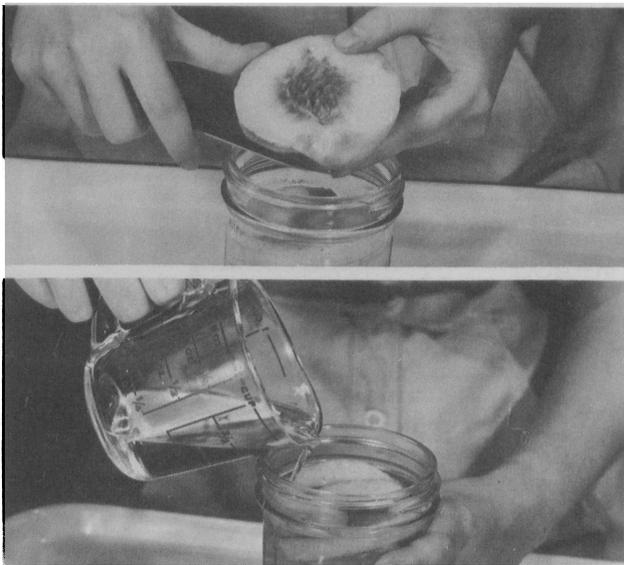
**Cool.**

**Just before you are ready to pour the syrup in the container, add**

**½ teaspoon powdered ascorbic acid.**

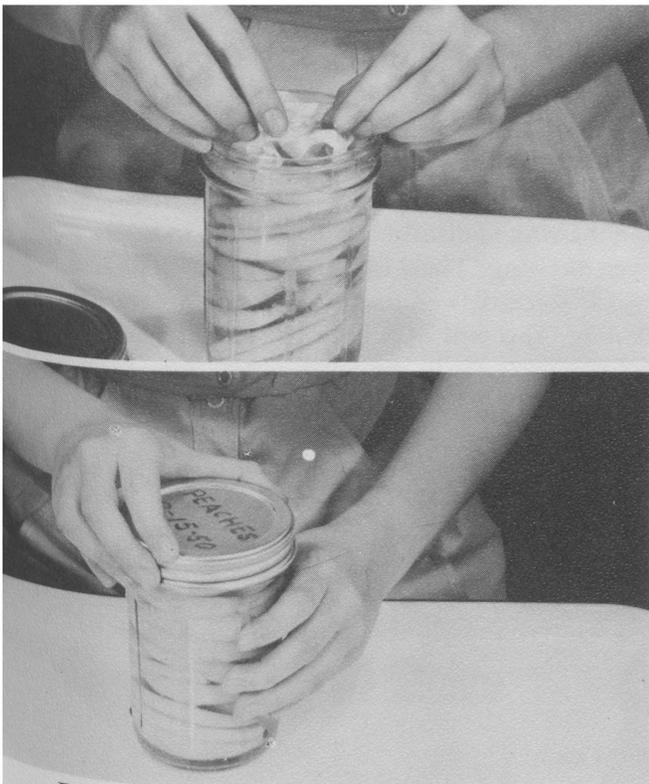
**The ascorbic acid keeps the peaches from turning dark.**

#### HOW TO PACK PEACHES IN SUGAR SYRUP



1. Put ½ cup of cold syrup in each pint container. Slice the peaches into the syrup.

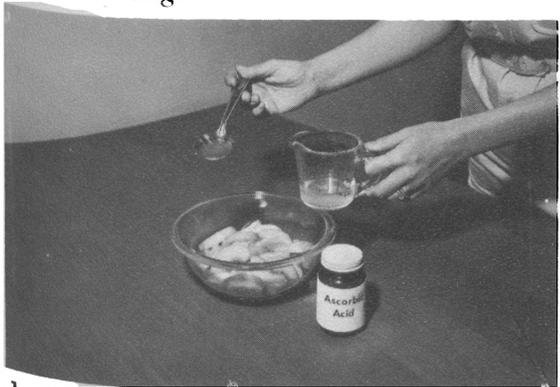
2. Press the peaches down. Add enough syrup to cover the peaches. Leave ½ inch of head space at the top of the container.



*Packed in Sugar*

3. Place a piece of freezer paper on top of the peaches. Press the paper down so that the syrup comes over the top of the paper. This will help keep all of the fruit under the syrup. If the fruit does not stay under the syrup it will turn dark.

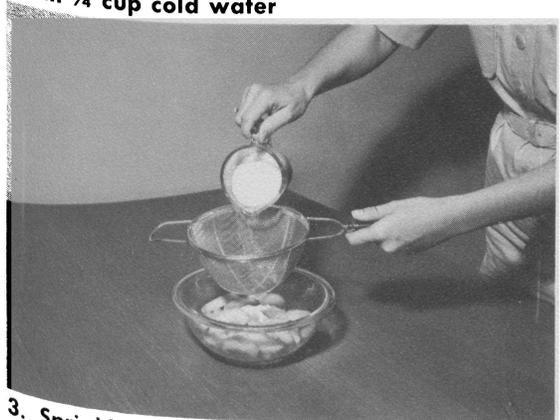
4. Close the container. Label. Freeze immediately.



1. Dissolve— $\frac{1}{4}$  teaspoon ascorbic acid powder in  $\frac{1}{4}$  cup cold water



2. Sprinkle ascorbic acid mixture over 1 quart sliced peaches



3. Sprinkle sugar over peaches— $\frac{2}{3}$  cup sugar to a quart of peaches. Mix sugar with peaches until juice forms.



4. Put into containers. Leave  $\frac{1}{2}$  inch head space. Freeze immediately.

### *Containers for Freezing*

To keep the fine flavor of the food you freeze, use a good container. The container should be moisture proof and vapor resistant. This means that the moisture in the food can not get out and that the air from the outside can not get inside to the fruit.

Use the size container that will serve your family for one meal. A pint of frozen fruit will provide 4 or 5 servings.

Some of the containers made especially for freezing are plastic bags, heavily waxed cartons, and glass jars. Some containers are reusable; however, they usually cost more.

Ordinary waxed paper, household aluminum foil, and cartons, for cottage cheese, ice cream, and milk, should not be used for freezing. These containers will let moisture and air pass through and the food will get dry and lose flavor.

### *Thawing Frozen Fruit*

Thaw the fruit in the sealed package. Do not open the package until you are ready to use it.

It is well to turn the package several times during thawing to distribute the juice and to insure more even thawing. Thaw only enough for one meal.

If some thawed fruit is left over, heat it to near boiling. This will help keep its color. Then cool the fruit and store it in the refrigerator.

### *Serving Thawed Fruit*

You may use frozen fruit in the same way you would use fresh or canned fruit. Remember, however, that frozen fruit is already sweetened.

Fruits which you are going to serve raw may be served just before they are completely thawed. A few ice crystals help retain the flavor.

### *Hey, Cook . . . Are You . . .*

1. Reading the recipe all the way through before you begin?
2. Gathering all the equipment and ingredients before you start?
3. Presetting the oven so the temperature will be right when food is put in it.
4. Soaking each piece of cooking equipment as you finish using it?
5. Oh, yes! And using different spoons for stirring and tasting?

### *Hold On*

When you want a surprise dessert for your family, an unusual main dish, a cold drink for the gang, or refreshments for the club . . . it's a real help to have just the recipe you need. Why don't you start a collection of your favorite recipes?

Magazines and newspapers carry many interesting and unusual ones. There are also many good cook books. Don't forget the recipes you've made in your project, too.

Get some standard index cards, 4 x 6 or 5 x 7. Write your favorite recipes on these cards. Remember to include how many they serve. Here's an idea—on the back of the card include a menu you like to serve with this recipe. Put in your collection only

those recipes you have used and know you really like. Get a regular recipe file box or make a box of your own.

Pictures showing how to serve a cold drink, how to place food on the plate, or how to serve refreshments will add to your collection. You can paste these on the file cards, too.

Start your collection now! By the end of the year you'll have a lot of good recipes.

P.S. from Tom—

I like to include the name of the person who gave me the recipe—or where I found it—so, for example, I write "Range Burgers from Mike Douglas" on the card.



LUNCHES  
4-H Record  
(To be used with 4-H Circular 162)  
TY 46



Name \_\_\_\_\_

Address \_\_\_\_\_ Age \_\_\_\_\_

Name of Club Leader \_\_\_\_\_

Name of Foods Leader \_\_\_\_\_

Name of Jr. Project Chairman \_\_\_\_\_

What I did in my Foods Project This Year:

Project Meetings Held \_\_\_\_\_  
Club Meetings Attended \_\_\_\_\_

Project Meetings Attended \_\_\_\_\_

Number of Foods Demonstrations given:

Project Meetings \_\_\_\_\_  
County Meetings \_\_\_\_\_  
State Meetings \_\_\_\_\_

4-H Club Meetings \_\_\_\_\_  
District Meetings \_\_\_\_\_

Number of times I judged Foods:

Project Meetings \_\_\_\_\_  
District \_\_\_\_\_  
Interstate \_\_\_\_\_

County \_\_\_\_\_  
State \_\_\_\_\_

Number of exhibits made:

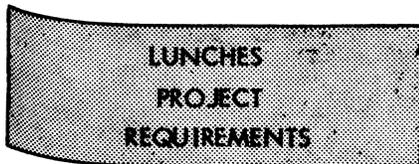
In community \_\_\_\_\_  
District \_\_\_\_\_  
Interstate \_\_\_\_\_

County \_\_\_\_\_  
State \_\_\_\_\_

What I Took Part In:

Local Club Achievement Day \_\_\_\_\_  
County Fair or Show \_\_\_\_\_  
District Fair \_\_\_\_\_  
State Fair \_\_\_\_\_  
Number of Radio or TV Shows \_\_\_\_\_  
Served on \_\_\_\_\_

County Achievement Day \_\_\_\_\_  
District Achievement \_\_\_\_\_  
State Achievement Day \_\_\_\_\_  
Interstate Show \_\_\_\_\_  
Number of my news stories published \_\_\_\_\_  
Standing Committee in Club \_\_\_\_\_



Do five of the seven:

1. Prepare a fruit dessert 2 times.  
Prepare pudding 2 times.
2. Prepare a fruit salad 2 times.  
Prepare a cottage cheese salad 2 times.
3. Make a quick bread 3 times - such as nutbread, orange bread, or gingerbread.
4. Prepare 3 different main dishes suitable for lunches.
5. Prepare a complete lunch at least once.
6. Set the table correctly 3 times.
7. Make 3 jars, 2 different kinds of jam, marmalade or conserve.



Some extras you can do just for fun!

- Cake-mix Cakes
- Freezing Peaches
- Collecting Recipes
- Range Round-Up

## ACTIVITIES

We hope your project group will do three or more of these:

1. Visit a grocery store and report at project meeting the number of different kinds of fresh, frozen, canned and dried fruits you saw and how much they cost.
2. Prepare and take a dish to a church supper or some other community affair.
3. Plan, prepare and serve a lunch or supper for guest.
4. Have a work party for planning and preparing gift packages of food for a holiday or special occasion.

## HOW YOU DOING?

Check (✓) the items below that you have done. Don't wait 'til the end of the year. Keep it up to date.

### Desserts

- \_\_\_\_\_ Kept light colored fruit from turning dark.
- \_\_\_\_\_ Always chilled fresh fruit before serving.
- \_\_\_\_\_ Garnish the puddings.

### Salads

- \_\_\_\_\_ Put dressing on salad just before serving.
- \_\_\_\_\_ Used just enough dressing to coat the salad.
- \_\_\_\_\_ Made molded salad at least once.

### Recipe Collection

- \_\_\_\_\_ Start a recipe collection.
- \_\_\_\_\_ Include the name of the person who gave you the recipe or where you found the recipe.

### Quick Breads

- \_\_\_\_\_ Did not beat quick breads.
- \_\_\_\_\_ Cooled quick bread on a cooling rack.
- \_\_\_\_\_ Tested quick bread for doneness by inserting a toothpick in the center. It is done when toothpick comes out clean.

### Range Round Up

- \_\_\_\_\_ Wiped up spills on the stove immediately.
- \_\_\_\_\_ Used a damp cloth followed by a dry rub to clean chrome.
- \_\_\_\_\_ Always cleaned oven after spilling any food in it.

### Jam, Marmalades, and Conserves

- \_\_\_\_\_ Washed jars and lids in hot soapy water, rinsed them, kept them in hot water until ready to use.
- \_\_\_\_\_ Labeled jars with name of fruit and date made.

### Main Dishes

- \_\_\_\_\_ Made medium white sauce.
- \_\_\_\_\_ Planned 2 meals for the family.
- \_\_\_\_\_ Served one of the meals suggested in our project book.

### Freezing Peaches

- \_\_\_\_\_ Used sugar in freezing peaches to keep color and flavor.
- \_\_\_\_\_ Used regular freezer containers for freezing food.
- \_\_\_\_\_ Thawed fruit in the container it was frozen in.
- \_\_\_\_\_ Made and served Peach Crumble to the family.

### Planning Lunch . . . . Table Manners

- \_\_\_\_\_ Used a tray to carry silver, napkins and plates when setting the table.
- \_\_\_\_\_ Kept arms and elbows off the table.
- \_\_\_\_\_ Sat up straight at the table --- with feet flat on the floor.

THINGS I MADE IN THIS PROJECT

1. Name the kinds you prepared of each:

Fruit Dessert

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

Fruit Salad

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

Pudding

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

Cottage Cheese Salad

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

Quick Bread

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Main Dishes

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

2. Name the jam, marmalade or conserve you made:

Number of jars canned \_\_\_\_\_

Kinds: \_\_\_\_\_

3. Number of times you set the table. \_\_\_\_\_

4. Number of times you prepared lunch \_\_\_\_\_

Menu you served once:

EXTRAS!

Make any "extras" just for fun?

1. Number of times you made a cake with a mix \_\_\_\_\_

2. Number of pints of peaches you froze \_\_\_\_\_

3. Number of recipes you collected \_\_\_\_\_

4. Number of times you cleaned the range \_\_\_\_\_

ACTIVITIES!

List the special activities of your food project group.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date \_\_\_\_\_ Member's Name \_\_\_\_\_

Leader's Initials (if project was completed) \_\_\_\_\_



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