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# IT'S PARTY TIME

BY VIRGINIA NORRIS  
AND FLORA CARL



## FOODS 5

4-H CIRCULAR 165  
FEBRUARY, 1966  
UNIVERSITY OF MISSOURI  
EXTENSION DIVISION

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HI—IT'S PARTY TIME!

YOU MAY HAVE BEEN WITH US WHEN WE STARTED OUR FIRST YEAR OF 4-H FOODS WORK OR YOU MAY BE AN OLDER FELLOW OR GIRL WHO HAS JUST DECIDED TO JOIN. IN EITHER CASE ----- WELCOME!

YOU'LL MASTER THE ART OF MAKING A GOOD CUP OF COFFEE ---- THE SECRETS OF CAKE BAKING--- AND THE KNOW-HOW OF KEEPING THE SNACK SHELF WELL STOCKED FOR THOSE IMPROMPTU AFTER-THE-GAME SESSIONS.

THIS IS THE YEAR TO HAVE FUN WITH FOOD--- YOU'LL LEARN TIPS IN BUYING RIBS AND CHICKEN FOR BARBECUING. IT WILL BE A TIME WHEN YOU NOT ONLY LEARN TO FIX 'N' SERVE PARTY FOOD---- BUT ALSO HOW TO RUN THESE AFFAIRS ON YOUR OWN. NATURALLY YOU'LL CHECK PARTY PLANS WITH MOM AND DAD .... WELL IN ADVANCE.

YOU'LL MAKE LISTS, LISTS, LISTS ---- AND THEN THE PARTY WILL RUN LIKE CLOCKWORK WHILE YOU, THE HOST OR HOSTESS, CAN RELAX AND ENJOY THE COMPLIMENTS!

SUE

P.S.

HEY, FELLOWS—DON'T MISS MY MISSOURI METHOD FOR TELLING WHEN A FIRE IS READY FOR THE FOOD—it WORKS!

TOM

## PROJECT REQUIREMENTS

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

1. Prepare, freeze, and serve, two meat casserole dishes for buffet meals.
2. Prepare and serve pancakes one time.
3. Barbecue and serve two different meats. Make barbecue sauce once.
4. Plan, prepare, and serve, one broiler meal.
5. Can tomato or fruit juice—10 jars.
6. Prepare, serve, and freeze one cake  
Without fat—jelly roll, angel food, or sponge cake  
With liquid fat—Chiffon cake.

## EXTRAS

Some extras—that you can do just for fun!

Muffins

The Snack Shelf

Care of the Broiler and Grill

## ACTIVITIES

Your project group can plan some special fun activities. We hope your project group will do *three* or more of these:

1. Have a coffee for the mothers.
2. Have the fellows hold a barbecue for other teenagers in the club.
3. Entertain the leaders with a buffet meal.

## TO EARN YOUR 4-H PIN OR CERTIFICATE

1. Finish the five food project requirements.
2. Attend at least four foods meetings.
3. Turn in your foods record to your foods leader.
4. Attend six or more 4-H club meetings.

## BROILING FOR BEGINNERS



**GRILL** also means cook with direct heat, either as in broiling, with heat over the food, or as in pan-broiling, by dry heat on a grill or griddle with little or no fat.

**BROIL** means cook with direct heat, with food exposed to broiling unit or flame of range. You can also broil satisfactorily in a table broiler or over glowing coals.



**PAN-BROIL** means cook over direct heat on a hot surface, such as a skillet or griddle. Use no hot fat at all or very little—just enough to keep the food from sticking.

**BARBECUE** means cook with direct heat and baste with a highly seasoned sauce. In modern usage, barbecue can mean foods cooked or served in such a sauce.

# Chapter I

## BUFFET MEALS

"Come over to our house." Having the crowd over to eat is a sure fire beginning for a fun and food filled season. Whether it's for an after-the-game session or a Sunday night get-together, nothing could be easier than a buffet meal. The secret's in the *planning*.

Be sure to discuss party plans with Mom and Dad—well in advance! This way, both parents can plan to be at home to help behind the scenes and chaperone.

### *Planning—The Menu*

Simple menus and simple service are the watchwords for a first buffet. Plan to serve dishes that can be prepared ahead of time . . . try making the main dish, usually a meat dish, in advance and freezing it.

Try this simple menu.

### *The Pattern*

Appetizer (optional)  
Main Dish  
A Salad  
Bread  
Dessert  
Drink

### *The Menu*

Hot Spiced Tomato Juice  
& Cheese Blanks  
Barbecued Beef  
Coleslaw  
Hot Hamburger Buns  
Chocolate Ice Cream  
& Marshmallow Sauce  
Milk and Water

If table space is scarce, and the fellows and girls must hold the plates in their hands or on their laps, this food should be easy to eat with few pieces of silverware.



### *Planning—The Work*

If you are going to be a calm, unhurried host or hostess, make the meal seem as simple and effortless as possible. Make lists, lists, lists!

✓ The Menu  
✓ The recipes  
✓ Food needed  
✓ Things to be done  
    —In order  
✓ Time Schedule  
✓ The Decorations  
✓ Serving Dishes Needed

### *Things To Be Done in Advance:*

- Make and freeze the barbecued beef. Have Mom slip this into the oven about half an hour before the gang arrives.
- Set the table down to the last serving spoon.
- Clean the vegetables for the salad
- Add a pinch of Oregano, an Italian spice, and a dash of garlic salt to the tomato juice.
- Get out crackers and cheese spread.

### **Help From Others:**

- Fellows will pour water and milk.
- Girls will heat spiced tomato juice and slip crackers spread with pimento cheese into oven.
- Girls will remove the plates while you dish up the ice cream and add the marshmallow sauce.

P.S. Draw names out of a hat for Dishwashing Detail.

### **Planning—The Buffet Service and Decorations**

The buffet table is the center of attraction—make your table into a miniature gridiron, covered with a green or brown cloth, the yard lines marked off with white ribbon. For a centerpiece, how about a cheer leader's megaphone with tiny mums massed around the base and sprouting from the top?

### **Table Tips**

- Use the dining table and extend it enough so that it won't be crowded when everything is ready to serve.
- A table pad or "silence cloth" protects the table top and deadens sound. Place the table pad on first. Then the tablecloth is placed over it.
- A smooth white tablecloth is always in good taste—colored cloths help carry out the theme for special occasions.
- Let your ideas have free rein on centerpieces—garden flowers, a bowl of bright colored fruits, colored leaves—Indian corn and gourds for fall—Irish potatoes, huckleberry leaves, pipes and shamrocks, for St. Patrick's Day.
- Decide ahead of time how you will place the food—get out the dishes and try them on the table.
- Avoid crowding the table with cups and silver. Keep the extras on trays in the kitchen or on a side table.
- When the room is small push the table back against the wall and serve only from one side and the ends of the table and then use another table for silver, the beverage.
- Place the main dish and plates at the end of the table where you want the guests to start.
- Place serving silver beside the dish in which it will be served.
- Arrange the food so the guests help themselves

first to foods that are most difficult to serve . . . a salad in a lettuce cup before you pick up a full plate of food and have to do a juggling act.

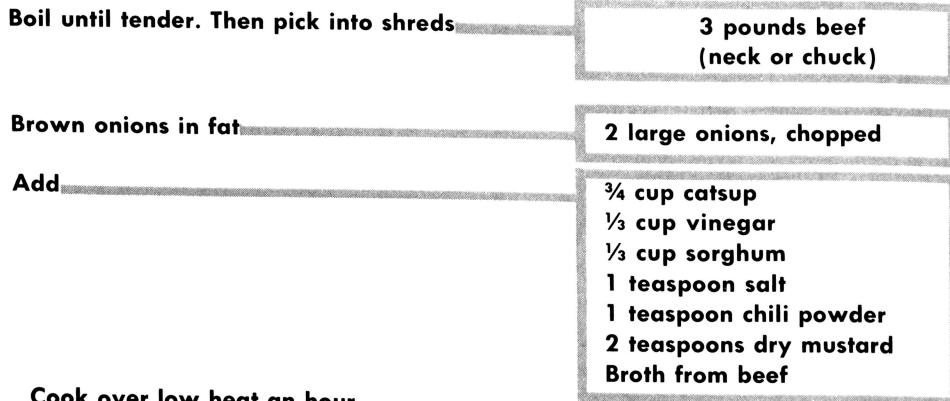
- Napkins and silver are placed so they can be picked up last.
- If card tables are set up—then the silver, glasses, cream and sugar, and water, will be on them.

### **"Many Kinds—Many Ways to Serve Buffet"**

- Usually fellows and girls come to the serving tables and help themselves . . . main dish first then other foods and silver and napkins last. Find a place to sit and start eating . . . it isn't necessary to wait until everyone makes the rounds.
- Come back to the serving table for extra helpings . . . this is a serve yourself affair.
- When the main course is finished, the table is cleared and the dessert is brought out.
- Everyone puts the plate he has been using on a side table set up to take these dishes.
- And back to the serving table to help yourself to dessert.
- Sometimes, especially for large groups, the hostess will ask friends to help—one to serve the main dish, one to pour the beverage . . . others to bring extra silver, plates, and food, to the table as needed.
- Other times, when the group is small, and the kitchen large, the hostess may have part of the food prepared . . . and the makings on hand for the rest of the meal. Then, each fellow and girl gets a job and a place to work. When the food is ready it can be served in the kitchen or in the dining room . . . sometimes all the food is put on a teacart or wheeled table and served in the living room or in the backyard.



## BARBECUED BEEF



Cook over low heat an hour.

Makes 20 servings.

Cool. Cover tightly with plastic or foil and freeze in a casserole dish or freezer container.

To serve—reheat in the casserole dish or place in an electric skillet. In this case, skillet can be used at the table to keep the beef hot.

### *Another Buffet Menu*

#### SCALLOPED CHICKEN (or Chicken Loaf)

Vegetable Salad with French Dressing	Peach Jam Butter
Warm Sliced Bread	Drop Cookies
Frozen Peaches	
Milk	

### CHICKEN LOAF

If you wish, cook the chicken days in advance, discard the bones. Store the meat and broth in the freezer. Heat oven to 325° Mix all ingredients and place in buttered baking dish.

2 cups cooked chicken, cubed  
1 cup cooked well drained rice  
2 cups bread crumbs  
4 eggs  
1 tsp. salt  
3 cups milk and chicken broth, mixed.

Bake one hour

1 pint chicken broth and milk

Combine and simmer five minutes  
Serve over chicken loaf

1/4 cup butter  
1/4 cup flour  
1/4 cup milk or cream

Serves eight

Juice of 1/2 lemon

Chopped parsley, pimento, and can of mushrooms, if desired.

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

- Was the meal on time?
- Did the food taste good?
- Was the table attractive?
- Did the guests enjoy themselves?
- Was the hostess poised, unhurried?

## Chapter 2

### **BARBECUING IS FUN**

This is easy going hi-everybody sort of fun. Poke up a fire and relax. You are headed for a meal that's the best. This is the fellows domain. Sit back gals . . . admire the Chef.

The boys won't object if you round up the plates, spread the tablecloth, fix the lemonade, and do a few other odd jobs. But take time to admire their Big Production . . . the barbecuing!

Trot out a denim tablecloth and use small red or blue bandanas for napkins. Use gay red paper plates and cups . . . saves dishwashing so you'll have more time for a songfest around the glowing coals of the cookout fire.

As the guests arrive, serve them frosty glasses of tomato juice in a chilly bed of ice. Whisk out an oblong baking dish, add chipped ice and set small glasses of juice in the ice. Add a dash of lemon juice to the tomato juice for a pepper-upper.

When the fellows call "Come and Get it" the eager eaters will be on hand.



### **FACTS ABOUT FIRES**

For broiling, all meats call for glowing coals. *No flame.* Let the fire burn down until a gray-ash film covers the charcoal. This takes 30 minutes to an hour for charcoal . . . one to two hours for woods like oak, ash, hickory.

If the fire is too hot, you dry the meat, and lose good juices. *Don't be tempted to start cooking too soon.*

Learn to be a fire timer. After the fire has burned down to coals, spread it out so it is shallow (easy to control) and just a little larger than the amount of food you are grilling. For a reserve of hot coals, add a little extra charcoal around the edges after the fire is ready for cooking.

### **Smoke Prevention**

Fat from steaks and chops on the grill will drip, then smoke. Trim off the excess fat before broiling. When cooking a large roast, make a foil drip pan. There are directions on the foil package.

### **To Avoid Flareups**

A clothes sprinkler filled with water is handy for putting out flareups caused by dripping fat. Don't soak the coals—use only enough water to halt the flames.

## **BARBECUED RIBS**

Pork spareribs are rib bones from the bacon strip with little meat between. Extra meaty *loin back ribs* are tops for barbecuing. Allow three-fourths to one pound of ribs for each person. Check with your meat man when you want good meaty ribs.

### **For Quick Smoke Flavor**

- Toss a few damp hickory chips over the coals near the end of cooking time.
- For oven barbecues try this—brush liquid smoke or sprinkle smoke salt over meat before cooking or add it to the barbecue sauce.

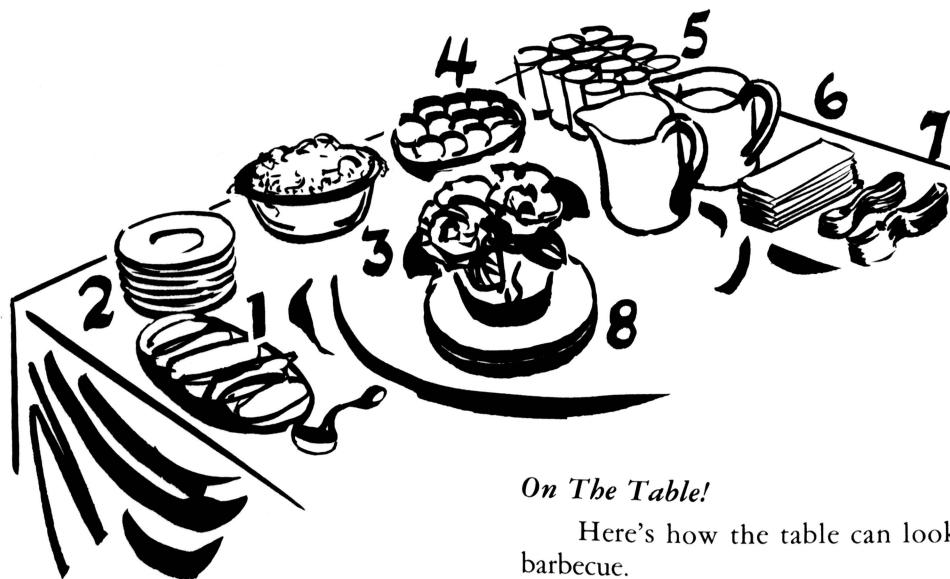
### **Cookout Gear**

Whether for simple cooking on grand style, there's good looking gear to please the expert or first timer . . . and the purse of the most prudent.

Just right ribs are crisp and brown on the outside . . . tender and juicy on the inside. The lean should show no pink when it is cut. Since ribs are a fat cut of meat, cook very slowly, turn frequently. Long slow cooking is required.

### **ON THE GRILL**

- Have ribs at room temperature.
- Brown on both sides.
- Then lay ribs on foil, fat drippings will cause flareups.
- For smoked flavor, wait until last 30 minutes of cooking to brush on barbecue sauce or brush on the sauce just before the ribs are ready to serve. This way, ribs get the full benefit of the hickory-smoke flavor.



### **On The Table!**

Here's how the table can look for your buffet barbecue.

- |                   |                   |
|-------------------|-------------------|
| 1. Barbecued Beef | 5. Milk and Water |
| 2. Plates         | 6. Napkins        |
| 3. Coleslaw       | 7. Silver         |
| 4. Hamburger Buns | 8. Centerpiece    |

## IN THE OVEN

Place ribs in shallow pan,  
meaty side up

3 pounds ribs, cut in pieces

Brush with liquid smoke (This  
is optional, but gives a spe-  
cial flavor)

1-2 tablespoons liquid smoke

Roast in very hot oven 450° for 30 minutes

Combine and heat to boiling

1 teaspoon salt  
1 teaspoon chili powder  
1 cup water  
1 cup catsup  
1/4 cup Worcestershire sauce  
1/4 cup lemon juice, fresh,  
frozen, or canned

Pour over ribs after first 30 minutes of cooking is completed

Continue baking in a moderate oven (350°) one hour or  
until fork tender.

Baste with sauce every 15 minutes.

Makes four servings.

## TO COMPLETE THIS MEAL, SERVE

Barbecued Ribs

Cabbage-Pepper Slaw

\*Totem Pole Potatoes

Cornmeal Sticks

Fresh Fruit

Cookies

Lemonade

\*Remember these—they were in "It's Cookout Time." String scrubbed, small potatoes on skewers. Stand them upright in a tall can (from fruit juice or coffee) of boiling salted water. Cook until tender. Remove from the can. Brush with butter or margarine. Sprinkle with salt and pepper and serve pronto!

## BARBECUED CHICKEN

What's more tempting to the eye—or the  
"Taster"—than well barbecued chicken?

For brown and tender chicken choose broilers or  
fryers.

The Size

Two and one-half to three pound fryers (ready to  
cook weight) Allow one half chicken per person.

Split in half by removing neck and backbone and  
cutting through center of breast bone.

*The Time*

Allow one to one and one-fourth hours for cooking.

*The Cooking*

Using tongs, turn chicken often. Baste with barbe-  
cue sauce each time it is turned.

### *The Doneness*

Twist the drumstick. If it turns easily, it's ready to eat. Call the crowd—chicken is best when it's hot.

### *The Sauce*

Mix ingredients and stir over low heat until hot. Baste chicken using a pastry brush "mop" or paint brush.

1 cup cider vinegar  
 ½ cup water  
 ¼ pound butter or margarine.  
 ½ cup chili sauce  
 2 tablespoons brown sugar  
 ¼ cup horseradish  
 ¼ cup worcestershire sauce  
 ½ teaspoon salt  
 Dash cayenne pepper

#### **FOR AN OUTDOOR CHICKEN BARBECUE, TRY THIS MENU**

**Barbecued Chicken****Coleslaw****Cranberry Sauce****Potatoes Baked in Foil****Homemade or French Bread****Cider****Doughnuts**

### **BARBECUED TURKEY**

- Choose a young turkey—not over four pounds. Ready to cook weight bird.
- Split in half lengthwise
- Snap the two joints in the legs and wings to keep the bird flat during cooking.
- Skewer the leg to the body and fold the wingtip back under the wing.
- Proceed as you did for chicken—use this sauce for basting.

**Heat to boiling**

1 med. onion, finely chopped  
 1 teaspoon salt  
 ½ teaspoon pepper  
 1 tablespoon paprika  
 1 tablespoon sugar  
 ½ teaspoon garlic salt  
 ½ cup water  
 1 cup catsup or chili sauce  
 ½ cup water

**Remove from heat and add**

½ cup lemon juice or vinegar  
 1 tablespoon worcestershire sauce  
 ½ cup butter or margarine (1 stick)

**Makes two and one-half cups**

In "It's Cookout Time" we learned to do kabobs, hamburgers, and ham. These are meaty morsels you'll want to try here, too. You'll learn to do steaks under "Broiler Meals" later.

## BARBECUE SAUCE

Put through the food grinder

12 tart apples, peeled  
12 ripe tomatoes, peeled  
3 medium onions  
1 sweet red pepper  
2 green peppers  
1 hot red pepper

Add

3 cups sugar  
2 cups vinegar  
1 teaspoon cinnamon  
½ teaspoon cloves  
2 tablespoons salt

Cook until it's the thickness your family likes . . .  
about 30 minutes.

Pour into clean, hot jars. Seal and label. Makes six pints.

## BARBECUE TIPS

**Barbecue Cleanup:** Scouring pads make quick work of smoky coffee pots or greasy skillets.

**For Basting:** Use a narrow paintbrush to brush sauce on —saves time.

**Meat For Barbecuing:** Should be at room temperature especially thick steaks and roasts. Extra cooking time must be allowed if meat is chilled.

**Money Saver:** Line the firebox of your grill with heavy duty foil (Or line the ash pit if there is a grate to hold coals). You place gravel or special insulating material pellets then charcoal right on foil. Foil reflects heat back on the food and speeds up cooking. It also keeps your equipment cleaner—it catches melted fat and drippings.

**Money Saver:** At the end of the cookout, dunk hot coals in water. Then lift them out to dry and use another time.

## WHICH CHICKEN TO BUY?

If you are puzzled about what kind of chicken to buy, here's some information about the birds in general.

**Broilers** are seven to twelve weeks old. They range from one to two and one-half pounds. The larger ones are usually used in Missouri. Split or quartered, half a broiler is usually considered a serving.

**Fryers** are fourteen to twenty weeks old and

range from one to three and one-half pounds. The best ones have full plump breasts, compact structure and some fat. Even the larger "fryers" are used for barbecuing.

Ready to cook chickens are sold fresh, ice chilled, or quick frozen. They are fully drawn, pinfeathered, cleaned inside and out. They are ready to be cooked. You can buy them whole, cut up, or in parts—all breasts or all drumsticks.

## STORING POULTRY

### *Fresh Chickens (Turkeys)*

- Remove the store wrapper *immediately*.
- Wrap loosely in waxed paper or foil, and put in the refrigerator meat tray.
- Use *whole birds* within one to two days.
- Use cut-up birds within 24 hours.

### *Frozen Chickens (Turkeys)*

- Put in the freezer at once and keep frozen until time to thaw for cooking.
- Stored at 0° a bird can be kept several months . . . if stored in the refrigerator's freezing compartment keep only a month.

## FIRE TEST - BY THE MISSOURI METHOD

Hold palm of your hand over the coals at the height food will be for cooking. If you can count "One Missouri, two Missouri, three Missouri" before jerking your hand away, fire is right for steak, burgers, lamb chops, kabobs.

If it's "uncle" on the first "Missouri" the coals are too hot for almost anything. A "four Missouri" Fire is fine for roasts and a lazy "five to seven Missouri" is fine for spareribs or pork chops.

## Chapter 3

## CANNING TOMATO AND FRUIT JUICE

Those shining jars of sparkling red tomato juice, rich purple grape juice, and tangy blackberry juice, you've canned will be the envy of your friends. When friends drop by you can serve them a tall cool glass of fruit juice. Add a dash of lemon juice. Serve with a few of your favorite ice box cookies hot from the oven or your favorite bite size crackers . . . truly fit for a king or a queen.

These fruit juices are versatile, too. You can use them to make quick winter jellies. Quick as a wink you can stir up fresh grape jelly for a company meal. It's as simple as ABC. Just use powdered pectin—the directions are on the package.

Don't forget that serving fruit juices is a wonderful way to start a dinner party. Serve fruit juice in the living room while the guests are waiting for dinner.

Naturally, you won't forget that a glass of tomato or fruit juice is a good way to start the day.



# CANNING METHODS

## *Water Bath*

A water bath is recommended for canning tomato juice and fruit juice.

Any large clean pan will do for a water bath canner if deep enough to allow an inch or more of water over the tops of the jars and still have space for boiling.

The pan needs a well fitting lid. It should be large enough to hold three or more jars without touching.

In the pan, there must be a rack to hold the jars at least one half inch off the bottom. This rack may be of wood or metal.

If a pressure canner is deep enough, it can be used for a water bath. Use another lid or fasten on the lid and be sure to have the petcock wide open, so steam escapes and no pressure is built up.

## *Here's How in Six Easy Steps*

1. Heat the water in the water bath while you prepare the food.
2. Place jars of food in the water bath when water is near boiling.
3. Add boiling water to bring the water at least one inch over the jar tops. If the water boils down, add more boiling water to maintain the necessary height.
4. The processing period begins when the water reaches a rolling boil. The water must be kept boiling during the entire processing period.
5. As soon as the processing period is over, remove the jars. Place them on several thicknesses of dry cloth or paper or on a board, away from draft.
6. Cool the jars in an upright position and do not cover them.

## **BEFORE YOU START - SELECT THE JARS AND LIDS**

### *Jars*

Any type of glass jar made for canning is satisfactory. A wide mouth jar is easy to clean and easy to put food in.

Quart jars will probably be preferable for canning tomato juice and fruit juice. Select the size

suit to your family.

Check the top of the jar for nicks and rough places. A nick might cause a poor seal and allow the food to spoil.

### *Lids*

The 2 piece metal lid is recommended. If you do use a one piece lid, check to see that there are no dents or cracks.

Use jars and lids of the same brand.

### *Wash the Jars*

Wash jars, rubber rings, and all lids, except the 2 piece metal lid, in hot, soapy, water and rinse thoroughly. Dip the metal lids in hot water just before using.

## **TOMATO JUICE**

Use only tomatoes of good quality. Poor tomatoes make poor juice.

1. Wash, core, and cut, tomatoes into pieces.
2. Simmer until soft.
3. Put through a food mill, ricer, fine strainer or sieve.
4. Reheat to boiling and pour into hot jars filling to one-fourth inch of top.
5. Add one teaspoon of salt to each quart of juice.
6. Wipe tops of jars. Adjust lids.
7. Process both pints and quarts 10 minutes in a boiling water bath.
8. Complete seal if lids are not the self-sealing type.

### *Berry, Cherry, and Plum*

1. Extract the juice by crushing the fruit.
2. Heat to a simmering temperature (170-180° F).
3. Strain through a cloth bag.
4. Add one cup of sugar to each gallon of juice.
5. Stir and reheat to simmering temperature.
6. Fill jars to top and bottles to one-half inch of top.
7. Wipe tops. Adjust lids.

## GRAPE JUICE

Select fully ripe grapes. Concord grapes give an excellent product.

1. Wash. Remove grapes from stem.
2. Crush.
3. Heat to 140-145° F until the fruit is soft. Press out the juice. Strain through jelly bag or heavy muslin cloth. Let stand six to eight hours or overnight to allow crystals to settle to the bottom.
4. Carefully, siphon or pour off the clear juice.

5. Add one-fourth cup of sugar for each quart of juice and mix well. Heat juice rapidly to steaming hot (170° F) in upper part of double boiler.
6. Immediately, pour into hot sterilized jars or bottles leaving one-half inch head space. Wipe top of jar. Adjust lids.  
Process 20 minutes in simmering water bath.
7. Complete seal of lids if not self-sealing.

## Chapter 4

### CAKE AND COFFEE TIME

When your Mother and Dad's friends drop by, it's a real feather in your cap if you can serve them cake and coffee of your own making, while Mom and Dad visit.

Next time Mom starts to brew coffee, say, "Let me help." You'll have some practice. Then, try a coffee and cake time for the mothers in your club. Make it simple. Serve a slice of one of the cakes you've learned to bake in this chapter. In the kitchen, put coffee and cake on the plates, pass the napkins, have someone pass a tray of sugar, cream, spoons—forks (for the cake). Sit back and listen to the glowing compliments.

P.S.

For your own friends, you'll probably prefer a big hunk of cake and a glass of milk . . . but you'll know "How" to make coffee . . . when there's a call for it. Smart fellow! Sharp girl!



### FOR A GOOD CUP OF COFFEE

- Coffee should never be boiled.
- Don't let coffee stand on the grounds. This dissolves the tannins and makes coffee bitter.
- Serve coffee immediately after it is brewed.

- Keep the coffee pot clean!
- Freshly drawn water and freshly ground coffee gives a right start toward a good cup of coffee.

## COFFEE

**Here's how to brew coffee for four.**

**DRIP—Looks like this.**

1. Boil.
2. Put in.
3. Pour.

**4. It's ready when dripped through**

**PERK—Looks like this.**

1. Pour.
2. Put in.
3. Combine and Cover.

**4. Perk for five minutes.**

**VACULATE—Looks like this.**

1. Pour.
2. Put in.
3. Assemble together.

**4. Heat. When water rises to top turn off the flame.  
When liquid returns to bottom, it's ready!**

## CAKES

### *The Baking Pattern*

- Read every word of the recipe.
- Decide how you combine ingredients. Check how-to-do pictures.
- Assemble all ingredients and utensils.
- Prepare the pans for baking. Be sure they are the proper size.
- Heat the oven to the indicated temperature.
- Sift flour just before measuring it.

### *Be In The Know About Cakes*

There are 3 main types of cakes:

1. With solid fat—so called "Butter Cakes";
2. With liquid fat—chiffon cakes;
3. With no fat—sponge and angel food cakes.

If *whole eggs* are used, it's a sponge cake.

If *only egg whites* are used, it's an angel food cake.

In "Cake 'N' Coffee" Time, we'll specialize on two types: cakes with liquid fat, and cakes with no fat.

## CAKE SECRETS

### *Angel, Sponge, Chiffon*

Actually, there aren't any "secrets". The good cake baker follows the rules to a "T". She chooses a recipe from a reliable source. She follows it *exactly*, without making any changes or substitutions. The

good cook has standard measuring equipment, and uses it.

Yes, there are some tips. Call them "secrets", if you wish. These will make you a better cake baker.

- Use an ungreased pan so the batter can get a "hand hold" on the sides of the pan and climb to its full height.
- Cake flours give the finest grain in sponge type cakes.
- You get a better volume in the batter if all ingredients are at room temperature.
- A fourth of the sugar may be mixed with the flour. This makes "folding in the flour" easier.
- Cool the cake with the pan upside down. If the pan doesn't have "ears" to hold it up, use a cake rack so the air can circulate around the cake.
- Which beater to use? Take your choice. The whisk, a flat wire beater, gives especially high volume, but the rotary beater is faster and seems to give a finer texture.



1. **An hour ahead separate 10-11 egg whites.  
enough to make one and one-half cups.**
- Let eggs stand in mixing bowl to warm up.
- **Heat oven to 375°.**
- **Sift together twice**  
**1 1/4 cup sifted cake flour,**  
**3/4 cup sugar.**



**2. Beat egg whites until foamy.**

**Add—**

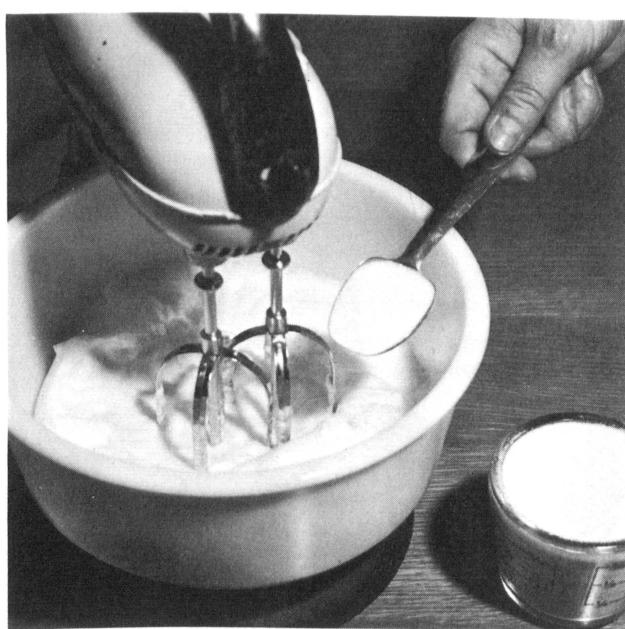
**1½ teaspoon cream of tartar,  
¼ teaspoon salt,  
1 teaspoon vanilla.**

**Continue beating to soft peak stage—until  
tips drop over when beater is lifted.**



**4. Add flour-sugar mixture from step No. 1 in  
3-4 parts.**

**Fold in with rubber spatula or wire whisk  
using 12-15 foldover strokes each time.**



**3. Beat in remaining 1 cup sugar  
1 tablespoon at a time**

**Be careful not to overbeat!**

**Beat only about turn of bowl after each addi-  
tion (5 turns of rotary beater)**



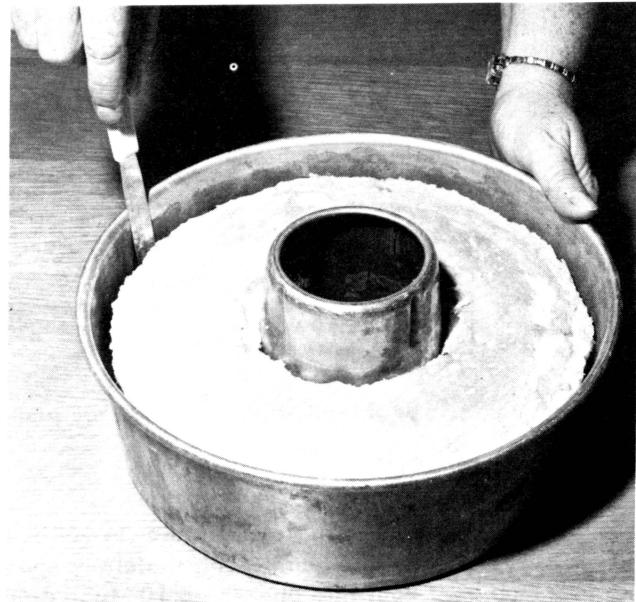
**5. Push batter into ungreased 10" tube pan 4"  
deep.**

**Cut through with spatula to remove large air  
bubbles.**

**Bake at 375° 40-50 minutes.**



7. Pull pieces apart with cake breaker or two forks.  
Or "saw" them with very sharp knife.



6. When baking time is up, lightly touch center. If it springs back and leaves no imprint it is done.  
For a double check, insert a toothpick. It must come out clean.  
Invert pan and cool about 1 hour.  
Insert spatula directly against pan. Pull it out repeat around edge of pan.

#### SPONGE CAKE

Heat oven to 300°

Beat until stiff and glossy

$\frac{1}{2}$  cup egg whites  
 $\frac{1}{2}$  teaspoon salt

Add gradually to egg whites

$\frac{1}{2}$  cup sugar

Beat until thick & lemon colored

$\frac{1}{2}$  cup egg yolks

Add gradually to beaten yolks

$\frac{1}{2}$  cup sugar

Add to egg yolk mixture

3 tablespoons lemon juice

Fold into yolks and this  
mixture into whites

1 cup cake flour, sifted

Bake in ungreased pan for about 1 hour.  
Invert pan and cook before removing cake.

## ORANGE CHIFFON CAKE

Heat oven to 325°.

Sift into medium sized bowl

2½ cups cake flour sifted  
1½ cups sugar  
1 tablespoon baking powder  
1 teaspoon salt

Make a "well" in flour mixture.

Add these and beat until smooth.

5 egg yolks unbeaten  
3 tablespoons grated orange rind  
¾ cup cold water

Beat until whites form *very stiff peaks.*

1 cup egg whites (7-8 eggs)  
½ teaspoon cream of tartar.

Pour egg yolk mixture slowly over stiffly beaten whites.

Fold in gently with spatula or spoon. Do not stir.

Pour into ungreased 10" tube pan 4" deep. Bake 55 minutes at 325°. Then raise heat to 350° for 10-15 minutes, or until top springs back when lightly touched.

Turn pan upside down to cool. Use a cake rack if there are no "ears" on the pan.

Loosen from sides of pan with a spatula.

## JELLY ROLL

Grease and flour a 15½" x 10½" jelly roll pan, or line a pan with greased paper (Waxed, plain, or aluminum foil) and turn up edges to make the proper size pan. Heat oven to 375°.

Beat with rotary beater until thick

3 large eggs (⅔ cups)

Gradually beat in

1 cup sugar

Beat in all at once

5 tbsp. water  
1 tsp. vanilla

Sift together and beat in all at once. Beat until just smooth

1 cup sifted flour  
1 tsp. baking powder  
¼ tsp. salt



Pour into prepared pan.

Bake 12-15 minutes, until cake tests done. Overbaking makes it difficult to remove the paper from the jelly roll.

Loosen edges and immediately turn mixture upside down on a towel sprinkled with confectioners sugar. If you have used paper, quickly and carefully pull it off.

Spread cake at once with soft jelly or jam and roll up, beginning at short end.

Wrap in the towel until cool . . . about one-half hour.

## BUTTER FROSTING (Excellent for frosting cakes to be frozen)

- Cream together until light and fluffy
- Add milk and sugar alternately until smooth
- Add
- |                                       |
|---------------------------------------|
| $\frac{1}{3}$ cup butter or margarine |
| $\frac{1}{4}$ teaspoon salt           |
| 1 cup powdered sugar, sifted          |
- |                                 |
|---------------------------------|
| 2 cups powdered sugar, sifted   |
| $\frac{1}{4}$ cup milk or cream |
- |                      |
|----------------------|
| 1½ teaspoons vanilla |
|----------------------|

### VARIATIONS

Orange

Coffee

Chocolate

Use orange juice for milk and leave out the vanilla.

Add 2 tablespoons grated orange rind.

Add 1½ teaspoons instant coffee powder

Add 3 squares melted unsweetened chocolate to butter.

## 7 MINUTE FROSTING

Combine all ingredients in top of double boiler. Beat 1 minute with rotary beater.

2 egg whites, unbeaten
1½ cups sugar
$\frac{1}{8}$ teaspoon salt
$\frac{1}{3}$ cup water
1 tablespoon light corn syrup
1 teaspoon vanilla

- Place over boiling water and beat about 7 minutes. Stop several times to clean beater and sides of pan with scraper.
- Remove from boiling water when frosting stands in glossy peaks.
- Continue to beat until frosting is cool and thick enough to hold firm swirls.
- Makes enough frosting for one tube pan or two 9" layers.

### How Do You Rate As A Cook?

- Regular in shape, evenly rounded, no bulges?
- Light for size, feathery appearance?
- Even golden brown crust over entire cake?
- Smooth tender crust?
- Uniform color of crumb—typical of the kind of cake?
- Fine, even grain, oval shaped cells?
- Tender moist, velvety crumb?
- Flavor characteristic of the kind of cake?

## FREEZE NOW - EAT LATER

Too much cake to eat at one sitting? Then, freeze it! Want a cake for a birthday party, a church get together, or a family dinner? Then, freeze it. You'll have no last minute hustle-bustle to fix dessert.

### *If you prefer to frost before freezing*

Use a butter type frosting. Otherwise, freeze cake unfrosted. Then thaw it and frost it as you wish.

### *When ready to wrap the cake,*

(Of course, it's cooled) set it on a piece of cardboard cut to size and covered with foil or waxed paper. Wrap cake in freezing material (cellophane, foil, pliofilm) and heat seal or seal with freezer tape. Put cake into a sturdy cardboard so it won't get crushed.

### *To Thaw*

Unfrosted cake, remove from the box, but do not unwrap. If frosted, unwrap before thawing so the icing won't stick to the wrapping.

A large cake will thaw in about two hours.

## Chapter 5

## BROILER MEALS

"What's Cookin'?" is sure to be the query when the odor of sizzling steak or broiling ham wafts through the house. Then the sniffers, lookers and advisors gather 'round to watch the big production —broiling. Broiling is simply placing food directly under an electric unit or gas flame or by holding the food over hot coals as you do in barbecuing.

### *What To Broil*

Meats for broiling must be tender and of uniform thickness. These are suitable for broiling indoors or outside.

T-bone steaks	Ham slices
Sirloin steaks	Ground meat patties
Club steaks	Bacon
Rib steaks	Wieners
Lamb chops	Tender chickens
	Fish sticks or fillets

### *Cut Meat Thick*

Cut it from one to two inches thick. If they are cut too thin, they dry out. Ham slices should be one-half to one inch thick.

### *Steps in Broiling*

1. Turn the regulator to "broil".

*Electric Range:* Temperature is adjusted by the



distance the food is placed from the heat.

**Gas Range:** Adjust the temperature by the distance from the heat and on some ranges by how much the gas is turned on. Read the instructions for your own range.

2. Cut through the fat on meats about every inch to keep the meat from curling when it cooks. This is called "Scoring."

3. Place the food under the broiler.

Rare and very brown: place 1  $\frac{1}{2}$ -2 inches from heat.

Well done: place 2-4 inches from heat.

Spattering or smoking is a sign the meat is cooking too fast, unless you like it very rare and very brown.

4. Broiling is usually done with the door closed in gas ranges and opened to the "stop" position for an electric range. Read the instructions for your range.

5. Brown the meat on one side then turn, and brown on the other using tongs. Meats without much fat, such as chicken and fish, will need to be basted with melted margarine or butter to keep them from drying.

Except for hefty French fries, most Missourians go light on vegetables as sidelines for broiled steak. In fact just set a big bowl of green salad plus lots of hot garlic bread within easy reach and you'll hear no complaints.

To fix garlic bread, slash a long French loaf in even 1  $\frac{1}{4}$ -1  $\frac{1}{2}$  inch slices. Don't cut clear through. Cream  $\frac{1}{4}$  teaspoon garlic salt and  $\frac{1}{2}$  cup butter or margarine together. Spread between slices. Wrap loaf in foil. Place in oven until hot through.

#### ***Steakmanship Broiling Chart***

(For Filet Mignon, Porterhouse, T-Bone, Club, Rib, and small Sirloin steaks; for steaks at room temperature with oven preheated)

*(Figures given are for each side)*

	RARE	MEDIUM	WELL DONE
1 inch thick	5 minutes	6 minutes	8 minutes
1 $\frac{1}{2}$ inches thick	9 minutes	10 minutes	13 minutes
2 inches thick	15 minutes	17 minutes	20 minutes

#### ***When To Salt?***

Wait until you turn it then salt and pepper the browned side. Season the other side as you take it from the grill or broiler. The same goes for burgers or chops. If you salt uncooked meat the juices will be drawn out and you'll lose good flavor.

#### ***Steak Flipping?***

Only once! Tongs are best for turning steak, chops and chicken. Use tongs and a turner for a large steak. If using a fork, insert it in the fat only. Save those juices.



### *Big Steak Carving*

Porterhouse or sirloin. Important to know how so one person doesn't rate most of the choice portions, another the tag ends. First remove the bone cutting close. Cut across full width of steak, making one inch slices and narrowing them a little on the tenderloin side. Be sure everyone gets a section of tenderloin. If steak has a tail piece (as in the sketch), slice it last for seconds.

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

- Is meat juicy and plump?
- Is it tender?
- Is it evenly browned?
- Did it shrink very little?
- Is it well seasoned?

### **BROILED HAMS AND YAMS**

**In one fell swoop you cook the dinner. It's broiled.**

**Season corn and beans and  
spread out in broiler pan**

**3 cups cooked whole kernel corn  
and green beans, mixed**

**Mix**

**½ cup honey  
2 tablespoons grated orange rind**

**Brush honey-orange glaze  
on one side of ham**

**1½ pound slice of ham  
cut 1 inch thick**

**Put ham, glazed side up, on broiler rack and place over  
corn and beans.**

**Set broiler pan four inches from heat. Broil about 10  
minutes**

**Slice tops from sweet potatoes**

**Ruffle with fork tines.**

**Season and dot with butter.**

**6 sweet potatoes cooked  
or baked, with skins on**

**Add yams (sweet potatoes) when ham slice is turned.  
Turn ham slice, brush with remaining glaze, broil seven  
minutes longer.**

**SERVE WITH—Ambrosia (sliced oranges and grated cocoanut layered into the best fruit dish) plus plenty of hot coffee for adults and milk for the teenagers.**

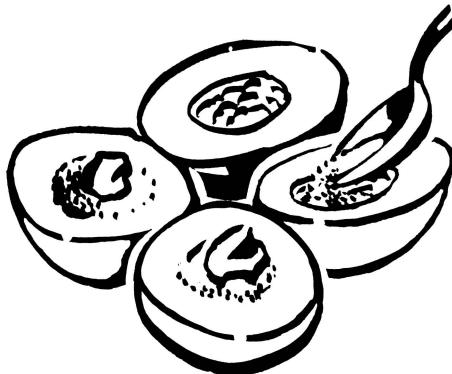
### BROILED FISH

- Place fish fillets or steaks 2-3 inches from heat source
- Brush fish with melted butter or margarine.
- Broil 5-8 minutes or until lightly browned.
- Fill each of 4 canned peach halves with 1 tablespoon brown sugar, a dash of cinnamon and a dot of butter or margarine.
- Turn fish and brush with fat.
- Slip peaches onto grill around fish and broil 5-8 minutes longer.

SERVE WITH—Tartar sauce, coleslaw, sliced tomatoes and cornbread sticks.

P.S.

Don't forget you can broil sandwiches, too—bacon and tomato, cheese, lunch meat and beefburgers. Be your own chef!



### CARE OF THE BROILER GRILL

Let time work for you when it comes to cleaning the broiler or grill. Then cleaning will be no chore.

- Pour grease out of the broiler pan while it is still hot and liquid.
- As soon as the pan and grill have cooled so you can handle them, sprinkle them with detergent. Fill the broiler pan with hot water and cover the grill with a wet dishcloth. By the time you eat and are ready to wash dishes the broiler will need only a quick wash and rinse.
- Stubborn spots on the broiler or grill? A quick wipe or two with a scouring pad should do the trick.

#### *Timely Tips*

- Foil used to line the broiler pan will save much cleaning.

- To clean grease spatters in the oven let the oven cool. Place a small bowl of household ammonia in the closed oven. It will loosen stubborn spots in an hour or so. Then wash with soapy water followed by clear water. There are also several oven cleaners on the market which are satisfactory.
- Clean the broiler pan, grill, and oven, each time you use them. Twice baked spatters are mighty hard to remove!
- If foil is used in the oven to catch spillovers, put the foil on the oven rack not directly on the oven floor.

P.S.

When broiling outdoors, put on asbestos gloves to remove the grill . . . wrap in wet newspapers. At cleanup time, it will be no trick at all to whisk off the leavings. For stubborn spots use a soapy scouring pad.



# Chapter 6

## PANCAKE 'N' SAUSAGE SUPPER

With the first hint of fall in the air, it's pancake 'N' sausage time. Time to invite the fellows and girls over for a do-it-yourself kitchen party. Better yet, have couples shake up their favorite pancake recipes, then adjourn to the dining room or patio and make pancakes in the electric skillet or on the electric griddle. The fellows will be glad to take over the pancake flipping job.

You can plan to seat everyone at one large table or at several small tables. Don't forget the centerpiece—something simple—A wooden salad bowl heaped with apples, grapes, and bananas. Good to look at and good for nibbling, too!

Set the tables in advance. Use a red checked paper table cloth and napkins to match. Use red paper cups for the juice and milk.

Grab your pencil and start making lists.  
Whom will you invite? How many?  
What will you serve?  
Where will you serve it and how?



Have you a work list for the jobs to be done and  
the time to do them?  
Did you double check the grocery list to be sure  
you'll have *everything* on hand?

### THE MENU

	Serve yourself juice bar (orange, tomato or apple juice)
Pancakes	Little pig sausages
	Honey and Syrup
	Pitcher of melted butter
Coffee	Milk

#### *Pancake Pointers:*

Tender golden pancakes are the dream of every cook—novice or expert. One of the secrets of good pancakes is the way in which they are mixed. A slightly lumpy batter makes the lightest pancakes. With the new shaker method, there are no problems. Just measure the ingredients into a shaker or glass jar. Pop the lid on the shaker and in just 10 shakes the batter is ready to pour on the griddle.

Don an apron and head for the kitchen for some pancake fun!

- The cakes will have a better appearance if all the batter to be used in one cake is poured at once. "Spoonng it out" in small portions is messy.
- Save time. Save energy. Pour from a pitcher or the shaker you mixed the batter in.
- To grease or not to grease, follow the directions on your griddle. Most times a *light* greasing helps.
- *Watch the temperature.* With an electric griddle or skillet this is no problem. With an iron griddle or

skillet use the "water drop" test. A few drops of cold water do a lively dance on the surface when the griddle is not enough to start baking.

- Bake until bubbles appear at the edges of the cake. Turn only once.
- For thick cakes, wait until the top is bubbly all over before turning. They require longer cooking.

### Griddle Care

- Always heat it slowly.
- After using, wipe with a soft paper or dry cloth.
- If kept clean and free from dried batter, it will need only occasional washing.
- If there's enough fat in the batter, the griddle probably will require no greasing.

### PANCAKES—FROM A MIX

**Just measure, shake and bake!**

**Put in a shaker or glass jar**

1 cup milk  
1 egg  
1 tablespoon liquid shortening

1 cup pancake mix

**Add and shake 10-15 times until batter is fairly smooth  
Pour about  $\frac{1}{4}$  cup batter for each pancake on a lightly  
greased griddle. Makes 8 pancakes.**

### PANCAKES—FROM THE BEGINNING

**Heat griddle.**

**Beat well**

1 egg

**Beat in**

1 $\frac{1}{4}$  cups buttermilk  
or sour milk  
 $\frac{1}{2}$  teaspoon soda

**Then beat in until almost smooth  
Makes 16—4" pancakes.**

1 $\frac{1}{4}$  cups sifted flour  
1 teaspoon sugar  
2 tablespoons soft shortening  
1 teaspoon baking powder  
 $\frac{1}{2}$  teaspoon salt

### CREPES SUZETTE

**Serve this famous flaming French dessert for your very  
special friends .The paper thin pancakes are made ahead,  
then heated and flamed in orange sauce.**

**Heat skillet.**

**Beat until light**

1 egg

**Add**

1 cup milk  
 $\frac{1}{4}$  cup melted butter or  
margarine

**Stir in and beat until smooth**

1 cup sifted flour

**Pour batter (2 tablespoons per cake) into lightly greased skillet.**

**Cook for about 1 minute on each side. Then keep turning until both sides are well browned.**

**Roll cakes immediately and stack on plate until you are ready to make sauce.**

**Makes about 8 crepes.**

#### SAUCE

**Heat in small skillet or chafing dish**

**1/2 cup orange juice  
2 tablespoons grated orange peel  
1 tablespoon grated lemon peel  
1/2 cup melted butter or margarine**

**Add rolled crepes and heat for a minute.**

**To "flame the dessert" add**

**5 sugar cubes soaked in lemon extract**

**Light cubes and serve with a flourish!**

## An Extra!

### MUFFINS

#### *Muffin Matters*

No one is late for breakfast when the odor of baking blueberry muffins floats through the house. Of course, any kind of muffin is a favorite for breakfast—or lunch, for that matter.

Muffins are one of the so called "quick breads". They take just a jiffy to stir up and bake. They "rise" because of air, steam or baking powder, not yeast.

In "It's Cookout Time" you learned to make biscuits, another one of the quick bread family. Waffles and pancakes which you'll learn to make in "Pancake and Sausage Supper" are also quick breads.

- You remember that quick breads need a "light hand"—usually 5-25 strokes will do the trick. The batter should look slightly lumpy, rough, and thick. Overmixing develops "tunnels".
- Muffins are baked in muffin pans greased only on the bottom.
- Temperature for baking is 400°-425° for about 20 minutes.
- Let muffins stand a few minutes in the pan. The steam will help loosen the muffin and it will come out all in one piece.



## POPULAR MUFFINS

Heat oven to 400°

Sift together into a mixing bowl

2 cups sifted flour  
1/4 cup sugar  
3 teaspoons baking powder  
1/2 teaspoon salt

Add and mix together with

blending fork or pastry blender

1/4 cup soft shortening  
1 egg  
1 cup of milk

Stir until ingredients are blended. *DO NOT OVERMIX.*

Grease bottom of muffin pans. Fill 2/3 full. Bake 20-25 minutes. Makes 12 medium sized muffins.

Serve with butter, jam, or your favorite sweet, plus scrambled eggs, bacon, and orange juice.

## SWEETER MUFFINS

Sift together into a mixing bowl

1 1/2 cups flour, sifted  
1/2 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon salt

Add

1/4 cup of soft shortening  
1 egg  
1/2 cup milk

Mix as you did Popular Muffins.

## VARIATIONS

**Whole Wheat**—Follow key recipe for Popular Muffins, except use only 1 cup flour and 2 teaspoons baking powder. Add 1 cup whole wheat (graham) flour to sifted dry ingredients.

**Surprise**—Follow key recipe for Popular Muffins. Fill pans 1/2 full of batter. Drop scant teaspoon of jelly in center of batter to 2/3 full.

**Blueberry**—Follow key recipe for Sweeter Muffins and blend in 1 cup well drained fresh blueberries. If canned blueberries are used, 3/4 cup.

**Apple**—Follow key recipe for Sweeter Muffins. Add 1 cup grated, tart, unpeeled, apple; 1/2 teaspoon cinnamon.

Bake 25-30 minutes.

Bake them plain or with Nut Crunch Topping.

Mix and sprinkle top with

1/3 cup brown sugar  
1/3 cup brown nutmeats  
1/2 teaspoon cinnamon

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

#### *Muffins*

- Uniform in size and shape?
- Evenly browned?
- Crust smooth, crisp, tender?
- Light?
- Medium sized cells with thin cells walls?
- Moist and tender but not soggy?
- Delicate pleasing flavor?

## **An Extra!**

### **THE SNACK SHELF**

With a snack shelf in the cabinet and one in the refrigerator, you'll always rate as a "Hostess with the Mostest."

You'll rate with your mother, too, when she knows you won't raid the refrigerator for *her* meal makings.

The snack shelves might include:

#### *Cabinet*

Tuna  
Cheese spread  
Peanut Butter  
Tomato Sauce  
Cocoa Mix  
Instant Puddings  
Peanuts  
Cookie Mix  
Crackers  
Paper Plates and Cups  
Pickles

#### *Refrigerator*

Sliced Cheese  
Cold Meat  
Frozen Juices  
Biscuits  
Rolls  
Cookies  
Sour Cream Dip  
Milk  
Ice Cream  
Chocolate Sirup  
Salad Dressing



Some snacks score double. They taste super and rate high in the nutrients you need for good health. To name a few top raters: milkshakes, hamburgers, cheese, peanut butter, egg or tuna sandwiches, and fruit juices. Don't forget, malts and sherbets rate high, too.



IT'S PARTY TIME  
4-H Record  
(To be used with Circular 165)

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



IT'S PARTY TIME  
REQUIREMENTS

Do five of the six:

1. Prepare, freeze and serve two meat casserole dishes for buffet meals.
2. Prepare and serve pancakes one time.
3. Barbecue and serve two different meats -- Make barbecue sauce once.
4. Plan, prepare, and serve, one broiler meal.
5. Can tomato or fruit juice - 10 jars.
6. Prepare, serve, and freeze one cake.  
Without fat—jelly roll, angel food, or sponge cake.  
With liquid fat—Chiffon cake.

TO EARN YOUR 4-H PIN  
OR  
CERTIFICATE

1. Finish the five foods project requirements.
2. Attend at least four foods meetings.
3. Turn in your foods record to your foods leader.
4. Attend six or more 4-H Club meetings.

HOW'RE YOU DOING?

Fill in the items below. Don't wait until the end of the year.

Jot down menus for two buffet meals you served.

I

II

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What menu did you serve for these meals?

Broiler Meal

Barbecues

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List the "work plan" you made for one of these buffet meals.

Ahead of time

The day of the Buffet

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---

---

---

Serving Plan

---

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### THINGS MADE IN THIS PROJECT

1. Name the kinds and number of times each of the following was prepared.

#### Meat Casserole Dishes

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

#### Pancakes

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

2. Number of meat casserole dishes frozen? \_\_\_\_\_  
3. Pints of barbecue sauce canned? \_\_\_\_\_  
4. Number of cakes frozen? \_\_\_\_\_

#### Barbecued Meats

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

#### Broiler Meal

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

#### Cake Without Fat

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

#### Cake With Liquid Fat

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

#### Juices Canned

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

### EXTRAS

Did you do any of these "extras" just for fun?

1. Number of times muffins were made? \_\_\_\_\_  
2. Did you fix a snack shelf? \_\_\_\_\_  
3. Number of times you cleaned broiler or grill? \_\_\_\_\_

### PROJECT ACTIVITIES

List the activities of your foods project group.

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Date \_\_\_\_\_ Member's name \_\_\_\_\_  
Leaders initials (if project was completed)? \_\_\_\_\_

---

The things I enjoyed most about this year in "It's Party Time".

Here are my ideas on other activities, extras, project requirements, our group would enjoy.



Issued in furtherance of cooperative extension work, acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. C. B. Ratchford, Vice-President for Extension, Cooperative Extension Service, University of Missouri, Columbia, Mo. 65201.