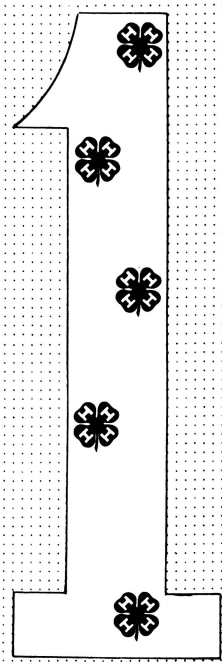


125  
# 125

# FOOD PREPARATION



UNIVERSITY OF MISSOURI      COLLEGE OF AGRICULTURE  
AGRICULTURAL EXTENSION SERVICE  
4-H CIRCULAR 125      COLUMBIA, MISSOURI      JANUARY 1955

## TO LOOK AND FEEL YOUR BEST, EAT THESE FOODS EVERY DAY

### 1. Lean Meat and Eggs.

Beef, pork, chicken, fish.

At least one serving meat and one egg.



### 2. Milk—Cheese and Other Milk Dishes.

At least 3 cups and one food made with milk or cheese.



### 3. Citrus Fruit, Tomatoes, Raw Salad Greens or a Fresh Raw Fruit or Vegetable.

One serving of one of these each meal.



### 4. Leafy, Green or Yellow Vegetable.

One or more serving—raw, cooked, frozen or canned.



### 5. Energy Foods: Bread, Cereal, Potatoes, Other Vegetables and Fruits, Some Fats and Some Sweets.

All bread and cereal whole grain or enriched.

Other vegetables and fruits—raw, cooked, frozen, canned or dried.

Two or more tablespoons of table fats and 2 tablespoons of sugar, molasses or honey in baked products, or in other sweets.



## THEN EAT OTHER FOODS YOU ALSO LIKE

### Table of Abbreviations

tsp. or t. = teaspoon  
 tbsp. or T. = tablespoon  
 oz. = ounce  
 lb. = pound  
 c. = cup

pkg. = package  
 pt. = pint  
 qt. = quart  
 F. = Fahrenheit temperature  
 min. = minutes

### Table of Equivalents

3 tsp. = 1 tbsp. dry ingredients  
 16 tbsp. = 1 cup dry ingredients  
 2 cups = 1 pt.  
 2 tbsp. water = 1 oz.  
 4-6 eggs = 1 cup eggs  
 4 tsp. lemon juice = 1 juicy lemon

16 oz. = 1 lb.  
 2 c. sugar = 1 lb.  
 2 c. fat = 1 lb.  
 4 c. white flour = 1 lb.  
 1 sq. chocolate = 1 oz.  
 1/4 c. cocoa = 1 oz. or sq. of chocolate

# FOOD PREPARATION I

## Snacks and Picnic Foods

FLORA L. CARL AND JOSEPHINE FLORY\*

All 4-H'ers like to eat. You'll like preparing good things to eat. Your family and friends will be glad you are learning to cook, and you'll enjoy it, too. Your mother will be pleased when you can make cookies or a picnic lunch all by yourself. Wouldn't you like to make good milk drinks, cookies, lemonade and other refreshments to serve your club? Then you'll need to learn to think and to use your hands to do things. Every 4-H Club member learns to work. He learns to like to work with others and by himself.

### Tune Up With Fruit Drinks

A good fruit drink is a treat after work or play. If it is served attractively, you feel like the occasion is a real party.

Fruit drinks may be made from juice from fresh fruit; drained from cooked, canned, or frozen fruits; or from canned or frozen fruit juices. Often two or more fruit juices are mixed for a good drink. Sometimes ginger ale or other carbonated beverage is added. Some fruit juices are served alone with only sugar syrup and ice added.

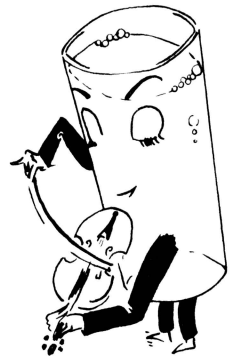
Cold grapefruit juice, orange juice, or apple juice is good at meals or between meals. Fruit drinks usually are served very cold, though some are excellent served steaming hot.

You can make most fruit drinks more refreshing by adding a tart juice such as lemon, lime, or grapefruit.

Fruit drinks should not be oversweet. Too much sugar covers up the natural flavor of the fruit. Juices from canned peaches and pears need lemon juice for flavor, or use them to sweeten more acid fruit juices. A sugar syrup is better than plain sugar for sweetening a drink, as sugar dissolves slowly in cold liquid. Fruit juices served cold should be sweeter and stronger in flavor when made, than one likes them, as the crushed ice dilutes the flavor.

### Milk Drinks For Health

Aside from water, milk is our most important beverage. Drink milk plain as a rule. For variety and for special occasions serve cocoa, milk shakes and other milk drinks.



\*In collaboration with Marian Beebe, State Club Agent.

Nearly everyone enjoys a tall glass of good clean milk if served really cold. Few enjoy lukewarm or tepid milk. Milk for all-milk drinks needs to be thoroughly chilled or even partly frozen before it is mixed with the other materials. Ice is rarely added to a milk drink since it dilutes the milk while melting and makes it taste watery. Beat milk drinks with a rotary beater, or shake in a jar, or use a regular mixer until the drink is frothy. Serve immediately so the air beaten into the liquid will still be there.

Milk drinks may be flavored with fruit or fruit juices, maple or caramel syrup, molasses and cinnamon, other spices or with honey. Cocoa and chocolate milk drinks are popular for parties and for meals if served steaming hot or very cold. They have more food value than coffee or tea. Cocoa is chocolate from which some of the fat has been removed. It is less rich than chocolate. A good cup of hot cocoa is creamy smooth with a pleasing chocolate flavor.

### Serving a Fruit or Milk Drink

Next to taste the most important thing about a good drink is temperature. Always serve a drink steaming hot or icy cold—never lukewarm. Cracked or crushed ice is preferable to ice cubes for cold fruit drinks, as it chills the drink more quickly.

Fill the glasses about two-thirds full of ice, then pour the prepared fruit juice over the ice. Fill the glasses to within one-half inch of the top. Place the glass on a small plate, garnish if desired, and serve immediately. Tall glasses are best for most fruit or milk drinks as the servings should be generous.

### MILK—ONE OF THE BEST FOODS

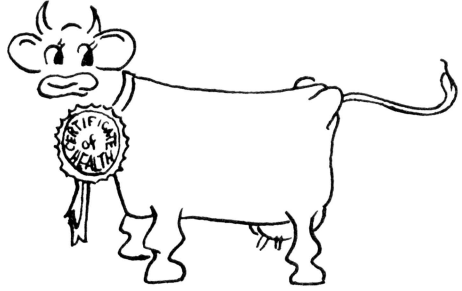
Milk contains, in better proportion than any other food, all the food elements needed for growth and development. Milk is especially important in our meals because it contains a large amount of calcium and phosphorus. These minerals are needed to build and maintain strong bones and sound teeth, and milk helps the body do its work in many other ways. It has good protein needed to build muscles and keep them fit. It contains some of all the vitamins, although we cannot depend on it as a source of vitamin C. The cream is rich in vitamin A needed for good eyes and a healthy skin. Even though milk is 87 per cent water, it is so nourishing it is really a food rather than a drink.

Girls and boys need 3 or 4 cups of milk daily and adults 2 or 3 cups. Some of the milk may be used in cooked dishes or in cheese. But the easiest way to get enough milk every day is to drink milk each meal. But you can drink too much milk. If you drink more than a quart a day, you may be neglecting other foods you need. It is important for everyone, and especially growing boys and girls, to eat daily all the different foods they need for good growth and health.



## Care of Milk

Milk will not taste good and may carry harmful bacteria if not properly cared for. Milk cows should be tested to make sure they are healthy and do not carry the bacteria which may cause tuberculosis or undulant fever. Absolute cleanliness is needed in the care of milk. A person who has an infection, a cold or any contagious disease should not handle milk.



To be sure milk is free from bacteria which may cause illness, pasteurize milk used for drinking. Milk used in cooking is heated and does not need to be pasteurized.\*

## Fruit and Milk Drinks

They are easy to make and good to drink. If several fruit juices are combined, let one flavor predominate. Lemon juice improves most fruit juice flavors. You need to be careful when mixing juices to have a bright clear color, not one that is brown or muddy. Juices from berries, cherries, plums, apricots and rhubarb are delicious as are juices of citrus fruits, pineapple, grapes and apples. Only a few recipes are given here. You will find many others in magazines, newspapers and cook books. You'll enjoy learning to make a variety of different fruit and milk drinks.

### Lemonade (4 tall glasses)

$\frac{2}{3}$ c. sugar syrup	$\frac{1}{8}$ t. salt
Juice of 4 lemons	Cracked ice
3 c. water	4 lemon slices

1. Juice lemons, and strain.
2. Add lemon juice, water and salt, syrup, and stir well.
3. Fill tall glasses about  $\frac{2}{3}$  full of ice.
4. Pour the fruit juice over the ice—filling glasses to about  $\frac{3}{4}$  inch from top.
5. Garnish with slices of lemon and serve.

### Sugar Syrup

3 c. sugar	3 c. water
------------	------------

1. Put the sugar and water in a saucepan and blend well.
2. Heat until the sugar is dissolved.
3. Cool before using. The syrup may be poured into a quart jar and kept in a cool place for ten days or longer.

\*See Mo. Circular 342, *Home Pasteurization for Safe Milk.*

### Off The Shelf Fruit Drink

1 qt. grape juice                      1 pt. sugar syrup  
1 large can grapefruit juice

1. Mix and pour into glasses filled  $\frac{2}{3}$  full of cracked ice.
2. Serve immediately.

### Hot or Cold Tomato Juice

Heat 4 cups tomato juice; add juice of one lemon and salt to taste. Stir well and pour into mugs or large cups and place on a plate to serve.

The tomato and lemon juice mixture may be poured in ice trays—frozen to a mush and then served as a cold drink.

#### Check Your Fruit Drinks

_____ Very cold - Very hot	_____ Not too sweet
_____ Real fruit flavor	_____ Clear bright color
_____ Glass filled properly	_____ Well served

### Frosted Fruit-Ade

Add a dipper of lemon, orange, lime or mint ice or sherbet to a glass filled  $\frac{2}{3}$  full of any very cold fruit or soft drink. Serve immediately.

For a large group the sherbet or ice may be placed in a punch bowl and the cold drink poured over it.

### Cocoa

4 T. cocoa                              6 c. milk  
4 T. sugar                              1 c. water  
Few grains salt

1. Mix the cocoa, sugar, and salt.
2. Add the water, blend well.
3. Heat to boiling and boil about 3 minutes, stirring constantly.
4. Add the milk and heat, or scald the milk and add to the cooked cocoa syrup.
5. Beat with a rotary beater and serve immediately.

For special occasions a cut marshmallow or a half teaspoon of whipped cream may be added to each cup.

### Cocoa Syrup

3 c. cocoa                               $\frac{1}{2}$  t. salt  
3 c. sugar                              3 c. water  
1 T. cornstarch                      1 t. vanilla

1. Mix the cocoa, sugar, cornstarch, and salt.
2. Add the water and boil for 5 or more minutes, stirring constantly.
3. Add the vanilla and pour into a clean jar.
4. Store in a cool place and use as needed.

Use 2 tablespoons of cocoa syrup to 1 cup of hot or cold milk for cocoa or chocolate milk.

### Is Your Cocoa

- |  |   |
|--|---|
| <input type="checkbox"/> Hot?                  | <input type="checkbox"/> Not watery or thick?             |
| <input type="checkbox"/> Mildly sweet?         | <input type="checkbox"/> Without scum on top?             |
| <input type="checkbox"/> Not flat or scorched? | <input type="checkbox"/> Without settlings in the bottom? |
| <input type="checkbox"/> Smooth?               | <input type="checkbox"/> Rich brown in color?             |

### Chocolate Milk Shake

Place 1 quart cold milk, 1 pint vanilla ice cream and  $\frac{1}{2}$  cup cocoa syrup in bowl. Mix to the consistency of thick cream with electric mixer, egg beater or blender. Pour into tall glasses and serve at once.

### Purple Cow

- |                          |                    |
|--------------------------|--------------------|
| 1 c. chilled grape juice | Vanilla ice cream  |
| 4 T. sugar               | Chilled ginger ale |
| 2 T. milk                |                    |

- Put grape juice, sugar, and milk into a shaker or fruit jar. Shake well.
- Add 1 cup of chilled ginger ale and 2 large servings of ice cream and stir with a spoon until blended.
- Pour into large cold glasses.
- Add extra ginger ale if necessary to fill glasses  $\frac{3}{4}$  full.
- Top with another serving of ice cream.

Purple cows are almost sure to appear at your house many times after you first introduce them.

### Lemon Ice Cream Cooler

This is the easy smooth, creamy way to serve lemonade and other fruit or soft drinks.

- |                                     |                         |
|-------------------------------------|-------------------------|
| 4 c. ice water                      | $\frac{1}{4}$ t. salt   |
| 1 c. lemon juice and                | 1 qt. vanilla ice cream |
| 1 c. sugar or 1 can frozen lemonade |                         |

- Put all ingredients into a mixing bowl.
- Beat just long enough to blend.
- Pour in tall cold glasses and serve immediately.

**Variations:** Place a large serving of vanilla or other flavored ice cream in a tall cold glass. Add ginger ale or set out an assortment of bottles of soft drinks and let each one fix his own. Try berry juice, frozen orange or lemonade, or chocolate milk.

### Are Your Ice Cream Coolers

- |                                 |                                       |                                       |                                      |
|---------------------------------|---------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Frosty | <input type="checkbox"/> Easy to hold | <input type="checkbox"/> Good tasting | <input type="checkbox"/> Easy to eat |
|---------------------------------|---------------------------------------|---------------------------------------|--------------------------------------|

## POINTERS FOR YOUNG COOKS

**Cookery Etiquette**—Remember that cleanliness and timing are very important when you work with foods.

Wash your hands and make sure fingernails are clean before handling food. Arrange your hair neatly and then keep your hands away from it. Wear a hair net if needed.

Wear a wash dress or an apron.

Read the recipe. Know about when the product will be ready to serve before you start.

Collect all equipment and ingredients and see that the temperature in the stove will be right before you start preparing the dish.

Use accurate measurements and follow the directions.

Keep your work-table and stove neat and orderly.

Use a different spoon for tasting and stirring.

Do not waste food. Use a plate wiper to remove all food from the container.

Wash the dishes and leave the kitchen clean and orderly.

Score the product you have made and decide how you can improve it.

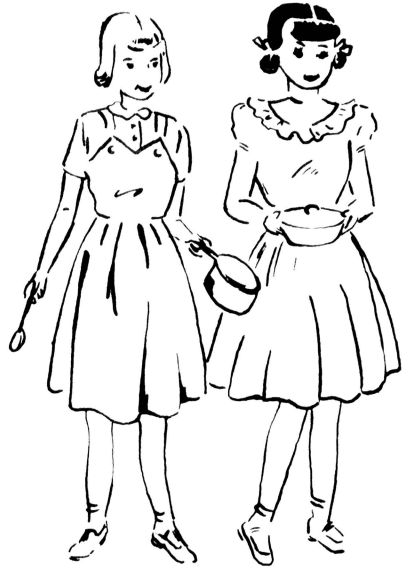
**Measuring**—Measurements given in standard recipes are level unless otherwise stated. All measurements used in the 4-H food projects are level. Use standard measuring spoons and cups. Metal spoons and glass or metal cups are the best. Eating or mixing spoons and cups may hold more or less than standard and so should not be used for measuring.

To measure a spoonful of any dry ingredient, fill a standard measuring spoon, then level it off with the blade of a spatula or straight knife.

Press down butter and other fat into the spoon with the flat side of the spatula or knife blade. Stir baking powder, soda, and cocoa before you measure as they pack easily.

Sift white flour, and stir bran, whole wheat or graham flour before you measure. The amount of baking powder used in any baked product should vary with the type. Always use the amount per cup of sifted flour called for on the baking powder can.

In this circular the amount of baking powder given is for the most popular type for the amateur cook—alum-phosphate.

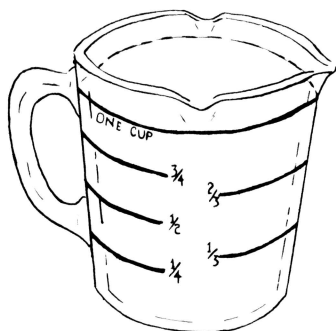


Serve your friends a dish you've made.

A good measuring cup is accurate. It has straight sides. The divisions are marked so they can be seen easily from both inside and outside the cup. There are no grooves that make it hard to wash.

For measuring dry ingredients, use metal or glass cups (without lips) which hold an even cup or part of a cup. Then the ingredients can be leveled off with a knife edge. A set of cups may be purchased which includes 4 cups of these sizes:  $\frac{1}{4}$  cup,  $\frac{1}{2}$  cup,  $\frac{1}{3}$  cup, and 1 cup.

For measuring liquids, use a metal or glass cup with one or three lips. It should hold more than a cup with the mark for one cupful below the top. This helps avoid spilling. When measuring liquids, set the cup on the table with your eyes level with the mark on the cup. You are likely to tilt the cup if you hold it when measuring liquid.



Cup for measuring liquids.

### NO-COOK CANDIES

Here are candies you can make. They have milk or fruit in them. So along with drinking your milk you can eat some wholesome candy. A plate of candy and a tart colorful fruit drink would make good refreshments at your next club meeting.

#### Peanut Butter Fudge

(About 2 lbs.)

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 c. peanut butter—chunky style  | $\frac{1}{4}$ c. powdered sugar |
| 1 c. syrup                       | Pecans or other nut meats       |
| $1\frac{1}{4}$ c. dry skim milk. |                                 |

1. Blend the peanut butter and the syrup in a large mixing bowl.
2. Add the powdered sugar and the dried milk and mix together, first with a spoon then knead with hands.
3. Turn onto board and knead until well blended and smooth.
4. Press out with hands or a rolling pin into a block  $\frac{1}{2}$  inch thick.
5. Cut into squares and push one or more pieces of nut meats on each piece.
6. Serve or wrap in waxed paper and store.

#### Uncooked Fruit Caramels

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 1 (8 oz.) pkg. apricots            | $\frac{1}{3}$ c. confectioner's sugar |
| $\frac{1}{2}$ c. raisins, seedless | 1 c. peanut butter                    |
| 1 t. grated lemon rind             | Nuts (optional)                       |
| 2 T. lemon juice                   |                                       |

Put apricots through medium blade of food chopper. Add raisins,

lemon rind, juice, sugar and peanut butter. Knead and shape into a roll. Chill overnight. Cut off  $\frac{1}{2}$  inch pieces and place a nut on each piece. The nuts may be omitted and the mixture rolled in confectioner's sugar.

**Dried fruit candies**—are easy to do. Simply grind one or several kinds of dried fruit, add peanut butter or finely chopped nuts, form into balls and roll in sugar. This candy can be kept for weeks in a jar in the refrigerator.

#### Score Your Candy

\_\_\_\_ Uniform pieces    \_\_\_\_ Smooth    \_\_\_\_ Good flavor    \_\_\_\_ Well wrapped,  
or attractively served

### LET'S SERVE REFRESHMENTS

It's fun to serve refreshments to your friends and family. If you plan ahead and do it well it is like a party. Plan to serve very simple things that you can make. Get ready ahead of time so you won't need to rush around at the last minute. Do it the easy way so your guests won't feel they are lots of trouble.

#### Popping Corn

Success in popping corn depends upon the quality of the popcorn, and on the skill of the person who pops it. If corn does not pop well it may be too dry. Put two tablespoons of water in a quart jar, fill the jar with corn, cover tightly, shake and let stand for a week.

If you plan to pop corn over coals, a wire popper may be used. When cooking on a gas, electric or wood stove, a heavy frying pan with a tight lid, a pressure saucepan or pressure canner are more satisfactory. Electric corn poppers are convenient. One-half cup of corn may be popped at one time in a large frying pan but  $\frac{1}{4}$  to  $\frac{1}{3}$  cup is enough for the average wire popper. Cook only a small amount of corn at one time so there'll be room for expansion. Cook over low heat and keep the corn moving to prevent scorching.

After the corn is popped, pour it into a large bowl, sprinkle with salt, and mix with melted butter (1 T. to a qt. of popped corn). If the corn is popped in a frying pan, fat may be placed in the pan with the unpopped corn, about 1 tablespoon to  $\frac{1}{2}$  cup of corn.

#### Cinnamon Crackers

Spread graham crackers generously with butter, sprinkle with dark brown sugar and a dash of cinnamon. Place in a hot oven (400°F.) about 5 minutes. Serve hot.

#### A Salty Cereal Snack

1 box Pretzel sticks	$\frac{1}{2}$ lb. butter or margarine
1 box bite-size prepared rice cereal	1 T. celery salt
1 box bite-size prepared wheat cereal	1 T. Worcestershire sauce

1 box prepared oat cereal	1 T. chili powder
1 pound mixed salted nuts	1 t. garlic salt, if desired

1. Melt fat and blend in the seasonings.
2. Place cereal and nuts in large pan.
3. Pour fat and seasoning over the cereal and nuts and toss until well mixed.
4. Place in pans and bake in a slow oven (300°F.) about one hour, stirring frequently.
5. Serve in bowls or store in covered container.

#### Oven Temperatures — (Degrees F.)

250-275—very slow	400-425—hot
300-325—slow	450-475—very hot
350-375—moderate	500-525—extremely hot

### LEARN TO MAKE COOKIES

Cookies with milk make a good in-between meal snack. They go well with fruit for the dessert of the meal. Cookies are always popular in a picnic lunch. 4-H boys and girls love cookies. You can learn to make them. Making good cookies takes time and skill. You will need to follow instructions carefully.

#### For Successful Cookie Making

Read the recipe before you begin to make sure you have all supplies and equipment needed.

Preheat oven and set temperature.

Use shiny bright cookie sheets for baking as they make for even top and bottom browning.

Shape cookies so you have about the same size and thickness and they will bake more evenly.

If it is the first time for a recipe, make a trial cookie to test dough and oven.

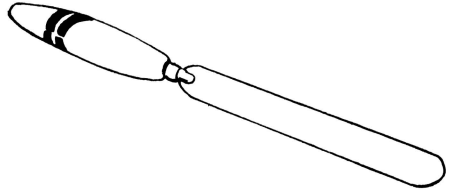
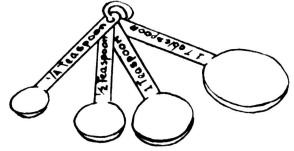
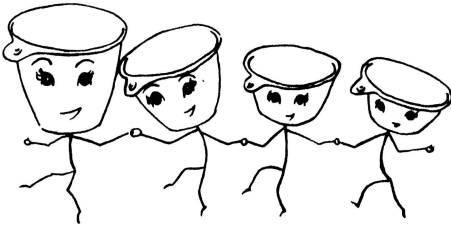
For drop cookies, heap the spoon to the same height each time and space two inches apart on the cookie sheet.

Do not wash cookie sheet between batches of the same baking, scrape clean and wipe with a paper towel.

Use a rubber scraper to remove all sticky batter from the bowl and spoon.

Test cookies for doneness by pressing your finger lightly onto bars and squares. No impression remains if they are done. Crisp cookies are done when delicately brown—over baking gives a dry cookie.

Use a spatula or pancake turner to remove cookies from the cookie sheet. Place on a cake rack, a clean folded cloth or paper towel—never pile or stack cookies on top each other to cool—they should not touch until entirely cold.



Use standard measurements—never measure by guess.

Store cookies according to kind. Store crisp thin cookies in a ventilated tin container; soft cookies in air-tight container. An orange or cut apple will help keep cookies moist. If crisp cookies soften, dry them out in a slow oven (300°F.) for about 5 minutes.

### Fruit and Nut Bars

(4 ½ dozen)

2 c. sifted flour	½ c. light corn syrup
2 t. baking powder	1 egg
½ t. salt	½ c. milk
¼ c. fat	2 c. chopped dried fruit (raisins, dates, Prunes)
½ c. sugar	1 c. chopped nuts

1. Sift the flour, baking powder, and salt together.
2. Cream the shortening and sugar. Add the corn syrup and egg. Mix well.
3. Add the sifted dry ingredients alternately with the milk.
4. Stir in the fruit and nuts.
5. Pour into a greased baking pan (13x9x1 ½). Bake at 350°F. for 30 to 40 minutes. When cool, cut in bars.

#### Are Your Cookies

- |  |  |
|--|--|
| <input type="checkbox"/> Same size and shape | <input type="checkbox"/> Even texture              |
| <input type="checkbox"/> Uniformly brown     | <input type="checkbox"/> Pleasing blend of flavors |

### Brownies

(16-24 bars or squares)

½ c. butter or other fat	1 t. vanilla
2 squares (2-oz.) chocolate	2 eggs
1 c. sugar	½ c. flour
¼ t. salt	½ c. chopped nuts

1. Place the chocolate and fat together in a saucepan large enough to serve as a mixing bowl.



2. Melt over a low heat (chocolate has starch and fat but little water so scorches easily).
3. Remove from heat and stir in the sugar, salt and vanilla.
4. Add one egg —beat well —add other egg and repeat.
5. Add the flour and chopped nuts, and blend well.
6. Pour into oiled shallow baking pan making a layer not more than  $\frac{3}{4}$  inch thick.
7. Bake in a slow oven (325° F.) about 30 minutes.
8. While warm cut in strips or squares and loosen.
9. When cool remove from pan. They harden with standing.

### Oatmeal Cookies

$\frac{1}{4}$ c. fat	1 c. uncooked oatmeal (quick cooking)
$\frac{1}{2}$ c. sugar	1 c. flour
1 egg	$\frac{1}{2}$ t. cinnamon
$\frac{1}{3}$ c. milk	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ c. raisins or dates	2 t. baking powder

1. Cream fat, add sugar gradually and cream until fluffy.
2. Sift together the flour, salt, cinnamon and baking powder and mix with the oatmeal and dried fruit.
3. Blend the milk and egg.
4. Add flour and liquid alternately to the fat and sugar and beat well—about 100 strokes.
5. Drop by spoonfuls on a cookie sheet and bake at 350° F. for about 10 minutes.

**Variation:** Use brown sugar in place of white and nutmeg in place of cinnamon.

### Peanut Butter Crunchies

1 c. sifted flour	1 egg
$\frac{1}{2}$ t. soda	1 t. vanilla
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ c. peanut butter
$\frac{3}{4}$ c. brown sugar	1 c. rolled oats, uncooked
$\frac{1}{3}$ c. fat	

1. Sift together the flour, soda, salt, and sugar.
2. Add the fat, egg, vanilla, and peanut butter.
3. Beat until smooth, about 2 minutes. Blend in the rolled oats. Dough will be stiff.
4. Shape into small balls or drop from a teaspoon onto a greased baking sheet. Flatten the balls with the bottom of a glass covered with waxed paper or a fork.
5. Bake at 350° F. for 12 to 15 minutes. Cool the cookies on a rack before storing.

### Nut Macaroons

2 egg whites	1 c. brown sugar
¼ t. salt	1 c. nuts—chopped
½ t. vanilla	

1. Beat egg whites until stiff.
2. Add salt and vanilla, and beat.
3. Gradually add brown sugar, beating well between additions.
4. Stir in nuts.
5. Drop by tablespoons on a greased cookie sheet.
6. Bake at 275°F. for about 30 minutes or until firm to the touch.
7. Remove from pan while warm.

### FRESH FRUITS FOR ANY MEAL

Fruits look good, taste good, and are good for you. Fresh fruits are served as appetizers, salads and desserts. The tart flavor of fruits increases your appetite for other foods. Slightly sweetened fruits make good desserts.

#### Halves of Grapefruit

1. Wash and wipe grapefruit.
2. Cut in halves crosswise.
3. Cut a slice from end so pieces sit firm on plate.
4. Remove seeds, if any.
5. Cut around each section to loosen pulp.
6. May drop a bit of bright jelly or preserves in center for a garnish.

### SAFETY IN THE KITCHEN

#### Make It a Habit To:

Immediately wipe up anything you spill on the floor to prevent slipping and falling.

Pick up large pieces of broken glass, pottery or china, carefully and small splinters with a damp cloth or paper.

Never pour hot liquid in a glass container unless it's made for hot foods.

Keep paper, hot pads and other objects that will burn away from stove burners.

Use a step stool to reach a high shelf—not a chair round or light box.

Never try to cut or pry the cover off cans with a knife or sharp object—use a can opener.

Keep the handles of pans on the stove turned in or away from you so the pan will not be jarred or dragged off the stove.

Use hot pan holders that are large enough to cover your hand and heavy enough to keep hot pans from burning through.

Tilt the cover of a boiling pan or cooker toward you when lifting it, so the steam will come out away from your face and hands.

Never plug in any electric equipment when your hands are wet.

## TABLE MANNERS

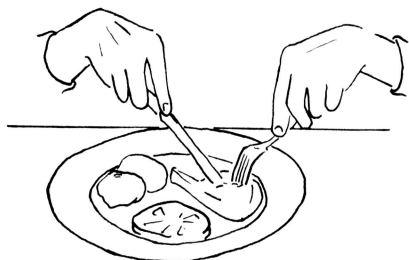
Good manners are important because our friends and strangers judge us by the way we talk and eat, and by the way we look and act. Good manners become natural and easy only through daily practice.

In our country certain rules for good table manners have become established through long usage. When followed, these rules make the person eating feel at ease, and they show consideration of others.

Sit and rise from the left of the chair.

Wait until all are served before you begin to eat.

Sit up straight with feet flat on the floor, arms and elbows off the table.



The proper way to hold the knife and fork when cutting food.



Food is carried to the mouth with fork in right hand, tines up.

When not eating, rest hands in the lap. Do not play with the silverware or arrange clothing or hair at the table.

Eat what is served, if only a little. Comments on a dislike for the food are inconsiderate of the person who planned or prepared the meal.

Bread should be broken. It is awkward to hold and eat from a whole slice. Bread is buttered as eaten.

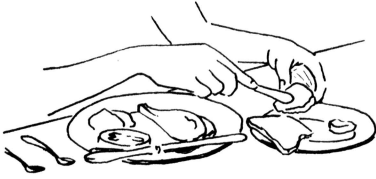
Keep mouth closed when chewing. Talking with the mouth full is not pleasing to others at the table.

If an accident occurs, pay little attention to it. Simply express regret, remedy the difficulty as quickly and quietly as possible, and try to think of other things.

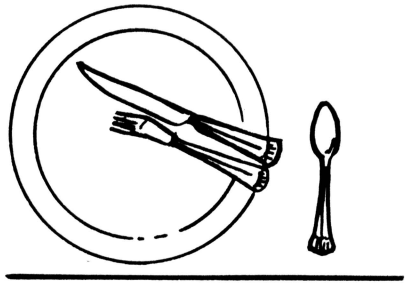
Use the knife for cutting foods too firm for a fork, and for spreading butter. Never use the knife to carry food to the mouth. When cutting food, hold the knife in the right hand with forefinger resting lightly on the back edge of the blade, and keep the elbows close to the body. Cut only one or two bites at a time.

Use the fork to cut foods like pie, watermelon and creamed foods. When the knife is used for cutting, the fork is held in the left hand, tines down. Most food is carried to the mouth with the fork held in the right hand, tines up to keep the food on the fork more easily.

Knives or forks lie across the upper right of the plate when not in use or when plate is passed for a second helping.



Spread only a small piece of bread at one time.



When you've finished eating, leave knife and fork across center of plate.

### TABLE SETTING

Practice setting the table for your family meals, using as few steps as possible. The following rules will help you do it neatly and correctly:

Place the knife at the right of the plate with the cutting edge toward the plate.

Place the fork at the left of the plate with tines up.

Place the spoons with bowls up at the right of the knife.

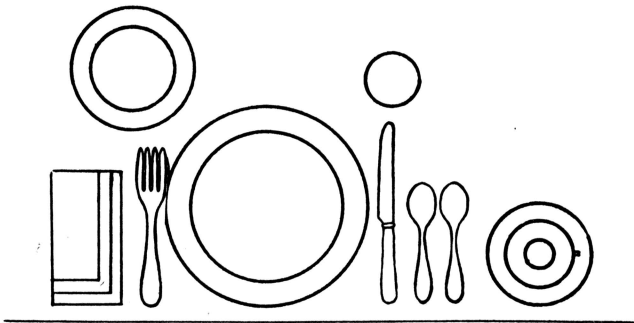
Place the water glass at the tip of the knife and the milk glass at the right of the water glass.

Place the cup and saucer at the right of the spoons with the handle of the cup parallel to the table edge.

Place all silver, the dinner plate, the saucer and the napkin 1 inch from the edge of the table.

Place the napkin at left of the fork with the open corner at the lower right toward the plate.

If a bread and butter plate is used place it at the tip of the fork. Place the butter spreader across the tip of the plate parallel to the table edge. The blade should be toward the plate.



A place set properly for one person.

If a salad is served on an individual plate with the meal, place at the tip of the fork. If there is a bread and butter plate, move salad plate over a little and to the left and place it above fork near dinner plate.

Place salt and pepper shakers between 2 corners and in line with the cream and sugar in front of the mother's plate with handles of creamer toward the mother, handle of sugar bowl parallel with her plate.

## PICNIC FOODS

A nose bag lunch is especially nice when you go on a hike. You do not need to carry equipment or take time to make a fire and cook.

For your picnic lunch include a fresh or dried fruit, as an apple or raisins; a raw vegetable as carrot sticks or lettuce leaves; sandwiches containing meat, eggs or cheese; milk or a fruit drink, as a small can of grape-fruit juice.

To pack your nose bag lunch, use a heavy paper bag, place the heaviest articles in the bottom, wrap your sandwiches and carrot sticks carefully in wax paper or put them in a sandwich bag. Perhaps you can drink your fruit juice from a can, or if you take a tin can, provide something to punch a hole in the tin, and bring a paper cup. Tuck in 2 paper napkins, one for the table, one for the lap. Tie the sack securely to your belt or fix it on a stick with a bright bandana.

### When Making Sandwiches

Use thin slices of bread.

Soften butter and spread all over one side of each slice of bread. Butter keeps the sandwich from becoming soggy.

Use plenty of sandwich filling and spread to edge of bread.

Use a variety of breads.

Cut fine all dried fruits, vegetables and meats used as a filling.

Cover or wrap sandwiches until time to serve to prevent drying.

### Sandwich Fillings

**Egg**—Hard cooked eggs, and green peppers chopped and seasoned with salt and salad dressing. Chopped hard cooked eggs mixed with bits of bacon and ham.

**Cheese**—Shredded yellow cheese and chopped nuts. A thin piece of cheese covered with raisins or apricots put through the food chopper.

**Vegetables**—Mashed baked beans, slice of onion spread on brown bread. Layer of green pepper slices or of raw carrot.

**Meat**—Chopped meat moistened with a heavy gravy. Chopped or ground meat, pickle, salad dressing.

**Sweet**—Ground dried fruit—raisins, apricots, dates, figs—moistened with lemon or orange juice. Chopped nuts and ground dried fruit. Peanut butter and jelly or honey or banana.

**Check Your Sandwiches—**

Bread slices even	_____	Not soggy or dry	_____
Buttered to edge	_____	Easy to eat	_____
Filling uniformly spread	_____	Wrapped well unless	_____
Enough filling for bread	_____	served immediately	_____

**When Planning the Picnic Lunch**

Include some meat or eggs, bread, vegetable and fruit. Raw carrot sticks, radishes, cucumbers, raw turnips, tomatoes, celery and any kind of fresh fruit or melon go well with sandwiches or a casserole dish.

If there is no safe supply of water at or near the picnic place, take a generous amount along.

Paper napkins are very much in demand when many "finger" foods are included.

Try to have at least one hot dish—as scalloped potatoes, baked beans or a hot drink.

Wrap all food carefully and keep the food covered until you are ready to eat.

**Does Your Picnic Lunch—**

Have enough food	_____	Contains a fruit or vegetable	_____
Is all food well wrapped	_____	A drink	_____
Is there a hearty food	_____	Easy to eat	_____

**Frankfurters or Wieners**

Frankfurters are a beef-and-pork sausage, stuffed in sheep casings, usually linked and smoked. Wieners are also beef and pork but made in a shorter and more slender link than frankfurters.

These meats are excellent for picnics, where you have a fire or some heat. Simmer rather than boil these meats—frankfurters 15 minutes and the smaller wieners 10 minutes. Or split them and broil 10 to 7 minutes, according to size. Serve them *hot* in a buttered long roll, with or without mustard or other sauce.

**4-H RECORD**  
**Food Preparation I**  
(To be used with 4-H Club Circular 125)

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ County \_\_\_\_\_

Name of 4-H Club \_\_\_\_\_

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

Project Leader \_\_\_\_\_

Jr. Project Chairman \_\_\_\_\_

**CLUB & PROJECT ACTIVITIES**

Club Meeting attended during year \_\_\_\_\_ Project meetings held \_\_\_\_\_

Number attended \_\_\_\_\_

Number of dishes prepared in project \_\_\_\_\_ Number of meals prepared \_\_\_\_\_

Number of Food Preparation demonstrations given at:

Club meetings \_\_\_\_\_, Project meetings \_\_\_\_\_, County meetings \_\_\_\_\_,  
District meetings \_\_\_\_\_, State meeting \_\_\_\_\_.

Number of times participated in Judging work in:

Project meeting \_\_\_\_\_, County \_\_\_\_\_, District \_\_\_\_\_, State \_\_\_\_\_, Interstate \_\_\_\_\_.

Number of exhibits made in:

Community \_\_\_\_\_, County \_\_\_\_\_, District \_\_\_\_\_, State \_\_\_\_\_, Interstate \_\_\_\_\_.

Participated in:

County Achievement \_\_\_\_\_, District Achievement \_\_\_\_\_, State Achievement \_\_\_\_\_,  
National Contests \_\_\_\_\_, County Fair or Show \_\_\_\_\_, District Fair \_\_\_\_\_,  
State Fair \_\_\_\_\_, Interstate Show \_\_\_\_\_, County Camp \_\_\_\_\_, State Camp \_\_\_\_\_,  
National Camp \_\_\_\_\_, National Club Congress \_\_\_\_\_, News stories  
published \_\_\_\_\_, Radio programs participated in \_\_\_\_\_.

Served on \_\_\_\_\_ Standing Committee.

4-H Activity selected by club for this year \_\_\_\_\_

Brief statement of club achievements in club activity, health and recreation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## THINGS TO DO IN THIS PROJECT

1. Prepare and serve 3 different dishes from each of the following:  
Milk or fruit drinks, cookies and sandwiches
2. Serve refreshments or snacks to some group (such as family, club, Extension Club, etc.), at least 2 times.
3. Learn how to measure: liquids, dry ingredients, and fats.
4. Set the table correctly 3 times or more.
5. Prepare a picnic lunch.
6. Keep a record of the work done.

## THINGS I DID IN THIS PROJECT

1. Name 3 dishes from each of the following groups you prepared:

Milk or fruit drinks

1.

2.

3.

Cookies

1.

2.

3.

Sandwiches

1.

2.

3.

Refreshments

1.

2.

3.

2. Number of other dishes I prepared during the year \_\_\_\_\_.
3. Total number of dishes I prepared during the year (add 1 & 2) \_\_\_\_\_.
4. Number of times I set the table correctly \_\_\_\_\_.
5. Number of times I prepared a picnic lunch \_\_\_\_\_.