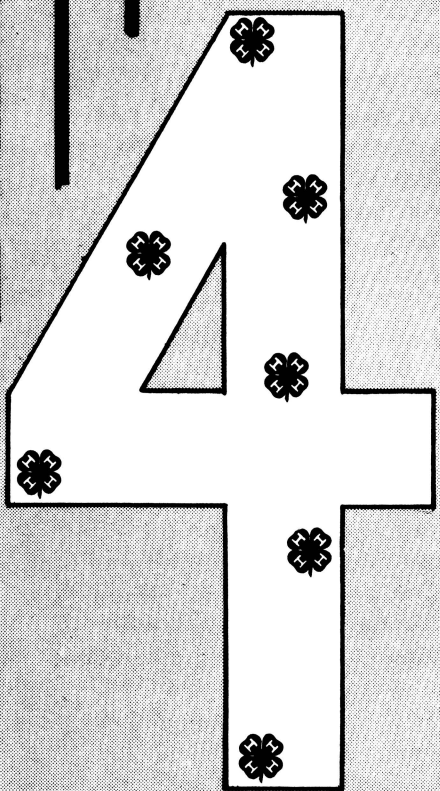


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FOOD PREPARATION



UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE
AGRICULTURAL EXTENSION SERVICE
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Food Preparation IV

Dinners and Company Meals

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In the first three years of Food Preparation, you learned about milk, eggs, fruits and cereals. You prepared picnic lunches, suppers and breakfasts. In the fourth year you will prepare the main meal of the day—dinner. You'll learn about menu patterns, meats and vegetables and some key points in serving company meals.

All boys and girls like to have their friends in for snacks and sometimes for a special meal. Your family will be pleased to find you are a real help with family and company meals.

HOW WELL DID YOU CHOOSE YOUR FOOD TODAY

If you are in the sixth grade or past, you are grown up enough to choose the right foods for yourself. Such foods will help give you strong straight bones, sparkling teeth, soft shiny hair and plenty of pep for work and play. All foods are good but some are better builders than others.

You girls know carrots won't make your hair curl, but they will help keep your skin clear. You boys know one plate of spinach won't turn your muscles to iron, but plenty of vegetables will help you grow strong and husky, and also help keep your skin smooth.

For strength, good health and good looks—you need the following foods every day:

1. **Meat and eggs** are the building foods. It's the lean and not the fat of meat that builds muscles. Eat at least one egg and one serving of meat every day.

2. **Milk** for calcium, protein and vitamins that help make strong bones and teeth and give you pep. At least three cups, and four are better. Part of it may be ice cream, cheese or other foods made with milk.

3. **Citrus fruit, tomatoes, salad greens, strawberries or cantaloupe** for vitamin C. Citrus fruit or tomatoes for breakfast and a fresh raw fruit or vegetable for dinner and for supper will help keep you well. If you have a cold or other infection double up on your vitamin C rich foods.

4. **Green and yellow vegetables for vitamin A.** Every day eat at least one dark green or deep yellow vegetable. They will help give you a good color. Eat something colored, something crisp every meal.

5. **Energy foods to make you go.** Bread and butter, cereal, potatoes, other fruits and vegetables give us stamina. Skating, swimming, playing games, climbing stairs, working —most of your power to do these things comes from the energy of foods.

*In collaboration with Marian Beebe, State Club Agent.

PLANNING MEALS

Persons responsible for meal planning, shopping for food, and meal preparation, are constantly looking for better, quicker, easier ways of doing these tasks. Their goal is to serve appetizing, nutritious meals, but they prefer to spend no more time, effort and money than necessary.

One way to simplify meal planning is to use meal patterns as a guide in planning the day's meals. By following these you may be reasonably sure of having palatable meals that provide the food needed for good nutrition.

A PATTERN FOR YOUR DAILY MEALS

Breakfast:

Fruit—A vitamin C rich fruit

Cereal and/or

Toast, roll or hot bread

Butter or margarine

Egg—Frequently. Extra milk for needed protein when no egg or meat.

Milk—for cereal and drinking. Coffee for adults.

Lunch:

Main dish—Containing eggs, cheese, meat, fish or dried beans or nuts. It might be creamed soup, chowder, salad, sandwich or a casserole dish.

Raw vegetable—fruit or salad.

Bread and butter

A sweet—as honey, preserves, jam or a simple dessert.

Milk

Dinner:

Meat—poultry or fish.

Potatoes—or rice, noodles, macaroni.

Hot Vegetable—usually dark green or yellow.

Salad—relish tray or raw tart fruit.

Dessert—fresh, canned or dried fruit; custard.

Milk—for children.

The same pattern can be followed in planning either low calorie or high calorie meals. For a low calorie meal, use less fat and sugar when preparing the foods and serve smaller portions.

PLANNING THE DINNER

Dinner is the heartiest meal of the day. Of the three meals, it provides the most food in the greatest variety. Dinner may be served at noon or in the evening depending on the activities and habit of the family. It's a good time for all the family to sit down together and enjoy each other, as well as the food.

A well planned meal has different kinds of foods prepared in a variety of ways. Foods of definite flavors are best when served with foods of bland

flavors. For example a relish tastes good with a cream soup. Foods that are crisp, such as cabbage, radishes, or toast, may well be served with soft foods, such as scalloped or creamed dishes. Dry foods are served with moist ones.

Any vegetable or fruit looks good and tastes good with meat. But a white vegetable like potatoes needs a contrasting neighbor on the plate, such as green peas, green cabbage, yellow carrots, or red beets. With the bland taste and soft texture of potatoes and peas, something flavorful and something crisp are needed. A green salad, radishes, raw carrot sticks, or freshly cut cabbage wedges would add such flavor and crispness. Crisp bacon points up bland fish, onion or sharp cheese gives character to a salad and nuts add flavor to various salads, desserts and breads.

Food is at its best as soon as cooked. With careful planning all foods can be ready at the same time. Hot dishes should be served hot and cold dishes cold. This is difficult unless families have a definite time for meals.

Foods should be suited to the season; for instance, pancakes, doughnuts, pie, and heavy puddings are enjoyed in the winter, but when the warm days come less hearty foods are more appropriate.

MEAL MANAGEMENT

When you prepare a meal have every step of the preparation in mind. List the work in the order it is to be done. Remember these points:

1. What foods require the longest time to cook?
2. What foods must be cooked and then cooled before serving?
3. What can be done while foods are cooking? Setting table, warming dishes, preparing sauces or quick bread, tidying up self, washing preparation dishes.

4. What must be done just before the meal is served? Nothing that can be done earlier should be left until the last minute and no foods that are injured by standing should be prepared before needed. Plan to go from one step to another without loss of time and effort. Collect all materials and tools needed before starting.

5. Use good techniques—accurate measurements, a rubber scraper to clean out bowls, pans and plates. Avoid clutter, spilling, and wasted motions. Keep your working surface in order—put foods and equipment away when finished with them.

Did Your Meal

Have contrast in—

Color _____

Form _____

Flavor _____

Texture _____

Temperature _____

Was the plate —

Neat _____

Colorful _____

Fresh looking _____

IT'S SMART TO BE THRIFTY

Plan your meals so there will be enough food for everyone, but none left. It is thrifty to sometimes cook enough potatoes in the jackets for more

than one meal and to cook a roast large enough for 2 meals or more. But you might call these "planned-overs" not "left-overs."

With the best planning, occasionally you will have some "left-overs." Rather than discard or push them farther and farther back in the refrigerator, try using them in scalloped dishes, for stuffing green peppers, cucumbers or tomatoes, or in a salad, soup, omelet or meat loaf.

CARE OF THE RANGE

If foods or liquids are spilled on the range, wipe up immediately with a paper towel or damp cloth. Foods containing acids, citrus fruits or milk may cause permanent stains if allowed to stand on the porcelain enamel. If food or liquid is wiped up immediately, a damp cloth will clean the porcelain enamel of your range. When it is necessary to use a mild soap or other detergent, wipe with a cloth rinsed in clear water, and dry.

To clean the chrome, use a damp cloth, then dry with a cloth to prevent water spots. If surface has become discolored with heat or burned on food, apply a mild cleaning powder with a damp cloth.

Most spilled foods in the oven can be wiped up with a paper towel and the oven washed with soapy water. If left on, however, the spots and stain become burned on. When spots and stains are burned on, remove the racks before cleaning. Be sure the oven switch is on the "off" position before carefully removing the oven units. These units may be wiped with a clean soft cloth. For a thorough cleaning, try an oven cleaner. There are several on the market. Use according to directions.

A cloth moistened with household ammonia left in the oven with door closed for several hours or overnight, often will loosen the grease and spilled foods. After these spots are loosened, wash the side walls and inside of door.

Wash the bottom of a gas oven with hot water containing soap or other detergent. Do not immerse the oven heating elements or other equipment in water.

You can use aluminum foil in the oven to catch spill-overs from pies. However, never place the foil on the heat director but on a shelf just below the pie. Foil should be smaller than the oven with a space of at least one inch on all four sides for air circulation.

The broiler and grill are cleaned like any cooking utensil. Unless the broiler is a separate unit, the oven should be cleaned also to prevent hardening or additional burning on of grease and splatter. Always remove broiler pan from the oven when food is taken out.

CLEANING THE REFRIGERATOR

Each time you clean the refrigerator, wash the freezing trays in warm (not hot) soapy water. Rinse well. Wash the porcelain enamel interior with a solution of 2 tablespoons of borax or baking soda to a quart of luke-

warm water. Avoid using soap or harsh scouring powder. Never allow acid food to remain on any porcelain enamel surface. The interior of the food storage compartment needs regular cleaning. Long exposure to any acid fruit juice may affect the finish.

YOU'LL WANT TO KNOW COOKING TERMS

When looking through a magazine, newspaper or cook book you'll come across the following words. When you cook you'll want to know what they mean.

Pasteurize—to preserve food by heating sufficiently (140°-180° F.) to destroy certain microorganisms and arrest fermentation of milk and fruit juices.

Saute—to brown or to cook in a small amount of fat.

Escallop—to bake foods, cut into pieces, in a sauce or a liquid.

Sear—to brown the surface by short application of intense heat.

Braise or pot-roast—to brown in fat, then cook in covered pan, with or without added liquid, on top of stove or in oven. Larger pieces of meat cooked by braising are called pot roasts.

Broil or Grill—to cook uncovered by direct heat on a rack placed under the source of heat or over an open fire. *Pan-broil*—to cook in lightly greased or ungreased heavy pan on top of stove. Fat is poured off as it accumulates so food does not fry.

Fricassee—to braise individual serving pieces of meat, poultry, or game in a little liquid—water, broth or sauce.

Fry—to cook in fat without water or cover. *Pan-fry*—to cook in a small amount of fat (a few tablespoons, up to ½ inch) in fry pan. *Deep-fry or French-fry*—to cook in a deep kettle, in enough fat to cover or float food.

Knead—to press, stretch, and fold dough or similar mixture to make it smooth. During kneading, bread dough becomes elastic, fondant becomes satiny.

Marinate—to let foods stand in a liquid (usually a French dressing) to add flavor or make more tender.

MEAT—THE MAIN DISH

Meat is highly prized for its flavor and its food value. It is the main dish around which a meal is planned. Include at least one serving of meat in each day's meals. All kinds of lean meats provide body-building proteins, iron and some of the vitamins needed for good health. Even richer in iron and vitamins than the muscle meats are liver and other organ meats.

Cheaper grades and cuts of meat, though fairly lean and not so tender, if prepared right, have as much food value as the higher-priced steaks and roasts. Chief difference is they take more time in cooking and more skill in seasoning.

Cuts of meat differ in tenderness according to the part of the animal from which they come, and to age and fatness of the animal. Cuts differ

also in the amount of bone and gristle they contain and in the direction the muscles run. All these points make a difference in the price.

The tender cuts of beef as a rule come from the rib and loin and make up about a fourth of the carcass. The other three-fourths are the less tender, less expensive cuts. Classified according to their use in cooking, these less expensive cuts are: *Steaks*—chuck, shoulder, flank, round, rump. *Pot roasts*—chuck ribs, cross arm, clod, round, rump. *Stews*—neck, plate, brisket, flank, shank, heel of round.

In plump young lamb and pork all cuts are tender. Veal contains considerable connective tissue which requires a long slow cooking to soften. The cheaper cuts of lamb, pork, and veal—that is, shoulder, breast, and shank meat—make good chops, roasts, pot roasts and stews.

Learn the cuts of meat so you can name them when you see them. Study charts that show how meat-animal carcasses are divided and what the different cuts look like. Such charts may vary slightly because styles of cutting meat differ. In all meat cutting, however, the object is to cut the fat from the lean, the thick from the thin, and to separate the tender from the less tender meat for convenience in cooking.

Judging Quality of Meat

For selecting quality of meat, use the U. S. Department of Agriculture grades. *Choice*, *good* and *commercial* are the usual U. S. grades and appear as purple ribbon stamped on the cuts. A round purple stamp indicating that the meat was inspected and approved as wholesome food is found on all graded meat. Meat packers, wholesale or retailers often use their own grade labels as AA, A, etc., or brand name to indicate quality. Pork is not usually U. S. graded, while beef, lamb and veal are.

In buying beef when you plan to have broiled steaks or rare roasts, select *choice* or *good* grades. But for pot roasts, you may do just as well to buy *commercial* grade.

For hamburger, meat loaf, and stews, *commercial* beef may be just as satisfactory as *choice* or *good* and often is more economical and flavorful.

If you can't buy U. S. graded beef look for the following points for high quality beef—light red color; velvety looking; liberally veined with fat; white, flaky fat and red porous bones. Beef is more tender and palatable if allowed to age a week or longer at temperature of 34° to 36° F., but pork gets stale on standing.

Buying Meat

The amount of fat, bone, gristle and waste must be considered in figuring cost of meat. Beef short ribs may cost less per pound than hamburger but will yield only one-third to half as many servings. The amount of meat to buy for one serving is about as follows: ½ to 1 pound if there is much bone; ⅓ to ½ pounds if medium amount of bone; ⅓ to ¼ pound if no bone, as liver and hamburger.

Care of Meat

Fresh meat spoils quickly and easily so keep it cold. Store it loosely covered in the cold part of the refrigerator. Ground meat, liver and other meat organs spoil more quickly than other cuts of meat. Cured pork with high salt content can be kept in a cool, dry, dark place.

If necessary wipe meat with a clean damp cloth. Washing meat under running water or letting it stand in water causes loss of flavor and food value.

Cook meat according to tenderness and thickness of cut. If you have a tender, well fatted cut of meat, use dry heat, that is, roast, broil or pan broil or fry, according to thickness. Less tender cuts require moist heat, long slow cooking in a covered pan with steam or in a liquid—that is, braised, pot roasted, stewed or simmered. The less tender cuts can be ground and cooked as tender meat.

Good cooking is necessary to retain the fine flavor of meat. Use an even moderate temperature for all meat cooking—top of stove, oven or broiler. Use moderate heat for cooking meat because:

1. Meat will be more tender, juicier and more flavorful.
2. Meat will be more uniformly cooked.
3. There will be less shrinkage and therefore more meat to serve.
4. Less fuel is required to cook meat at low temperature, even though cooking time is longer.
5. Less work is involved in watching and cleaning; less spattering and burning of fat on the pans, racks, and ovens.

Meat Tenderizers

You can broil or fry less tender steaks and other meat cuts, two inches thick or less, by adding a good meat tenderizer. This saves time and makes possible a greater variety of meat dishes. (Usually such meats are braised.) Sprinkle the tenderizer evenly over both sides of the meat, rub it in and let stand about 15 minutes before you cook it. Many prefer tenderizers that do not have added flavor. Remember, tenderizers can do nothing to meat that cannot be done with good cooking.

Best Cuts for Roasting

Beef: Ribs, sirloin, tenderloin
Veal: Loin, ribs, leg, shoulder

Lamb: Rib, leg, loin, shoulder
Pork: Loin, ribs, shoulder, hams
Large chicken or turkey (not old)

Roasts—beef, lamb, veal loin, pork. Place roast fat side up, on a rack in a shallow pan. Do not add water and do not cover. Season either before or after cooking. If you have a meat thermometer, insert it so the bulb is at center of thickest part of meat and does not touch bone or fat. Cook beef at temperature of 140°F if you like it rare; 160°F medium; and 170°F to 180°F, well done.

Cook lamb and fresh pork to 175 to 185° F. Smoked, not precooked ham or shoulder, 170° and precooked 160° F.

Cooking time per pound will vary with the size and shape of roast, amount of bone and fat, and temperature at which it is started. A 6 to 8 pound beef roast rare takes about 15 to 18 minutes per pound, while fresh pork takes 35 to 40 minutes per pound.

Broiled Steak - Choose a steak 1 to 2 inches thick, of high-quality beef. Slash the fat at the edges of the meat to prevent curling. Preheat broiler. Grease broiler rack lightly. Place steak on rack so that top of meat is 2 to 3 inches below source of heat—3 inches if the steak is to be well done. It is generally best to leave oven door open. Broil the steak until top side is well browned; season, then turn and brown the other side. Use forceps for turning meat. If you use a fork, pierce the fat, never the lean.

Broiling time for steaks depends on the broiler, personal preference in doneness, and the meat itself. In general, allow 10 minutes per steak 1 inch thick if you like it rare, 15 minutes for medium, and 20-25 minutes for well done. If it is 1½ inch thick, allow 5 minutes longer. Broil lamb chops ¾ inch thick, 15-20 minutes. Ham slices ½ inch thick, 20-30 minutes.

Pan-Broil—Thin Tender Cuts—Place meat in a heavy preheated frying pan or griddle. Do not add fat or water. Brown meat on both sides. Reduce temperature and cook slowly until done, turning occasionally for even cooking. Pour off fat as it accumulates. Season before serving.

In pan-broiling bacon, place in a cool frying pan and cook very slowly until done, turning often and pouring off the fat frequently.

Braise—Less Tender Cuts—Roll in flour seasoned with salt. Brown in hot fat. Add small amount of liquid (about ½ c.) water, meat stock, tomato juice, sour cream or milk. Cover tightly and cook slowly on top of stove, in oven, or in deep well cooker.

Cuts for Braising

Beef: Chuck, round, flank, short ribs, rump

Veal & Lamb: Shoulder, breast, neck

Pork: Shoulder, spareribs, neck

Hens and large fryers

Pork chops require 30-40 minutes. A four to five pound pot-roast requires about three hours for cooking.

Variety may be obtained by adding seasonings such as thyme, cloves, bayleaf, catsup or curry powder. European nations are famed for a number of excellent dishes based upon the rich flavor of braised, slow, steam-cooked beef as swiss steak, Hungarian goulash, and stew ragout of beef.

Stew and Simmer—For stews, cut meat in one to two inch cubes. If desired, meat may be left in larger pieces. Season and brown in hot fat as desired. Cover with hot water and simmer until done. Do not boil. If vegetables are used, add them just long enough before serving to be at their best.

Vegetables which may be used are potatoes, green beans, cauliflower,

cabbage, carrots, celery, onions, turnips, rutabagas, lima or navy beans, parsnips and peas. Arrange meat in center of large platter with vegetables around it. Serve gravy in a separate bowl.

PICNICS AND SNACKS AFTER THE GAME

Outdoor meals provide a fine opportunity for entertaining with fun for all. Inside, or outside, young people like to help with the preparation. Plan food that the gang can do easily and which won't take long.

Six Juicy-Burgers

- | | |
|---------------------------|------------------------|
| 1 lb. hamburger | 6 buns |
| 1 c. milk or tomato juice | 2 onions, green pepper |
1. Heat heavy frying pan. Cover with a thin sprinkle of salt but add no fat.
 2. Drop spoonful of meat mixture on pan. Cook at moderate heat till brown.
 3. Turn only once. This takes longer to brown than regular hamburger on a greased pan, so give it time with moderate heat to brown well before turning.
 4. Serve on toasted buttered buns with onions, shredded green peppers, or catsup.

Four Hot Cheese Sandwiches

- | | |
|----------------------------|---------------------------|
| ½ c. grated cheddar cheese | ½ t. Worcestershire sauce |
| ¼ t. prepared mustard | 1 t. mayonnaise or |
| 4 slices bread | salad dressing |
1. Combine the cheese, mustard, Worcestershire sauce and mayonnaise.
 2. Cut 4½-inch circles or small triangles from each slice of bread. Toast bread and spread 1 teaspoon cheese mixture on each piece.
 3. Place on cooky sheet and brown under broiler until cheese melts.

Two Jive Specials

1. Two slices of dark bread put together with a combination of grated Swiss cheese, ground ham, horseradish, mustard and mayonnaise.
2. Two slices of raisin bread—buttered and put together with grated raw carrot and chunky peanut butter between.

VEGETABLES—FRESH, CRISP, CLEAN

Vegetables, like fruits, are important in the diet because of their minerals and vitamins. Leafy, green and yellow vegetables are especially rich in these nutrients. Vegetables furnish bulk and roughage to help keep the digestive tract in good condition and some starchy foods for energy. Dried beans and peas contain protein for muscle building material. It is desirable to have one serving of a dark green, a leafy or a yellow vegetable; one serving of potatoes; and one serving of a fresh raw vegetable or tomatoes each day. Because of their color, form, texture, and flavor, vegetables contribute much toward making a meal attractive and appetizing. Two vegetables are usually served for dinner; one hot and one cold.

All vegetables are better if they have grown rapidly; are gathered when young and tender, and are cooked soon after they are gathered. Corn, peas, and asparagus, in particular, lose much of their sweet flavor if held. If you must gather them some time before cooking, keep them in a damp, cool place. Do not husk, shell or peel until time to cook them.

COOKING VEGETABLES

Much of the nutritive value, flavor, texture and attractiveness of vegetables depends on how they are cooked and served.

Certain vegetables give more food value to the body when eaten raw than when cooked. Some persons cannot tolerate much roughage and need to eat sparingly of coarse raw vegetables. Cabbage, carrot, cauliflower, endive, Chinese cabbage, green pepper, turnip, rutabaga, spinach, romaine, and lettuce are very palatable served raw. Their crisp crunchiness, fresh flavor, and bright color make them an addition to almost any meal. Arrange a combination of 2 or 3 vegetables on a plate, tray, or lazy-suzan. A variety of shapes and a combination of different colors lend interest. Group all the vegetables of one kind together and do not fill the plate, tray or other container too full. They are right for dinner, a picnic or a packed lunch.

Cooking vegetables softens their cellulose or fiber and cooks the starch. Cooking quickly helps retain their food values and palatability. Long, slow cooking of fresh vegetables impairs color and texture and often develops strong flavors and odors.

Since much of the important food value of vegetables is next to the skin, baking and boiling in the skin are good methods of cooking.

Stirring, especially, while hot, causes loss of vitamins and may injure the appearance of a vegetable.

Form the habit of cooking vegetables according to these seven rules:

1. Choose fresh, crisp, firm, tender vegetables and wash them thoroughly. Discard coarse, over mature vegetables and strip out stem and mid-rib from leafy vegetables.
2. Peel, cut, or soak in water as little as possible.
3. Start all vegetables cooking in boiling, slightly salted water.
4. Use as small a quantity of water as possible and use a flat bottomed pan with straight sides and a well fitted lid. For green vegetables remove the lid for about the first two minutes of rapid steaming to help hold the green color.
5. Cook vegetables until they are just tender, not soft.
6. Season them simply. All cooked vegetables taste good with only salt and cream or butter added.
7. Serve vegetables as soon as done. Few vegetables are at their best after standing on the back of the stove 10 minutes or longer.

Most homemakers prefer to cook just enough vegetables for one meal. It may save time to cook a larger quantity and warm them for the next meal,

but reheating wastes food value and impairs the flavor, color and texture of the vegetable.

Panned Vegetables—Panning is a good way to prepare watery vegetables such as cabbage, okra, spinach, and other leafy vegetables. The vegetable is cut into small pieces and cooked on top of the stove in a fat, medium or heavy weight pan with a well fitted lid. A little fat is added to prevent sticking. The water that cooks out of the vegetable evaporates so there is no excess of liquid. If the panning is carefully done, you may add some milk or cream without having the cooked vegetable too moist. The vegetable then contains all its own flavor and food value, as well as that of the milk or cream.

Scalloped Vegetables—Many vegetables, such as celery, onions, cabbage, peas, carrots, string beans, egg plant, cucumbers, potatoes, tomatoes, greens may be scalloped. Boil the vegetable in salted water until it is tender. Make about one-half as much medium white sauce as vegetable. Butter a baking dish, put in a layer of cooked vegetables, then a layer of white sauce, and repeat until several layers are formed. Cover with buttered crumbs and bake in the oven until the vegetable is thoroughly heated and the crumbs are browned.

Cheese, hard cooked eggs, fish, or meat may be added between the layers of vegetables to make a "one dish meal."

Canned Vegetables are especially desirable for quick meals. All the preliminary preparation and cooking is done and little time and labor are required to make them appetizing and appealing. All the juice from the canned vegetables should be used since it contains around $\frac{1}{3}$ of the food value and the flavor of the vegetables. Canned vegetables can be served in any way that cooked vegetables are served.

Canned vegetables should not be used if the food looks spoiled or if there is the slightest off odor. All home canned vegetables except tomatoes, sauerkraut, and other very acid vegetables should be boiled before they are tasted to avoid the danger of botulinus poisoning. This poison is eliminated in boiling.

Vegetables don't like --

AIR — Keep them covered when stored; don't stir when cooking.

HEAT—Destroys vitamins. Cool quickly. Cook only until tender.

WATER—Dissolves minerals and vitamins. Use minimum amount for cooking. Use extra liquid for soup or gravy.

Frozen Vegetables (exception—corn on the cob) should be placed in boiling water while still frozen and cooked only until tender. They cook in about half the time required for the fresh vegetable. Serve frozen vegetables as soon as cooked. That quality of freshness for which they are valued is quickly lost if the vegetables are over-cooked or have to wait.

Dried Vegetables need to be refreshed before cooking. Warm or hot

water will usually go back into the vegetable more quickly than cold. The time for refreshing will vary from 3 minutes to 3 hours depending on the vegetable and the size of the pieces. As soon as the vegetable is refreshed or plump looking, cook it in the liquid in which it was refreshed. Allow the vegetable to simmer rather than boil. Cook only until tender, season simply and serve immediately.

A Vegetable Plate —It includes a dark green or deep yellow vegetable, another vegetable to add color, a starchy vegetable for filling, and a raw vegetable or a fruit served as a relish, or a salad. To add food value and contrast in flavors, some cheese, crisp bacon, dried beef, eggs, or bits of ham are usually included in the preparation of one of the vegetables, or they are served as a part of a vegetable plate. A hot bread, butter, a glass of milk, and a simple dessert served with the vegetable plate make it a well-balanced, satisfying luncheon or supper.

Vegetables Cooked in Milk

Cut cabbage in sections or shred fine. Heat milk until steaming hot, add salt and the cabbage. Cook 2 to 5 minutes, depending on the quality of the cabbage and how fine it is cut. Watch carefully or it will boil over. Serve as soon as tender. Grated turnips, potatoes, or small onions are very good cooked in milk instead of water.

French Green Beans

Cut green beans lengthwise opposite the seam. Add a small amount of boiling, salted water. Cook about 15 minutes or until tender. Add butter or diced bacon and serve immediately.

Creamed Carrots and Celery

Cut carrots and celery in thin strips or small pieces. Cook until tender (about 7 minutes) in a minimum of water. Add cream and salt to taste. Simmer 2 to 3 minutes and serve.

Did Your Cooked Vegetable

Keep its color_____	Keep its shape_____	Get tender_____
Not soft_____	Taste natural_____	No extra liquid_____

Spring Menu

Fruit Cocktail
Lamb Chops—Mint Jelly
Parsley Potatoes—New Peas
Spring Salad
Strawberry Shortcake
Coffee or Milk

Fall Menu

Tomato stuffed with Chicken Salad
Buttered String Beans—Spiced Pears
Hot Rolls —Butter
Upside-Down Cake
Milk or Coffee

Check Your Menus

Will the meal be:		Balanced	_____
Satisfying	_____	Palatable	_____
Economical	_____	Easy	_____

Suitable Dishes for Beginning a Dinner

Often a small serving of a light food with a pleasing flavor is served at the beginning of a meal to stimulate the appetite and to make the meal a special occasion. Tomato juice, or other vegetable or fruit juice may be served in the living room before the guests come to the table. If such food requires the use of a spoon or fork, serve it at the table. A cup of hot clear soup, as a consomme or bouillon is a good first course for a dinner, as is a half grapefruit, section of melon or a fruit cup.

Fruit and Melon Cocktails—Sections of fruit combined in a pleasing color and flavor combination and held together with a fruit juice or thin syrup make a good fruit cocktail. Serve it cold, in a stem glass or a glass dessert dish. Balls of one or more kinds of melon, or melon and pieces of fruit with about two tablespoons of thin syrup in a glass dish makes a good beginning or ending of a meal.

Serving the Company Dinner

If no appetizer is served, the main course should be on the table before the guests are seated.

In serving the main course, place the warmed plates in the center of the cover at the head of the table. Place the meat directly in front of the plates, the potatoes at one side of the plates, and the vegetable on the other. The silver for serving the food may be laid with the cover of the one who is to serve, or the silver needed for serving the meal may be placed by each dish. The bread is placed near the hostess. Place the remaining foods with the needed silver at their right so they can be conveniently reached for passing. Everything goes to the right.

In serving, only one hand is used, except when cutting or lifting a serving that cannot be managed with one hand. Place the dishes containing the foods near the plates so they can be served with one hand.

The salads are usually placed before the guests are seated. The beverage is poured by the hostess. She asks the guests their preference as to sugar or cream and places these in the cup before filling. The beverage may accompany the main course and be replenished for the dessert or served with, or after the dessert. The cups and saucers are stacked, two cups on two saucers, at the left of the hostess and the beverage is placed at her right.

Refill glasses and cups without removing them from the table. The hostess may serve the dessert or it may be passed.

Use the left hand in placing and removing dishes, and stand facing the guest. Dishes and food, with the exception of beverages, are placed and removed from the left. In serving food from which the guest helps himself, hold the dish low and offer from the left.

4-H RECORD
Food Preparation IV
(To be used with 4-H Club Circular 128)

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 _____

