5-1951

4-H Meal Planning for South Dakota 4-H Girls

Agricultural Extension Service, South Dakota State College

Follow this and additional works at: http://openprairie.sdstate.edu/extension_circ

Part of the Agriculture Commons

Recommended Citation
http://openprairie.sdstate.edu/extension_circ/546

This Circular is brought to you for free and open access by the SDSU Extension at Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. It has been accepted for inclusion in SDSU Extension Circulars by an authorized administrator of Open PRAIRIE: Open Public Research Access Institutional Repository and Information Exchange. For more information, please contact michael.biondo@sdstate.edu.
Meal Planning
FOR SOUTH DAKOTA 4-H GIRLS

AGRICULTURAL EXTENSION SERVICE - SOUTH DAKOTA STATE COLLEGE, BROOKINGS
U. S. DEPARTMENT OF AGRICULTURE COOPERATING
4-H Meal Planning Project

“C” PLAN
Let’s Cook

Suggested for Beginning Girls

Goal 1. To Do Your Part to Keep Our Nation Healthy

1. Check food selection record.
2. Check health record for one week at the beginning and one week at close of club year. (Record book.)
3. Learn the food groups needed daily.

Goal 2. To Prepare Food Attractively and Save Its Food Value

(Keep count of work done on kitchen record sheet.)

1. Prepare each of the following three or more times:
   - milk dish
   - eggs
   - fruits
2. Choose to do three or more of the following:
   - a. muffins or loaf quick bread (2 times)
   - b. baking powder biscuits (2 times)
   - c. cookies (2 times)
   - d. can food (six jars fruit or tomatoes) or freeze 6 containers of fruit or vegetable
3. Make collection of recipes you’ve tried and found reliable.

Goal 3. To Be a Planner in Preparing and Serving Meals

1. Learn to set the table correctly.
2. Arrange a centerpiece for the family table—fruit, flowers, plant, etc.
3. Learn care of silverware and proper washing of dishes.

Goal 4. To Fight Food Waste by Proper Care and Storage

4. Learn to care for and store four of the following:
   - milk
   - fresh fruit
   - bread
   - canned fruit

“B” PLAN

Breakfast or Luncheon

Suggested for Older Girls

Goal 1. To Do Your Part to Keep Our Nation Healthy

1. Check food selection record.
2. Check health record for one week at beginning and one week at close of club year. (Record book.)
3. Learn the food groups needed daily.
4. Learn the vitamins and minerals necessary for health.

Goal 2. To Prepare Food Attractively and Save Its Food Value

1. Prepare each of the following five or more times for breakfast or luncheon, using three methods of preparation:
   - milk dish
   - cheese
   - meat or fish
2. Choose to do one of the following units (or one-half of each):
   - Baking Unit: Bake each five or more times: Yeast bread or rolls ( whole grain or enriched); Quick bread (variety of cereals); Cakes or cookies.
   - Food Preservation Unit: Can or freeze 30 or more containers of fruit, vegetables, or meats (some of each group).
3. Make collection of recipes you’ve tried and found reliable.

Goal 3. To Be a Planner in Preparing and Serving Meals

1. Learn to use both the family and English styles of table service.
2. Learn to clean and care for silverware and wash dishes properly.
3. Plan, prepare, and serve five family luncheons, or breakfasts. Plan other meals for that day.
4. Plan, prepare and pack three school or picnic lunches.
5. Compare cost of one-pound loaves of homemade and bakery bread.

Goal 4. To Fight Food Waste by Proper Care and Storage

1. Learn to care for and store properly all of the following:
   - milk
   - eggs
   - canned foods
   - flour
   - fresh vegetables
   - meat
   - bread
   - butter
   - dried foods

“A” PLAN

Dinner

Suggested for Advanced Girls

Goal 1. To Do Your Part to Keep Our Nation Healthy

1. Check health record for one week at beginning and one week at close of club year. (Record book.)
2. Review the daily food groups.
3. Review the vitamins and minerals necessary for health.

Goal 2. To Prepare Food Attractively and Save Its Food Value

1. Prepare each of the following five or more times for luncheon, dinner or supper, using three methods of preparation:
   - milk dish
   - cheese
   - meat or fish
2. Choose to do one of the following units (or one-half of each):  
   - Baking Unit: Bake each ten or more times: Yeast bread or rolls ( whole grain or enriched); Quick bread (variety of cereals); Cakes or cookies; Pies.
   - Food Preservation Unit: Can or freeze 40 or more containers of fruit, vegetables, or meats (some of each group).
3. Make collection of recipes you’ve tried and found reliable.
Keep America Healthy

Are you one of the nation’s two million 4-H’ers who are trying to help feed your family well? This booklet offers suggestions and other helps that will help you—serve enjoyable meals—keep your family well nourished—practice thrift when need be—save time and energy where you can.

Your Daily Nutrition

One of the most important health habits is eating enough of the right kinds of food. The food you eat each day supplies the building materials for your body.

For strong, straight bones, bright eyes, sound teeth and pep you must eat foods that are full of vitamins.

Vitamins—Vitamins are an interesting study because the discovery of them and discoveries that are still being made about them, read like adventure stories. Alphabet letter names were given to the different vitamins because people didn’t know what they were. Today, chemists can build many of the vitamins with chemicals and this is why some of the vitamins have both a chemical name and an alphabet name.

They are A; B1 or Thiamine; B2 or Riboflavin; Niacin; C; D; E and K.

Carbohydrates—Starch and white sugar are pure carbohydrates. White flour, macaroni, spaghetti, breads, syrups and candy are mostly carbohydrates. Their chief purpose is to furnish energy which is used in keeping the body warm and giving it power for activity.

Protein—For your body to build muscle, skin, blood, hair and nails, it must have something for material from which to build it. The building material used is called protein and is found in meat, eggs, cheese, poultry, fish, peanut butter, dried beans and peas.

Fats—Fats are used for energy the same as carbohydrates but are too and a half times as rich.

Minerals—Things that are rigid and hard, like stones, contain minerals which give them that strong quality. In like manner, your bodies contain minerals too, because there are parts of it which are rigid and firm.

Many of the minerals which your body needs are supplied by your food rather easily; but there are minerals of which you might not have enough if you did not choose the right foods. These minerals are: calcium, phosphorus, iron and iodine. A good source is milk.

Plan Menus for Good Nutrition

Here are some common foods that are good for you. Foods in each group can be used similarly in meals, so within the group there is room for variety. Foods in each group provide about the same nutrients but some are better providers than others.

Leafy Green and Yellow Vegetables—We eat these foods especially for the vitamin A that they contain. This is the vitamin which feeds your eyes, your skin, your teeth and the lining of your nose, throat, and lungs and makes you grow. The best foods you can eat for vitamin A are carrots, broccoli, squash, pumpkin, apricots, and greens such as dandelions, spinach, turnip tops, beet tops and kale. All of these foods are either deep yellow or dark green in color. The green foods are mostly leaves. They are high in iron, too. You need iron to feed the blood. You ought to eat a good helping or serving of one of these foods each day. They can be used raw, cooked, canned, frozen, or dried.

Citrus Fruits, Tomatoes—These foods are especially good for vitamin C. This is the vitamin which feeds the teeth, gums, joints, bones, blood and the walls of the blood vessels. Lack of this vitamin may give you sore gums, loose teeth, sore joints and hemorrhages of the skin. If you do not get vitamin C for a long time, you are apt to become sick from a disease called scurvy. The best foods that can be eaten for vitamin C are oranges, grapefruit, lemons, and tomatoes or their juices. Fresh strawberries and muskmelons in season are also very good for this food. Among the vegetables you can eat for vitamin C are raw cabbage, raw turnips, raw peppers, and raw greens. If you do not cook them too long, you get some vitamin C from these vegetables after they are cooked. Eat one helping (or better, two servings) every day.

Potatoes and other Vegetables and Fruits—These foods are good for energy, some minerals, some vitamins, and as general regulators. In this group you find potatoes and apples. There should be at least one serving every day, and sometimes two or three servings would be better. Once prepared, these foods should be eaten right away and not allowed to stand around.

Milk and Milk Products—Milk—whole, skim, evaporated, condensed, dry, buttermilk—is your leading source of calcium to feed your teeth, bones, muscles, eyes, skin, blood and nerves and to make you grow. If you use skim milk or buttermilk, you must be sure to eat extra carrots or greens, because skim milk and buttermilk have had the vitamin A taken off with the cream. Children need between 3 or 4 cups and grown-ups need 3 cups of milk every day. You can count the milk you eat in your food as well as what you drink.

Meat, Poultry, Fish or Eggs—This food grouping is important primarily for high quality protein. Foods in this group also provide iron, thiamine, riboflavin, niacin, vitamin A. Plan to use one serving per day.

Bread, Flour and Cereals—Whole-grain cereals, or those with added vitamins and minerals or restored to whole-grain value, provide significant amounts of iron, thiamine, riboflavin, niacin. Foods in this group also help out with protein and calories. Plan to use these foods each day.

Fats, Oils—Butter and fortified margarine are rich in vitamin A value. Like all fats they furnish many calories. Plan to use table fat daily; other fats as needed in cooking.

The Secret of Menu Making

Variety is the secret of success in preparing meals that people will enjoy eating. Using the rule that, "every meal should have something hot and something cold, something crisp, and something soft, something moist and something dry, something sweet and something sour," will help you have variety in the meals you plan.

Menus

Learn to Plan Interesting Meals—You will want to include in your meals the foods people should eat every day. To be sure you are doing this, check the menu you have planned with the foods just talked about. You should find you have all or all but one of the food groups represented in your menu.

Some additional points to remember in meal planning are:

Do not plan too elaborate a menu. It is better to have a few well cooked, attractive served dishes than many dishes, some of which are not attractive or poorly cooked. Also, too many bowls and platters on the table detract from its appearance.

Do not choose only foods with bland flavor for a meal. Example: Escalloped eggs, biscuits, corn starch pudding. Or do not serve more than one strong flavored food at a meal such as onions, salmon, or strong cheese.

Include some foods that are hard and some that are soft so that there will be variety in chewing.

Do not have more than one fried food at a meal.

Prepare the same foods by different methods to keep the family’s interest in it.

Varying the size piece in which the food is served helps to add interest. Example: at one meal serve the carrots whole, at another have shredded carrots.
INADEQUATE MEALS FOR A DAY

BREAKFAST—sweet rolls, butter, coffee. LUNCHEON—hamburger, relish, macaroni and cheese, apple, tea. DINNER—pork chops, mashed potatoes, cream style corn, bread and butter, chocolate pudding, tea.

When planning the meal, visualize how it will look on the plate. Include one or more foods which are colorful.

Season foods well. Some foods must be seasoned to taste. Remember, taste with the tasting spoon, not the stirring spoon.

Writing Menus—There are a few rules to keep in mind when writing menus. They are:

1. List the foods in the order they will be eaten.
2. Directions for combining ingredients or preparing the dish.
3. Time and temperature for baking or cooking.
4. Amount of number of servings.

Recipes

The Foundation of Good Cooking—As you learn to cook you will find many tested recipes well worth keeping. Start your collection of recipes now but choose carefully. Recipes well worth keeping. Start your collection of recipes now but choose carefully.

The following points. A good recipe will have the following points.

1. Accurate measurement of each ingredient.
2. Directions for combining ingredients or preparing the dish.
3. Time and temperature for baking or cooking.
4. Amount of number of servings.

A Good Cook Practices Neatness, Cleanliness and Safety—She does this by observing the following:

She wears a wash dress or apron and comfortable low-heeled shoes.

Washes hands and cleans fingernails before handling food.

Wears no rings.

Has her hair neatly combed and fastened down with a ribbon or net.

Keeps her work table, stove and sink clean and orderly. Puts to soak or washes a utensil when through with it. Leaves table neat and orderly when cooking is done. Sweeps floor if necessary.

She avoids hazards in the kitchen by:

1. Keeping the handles of pans turned inward from the edge of the stove so that children cannot reach them nor grown people brush against them.
2. Tips the far side first when removing a lid from a hot pot or pan.
3. Never uses kerosene to start a fire.
4. Does not pour water or wet food into hot grease as this causes spattering which may result in painful burns.
5. Keeps small children out of the kitchen when handling hot jars, hot jellies, preserves and while canning.
6. Keeps matches in a metal or glass container and out of reach of small children.
7. Does not handle electric cords when hands are wet, or when standing on the wet floor.

Measuring Tips—A good cook is an accurate cook. You will need these special measuring tools to be accurate.

A set of Measuring Spoons—1 tbsp., 1 tsp., ½ tsp., ¼ tsp.

A Liquid Measuring Cup—cup projects above the cup measure to avoid liquid spilling.

Several Dry Measuring Cups—Each holds only one level measurement. It may be ¼, ½, or 1 cup size. A nest of cups is good.

Spatula or straight edge knife for leveling.

Key to Abbreviations—tsp. stands for teaspoon.

T. or tbsp. stands for tablespoon.

c. stands for cup.

pt. stands for pint.

qt. stands for quart.

Measuring Equivalents

<table>
<thead>
<tr>
<th>3 teaspoons</th>
<th>1 tablespoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 tablespoons</td>
<td>¼ cup</td>
</tr>
<tr>
<td>8 tablespoons</td>
<td>½ cup</td>
</tr>
<tr>
<td>16 tablespoons</td>
<td>1 cup</td>
</tr>
<tr>
<td>2 cups</td>
<td>1 pint</td>
</tr>
<tr>
<td>4 cups</td>
<td>1 quart</td>
</tr>
</tbody>
</table>

Gone are the days of a “pinch of salt,” “butter the size of an egg.” Recipes have been tested and accurate measurements are used. Many of the failures of beginning cooks is due to hap-hazard measuring techniques. To be a successful cook you observe the following measuring rules.

Here's How You Measure—Flour—Sift flour once before measuring as flour tends to pack on standing. If graham or whole wheat flours are sifted, the bran is recombined with the sifted portion before measuring. In filling the cup, dip with the tablespoon and fill lightly into the cup until the cup is heaping full. Then level with the edge of a knife. Do not shake or tap the cup while it is being filled.

Sugar—White granulated sugar is measured the same as flour except it is not sifted before measuring. Brown Sugar—Roll out the lumps. Press the sugar firmly into the cup and level off.

Baking Powder, Salt and Soda—Press into the measuring spoon with the knife, then level off with the straight edge.

Syrups—Place cup on a flat surface, fill completely, then cut off level with the edge of a knife. Spoonfuls are measured by cutting off level with the edge of a knife also.

Equipment for accurate measuring
until soft and creamy.

Cutting In—A process of cutting fat into flour with two knives or pastry fork.

Folding In—Two foods are folded together by cutting the spoon vertically down through the foods, bringing it across the bottom and vertically up again.

Fry—To cook in a small amount of fat.

Knead—A method of mixing done by pressing, folding and stretching.

Poach—Cooking of food, especially eggs, in hot liquid just below boiling.

Roast—Same as baking—used in reference to meat.

Sauté—Cooking in pan with small amount of fat.

Season—Improving flavor of food by addition of salt, pepper, spice, butter, etc.

Scald—To heat milk until bubbles appear where milk comes in contact with the sides of the pan.

Scallop—To bake food which has been combined with a sauce or arranged in alternate layers with a sauce.

Steaming—Cooking in steam from boiling water.

Stew—Cooking a long time below boiling in a small amount of water.

Stirring—Food is mixed thoroughly by a circular motion.

Whip—To mix in air by beating rapidly.

Serve Fruit Every Day

Fruits

Remember you are to eat at least two servings of fruit each day. One serving should be tomatoes or citrus fruits, such as oranges or grapefruit; the second may be any fruit such as bananas, peaches, cherries, figs, pears, or apples. You may serve fresh or cooked fruit for breakfast, lunch, or dinner as a cocktail, a salad, a dessert, or the juice as a beverage.

Frozen fruits can be used in place of fresh fruits if they are eaten as soon as thawed.

Raw fruits should be washed before eating. Fruits should be cooked so as to keep their shape, color, and natural flavor as much as possible. To do this, simmer, steam, or bake them in a sirup. The flavor will be more natural if the sugar is added at the end of the cooking time. Maple sirup, honey, molasses, or corn sirup may be used to sweeten fruits. These sweeteners have flavors of their own.

Raw Fruit—The skins of raw fruit may be covered with dust or poisonous spray materials. Remove this by washing the fruit before eating it. Serve raw fruit in an attractive manner. Here are suggestions:

Orange juice with a sprig of mint floating on the surface.

Orange Slices. Peel the orange and slice across the sections.

Half Slices of Orange. Peel the orange, cut in half. Slice across sections, lay in two rows, the pieces overlapping slightly.

Curled Oranges. Slit skin of orange down in eights and loosen upper section down three-fourths of the way. Remove membranous material outside of pulp as much as possible. Then fold skin section down half way, tucking it inside. Lastly, loosen sections of pulp so orange may be eaten with hands.

Half Grapefruit. Cut grapefruit in half across sections. Run point of knife between sections and around outside edge. With scissors, loosen core at center bottom. Pick out pithy material. Drop red cherry in center.

Raw Grapefruit Sections. Cut off slices of skin at opposite ends of sections. Place grapefruit on a board and cut skin from sides. You should cut through the membrane covering each section. Then holding the grapefruit in your hand loosen each section with a sharp knife. Arrange sections attractively on plate or sauce dish.

Whole Apple or Pear. Wash and polish. Serve on small plate. Accompany with a sharp knife.
Grapes—Break bunch of grapes into nice size servings for eating. Serve. Do not break grapes from stem.

Whole Peach or Apricot—Wash and dry. Serve 1 peach or 3 apricots on small plate. Accompany with a sharp knife.

Cherries—Wash and shake dry colorful sweet cherries. Nine to eleven cherries makes a nice serving. Leave stems on cherries.

Cantaloupe—Chill, cut into halves or quarters. Serve with salt and pepper.

Strawberries—Wash, lifting berries out of water. Serve unpeeled or slice into a sauce dish and serve with cream.

Banana—Wash and dry banana. Serve unpeeled or slice into a sauce dish and serve with cream.

Fruit Plate—Wash fresh fruit, drain, and chill. Use an assortment of fruits and arrange attractively on a plate.

Fruit Storage—Some fresh fruits store satisfactorily outside of the refrigerator if special recommendations for each are followed.

a. Oranges and lemons and grapefruit—spread out and keep in cool place. Temperature of 28 to 31 degrees chills and freezes citrus fruits and causes them to spoil rapidly. Oranges keep best if dry and wrapped.

b. Bananas—Let underripe bananas ripen at room temperature, then use immediately. Do not place bananas in a draft or near frosted windows as bananas turn dark and lose flavor when chilled.

c. Apples—Store where cool, 45-50 degrees. At room temperature, apples soften rapidly.

d. Dried fruits—Store in closed jar or covered can in a cool, dry place.

e. Commercially canned food. Store in a cool, dry place.

f. Home canned food—keeps best in places that are cool, dry, and well-ventilated. Food canned in glass should be stored in a dark place to keep it from fading in color.

**Eggs**

Many colorful, tasty dishes may be made from eggs and are served to many meals during the day. Someone has said, "There are 742,367 ways of preparing eggs" so you should be able to find a variety of ways to serve them to the family. Eggs are an idea family food because everyone can eat them—the baby, the growing boy or girl, parents, or older people.

**Principles of Egg Cookery**—1. Always use a low temperature when cooking eggs. This will make the white tender. Eggs hard-cooked in the shell should be cooled quickly to prevent a ring from forming on the edge of the yolk.

2. When cooking eggs in the shell, allow water to simmer, never boil. Hense, such eggs should be called hard-cooked or soft-cooked, not hard-boiled or soft-boiled. The eggs may still be cooked to any desired stage, but do not allow the water to boil. For soft-cooked eggs, allow 3 to 5 minutes, and for hard-cooked, about 20 minutes. If the eggs are to be served cold, cool immediately.

3. When poaching eggs, follow the same rule. Do not allow water to boil—only simmer, and cook until the yolk is at the desired stage for individual preference.

4. If eggs are to be fried, put them into a warm (not hot) frying pan with a small amount of fat. Add a tablespoon of water, cover and let the eggs cook slowly until as firm as desired. Keep the fire low under the frying pan.

5. If cooking an egg mixture in a pan on top of the stove, use a double boiler. If you do not have a double boiler, make one by placing the pan containing the egg mixture in another pan of water. In this way the heat of the water cooks the egg slowly.

6. If eggs are to be cooked in the oven, follow the same general principle by having the oven slow. Place the baking dish or pan in another pan of water for the baking period.

**Serving Eggs**—Eggs may be served alone or in combination with many foods. They are often cooked or baked in a large dish or pan and served from a bowl at the table or served on individual plates. Eggs may also be prepared in individual baking dishes.

**Storage**—Store eggs in a cool cellar or the refrigerator. If soiled, scour with steel wool.

**Vegetables**

Cooked vegetables—Vegetables are especially valuable as sources of iron, vitamin A, vitamin C, riboflavin, niacin, and roughage. They add variety, texture, color and flavor to the meal. Most vegetables may be eaten either raw or cooked.

Vegetables are cooked to soften the fiber, cook the starch, and in instances, improve the flavor.

To retain food value when boiling vegetables, observe the following points:

1. Use a minimum of water or liquid.

2. Have water boiling hot when added.

3. Stir as little as possible.

4. Cook in their skins whenever possible.

5. Cook until tender but not soft and mushy.

6. Do not add soda.

7. In cooking green vegetables, such as turnip greens, leave the lid off for 15 minutes. This helps keep the green color.

8. Do not throw the water away in which vegetables are cooked. Use in soups and sauces.

Buttered Vegetables—Boiled vegetables are frequently seasoned by adding one tablespoon of butter for each cup of cooked vegetable. The butter is melted, then poured over the vegetable and mixed lightly.

Creamed Vegetables—Cream vegetables by mixing one cup of medium white sauce with each two cups of vegetables.

Scalloped Vegetables—Scalloped vegetables are made by placing alternate layers of cooked vegetables and medium white sauce in a baking dish, topping with buttered bread crumbs and baking until the sauce has bubbled up through the crumbs and the crumbs are browned.

Raw Vegetables—People are encouraged to eat raw vegetables because quite large quantities of vitamin C are lost in the cooking. Raw vegetables add a crispness of texture to the meal which is desirable.

Raw vegetables are prepared by washing them well and crisping them by placing them in a cool place. They should be cut or...
the weather is cool, in a cupboard which
ground is dry, the potatoes will be cleaner.

Avoid sun scalding them. Place the freshly
dug potatoes in a place where the temp era-
ture is 60 degrees and the atmosphere
moist, for a period of two weeks to help
heal bruises and prevent decay. Then store
them in a dark place at 35 to 40 degrees and
moist atmosphere.

Tomatoes that are still green at frost
time may be ripened on the vine by pulling
the vine and hanging it by its roots to the
ceiling of the cellar.

Salsify, parsnips, horseradish, and vege-
table oysters are not injured by freezing.
These vegetables may be left in the ground
until spring. If some are wanted for winter
use, it is best to dig them and pile them on
the surface of the ground and cover with
only a thin covering of soil. They are then
more readily available than those frozen
solidly in the earth. Too much freezing and
thawing destroys them. Freeze them solid
until you are ready to use them.

When bean pods become ripe, gather
them and spread them in a warm place
until thoroughly dry. Shell, place in bags
and hang them in a cool, dry, airy place. If
thoroughly dried, they may be stored in
cans or jars.

To prevent weavils developing in dried
beans and peas, spread them in a thin layer
in a baking pan and place in the oven at a
temperature of 130 to 140 degrees for 20 to
30 minutes.

Successful storage of fresh vegetables for
relatively long periods depends upon tem-
perature, humidity and air circulation.

Beets, carrots, rutabagas, parsnips, salsi-
fy and turnips that are to be stored, should
be harvested before they become woody and
strong. Leave one inch of top on the root.
Place the vegetable in a cool, moist place
with little air circulation. They store suc-
cessfully in tightly covered boxes or crocks
or packed in sand and placed in the base-
ment or cellar. To pack in sand, place two
to three inches of slightly moist sand in the
bottom of the box, then put in layer of roots,
placing them so they do not touch, add
more sand and more roots until the box is
filled.

Store late cabbage and kohlrabi in deep
slatted shelves in the same room with the
root vegetable.

Pumpkins and squash should be well rip-
ened and cured before then or stored when
fully ripe; it is easy to puncture these vege-
tables near the stem with the thumb nail.
Harden their shell by placing them in a
warm place for several days, then place
them on shelves in the cellar, as these vege-
tables need good air circulation. Do not
carry them by the stem as it may lose it, al-
lowing bacteria to enter which would
cause the vegetable to rot.

When onions topple over and the necks
are dry, the onion is ripe. They should be
pulled, spread out in an airy shed or tied to
the ceiling of the storage shed in bunches
until the tops are dried. Remove the tops,
leaving stems one and a half inches, and
spread them out in a dry, cool place. Onions
keep well for two months as that is the
length of their normal resting place. Then
they must be placed where the temperature
is close to freezing to keep them from
sprouting.

Milk

Milk is called the “Captain of Food.” It
deserves this title because it contributes so
many of your essential food nutrients.
There is no one perfect food you could live
on alone, but milk is called the “most near-
ly perfect food.” It is a food for which there
is no satisfactory substitute. All forms of
milk—whole fresh milk, skimmed milk,
buttermilk, dried milk and evaporated milk
—are equally valuable.

Milk may be used in many ways in all the
dishes during the day and in between times,
too, as a beverage. It may be used in mak-
ing cream soups, creamed vegetables, main
dishes of eggs, meat and fish, or in desserts.
The best milk drink is fresh, cool, whole
sweet milk. Every child should try hard to
enjoy milk in this form. Sometimes for a
party or special occasion you may like to
alter the flavor of milk by adding fruit, egg
or sirup to it.

Meat

Plan the Meal around the Meat—There
are no meat bargains. Certain qualities are
desirable in each kind of meat. The tender-
ness or toughness of meat and the method
of cooking determine whether it will make
tasty, nourishing dishes that the family will
enjoy. The government inspected and grad-
ed meats are the best meats to buy.

Meats include beef, veal, lamb, mutton,
pork, poultry and fish. It is an important
protein around which meals are planned.
The kind of meat served determines some-
what the vegetable, salad and dessert to
serve with the meal.

Characteristics of Various Kinds of
Meat—Beef has bright red lean meat
streaked with a brittle fat.

Veal has light pink, fine grained lean
meat with very little fat surrounding the
larger cuts. Veal contains more connective
tissue than beef.
Lamb has pinkish red fine-grained lean meat with clear white brittle fat.

Mutton has a darker red flesh with hard white fat.

Pork has a grayish pink meat, streaked with soft fat.

Care of Meat in the Home—Meat is removed at once from the paper and stored in an uncovered dish in the coldest part of the refrigerator about 40 to 45 degrees. It is not washed but wiped off with a damp cloth because washing draws the juice out, decreasing the flavor of the meat. By leaving the meat unwrapped in the refrigerator the surface dries a little and thus retards the growth of bacteria.

Principles of Meat Cookery—Meat is cooked by either dry or moist heat depending upon whether or not the piece being cooked contains little or much connective tissue as this tissue toughens in dry heat but forms sort of a gelatin in moist heat. In general the muscles which the animal used a great deal contain the larger amounts of connective tissue. Knowing from what part of the animal the cut of meats comes helps you decide how to cook it.

Roasting (with no cover on the roaster), broiling in the open and pan broiling on top of the stove are the methods of meat cookery using dry heat. Some cuts of meat which may be cooked satisfactorily by dry heat are standing rib roasts, rolled roast, pork loin roasts, good quality rump roast, chuck, brisket, shoulder, sirloin and T-bone steaks, good quality round steaks and lamb chops. Braising, (cooking in a covered roaster in the oven or in a heavy covered kettle on the surface of the stove) or cooking in water, are the methods of cooking using moist heat. Some cuts of meat that should be cooked with moist heat are Shank, neck, chuck, brisket, shoulder, pork and veal chops, liver and heart.

Meat is rich in protein and protein toughens when cooked at a high temperature, for this reason low temperatures are being recommended for all methods of meat cookery.

Searing meat is no longer recommended as it has been found that searing increases the loss of the juice and meat shrinkage.

Cooking Frozen Meat—Frozen meat may be cooked by the same methods as fresh meat. It may or may not be thawed before it is cooked. There is a little loss of juice during thawing but this is less if the meat is thawed at refrigerator temperature. If frozen meat is cooked unthawed a longer cooking time is required.

Carving—Cut the meat across the grain.

To carve a steak, loosen the meat from the bone by cutting along the edge of it with the point of the knife. Cut the meat into pieces one or more inches wide and include some of the tender muscles for each person.

Tender meat is not covered in roasting. The basting of the roast is done by placing it fat side up and, if lean, adding a layer of fat over the top.

Beef and lamb are cooked rare, medium, well-done; veal, well-done; mutton and fresh pork, always well-done.

Carving Chicken: Place chicken, breast up, with legs to the right of the carver. With the left hand, insert fork firmly into the breast. Cut and break apart the thigh joint at the body. Separate the thigh and leg at the joint. Slice two pieces off each, parallel to the bone. Disjoint the wing at the body. Remove the tip and cut the wing into two pieces if large. Slice the breast crosswise of the grain. Remove cut pieces of chicken to a serving plate. Carve only half of the chicken before beginning to serve. Serve dark and light meat with dressing on each plate unless a preference is expressed. Split back and rib pieces, if served, down the center line.

A similar method is used in carving all other fowl.

There are many ways of preparing meat. Many recipe books, which are excellent, are available.

Accompaniment for Meals

There are many combinations of foods that you eat daily. These add variety and color to your meals, but more important than that their food value helps to have strong, healthy bodies. These foods in your meals are like “frosting on a cake.”

White Sauce

A good cook should learn to make smooth white sauce. Using white sauce with meats, eggs, and vegetables will give you variety in your meals.

Method of Mixing—Method 1—Heat milk to scalding. Mix flour with twice its volume of cold liquid. Add slowly to hot milk while stirring. Cook and continue stirring until sauce is thickened. This takes three to five minutes over direct heat or 15 to 20 minutes in double boiler. Add fat and seasoning.

Method 2—Melt fat, add flour and cook while stirring until smooth. Add cold milk and cook as for Method 1.

Soups

Soups made with milk are delicious on cold winter evenings. They serve as the main hot dish for the meal. The usual proportion of ingredients is ¼ to 1 cup cooked vegetable to one cup white sauce. The vegetable may be tomato, peas, potatoes, asparagus, spinach, beans, celery or corn. The vegetable may be in pieces or forced through a sieve.

Cream soups may be garnished with grated cheese, paprika, peanuts, popcorn, chopped nuts, bits of toasted bread or crackers. Serve crackers or toasted bread with soup.

Cheese

Cheese is a valuable source of protein, riboflavin, calcium and phosphorus. It is a very concentrated food and for this reason should be served with bulky materials such as vegetables and fruit. It digests more easily if eaten in a finely divided form. For this reason many recipes call for grated cheese combined with other foods. Crisp toast or vegetables furnish a pleasing texture contrast with cheese.

Since cheese is high in protein, it should be cooked at a low temperature as high temperatures toughen it. Cheese may be ground in a food chopper when large quantities are to be prepared.

To store cheese, wrap it in wax paper and store it in the refrigerator or other dry, cold place.

Salads

Salads help to give variety to menus. Their crispness, freshness, color and pleasant flavor add much to the attractiveness of a meal. Fruit and vegetable salads are excellent sources of vitamins and minerals.

Salad Principles—1. Separate the leaves and stalks of vegetables into their natural divisions. Remove inferior portions.

2. Wash fruits and vegetables carefully, especially if they are to be used raw. Otherwise, they may carry dangerous bacteria.

3. Place salad vegetables in cold water until fresh, and as soon as clean, store them in a cool place in a covered dish until time to serve. Do not leave them soaking in water.

4. Cut the salad ingredients into the desired pieces.

5. Prepare the dressing ahead of time. Serve the dressing on the salad or in separate bowl.

6. Marinate starchy foods, meat and fish, with French dressing an hour ahead of the time they are served; drain off the dressing if desired before adding the other salad dressing.

7. Combine the salad just before serving, otherwise the dressing will run and the garnish lose its freshness.

8. Mix the salad lightly, tossing the vegetables with a fork in each hand so that each piece of food is covered with dressing. The salad must show distinct pieces and not appear mushy.
Cereal Foods

Cereal foods are some form of cereal grains, the most common of which are wheat, oats, corn, rice, rye, and barley. This is the group of foods supplying much of your energy. When you eat whole-grain cereals like cracked wheat, rolled oats, or enriched cereals, body-regulating materials are supplied. They supply a great deal of energy, too. In most homes, cereal in some form is served at every meal. These foods may be grouped as follows:

1. Breakfast cereals—cooked or ready-to-eat.
2. Bread, plain or toasted; also plain rolls or sweet rolls.
3. Hot breads, such as biscuits, muffins, popovers, pancakes, waffles, and spoon bread.
4. Flour and flour products, such as macaroni and spaghetti.

Ready-to-eat cereals—The ready-to-eat cereals are more expensive than the cereals that can be cooked. However, they may add variety to your meals. You may like ready-to-eat cereal better if you crisp it before serving by putting it in a shallow pan in a medium oven for a few minutes. But don't forget it!

Cooked cereals—Whole-grained cereals purchased in bulk supply you with some of the least expensive but most nutritious and tasty breakfast foods. To cook the cereal:

Measure water into upper part of double boiler; heat directly over flame until water is actively boiling. Stir gently with a wooden spoon, slowly adding the measured cereal and salt; cook it directly over the flame until the cereal thickens. Place this upper part of the double boiler containing the thickened cereal over actively boiling water in the lower part. Cook cereal until there is no raw-starch taste. Longer cooking will develop more flavor. For correct proportions to use, follow directions given on package.

Desserts

Lighter desserts are served at dinners because the meal is generally rich. Some are fresh and cooked fruit, fruit juices, fruit whips, gelatin dessert (mostly fruit), plain ice cream, and sponge cakes.

Fruit Desserts—Fruit desserts should be served often as they are one of the best kinds of desserts for all ages. Remember, we should eat two fruits daily and having fruit as a dessert helps us meet this recommendation.

Many families are quite happy with sauce and a simple cookie for dessert for "every day meals." This is a desirable practice and should be encouraged.

Sauce Desserts—Sauce desserts may be canned fruit, sweetened at the time it was canned, or freshly cooked sauce.

There are two helpful suggestions to remember when cooking sauce. The sauce will lose flavor if too much water is added. Berries need only enough water to keep them from burning or until they are slightly heated through when they become quite juicy. Less juicy fruit, like apples, peaches, and plums need half enough water to cover. The fruit will have a more natural fresh flavor if the sugar is added as the fruit is removed from the stove.

Raw Fruit for Dessert—A crisp apple, juicy peach, four apricots, three or four plums, a banana, slice of raw pineapple, a small bunch of grapes, a sauce dish of strawberries, blackberries, or raspberries make ideal desserts.

When serving fruits that require a knife for peeling, a knife may be served at the table, or each one may serve himself.

Custard

Custard and pudding are two very different kinds of dessert food. Custard is all right.

Custard

Custard rules:

1. Scald milk. 2. Beat eggs just enough to mix, add salt and sugar. 3. Pour milk gradually over egg mixture, stirring constantly until thickened. 4. Cook over hot, not boiling water, stirring constantly until thickened. 5. Cool by setting in cold water. 6. Flavor after slightly cooled.

Custard Variations—Chocolate Custard

Make as for foundation custard, cooking one-half to one ounce chocolate with half the sugar and a little water until glossy. Combine with milk and proceed in usual way.

Floating Island: Make soft custard of egg yolks and a meringue of egg whites. Poach meringue by spoonfuls in hot water, turning once. Drain. Place meringue in serving dish and pour custard over it. Garnish with chopped nuts, coconut, cherry, cubes of jelly, or other desired material.

Fruit Custard: Make soft custard. Place any desired fruit in serving dish and pour custard over it. Garnish as desired. Sliced bananas or oranges, candied pineapple,
peaches, and preserved quinces are good.

Baked Custard: Follow recipe for soft custard, using three to four eggs to 1 cup of milk, and flavor while mixing other ingredients. Pour into an oiled baking dish and set in a pan of water in the oven while baking. Custard is done when a pointed knife comes out clean when inserted into custard.

Quick Breads

Perhaps you have tasted biscuits that "melt in your mouth" and golden brown muffins that are "light as a feather." You may have made them at home and may even have mastered the art of preparing them.

"Quick breads" are so named because they can be mixed and baked in a short time, in contrast to bread made with yeast, which gives off gas rapidly when combined with liquids, or soda and sour milk, or steam or air. Tracing the origin of quick breads takes you to many countries. The muffins of England, the scones and shortbread of Scotland, and the coffee cake of Germany are all well known. The United States, not to be outdone, offers biscuits and corn bread as its contribution.

Quick breads may be served at any meal; they are especially nice for breakfast or supper. Why not surprise your family by serving hot muffins for breakfast? The only difficulty you will have is in making enough to "go around." You will find in cookbooks recipes for various types of quick breads. If you read them carefully, you will see that there is a certain similarity between types.

By learning to make each type, you will find it easy to prepare many variations. For example, if you learn how to make plain muffins, by following those general directions, you may have equally good results with corn muffins, date muffins, or any of the other variations. The same principles are common to any muffin recipe regardless of the ingredients used.

Types of quick breads are:

1. Pour batters
   - Waffles
   - Griddle cakes
   - Popovers
2. Drop batters
   - Gingerbread
   - Muffins
   - Cornbread
   - Quick loaf bread, such as nut, banana or orange bread
3. Doughs
   - Shortcake
   - Biscuits
   - Quick Coffee Cake

Ingredients—Good ingredients do not necessarily guarantee good products, but the product has a much better chance to be good if the ingredients are of standard quality. The principal ingredients used in quick breads are flour, eggs, liquid, fat, sugar, leavening agents and salt.

Quick breads may be made from all-purpose flour or soft wheat or cake flours. All-purpose flour is most often used because it is less expensive than cake flour and gives good results. The use of whole cereals adds additional food value in vitamins, minerals and roughage.

Eggs should be of good quality. An egg in a recipe means an average-sized one. If small or very large ones are used, variation may need to be made in the number used. Break eggs with a knife or spatula to prevent shattering the shell. Eggs break best when cold, but beat and combine with ingredients best when at room temperature.

Milk, either sour or sweet, skimmed or whole, is most frequently used as the liquid. In general, milk, as compared with water, gives a finer-textured product and one which has more food value. Water may, however, be used in most recipes.

Muffins made with sour milk or cream are just as good as those made with sweet milk or cream provided the sour milk has not been allowed to develop an unpleasant taste.

Fats are used in all doughs and batters chiefly for shortening, although they also affect flavoring and keeping qualities. Any good quality type of fat may be used. Lard is successfully used in the biscuit method of mixing as it has high shortening value and can be cut into the flour easily. Either brown or granulated sugar may be used with equally good results. The flavor of brown sugar with whole cereal makes it the choice for whole cereal products. Molasses or honey may also be used if their typical flavors are desired in quick breads.

Muffins*—(Standard Method of Mixing)

Yield: 12 muffins

Size of pan: 12 muffin cups, 2 inches in diameter

Temperature: 400° F.

Time: about 25 minutes

2 cups sifted flour
2 ½ teaspoons SAS-phosphate baking powder
½ teaspoon salt
3 tablespoons sugar
¼ cup melted fat
1 egg
1 cup milk

1. Have all ingredients at room temperature.
2. Grease muffin cups well on bottom but not on sides.
3. Sift and measure the flour. Sift the flour, baking powder, salt, and sugar into the mixing bowl.
4. Melt the fat and put aside to cool slightly.
5. Break the egg into a small bowl and beat until light. Add the milk and stir the mixture. Add the melted fat to the egg-milk mixture.
6. Pour the liquid ingredients into the dry ingredients. Stir only until all dry ingredients are wet. The batter will be lumpy, not smooth. Be careful. More mixing may cause tunnels.

7. Spoon the batter into greased muffin pans. Use a rubber scraper to push the batter off the spoon. Fill the pans about two-thirds full. Bake.

8. Remove from pans and serve piping hot.

Variations:

Jelly Muffins—drop ½ tsp. jelly in top of each muffin.
Raisin Muffins—add ½ cup raisins to dough.
Nut muffins—add ½ cup chopped nuts to dough.

Coffee Cake Muffins—sprinkle cinnamon-sugar mixture over top of each muffin.

Cheese Muffins—sprinkle grated cheese over surface of each muffin.

Cornmeal—substitute ¼ cup of corn meal for ¼ cup of white flour.
Whole wheat—substitute 1 cup of whole wheat flour for 1 cup of white flour.

Common Causes of Imperfect Muffins—

Heavy and Compact—Too stiff, too much stirring, too slow oven.
Dry and Crumbly—Over-baked, too much baking powder.

Tough—Too much stirring, too little fat, overbaked or slow oven.

Tunnels—Too much stirring, too much flour.

Bitter Flavor—Too much baking powder.

Baking Powder Biscuits*

Yield: 12 biscuits

Temperature: 450° F.

Pan: cookie sheet

Time: 12-15 minutes

2 cups sifted flour
2 ½ teaspoons SAS-phosphate baking powder
1 teaspoon salt
¼ cup shortening
¼ cup milk (approximate measure)

1. Sift the flour before measuring. Sift the

*Recipe courtesy Cornell University
flour, baking powder, and salt together into a mixing bowl.

2. Measure the fat and cut it into the flour mixture with a pastry blender, two knives, or a fork, until it is separated into small pieces about the size of coarse meal.

3. Add the milk gradually. At each addition, place the milk on an undampened portion of the fat-flour mixture. Stir until the mixture forms a ball and follows the fork around the bowl.

4. Dust the board and hands with flour, using just enough to keep the dough from sticking. Knead the dough lightly, about 16 strokes.

5. With the hand or a rolling pin, pat or roll the dough to ½-inch thickness. Use light strokes.

6. Cut the dough with a cutter, dipped in flour. Cut straight down without twisting the cutter.

7. Lift the biscuits carefully from the board to the ungreased baking sheet with a spatula. Place them an inch apart if crusty biscuits are desired. Place them with the sides touching if soft biscuits are preferred.


Variations:

1. To shape biscuits quickly, pat or roll the dough into a square or rectangle. With a long-bladed sharp knife cut the dough into squares or rectangles.

2. Add ½ cup grated cheese to dry ingredients. Reduce fat to three tablespoons.

3. Spread rolled dough with left over seasoned meat or fish. Roll and cut as for cinnamon rolls. Bake as for biscuits. Serve with tomato sauce, mushroom sauce, or cream sauce. A vegetable such as peas may be added to the cream sauce.

4. Shortcake: Increase fat from ¼ to ½ cup and add 1 tablespoon sugar and I well beaten egg to the original recipe. Cut and bake in size and shape desired.

Some Causes of Defects in Biscuits—
Brownish Spots—too much soda or baking powder.

Dry and Crumbly—over-baked. Too much flour or baking powder.

Tough—Too much stirring, too little fat, overbaked.

Flour on Outside—Too much flour on board.

Uneven browning—Too much baking powder or too little mixing.

Uneven shape—Careless handling.

Breakfast Breads

Toast, muffins or biscuits are favorite breakfast breads.

Toast is yeast bread, browned by dry heat. This heat changes some of the starch to a substance which is slightly sweet in taste. Toast is the most readily digested of warm breads. Toast may be made by placing slices of bread in an electric toaster or it may be made in the oven.

Bread for toast should be at least a day old and cut in ½ inch slices. Spread with butter while hot and serve it while hot.

Try using different kinds of bread such as raisin, nut or whole wheat bread. Left over biscuits and muffins, split and browned may be used as toast. Butter before or after toasting.

Cinnamon Toast—Toast lightly and quickly. Spread one side with melted butter and sprinkle with a mixture of 1 T. cinnamon and ½ cup sugar. Heat toast in broiling oven until sugar forms a glaze. Serve hot.

Cheese Toast—Sprinkle grated cheese over hot buttered toast. Place in oven one minute. Serve immediately.

Milk Toast—Combine 1 cup milk and ¼ tsp. salt. Bring to a boil and pour over buttered toast cut in squares.

French Toast—2 eggs slightly beaten 1 cup milk ½ teaspoon salt 6 slices bread

Add milk and salt to eggs. Mix well. Dip bread quickly into mixture. Brown in a small amount of hot fat. Serve plain, sprinkled with powdered sugar or serve with syrup or marmalade.

Our Daily Bread—Bread is served on the American table three times a day. Its food value depends upon materials of which it is made, and its palatability upon the material, the methods of mixing, and the baking.

The main ingredient is flour made of refined inner part of the grain or of the whole grain. Wheat makes the best flour because it contains proteins which combine in the presence of moisture to form gluten which gives to whole doughs, a texture and character unlike any other bread mixtures. The elasticity of dough is due to gluten, which expands and holds the gas bubbles given off as the yeast ferments in the dough; or as baking powder and soda react when liquid is stirred into the dry ingredients of a quick bread.

All purpose flour is the most practical. It can be used for bread, cake and pastry. It contains a moderate amount of gluten. It is produced by blending different wheat flours, soft and hard, in the mill until the desired flour is obtained. Chemical and baking tests are used by the better equipped mills to determine the quality of the flour before it is sold.

Yeast Breads

Yeast breads are made of wheat or rye or mixtures of wheat and rye flour, meal, oatmeal or bran flours.

Ingredients: The ingredients of yeast breads are flour, liquid, salt, leavening, sugar and fat.

A strong flour makes the best yeast bread. White flour and whole wheat together make a lighter loaf of bread than whole wheat flour alone. Most dark yeast breads contain some white flour with the whole wheat, rye or bran flour.

Yeast is a tiny cell-like plant, which in growing, produces carbon dioxide gas which stretches the dough and makes it light.

Yeast, whether in the dry, liquid, or compressed form, is equally good if prepared properly.

Any form of milk—whole, skim, dried, or evaporated, may be used in bread. Milk improves the quality and food value of the bread. If milk or potato water is used in bread, it does not dry out so quickly and keeps in better condition than when water is used.

Fat makes bread dough more tender, increases its keeping qualities, and adds to its food value.

Sugar makes the dough rise more quickly and helps to give the crust a golden brown color. It improves the flavor also.

A small amount of salt aids in the growth of the yeast. Enough salt should be used to bring out the wheat flavor. Too much fat, sugar, or salt retards the growth of the yeast. The dry yeast requires a longer time to make bread light because the plants are inactive. The compressed yeast consists of very active plants which immediately begin rapid growth when put into the dough.

Fermentation: As soon as the yeast is added to the dough, fermentation starts. Some of the starch is changed to sugar which in turn is changed to carbon dioxide gas and alcohol. The carbon dioxide gas makes the dough light. The alcohol evaporates in the baking. The gluten of the flour is acted upon and it becomes more elastic. Gluten is the adhesive quality.

Yeast produces the best bread if the dough is kept between 80 and 85 degrees. Above 95 degrees the growth of the yeast is retarded. Other organisms grow in the dough and give it an undesirable flavor.

If the room is cold the pan of bread can be set in a pan of warm water and covered. The dough may be placed near the stove where it will receive some heat. A thermometer is a help in bread making because
the temperature can be more evenly maintained.

The rising of the dough should be stopped at the right point. If it rises too long before it is punched down or baked it may develop an unpleasant flavor and the gluten be injured. If the loaves are too light, the bread will be coarse grained. If the dough does not rise enough, the bread will be heavy.

The volume, appearance, and fell indicate when the dough has risen enough. When it has reached this stage, a slight depression will remain in the dough when it is touched. If it disappears quickly the dough should rise a little longer. Dough of strong gluten flour will rise to two and one-half times its volume before the test is obtained. The dough made of weak gluten flour will give the test when about double its original volume.

Steps in Making Yeast Bread—White Bread—(3 1/2 lb. bread)

2 1/4 c. liquid (potato water, milk or water)
1 to 2 cakes yeast
2 T. sugar
2 tsp. salt
3 to 4 T. fat

Note: The total amount of flour may vary depending upon the kind of liquid and condition of flour.

Straight Dough Method: Bread can be made in about four hours. If the time needs to be shortened, two to three times as much yeast can be used. Compressed yeast will give the quick action.

1. The liquid is scalded to destroy foreign bacteria and give a better flavored bread.

One-fourth of the liquid is set aside and when cooled to lukewarm the yeast is dissolved in it. The rest of the liquid while hot is poured over the fat, sugar and salt. When lukewarm the yeast mixture is added. Add about half of the flour and beat batter until large bubbles appear. This beating distributes the yeast plants so that they can start feeding immediately and this makes the dough rise much more quickly. Add enough flour to make a soft dough. Place on a floured board and knead in the rest of the flour until a stiff dough is formed that will not stick to the board and has a smooth surface.

2. The first kneading mixes the ingredients thoroughly and develops the gluten. All flour that is to be used in the dough is put in at the first mixing. If flour is added later it makes heavy streaks in the bread because it has not been acted upon by the yeast. Bran from hard wheat flour requires more kneading to develop the gluten than that from soft wheat flour. The gluten in soft wheat flour is weak and too much kneading breaks it down. When the dough becomes smooth and velvety on the outside and when an impression made with the finger springs back, it is ready for the first rising.

3. The bread is allowed to rise to double in bulk. The dough is then punched down in the center and the sides folded to the center, reducing the dough to its original volume.

4. When the dough has again doubled in bulk and light pressure leaves a dent, punch down again. The second rising gives a good texture and fine even grain to the bread.

5. Turn dough onto molding board and divide it into even portions so that each piece will fill a baking pan about half full.

Sponge Method: The dried yeast can be made into a sponge early in the morning or the night before. The yeast cake is broken into small pieces and soaked for about 30 minutes in a cup of scalded water cooled to lukewarm. The liquid (called for in the recipe), the yeast and half of the flour are mixed and left until they form a light frothy sponge. For a quick sponge the sugar also is mixed with the other ingredients.

The sponge is left to rise overnight at room temperature, 65 to 75 degrees or for a shorter sponge process the temperature will have to be maintained at 80 to 85 degrees—the same as for bread. When light, the salt, sugar, melted fat and rest of the flour are added.

The process from now on is the same as the straight dough method.

Characteristics of Soft Wheat Flour Dough: 1. Requires less liquid. 2. Is made a little stiffer. 3. Does not tighten up in first rising as hard wheat flour dough. 4. The dough may become soft or slack. 5. Two and three-fourths quarts of sifted soft wheat flour is required to two and three-fourths cups of liquid as compared with two and one-fourth quarts of sifted hard wheat flour to two and three-fourths cups of liquid. 6. Soft wheat flour dough rises more quickly. 7. The quality of soft wheat flour dough is improved by using a comparatively large proportion of yeast and sugar than for hard wheat flour dough; one cake of yeast and one tablespoon of sugar for every pound loaf of bread. This is twice the amount of each for dough of hard wheat flour. Two long a fermentation period weakens the gluten of bread made of soft wheat flour. 8. Dough of soft wheat flour will not stand as much handling. 9. The bread of soft wheat flour should be baked before the loaf is double in bulk. If the stretch of gluten is over-reached the bread will fall.
Cookies

Cookies are made of a stiff dough—four or more cups of flour to one cup of liquid.

The four types of cookies are:

**Rolled cookies**, as the name implies, are rolled on a lightly floured board to the desired thickness and cut.

**Drop cookies** contain a larger proportion of liquid than the other types, but the dough is stiff enough to retain its shape when it is dropped on a baking sheet.

**Refrigerator cookies** are chilled so that they are easy to handle and to slice.

**Bar cookies** are cut into bars or squares after the dough has been spread in a pan and baked.

**Rolled Cookies**—Making Good Rolled Cookies—1. The secret of success in making rolled cookies is in handling the dough as little as possible, and using no more flour than necessary. This may be accomplished by chilling the dough, thus hardening the fat and making the dough easier to handle. A cold dough requires less flour for rolling and rises more when baked than a dough at room temperature.

2. Dip cooky cutter in flour before using. Roll out small portions of dough at a time; cut as many cookies as possible so that only a little dough will need to be reworked.

3. In rolling the dough use light quick strokes so it will not stick to the rolling pin or better yet, cover the molding board with canvas and the rolling pin with stockinette.

4. Use no more flour than necessary to keep the dough from sticking to the molding board. Excess flour prevents cookies from browning on top, tends to make them firm on the bottom, and usually makes them hard and dry.

**Sugar Cookies:**

Temperature: 375° F.

Time: 8-10 minutes

Yield: 40-50 cookies

2 c. sifted flour (about)
1 ½ tsp. baking powder
½ tsp. salt
1 c. granulated sugar or
1 c. firmly packed brown sugar
1 tsp. vanilla or grated lemon or grated orange rind
1 egg
½ c. butter
1 tbsp. cream or fruit juice
1. Sift dry ingredients together.
2. Cream butter, beat in sugar gradually, then egg, vanilla and cream.
3. Stir in flour gradually, adding more if not stiff enough to roll; chill thoroughly.
4. Remove part of dough to lightly floured board and shape into a ball.
5. With lightly floured rolling pin, roll dough one-eighth inch thick; cut with floured cooky cutter.
6. With spatula remove to ungreased baking sheet.
7. May sprinkle tops with sugar (put in salt shaker).

For soft cookies increase the proportion of liquid and decrease the amount of fat.

For crisp cookies increase the proportion of fat and decrease the amount of liquid.

Like cakes, cookies should be perfectly cold before storing in a covered jar.

**Drop Cookies**

Temperature: 375° F.

Time 8-12 minutes

1 ½ c. sifted flour
1 ½ tsp. baking powder
¼ tsp. salt
6 tbsp. butter
½ c. sugar
1 egg
½ tsp. vanilla or
1 tsp. grated orange rind
2 tbsp. milk or orange juice
1. Sift dry ingredients together.
2. Cream butter, beat in sugar, then egg, flavoring.
3. Add flour alternately with milk, beating until smooth after each addition.
4. Drop from teaspoon in mounds on greased baking sheet, about two inches apart using another spoon or rubber scraper to empty spoon.

**Variations**

1. Add one of the following:
   ½ c. chopped nuts
   ½ c. raisins
   1 c. grated orange rind
   1 tsp. grated orange rind
   2 tbsp. milk or orange juice
   1. Sift dry ingredients together.
   2. Cream butter, beat in sugar, then egg, vanilla and cream.
   3. Using the orange juice and rind and adding coconut give you orange coconut cookies.
   4. Make the batter using the orange rind and juice. Remove one-half to a second bowl. Stir one square of chocolate, melted and cooled into one batter. Turn into eight inch square pan and spread evenly. Sprinkle one-half cup chopped nuts over top. Stir one-third cup coconut into second batter, spread evenly in buttered eight inch cake pan. Sprinkle one-third cup coconut over top, then mixture of one tbsp. sugar and one-half tsp. grated orange rind. Bake in moderate oven (350 degrees F.) 15 minutes. Cool in pans, cut in one inch strips.

3. Drop plain batter on one-fourth chopped almonds before placing in oven.

4. Using plain batter top with one-fourth chopped almonds before placing in oven.

5. Spread plain batter in cake pan. Beat one egg white until stiff but not dry. Add one cup brown sugar, one-half tsp. vanilla and spread thinly over cookie batter. Sprinkle with nuts and bake 25 to 30 minutes in moderate oven.

**Oatmeal Cookies**

Temperature: 375° F.

Time: 12-15 minutes

Yield: 4 dozen cookies

Pan: cookie sheets
1 cup sifted flour
1 c. sugar
½ c. shortening
1 egg
1 cup brown sugar
¾ c. sugar
1 ½ tsp. baking powder
½ c. milk
1. Sift the flour before measuring.
2. Measure the baking powder and salt and sift with the flour.
3. Add the shortening, sugar, eggs, vanilla, and about half the milk. Beat until smooth.
4. Fold in the remaining milk and the rolled oats.
5. Drop from a teaspoon onto greased baking sheets. Place cookies 1½ to 2½ inches apart to allow for spreading.
6. Bake until no impression remains when cookies are touched lightly with the finger.

7. Remove the cookies from the baking sheets and cool on a cooling rack. Store when cookies are thoroughly cold.

**Note:** Shortening must be at room temperature.

*Recipe courtesy Cornell University*

Getting Cookies Ready for a Party
Ingredients—Flour:

- Flour: It is necessary to combine the ingredients in cakes so that they stay combined. If they separate, the velvet texture is lost.

- Ingredients—Flour: Pastry flour is not essential for cakes with fat. Excellent cakes can be made with general purpose flour.

- Fats: There are a number of fats that are tasteless, odorless and elastic so that they cream easily and can be used successfully in cake. Butter gives cakes all of these qualities and also a most desirable flavor. Lard cakes are equally good if the special method of mixing is followed.

- Eggs: Eggs vary greatly in size. The medium size egg is the one to use. Any appreciable variation in the size of egg (white or yolk) in a recipe makes a difference in the quantity of liquid, flour and fat required.

- Sugar: Fine, rather than coarse granulated sugar gives the best results. Coarse sugar can be crushed by rolling before sifting.

**Refrigerator Cookies**

- Temperature: 425°F.
- Time: about 5 minutes
- Yield: 4 dozen cookies

1. Bar cookies: Spread the mixture about 
   ½ inch thick in a well greased pan and 
   bake at 375° F. for 12 to 15 minutes. Cut 
   into bars while warm. Cool and remove 
   ingredients. Omit vanilla. Add 1 cup rai-
   bobs of dough into rolls 1 ½ inches in diameter and 
   refrigerate overnight.

2. Cream the butter, add brown and 
   white sugar gradually. Beat the egg and 
   then add the nuts, milk, and vanilla.

3. Add the flour, mixing well. Shape the 
   dough into rolls 1 ½ inches in diameter and 
   cover them with waxed paper. Chill the 
   rolls overnight.

4. Cut the rolls of dough into ½-inch 
   slices and bake the bookies for 5 minutes or 
   until done.

**Cakes**

Cakes are divided into two classes—

- those containing fat and those without fat.

- Cakes Containing Fat—Characteristics 
  of an excellent cake with fat:
  - 1. Velvety texture.
  - 2. Light and fine grained.
  - 3. Small holes evenly distributed over the 
    cut surface.

In making cakes with fat, the problem is 

- to finely divide the ingredients and thor- 
 oughly combine them to form a good stable 
  mixture without, at the same time, stirring 
  out the carbon dioxide liberated from the 
  baking powder.

- It is necessary to combine the ingredients 
  in cakes so that they stay combined. If they 
  separate, the velvety texture is lost.

- Ingredients—Flour: Pastry flour is not 
  essential for cakes with fat. Excellent cakes 
  can be made with general purpose flour.

- Fats: There are a number of fats that 
  are tasteless, odorless and elastic so that 
  they cream easily and can be used success- 
  fully in cake. Butter gives cakes all of these 
  qualities and also a most desirable flavor. 
  Lard cakes are equally good if the special 
  recipe is followed.

**Variations:**

1. Bar cookies: Spread the mixture about 
   ½ inch thick in a well greased pan and 
   bake at 375° F. for 12 to 15 minutes. Cut 
   into bars while warm. Cool and remove 
   ingredients. Omit vanilla. Add 1 cup rai-
   bobs of dough into rolls 1 ½ inches in diameter and 
   refrigerate overnight.

2. Peanut or date: Add 1 cup of 
   chopped nuts and 1 cup of chopped dates in step 4.

3. Raisin-Date: Sift 1 teaspoon cin-
   namon and ½ teaspoon nutmeg with the dry 
   ingredients. Omit vanilla. Add 1 cup rai-
   bobs of dough into rolls 1 ½ inches in diameter and 
   refrigerate overnight.

4. Cut the rolls of dough into ¼-inch 
   slices and bake the bookies for 5 minutes or 
   until done.

**Yield:** 4 dozen cookies

**Time:** about 5 minutes

**Ingredients:**

- 2 cups flour
- 1 cup granulated sugar
- 1 egg
- ½ teaspoon salt
- ¼ teaspoon baking powder
- 6 tablespoons butter or substitute
- 1 cup nut meats, chopped
- 1 cup brown sugar
- 1 tablespoon milk
- 1 ½ teaspoons vanilla
- ¼ teaspoon nutmeg
- 1 teaspoon cinnamon

**Procedure:**

1. Sift and measure the flour. Sift the 
   flour mixture.

2. Cream the butter, add brown and 
   white sugar gradually. Beat the egg and 
   then add the nuts, milk, and vanilla.

3. Add the flour, mixing well. Shape the 
   dough into rolls 1 ½ inches in diameter and 
   cover them with waxed paper. Chill the 
   rolls overnight.

4. Cut the rolls of dough into ½-inch 
   slices and bake the bookies for 5 minutes or 
   until done.

**Approved Method of Cutting a Cake**

- The cake is baked when a toothpick, in-
  serted in the center, comes out clean. A well 
  baked cake shrinks from the pan and does 
  not dent in the center when touched lightly 
  with the finger. Remove cake from the pan 
  when baked and place on rack to cool so 
  steam will not condense in it and affect the 
  texture and flavor.

- Cake flour (pastry flour) makes the fin-
  est cakes. With general purpose flour, use 
  two to three tablespoons less per cup than 
  in the recipe with pastry flour. Practice will 
  determine how much to use.
Angel Food and Sponge Cakes—Angel food and sponge cakes contain no shortenings. They are difficult to make because the beaten egg whites must be well mixed with the other ingredients without stirring out the air, which is the leavening agent. The expansion of the air makes the cake light and if it is lost, the cake will be compact and heavy. If the egg whites are not well mixed with the other ingredients, the cake will be coarse (large holes, of uneven texture and small volume). If the ingredients are combined gently, the result will be a fine, even grained and large volume cake. 

Cake flour and finely granulated sugar contribute toward light and tender angel food and sponge cakes. Cream of tartar is an essential ingredient of angel food cake and desirable in sponge cake. Angel food cake made without it is cream colored, tends to collapse and heavy. If the egg whites are not stiff, the cake will be compact and heavy. 

Manipulation of Ingredients—Flour is sifted but once in making angel food and sponge cakes. In angel food cakes, the sugar and flour are folded into the egg whites. In sponge cakes, the egg whites are folded into the other ingredients (egg yolks, sugar and flour). The folding movement is essentially the same.

The Folding Movement—The bowl is held in the left hand, tipped slightly toward the right. The whip is held in the right hand parallel to the side of the bowl. The action is to cut straight down through the egg white, across the bottom of the bowl, up the near side, and across over the top of the first side, keeping the back of the whip always parallel to the sides and bottom of the mixing bowl. The bowl is rotated about one-half each time a folding is completed.

With angel food cake, the folding begins with the first addition of sugar and continues until all the sugar or sugar and flour are added. It is continued a little longer to insure complete mixing of ingredients. With sponge cake, the folding begins with the addition of the beaten whites to the mixture of egg yolks, sugar, flour and water and is continued about two minutes afterward—until there are no visible flakes of egg white. If the folding is done gently, there is not much danger of over-doing. Rough handling is disastrous.

Baking—Angel food and sponge cakes are baked at a very low temperature in order to insure tenderness. They contain a large proportion of egg which is made tough by baking at high temperature. They are always baked in ungreased cake pans so that the cake can cling to the sides of the pan while rising. They are not removed from the pan until they are cooled and stiffened so that they will not collapse when handled.

There are times when company drops in unexpectedly and the cookie jar is empty. To be able to mix something up in a hurry, how about keeping a home prepared mix on the pantry shelf. This can be used for muffins, biscuits, cookies, cakes. If you are interested, obtain a copy of the mimeographed bulletin from your County Extension Office.

Pies

Qualities of Good Pie Crust—
1. Flaky.
2. Rough blistered surface.
3. Tender enough to cut with a fork but not so tender that it crumbles.
4. Golden brown on the bottom.

Method of Mixing Ingredients Plain Pastry
(two crust pie)

<table>
<thead>
<tr>
<th>1½ c. family flour or</th>
<th>1½ c. fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c. pastry flour</td>
<td>¾ tsp. salt</td>
</tr>
<tr>
<td>½ to ⅔ c. fat</td>
<td>⅛ c. water (about)</td>
</tr>
</tbody>
</table>

Note: Lard makes the most tender and flaky crust. Butter gives compact and hard crust.

Combining Flour and Fat—1. Do not overmix ingredients.
2. Mix until particles of fat are coated with flour.
3. Use cold fat and work quickly.
4. Sift dry ingredients into a bowl and add shortening. Cut the shortening into the dry ingredients until the mixture resembles coarse meal. Use a dough blender or two knives with firm blades.
5. Addition of Water—Use very cold water and add it carefully and evenly among the fat-flour particles—only a small amount at a time, just enough to dampen each particle so that it will stick to its neighbor. Putting the water in a pepper shaker helps to regulate the amount added.

Sprinkle a small portion of water over the surface of the fat-flour mixture, and immediately bring the dampened part in contact with as much undampened mixture as possible by running a fork along the bottom of the bowl and bringing it up through the flour with a tossing motion.

The dampened particles stick together and roll into lumps. The lumps are pressed together and removed from the pan or pushed to one side then water is added to the dry mixture. The wetted particles are pressed into a lump without mixing or kneading. The result is a ball of dough that is not sticky from too much water nor crumbly from too little water. It will give a flaky, tender crust.

An exact measure of water cannot be given. It varies with:
1. The temperature of ingredients.
2. Fineness of division of ingredients.
3. Rate of adding water.

Less water is used for warm than for cold ingredients and for finely divided than for coarse ingredients. More water is required when it is added slowly. Too little water makes a crumbly crust; too much, tough crust. One to two minutes is required to add the water.

The mixture should be kept cool enough so the fat shows no tendency to melt.

Rolling and Placing Crust—Press particles of dough together into separate balls for each crust. Handle the dough as little as possible. Place the dough on a canvas covered floured board and roll it flat with a rolling pin that has been covered with a white baby stocking and floured.

Roll the dough out lightly in each direction with short strokes of the rolling pin. If it sticks, loosen it with a spatula. Lift the dough edge with the left hand and dust flour underneath. Roll the dough to one-eighth inch thickness.

When dough is rolled lightly to the right thickness, fold one-half over on the other and into quarter fold, if desired.

The baking temperatures differ with the kind of pie. Pie shells are baked in a hot oven (450° F.). Filled pies are put in a hot oven for the first few minutes to set the lower crust. For the rest of the baking time the temperature is lowered to suit the type of filling.

Variations: Pie fillings are many and varied. Commonest are the cooked fruit, custard, and cornstarch types. Precautions in making cornstarch fillings are:
1. Combine cornstarch with sugar before adding to a hot liquid. This will help prevent lumping.
2. Cook filling long enough to cook the starch and to give desired thickness.
3. When making a lemon filling, add lemon juice after water and cornstarch have been boiled together.
4. A good cream, custard, or pumpkin filling holds its shape when lukewarm or cold.
5. The texture is smooth and the flavor pleasing with no raw taste. A good fruit filling has tender fruit pieces that hold their shape.
6. The pie is juicy with a flavor characteristic of the fruit. The color is that of the natural fruit.

Meringues are used on one-crust pies such as butterscotch, lemon and cream pie. A few rules for making satisfactory merinques are:
1. Have egg whites at room temperature.
2. Add a small amount of salt. This may increase the volume and make the meringue stiffer.
3. Use 2 tablespoons of sugar for each egg white. Too much sugar gives a gummy or sugary product. Too little gives a less fluffy or less tender meringue.
4. Add sugar gradually.
5. Beat until thick and rounded peaks are formed when beater is lifted out of the mixture. Do not overbeat as overbeating may cause shrinkage.
6. Put meringue on warm filling and spread to edge of crust.
7. Bake at 425° F. for 4 to 4½ minutes to reduce chance of leakage, shrinkage, or toughness.