Meal Planning for South Dakota 4-H Girls

Jane Meyer

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/669
MEAL PLANNING FOR SOUTH DAKOTA 4-H GIRLS
<table>
<thead>
<tr>
<th>GOAL 1</th>
<th>PLAN “C”</th>
<th>PLAN “B”</th>
<th>PLAN A</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. To keep your family healthy.</td>
<td>Here you’ll study the basic food plan and check your daily meals against it. If there is something missing, you will add them to improve your diet.</td>
<td>Here you study basic food plan and learn about vitamins and minerals. You will check your meals and make improvements.</td>
<td>Study basic food plan; learn importance of vitamins, minerals, carbohydrates, protein and fat. Check meals to improve your diet.</td>
</tr>
<tr>
<td>2. To make food attractive and preserve its food value.</td>
<td>Study the qualities of a good cook and learn to measure correctly. You will learn to write and file recipes. You’ll study the importance of milk, eggs, fruit, and “quick” breads—and learn to prepare simple dishes from these foods. You will learn to make cookies. (Mark down work on kitchen record sheet)</td>
<td>Study the qualities of a good cook, learn to measure ingredients correctly and keep good recipes. Prepare 11 different foods, using three different methods. You’ll learn about baking and food preservation—and get practice.</td>
<td>Continue to study the qualities of a good cook. Review measuring, learn cooking terms and continue to keep recipes. Study the importance of meat and vegetables and learn ways to prepare them. You’ll learn more about dishes studied before; how to make salads and desserts; practice baking and learn about food preservation.</td>
</tr>
<tr>
<td>3. To plan before you prepare and serve meals.</td>
<td>Here you learn the qualities of a simple well set table and how to make a simple centerpiece. You study dishwashing and learn how to care for silverware.</td>
<td>Learn to plan well balanced menus; know the qualities of a good meal. You’ll compare prices of commercial and home-made foods.</td>
<td>Learn new style of table service, plan meals for one day; learn more about dishes and silver.</td>
</tr>
<tr>
<td></td>
<td>1. Learn how to set a table correctly.</td>
<td>Learn two types of table service; practice setting a table. Learn more about caring for silverware and dishes.</td>
<td>1. Learn Russian style of table service.</td>
</tr>
<tr>
<td></td>
<td>2. Arrange a centerpiece for the family table—fruit, flowers, plant, etc.</td>
<td>1. Learn family and English styles of table service.</td>
<td>2. Clean and care for silver; wash dishes properly.</td>
</tr>
<tr>
<td></td>
<td>3. Learn care of silverware and proper way to wash dishes.</td>
<td>2. Learn how to clean and care for silver and how to wash dishes properly.</td>
<td>3. Plan, prepare and serve five family dinners or suppers. Plan other meals.</td>
</tr>
<tr>
<td></td>
<td>4. Plan, prepare and pack three school or picnic lunches.</td>
<td>3. Plan, prepare and serve five family lunches, or breakfasts. Plan other meals.</td>
<td>4. Prepare family food supply plan for one year; help care for family garden.</td>
</tr>
<tr>
<td>5. Buy and keep track of family groceries for one or more weeks.</td>
<td>4. Compare cost of one-pound loaves of homemade and bakery bread.</td>
<td>5. Buy and keep track of family groceries for one or more weeks.</td>
<td></td>
</tr>
</tbody>
</table>

### Photo Credits
- National Livestock and Meat Board
- Poultry and Egg National Board
- Wheat Flour Institute
- Sunkist Growers
Adventure with Food

by Jane Meyer
Extension Nutritionist

Cooking's fun, so let's begin! Even if you're a very young 4-H girl, you can cook. But, you must start with simple foods. As you learn more, and practice, cooking will be easier. You can then make more difficult dishes, and even plan and prepare some family meals.

Let's start by learning some basic rules. You need to be neat and clean; you should always be safe; you should measure correctly; you must know how to read recipes. A good cook knows and follows these rules. You'll want to know them too!

Be Neat and Clean

You should wear a cotton dress when you work in the kitchen. And use a cover-up apron. Flat shoes will be most comfortable—that's important when you're standing up! Always wash your hands before starting to cook, and see that your hair is out of the way. Tie it back, or wear a hairnet.

Be Careful

Remember and use these simple safety rules:

Ask your mom how your stove works. If she still has the instruction booklet, you can learn lots from it. Be sure to turn off the oven and burners as soon as you are done cooking.

Always turn pan handles in. Otherwise hot food might be upset and someone could be hurt.

Knives should always be turned away from you.

Cut away from your fingers or hands to avoid getting cut.

Use a wood spoon. It stirs easily, and you won't be burned when stirring hot food.

Do not pour water or wet food into hot grease. Water makes grease spatter; this may cause painful burns.

Have dry hands when you handle any electrical cords or equipment.

Keep matches out of reach of small children.

Measure Correctly

Good or bad measuring is often the reason for a good or bad product. So, to be a good cook, you must learn how to measure and what utensils to use. Most recipes are tested and retested. Follow the measurements which are given and you will make the best possible food.

Here's what you'll need: You'll want glass cups to measure liquids and metal or plastic graduated cups to measure dry ingredients. The graduated measuring cups come in sets of four (1 cup, 1/2 cup, 1/3 cup and 1/4 cup). Then you'll need measuring spoons. They come in sets, too (1 tablespoon, 1 teaspoon, 1/2 teaspoon and 1/4 teaspoon). If yours are all connected by a ring, you'll want to separate them. You'll find the separated spoons are easier to use and wash.

You'll want to remember some measuring equivalents, too. Here are a few:

3 teaspoons = 1 tablespoon
4 tablespoons = 1/4 cup
8 tablespoons = 1/2 cup
16 tablespoons = 1 cup
2 cups = 1 pint
4 cups = 1 quart

Standard measuring equipment is a must
Use the cup which holds the amount of dry ingredient your recipe needs. Sift flour or confectioners' (powdered) sugar first, then spoon it lightly into the cup. Level the cup with a spatula or straight edged knife.

Cups for measuring liquids have space above the measuring line and a lip to make pouring easier. Set the cup on a flat surface that is near eye level. The lines may fool you when you look down at them.

Follow Recipes

Many times there are words used in recipes that you won't understand. In some ways it's like a new language, but once you learn it the meaning is easy to understand. This list will help you:

bake—to cook without liquid or a cover (dry heat), usually means in an oven. Waffles are “baked” though and then the term means on hot metal.

beat—an over and over motion with a spoon. It's used to make mixtures smooth and to get air into them.

blend—to mix two or more ingredients well.

boil—to cook in liquid (usually water) at boiling temperature.

braise—a method of cooking meat by moist heat. It means to brown the meat, then add some moisture and cover tightly and continue cooking, but at a low temperature.

bread—to coat with egg and crumbs before cooking.

broil—a method of cooking by dry heat. This usually means cooking under a flame or hot electric unit or over an open fire.

cream—working one or more foods until soft and creamy.

cutting in—usually refers to shortening and flour, and means to break up the fat and work it into the flour with two forks or a pastry blender.

folding in—two foods or ingredients are folded together by gently cutting the spoon down the middle of the bowl, going across the bottom then bringing it up again. This is done until the foods are mixed together.

fry—to cook in a small amount of fat.

garnish—to decorate with some other food, such as lemon slices, parsley or paprika.

knead—a method of mixing bread doughs. It’s done by pressing, folding and stretching.

marinate—to soak in liquid seasonings, such as marinated herring.

poach—cooking foods (especially eggs) in hot liquid that is just below the boiling point.

roast—same as baking. This term is used when speaking about meat.

saute—cooking in pan with small amount of fat.

season—improving the flavor of food by adding salt, pepper, other spices, butter, lemon juice, etc.

scald—to heat milk until steaming and bubbles appear at the sides of the pan. This is a lower temperature than simmering or boiling.

scallop—to bake food which has been combined with a sauce or arranged in layers with a sauce, like scalloped potatoes.

simmer—to cook in a liquid just below the boiling temperature. The liquid usually contains very small bubbles.

steaming—cooking in steam from boiling water, not in the water itself.

stew—cooking a long time at a simmering temperature in a small amount of water.

stirring—food is mixed thoroughly by a circular motion around the bowl. You have to be sure to get all the food mixed in.

whip—to mix in air by a very rapid over and over motion.
The Food You Eat

Fruit

Fruits pep up our meals. They may be served cooked or fresh, and either way they'll add color, variety and flavor. You can find many ways to use them in all three meals. You can 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.)

You should eat at least two servings of fruit each day. One should be tomatoes or citrus fruits, such as oranges or grapefruit, the second may be any other fruit.

Fruits to be eaten raw should always be washed. When you cook them, try to keep as much of their natural shape, color and flavor as possible. To do this, simmer, steam, or bake them in syrup. Maple syrup, honey, molasses, or corn sirup may be used to sweeten fruits, but these sweeteners have flavors of their own. Sugar just sweetens!

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 attractively. Here are some suggestions:

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

Orange Slices—Peel orange and slice across.

Curled Oranges—Slit skin of orange down in eighths and loosen sections down three-fourths of the way. Then fold skin section down half way, tucking it inside. 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 and pick it out. Drop a red cherry in center.

Whole Apple or Pear—Wash and polish. Serve with a knife.

Grapes—Break bunch of grapes into serving size pieces. Do not break grapes from stem.

Whole Peach or Apricot—Wash and dry. Serve one peach or three apricots on small plates with a knife.

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

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

Strawberries—Wash, lifting berries out of water. Serve unstemmed with a little powdered sugar, or stem and serve with cream.

Raspberries—Wash, lifting berries out of water. 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. Cut an assortment of fruits into serving pieces and arrange attractively on a plate.

Fruit Storage

You can store some fresh fruits outside the refrigerator if you'll follow these simple rules:

a. Oranges, lemons and grapefruit—Store in a cool, dry, well ventilated place.

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

c. Apples—Store in a cool place. Apples soften rapidly at room temperature.

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—Store in a cool, dry, well ventilated place. Food canned in glass should be stored in a dark place to keep the color from fading.

Vegetables

Learn how to prepare vegetables properly; they add much nutrition plus texture, color and flavor to your meals. They're especially valuable for iron, vitamin A, vitamin C, riboflavin, niacin and roughage. Most vegetables can be eaten either raw or cooked.
Vegetables are cooked to soften the fiber, cook the starch, and sometimes to improve the flavor. Cook vegetables to keep their food value. Here are some ways:
1. Use as little water or liquid as possible.
2. Have water boiling 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. When cooking green vegetables, such as turnip greens, leave the lid off for 15 minutes. This helps keep the green color.
8. Do not throw cooking water away. Use it in soups and sauces.

Buttered vegetables—cooked vegetables are frequently seasoned by adding one tablespoon of butter for each cup of cooked vegetable. Melt butter, then pour over vegetable and mix lightly.

Creamed Vegetables—Mix one cup of medium white sauce with 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—Eat as many vegetables raw as you can; they’re better for you. Vitamin C is lost in cooking. Raw vegetables add crispness to the meal, giving a nice variety of texture.

Prepare raw vegetables by washing well and placing them in a cool place. They should be cut or divided into the desired size pieces shortly before the meal is served. Do not soak raw vegetables for any length of time.

Arrange attractively on a plate, or mix together as a tossed salad with or without dressing. Many people prefer the dressing served separately.

Try these vegetables raw:
- lettuce
- radishes
- onions
- carrots
- cabbage
- cauliflower
- kohlrabi
- turnips
- Chinese cabbage
- endive
- beets
- rutabagas

Vegetable Storage

Storage on the supply shelf—Some fresh vegetables store satisfactorily outside the refrigerator:

You can store potatoes, onions, root vegetables and squash that are to be used in a week or two, in a cool, dry, well ventilated place. In very warm weather this should not be done. Remove the tops of root vegetables, leaving little stem.

Storage in Basement or Cellar—Store fresh vegetables for winter use whenever possible. This is the cheapest and easiest way to preserve them, and when it’s well done, their flavor is tops.

If you’re going to store potatoes, dig carefully and avoid bruising. If the ground is dry, the potatoes will be clean. Don’t let the sun scald them. Place freshly dug potatoes in a cool, moist place (60° F.) for about two weeks. That helps heal bruises and prevent decay. Store them in a dark, cool (35° to 40° F.), moist place.

Tomatoes that are still green at frost time will ripen on the vine if you pull the vine and hang it from the cellar ceiling by its roots.

Salsify, parsnips, horseradish and vegetable oysters are not injured by freezing. These vegetables may be left in the ground until spring.

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

To keep weevils out of dried beans and peas, spread beans and peas in a baking pan and place in the oven at a temperature of 130° to 140° F. for 20 to 30 minutes.

Beets, carrots, rutabagas, parsnips, salsify and turnips that are to be stored should be harvested at the “just ripe” stage. Leave about an inch of top. Place the vegetable in a cool, moist place with little air circulation. You can store them in tightly covered boxes or crocks or by packing in sand. To pack in sand, place two to three inches of slightly moist sand in the bottom of the box, then put in layer of root vegetables, placing them so they don’t touch each other, add more sand and more roots until the box is filled.
Store late cabbage and kohlrabi in deep slatted shelves in the same cellar room with the root vegetables.

Pumpkins and squash should be stored when fully ripe. Harden the shells by placing in a warm place for several days, then place on shelves in the cellar, as these vegetables need an airy place. Do not carry by the stem; it often breaks, causing spoilage.

When onions tops fall over, the onions are ripe. They should be pulled, spread out in an airy shed or tied in bunches to the ceiling of the storage shed until the tops are dried. Remove the tops, leaving one and a half inch stems. And spread out in a cool, dry place. Onions keep well for two months. They must be placed where the temperature is close to freezing, or they’ll sprout.

Successful storage of fresh vegetables for a long time depends upon temperature, humidity and air circulation.

Eggs

Many colorful, exciting dishes can be made from eggs. Someone has said, “There are 742,367 ways of preparing eggs,” so you’ll be able to find many ways to serve them to your family. Everyone can eat them—the baby, the growing boy or girl, parents, or older folks. If you’re a beginning cook, you’ll want to try them often; they’re easy.

Principles of Egg Cookery—Always use a low temperature when cooking eggs. This will make the white tender.

1. When cooking eggs in the shell, simmer water, never boil it. Such eggs should be called hard-cooked or soft-cooked, not hard-boiled or soft-boiled. Cook the eggs to any stage of doneness, but don’t boil. For soft-cooked eggs, allow 3 to 5 minutes; for hard cooked, about 20 minutes. Cool hard-cooked eggs immediately.

2. When poaching eggs, follow the same rule. Just simmer—don’t boil water. Cook until the yolk is at the desired stage of doneness.

3. To fry eggs, put them in 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.

4. When cooking an egg mixture on top of the range, use a double boiler. If you don’t have a double boiler, make one by placing the pan containing the egg mixture in a pan of water. The heat of the water cooks the egg slowly.

5. To cook eggs in the oven, follow the same general principle by having the low heat. Place the baking dish or pan in a pan of water to bake.

Serving Eggs—Serve eggs alone or in combination with other foods. You can cook or bake them in a large dish or pan and serve from a bowl at the table, or to the plates individually. Try them in individual baking dishes, too.

Cheese

Cheese is very concentrated, and is harder to digest than some other foods. It should be served with bulky foods, such as vegetables or fruits. Cheese is digested more easily if eaten in a finely divided form.

Milk

Milk is often called the “most nearly perfect food,” because it gives us so many essential food nutrients. No one food alone is perfect, but milk is one for which there is no satisfactory substitute. All forms of milk—whole fresh milk, skimmed milk, buttermilk, dried milk, and evaporated milk—are valuable.

Milk may be used in many ways in all the meals of the day, and in between times, too, as a refreshing beverage. Use it to make cream soups, creamed vegetables, main dishes of eggs, meat and fish, or in desserts.

The best milk drink is fresh, cool, whole sweet milk. Everyone should drink milk in this form. For a party or special occasion, you can change the flavor of milk by adding fruit, egg, or chocolate sirup to it.
Custard—Try baked or soft custard often. It’s a tasty, nutritious dessert, and not difficult. For variety, make chocolate or fruit custard. For fruit custard, just pour cooked custard over fruit. Sliced bananas, oranges, pineapple and peaches are particularly good.

You can brighten up custards with many garnishes. Sprinkle with chopped nuts or coconut, or decorate with cherries or cubes of jelly.

Soups—Soups made with milk are delicious on cold winter evenings. Use them as the main hot dish for a meal. The usual proportion of ingredients is \( \frac{1}{4} \) to 1 cup of cooked vegetable to one cup of thin white sauce. Either cut your vegetable in small pieces or force it through a sieve before adding the white sauce.

Garnish cream soups with grated cheese, paprika, peanuts, popcorn, chopped nuts, bits of toasted bread or crackers. Serve crackers or toasted bread with soup, or sandwiches, for an especially hearty meal.

White Sauce—You’ll want to learn to make a smooth white sauce; you’ll use it in many, many dishes for variety. Thin white sauces are used in soups, medium ones you’ll use for creaming vegetables, and thick sauces are for foods like croquettes.

Meat*

Meat is the center of your meal, so you’re a wise girl to learn all about it. All meats are equally tasty when cooked properly; the trick is in the cooking. To choose the right cooking method, you must first know what kind and cut of meat you have.

Kinds of meat—Beef has bright red lean meat streaked with a brittle fat. Veal (very young beef) is light pink and fine-grained with very little fat sur-

*For additional information on meat, see Extension Circular No. 541, “Meat—Selection, Care, Cookery.”

Make an entire meal in one pan

Add water after roast is browned

rounding the larger cuts. Veal contains more connective tissue than beef.

Lamb is pinkish red and fine-grained with clear white brittle fat. Mutton is a darker red with hard white fat.

Pork is grayish pink, streaked with soft fat.

You can put meat into two classes—tender and less tender. In general, the less tender cuts come from the parts of the animal that are used most—legs, rump, belly and shoulders. The tender cuts are from the least used sections of the animal’s body—the upper back (loin portion). Cook cuts according to tender-ness. Learn your cuts and the problem’s half solved!

Cooking Meat

1. Cook tender cuts by dry heat. That is, don’t cover them or add any water. Broiling, roasting and pan-broiling are methods of dry heat.

2. Cook less tender cuts by moist heat. That means you usually add water and always cover the utensil you’re cooking the meat in. Braising, stewing and cooking in liquid are methods of moist heat.


4. Frozen meat is cooked by the same methods as fresh meat. Thaw it before or while cooking. There is a little loss of juice during thawing, but this is less if the meat is thawed in the refrigerator. If frozen meat is cooked unthawed, cook it longer.

5. You may cook beef and lamb rare, medium or well done; veal, well done; mutton and fresh pork always should be cooked well done.

Care of Meat—Remove the wrapping paper on meat at once and store the meat uncovered, or loosely wrapped, in the coldest part of the refrigerator (40° to 45° F.). By storing meat unwrapped or loosely wrapped, the surface dries slightly and slows down spoilage.

Carving—Always cut meat across the grain. To carve a steak, loosen the meat from the bone by cut-
ting along the edge of the bone with the point of your knife. Cut the meat into serving sized pieces and include some of the tender muscles for each serving.

When carving fowl, place it breast up, with legs to your right. 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. Remove the wing at the body. Cut off the tip and divide the wing into two pieces. Slice the breast across the muscle grain. Remove cut pieces of chicken to a serving plate. Carve only half the chicken or turkey before serving, so the remainder will stay warm. Serve dark and light meat with dressing on each plate. Split back and rib pieces down the center.

Cereals

This is the group of foods that supplies much of your energy. Wholegrain or enriched cereal foods contribute body-regulating nutrients, too. In most homes some form of cereal food is served at every meal. They're grouped as follows:

- **Breakfast cereals**—cooked or ready-to-eat
- **Bread**, plain or toasted; also plain and sweet rolls
- **Hot breads**, such as biscuits, muffins, popovers, pancakes, waffles and spoon bread
- **Flour and flour products**, such as macaroni and spaghetti
- **Ready-to-Eat Cereals**—Ready to eat cereals are more expensive than home-cooked ones. However, they add variety to your meals. If the ready-to-eat cereal gets soft, crisp it before serving. Put in a shallow pan in a 350° F. oven for a few minutes.

The thermometer tells you when the roast is done

**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, heat measured water over direct heat until water boils. Slowly add the measured cereal and salt, stirring constantly. Cook over direct heat until the cereal thickens, then cook over boiling water (double boiler) until there is no raw starch taste. Longer cooking will develop more flavor. Always follow the directions given on the package.

**Breads**

**Quick Breads**—Perhaps you've tasted biscuits that "melt in your mouth" and golden brown muffins that are "light as a feather." You may even be a master at making them. Let's learn more about these quick breads, though, and put all the knowledge to practice.

The quick breads were so named because they're easy and quick to make. Instead of using yeast, quick breads are made to rise (leavened) with baking powder, soda, steam, or air. Some of the ones you'll want to try are biscuits, muffins, corn bread, coffee cakes, nut breads, popovers, griddle cakes and waffles. Most of them are served hot.

Serve quick breads at any meal: they're especially nice for breakfast or supper. Why not surprise your family and serve hot muffins for breakfast, or give them hot coffee cake at lunch?

The secret of tasty quick breads is in measuring and mixing. Mix them as quickly as possible. If you overmix muffin batter, they'll have tunnels, a peaked top, dull crust and they'll be tough. Flaky, tender biscuits also depend on proper mixing. Yellow or brown flecks in the finished product are caused by improper sifting of the leavening agent with flour.

*For additional information on breads, see “Have Fun—Make Rolls” and “Breads of Many Lands.”

Thick cuts are best for broiling
Yeast is tiny plants that grow in the dough and produce carbon dioxide gas.

Use your imagination and try different variations with your favorite quick bread recipes.

Two mixing methods are commonly used for quick breads—the muffin method and the biscuit method. You'll want to become familiar with both.

In the muffin method, combine the dry ingredients, then mix with the wet ingredients. In the biscuit method, cut the fat or shortening into the flour, then add the wet ingredients.

Always use good ingredients. The principal ones used in quick breads are flour, eggs, liquid, fat, sugar, leavening agents and salt.

You may use any kind of flour, but all-purpose flour is most often used. It's less expensive than cake flour and gives good results. You can use whole cereals, too, to give additional food value in vitamins, minerals and roughage.

Use good quality eggs. An egg in a recipe means an average sized one. If you use small or very large ones, adjust the amount you add to the recipe. Break eggs with a knife or spatula to prevent shattering of the shell.

Milk, either sour or sweet, skimmed or whole, is most commonly used as the liquid in quick breads. Water can be used, though. Muffins made with sour milk or cream are just as good as those made with sweet milk or cream, if the sour milk doesn't have an "off" flavor.

Fats are used in all doughs and batters for shortening; they also affect flavor and keeping qualities. You may use any good quality fat. Lard is successful in the biscuit method of mixing because it has high shortening value and is easily cut into the flour.

You can use either brown or granulated sugar in quick breads. The flavor of brown sugar with whole cereal makes it the choice for whole cereal products. If you like the flavor of molasses or honey, try them too.

Common Causes of Muffin Failure:
- Heavy and compact—too stiff a batter, too much stirring, too slow oven.
- Dry and Crumbly—over-baked, too much baking powder.
- Tough—Too much stirring, too little fat, overbaked, slow oven.
- Tunnels—Too much stirring, too much flour.
- Bitter flavor—Too much baking powder.

Common Causes of Biscuit Failure:
- Brownish spots—too much soda or baking powder.
- Dry and Crumbly—overbaked, 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, too little mixing.
- Uneven shape—careless handling.

Yeast Breads

In the hectic, hurrying lives we lead, homemade yeast breads almost have become a lost art. Surprise the family with an occasional loaf of bread, or a batch of rolls, or some yummy sweet rolls for breakfast.

Don't get discouraged, if your bread doesn't turn out like you think it should the first few times. Good yeast bread takes patience and practice.

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

A strong flour or "hard wheat" flour, makes the best yeast bread, but most people use all-purpose flour because it's most common. Whatever flour you use, be sure to measure and sift properly.

Yeast is a tiny plant that grows in bread dough and produces carbon dioxide gas. That gas stretches the dough and makes it light. Yeast, whether dry, liquid or compressed, is equally good if prepared properly. It takes longer for dry yeast to make bread light because the plants are inactive. It doesn't have

Everybody loves cream puffs!
to be refrigerated, as compressed yeast does. The compressed yeast has very active plants, which grow immediately when put into the dough.

Any form of milk—whole, skimmed, dried or evaporated, may be used in bread. Milk improves the quality and food value of the bread. If you use milk or potato water, the bread doesn’t dry out so quickly as when water is used.

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

Sugar makes the dough rise more quickly, helps to give the crust a golden brown color, and improves the flavor. A small amount of salt helps the yeast grow. Enough salt should be used to bring out the wheat flavor. Too much fat, sugar or salt slows down growth of the yeast.

Kneading is a very important process in bread making, so try to master the technique. It develops what we call “gluten,” in the dough. When the yeast goes to work and starts producing gas, those spaces expand and make the dough rise. You have to knead long enough to strengthen gluten, so the air spaces won’t break when the dough rises—if they did your bread would be compact and have large holes.

As soon as you add yeast to the dough, fermentation starts. Some of the starch in the flour is changed to sugar, then to carbon dioxide gas and alcohol. The gas makes the dough light; the alcohol evaporates when the bread is baked.

Yeast works best if the dough is kept between 80° and 85° F. Above 95° F. the growth of the yeast is slow, and if the bread is chilled, the yeast won’t grow. If the room is cold, set the bread in a pan of warm water and cover it, or place the dough near the range where it’s warm. A thermometer is a big help in bread making!

Stop the rising of the dough at just the right point. If the bread rises too long (is too light), it may develop an unpleasant flavor and be coarse grained. If the dough does not rise enough, the bread will be heavy.

The volume, appearance, and feel indicate when the dough has risen enough. When you think it has reached this stage, press one finger into it—a slight depression will remain if the dough has risen enough. If it disappears quickly, the dough should rise a little longer.

**Sponge Method**—The dried yeast can be made into a “sponge” early in the morning or the night before. This method sometimes is more convenient, because it takes less time.

Break the yeast cake into small pieces and soak for about 3 minutes in a cup of scalded water, cooled to lukewarm. The liquid called for, the yeast and half the flour are then mixed and left until they form a light, frothy sponge. For a quick sponge, the sugar is also mixed with the other ingredients.

The sponge is left to rise overnight at room temperature, 65° to 75° F. For a shorter sponge process, the temperature will have to be warmer—80° to 85° F. When light, add the salt, sugar, melted fat and the rest of the flour, and continue as in straight dough method.

**Homemade Mixes**

Today’s supermarkets have all sorts of mixes: cookies, cakes, rolls, etc. You can cut down expenses by learning to make your own mix and store it on the pantry shelf. It’s really simple to do, and fun, too. So many interesting quickbreads, rolls, cookies and cakes can be made from a basic mix.

If you use a vegetable shortening in your mix, it can be stored on the pantry shelf indefinitely.

For additional information on homemade mixes, see mimeographed Extension circular, “Homemade Mixes.”

**Desserts**

Desserts add a final touch to a meal, like a belt to a dress. Make sure you have all the necessities, then add a dessert, if you wish. With heavy, rich meals, you’ll want a light dessert, like fruit sauce or ice cream. When you have a lighter meal, maybe cake or pie can fill out the bill. Just make sure sweets don’t substitute for valuable foods.

**Fruit Desserts**

Serve fruit desserts often. They’re good for all members of the family. We should eat two fruits daily. A fruit dessert helps meet this requirement. Fruit desserts can be either sauces, juices, or raw fruit.

Fruit sauces can be canned fruit or freshly cooked sauce. Here are two suggestions to remember when cooking sauce. Don’t add too much water—the sauce will lose flavor. Add sugar when you remove sauce from the range—the fruit will have better flavor.

Raw fruits make ideal desserts. When serving fruits that require a knife for peeling, serve one with the fruit.

Try fruit juices for dessert. Serve sweet wafers or tiny cookies with a glass of fruit juice.

Fruits may be served at the table, or each one may help himself. Fruits of different colors are attractive served together. Try the red ones with yellow ones. Then add a brightly colored serving dish for a truly festive air!

Gelatin desserts are good too! They add gay color and when you put in fruits, the dessert is especially attractive. Gelatin is easily digested. The prepared gelatin desserts contain sugar and flavor.

First soak gelatin in cold liquid, then dissolve in
Cookies are good as snacks or served with fruit hot liquid. The general proportion is: two tablespoons of gelatin to one quart of liquid.

Fresh pineapple cannot be used in gelatin dessert, because it is very acid, and the gelatin won’t thicken. Cooked pineapple is all right.

To unmold gelatin, loosen upper edge with a sharp knife, dip mold in lukewarm water, then invert over a plate and shake gently.

Cookies

Cookies are good as snacks or served with fruit for dessert. There are four types:

Rolled cookies are rolled on a lightly floured board, then cut.

Drop cookies are dropped by spoonsful onto a baking sheet.

Refrigerator cookies are chilled so they’re easy to slice.

Bar cookies are spread in a pan, baked, then cut into pieces.

The secret of successful rolled cookies is to handle the dough as little as possible, and use no more flour than necessary. You can do this by chilling the dough; this hardens the fat and makes the dough easier to handle. Cold dough requires less flour for rolling and rises more when baked, than dough at room temperature. Dip cooky cutter in flour before using. Roll out small portions of dough at a time and cut as many cookies as possible. Then only a little dough will need to be reworked. Use light, quick strokes to roll the dough, so it won’t stick to the rolling pin. Or, cover the board with canvas and the rolling pin with a stockinette. Use only as much flour as necessary when rolling. Excess flour keeps cookies from browning on top, tends to make them firm on the bottom, and usually makes them hard and dry.

Cakes

There are two basic kinds of cakes—those with fat, and those without.

Cakes containing fat should have a velvety texture, be light and fine grained, and have small holes, evenly distributed over the cut surface.

To make a good cake with fat the problem is to thoroughly combine the ingredients, yet not stir out the carbon dioxide liberated by the baking powder. It’s necessary to combine the ingredients in cakes so they stay together. If they separate, the velvety texture is lost.

Cake flour is not essential for cakes with fat. Excellent cakes can be made with all-purpose flour. If the recipe calls for cake flour, and you’re using all-purpose, use 2 to 3 tablespoons less flour per cup called for.

Any number of fats can be used successfully in cake; but, they should “cream” easily.

Use medium sized eggs.

Fine granulated sugar gives the best results. Coarse sugar can be crushed by rolling before sifting.

There are two methods to make cake with fat, the conventional and the muffin methods. In the conventional method, cream the fat, add the sugar (two tablespoons at a time, then the egg yolks. Then alternate adding the sifted dry ingredients with the liquid, beginning and ending with the flour mixture.

It is necessary that the ingredients be thoroughly combined at every stage. Cakes take lots of beating to combine the many ingredients. Remember, however, it doesn’t matter if you’re slow at mixing before the first milk is added. But as soon as it is, the baking powder begins to act, and you must work quickly so the carbon dioxide gas isn’t lost. Give the mixture a good beating after each portion of liquid is added. Beat the egg whites until they are stiff, but not until they lose their shiny appearance.

Fold in the beaten whites last. Keep working until egg flakes disappear. A cake containing fat loses gas when stirred, but the egg white must be thoroughly folded in, or the cake will be coarse. Pour the batter into the greased baking pan immediately.

A fairly good cake can be made by the muffin method. It will be light, and have good flavor, but

Angel foods are more difficult


doesn’t keep as well as the one made by the conventional method. It dries out faster, and is more coarse. A beginner might want to start with this method.

Sift the dry ingredients; mix the wet ingredients until well blended. Then add the dry ingredients to the wet ones, and beat one minute. Pour into a greased pan.

Cakes made by the muffin method are best when baked in muffin tins and served hot. Reheat left over cakes by sprinkling with cold water; return to the muffin tins and heat at 400°F until warm.

Melted fat should be slightly cooled with this method. If the fat is too hot it hastens the action of the baking powder, and if it’s too cold it won’t mix well with the other ingredients. The cake would be coarse and granular.

Your cake is done when a toothpick, inserted in the center, comes out clean. A well baked cake shrinks from the pan and doesn’t dent when touched lightly with a finger. Remove from the pan when baked and place on a rack to cool. This keeps steam from condensing and effecting the texture and flavor.

Angel food and sponge cakes contain no fat. Air is the leavening agent, and if lost, the cake will be compact and heavy. If the whites are not completely folded in, the cake will be coarse. Combine the ingredients gently for a fine, even grained, large volume cake.

Cake flour and finely granulated sugar help make light tender angel food and sponge cakes. Cream of tartar is an essential in angel foods, and desirable in sponge cakes. If angel food cake is made without cream of tartar, the cake turns cream colored and tends to shrink during the last few minutes, making it flat and heavy.

When mixing angel foods, the sugar and flour are folded into the egg whites. In sponge cakes, the egg whites are folded into the other ingredients. The folding motion is the same.

Fold by cutting down through the middle (use a whip or rubber spatula), go across the bottom of the bowl, come up one side and go gently across the top. Rotate the bowl for each folding sequence. Rough handling is disastrous, so fold gently.

When these cakes are done, they should be suspended upside down on a rack, still in the pan. The structure is delicate, and must cool in that position or the cake will fall.

Do not grease the pans for these cakes. The cakes need an ungreased cake pan so they can cling to the sides while rising.

**Pies**

“Easy as pie” is an old and familiar saying, but many cooks don’t think they’re quite that simple. Let’s see what pie making involves.

First there’s the crust—a most important part. A good pie crust should be flaky, tender enough to cut with a fork, but not so tender that it crumbles. It should have a rough blistered surface, and be golden brown on the bottom. You’ll use these ingredients for a pie crust: flour, salt, fat, and water.

Sift the flour and salt into a bowl and add shortening. Cut the shortening into the dry ingredients until the mixture resembles coarse corn meal. Use a pastry blender or two forks.

Add very cold water gradually, so it’s evenly distributed among the fat-flour particles. Make sure the water dampens all parts of the flour mixture.

The dampened particles stick together and roll into lumps. Press the lumps together without kneading. The result is a ball of dough that is not sticky from too much water, nor crumbly from too little. The result will be a tender, flaky crust.

The amount of water you’ll use will vary with the temperature of ingredients, the fineness of division of ingredients, and the rate you add the water.

To roll the crust, press dough into separate balls for
Meringue on left was not beaten enough while the one on the right was beaten too much and is dry. Meringue for pies should stand in peaks as it does in the top of picture.

Each crust. Handle the dough as little as possible. Place the dough on a floured board and roll it flat with a floured rolling pin. You may find rolling easier if you will cover the board with canvas and the rolling pin with a stockinette before flouring.

Roll the dough out lightly in each direction with short strokes of the rolling pin. If it sticks, loosen with a small spatula. Lift the dough edge with the left hand and dust flour underneath. Roll the dough to ¼ inch thickness.

When the dough is rolled to the right thickness, fold one-half over the other and into quarters, if desired, then lightly place in a pie plate. When you make the edging, be sure not to stretch the dough. If you do, it will shrink while baking. Prick the dough with a fork so it won’t bulge into big blisters when baking.

Now comes the filling. For two-crust fruit pies, be sure to pack the fruit solidly. If it’s loose the top crust will be much too high for the pie.

There are some special things to remember when making cornstarch fillings. Here they are:
1. Combine cornstarch with sugar before adding the liquid. This will help prevent lumping.
2. Cook filling long enough to cook the starch and thicken the mixture.
3. A good cream, custard, or pumpkin filling holds its shape when lukewarm or cold. The texture is smooth and the flavor pleasing, with no raw taste. A good fruit filling has tender fruit pieces that hold their shape. The pie is juicy with a flavor characteristic of the fruit. The color is that of the natural fruit.
4. Meringues are sometimes used on one-crust pies. Here are a few rules for making good ones:
   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 sugar for each egg white. Too much sugar gives a sticky, or sugary product. Too little gives a less fluffy and tougher meringue.

Salads*

Salads help give variety to meals. Their crispness, freshness, color and pleasant flavor make eating much more fun. Fruit and vegetable salads are so good for you, too. Remember these things when you make salads:

Separate the leaves and stalks of vegetables into their natural divisions. Remove inferior portions.

Wash fruits and vegetables carefully, especially if they are to be used raw. They sometimes carry dangerous bacteria. Salted water helps to remove insects.

Place salad vegetables in cold water until crisp, then store them in a cool place in a covered dish until time to serve. Do not leave them soaking in water.

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

Marinate starchy foods, meat and fish, with French dressing for an hour before serving; drain off the dressing before adding other salad dressing.

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

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

Garnishes pep up salads. They should be easy, small, and well placed—a dash of paprika, sprinkle of grated cheese, finely chopped parsley, cherry, nuts or jelly. Always eat the salad garnish.

Serve salads as the main course, an accompaniment to the main course, before or after the main course, or as a dessert. The most common way is with the main course.

*For additional information on salads, see Extension Circular 527, “Good Salads.”
Serve Your Meals

Dinner

Dinner is usually the largest meal of the day, whether you serve it at noon or in the evening. This meal usually includes more foods than either of the other two meals. Try planning around this basic menu:

- Meat or Protein Dish
- Starchy Vegetable
- Green or Yellow Vegetable
- Salad
- Dessert
- Bread
- Beverage
- Butter

Lunch Basket Meals

There's a bit of hobo in every one of us, so let's find out about lunch basket meals, even if they're in the backyard!

If it's a meal that you're going to cook out-of-doors, plan the food and equipment well in advance. It's smart to make a list of things you want to take, so nothing's forgotten.

Have everybody help in some way. If possible, suggest couples work together. They'll love cooking their own food. Maybe each person will bring some part of the meal. To accompany your meat, or main dish, plan a favorite salad. Or include some crunchy relishes. If you want to have dessert, keep it simple. Fresh fruit often serves the purpose.

You might want to try an old favorite foil-cooked meal. Wrap the following foods in heavy aluminum foil and fold, using the drugstore wrap: ¼ pound ground beef, bacon slice or fat, onion slices, potato, tomato and carrots, salt and pepper. Place in the fire and cook about 20 minutes. Turn once. Use your imagination for complete dinners wrapped in foil!

If you're planning a lunch basket for school, there are other things to remember. The sandwich is the backbone of a lunch basket, but try different combinations. If possible, include a hot food. And don't forget the milk! Include dessert surprises that'll be satisfying and highlight your good lunch.

Use a container that's well ventilated and easy to clean. Wrap all foods and don't forget to include napkins, any utensils needed, and salt and pepper, if needed. A "rule of thumb" for lunch baskets is: something hearty, something sweet, something to drink, and a surprise to eat!
A Basic Food Plan

A body must have certain foods every day if it is to remain healthy. A poorly fed body is an invitation to disease and illness. The right type of food will help you get well faster by building and repairing body tissue.

I

The Meat Group gives you protein for building and repairing muscle and other tissues, iron for red blood cells, and vitamins for good digestion and steady nerves. This group also includes eggs. Eat one serving daily or at least four servings per week.

II

The Milk Group provides calcium and phosphorous for bones and teeth; protein for muscles and other tissues; riboflavin for eyes, skin and body growth. Children and adolescents need at least one quart each day, adults one pint.

III

The Fruit and Vegetable Group provides Vitamin C for healthy blood vessels, gums, muscles, etc.; Vitamin A for building tissues that line nose, throat, lungs, etc. Each day you should have one serving of food rich in Vitamin C, one serving rich in Vitamin A and two or more servings of other fruits and vegetables.

IV

The Cereal Group provides calories, iron and thiamine. It includes bread, rice and any food which comes from grain. Your body needs at least three servings daily!