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have fun with foods
4-H FOODS PROJECT
unit 5 — plan 2

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LET'S ENTERTAIN

By
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UNIVERSITY OF IDAHO
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REQUIREMENTS FOR COMPLETION

1. Plan, prepare, and serve two special occasion meals for your family.
2. Plan, prepare the food, and serve at a child's party.
3. Plan, prepare, and serve one informal "teen age" get together using a "theme".
4. Plan, prepare, and serve one tea or luncheon for girl friends and/or their mothers working out a central theme.
5. Set up an emergency shelf for unexpected guests. Include convenience foods and record the ones you found useful. Write out two menu plans that can be "whipped" into good meals quickly.
6. Make three kinds of party sandwiches.
7. Make one fruit dessert.
8. Make frozen dessert on two occasions.
9. Make cream puffs or a variation on two occasions.
10. Practice making simple decorated cakes for family, children's or neighborhood parties.
11. Serve a main dish salad on three occasions.

REQUIREMENTS FOR EXHIBIT

1. Display a frosted birthday cake. (No larger than 15" x 15".) Please note that you should expect the cake to be judged as well as the frosting so make one of which you can be proud.
2. Record book.

LET'S ENTERTAIN*



Good parties don't just happen. A penciled plan and a little time spent dreaming will save hours of fretting and last minute dashing.

Home entertaining is a vital and pleasant part of American living. Successful parties need not be elaborate or expensive. A feeling of friendliness is of first importance. A busy family likes simple, informal ways to entertain. Your experiences in previous years of 4-H Foods gave you confidence in the food line. Now you can take time to plan and add the little decorative touches which will dress up simple affairs to make them remembered occasions. The buffet meal, a kitchen party, or "dessert" offer simple ways to entertain friends or family.

PARTY PATTERNS

What fun! Never too young or too old!

Good parties don't just happen. They have to be planned. Even the spur-of-the-moment variety takes some thought. A penciled plan and a little time spent dreaming up a theme will save you hours of fretting and last minute dashing. Work your party patterns so that much of the work is done ahead of time. Then you can be ready to enjoy the fun with your friends.

The fortunate few who are in on the "planning" of your party will have more fun than anyone who comes to the party later. So, the more you give everyone to do with actually making the party, the more fun everyone will have!

Put a "handle" on your party. What's that? Why, that's the theme. You need a handle of some kind on which to hang your ideas. Ask your group for some "handles." Their enthusiasm will grow and more ideas will bubble over. What possibilities! In selecting the theme

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keep in mind the age limits and experiences of the group for which you are planning the party. Parties for your own age group are popular, but don't forget that children's parties are "more fun than a picnic" and that Mother, Father, and Grandparents like parties, too.

It's so much fun—let everybody help! This can be done through committees. Let each committee take care of its own "clean-up" duties so you don't have to have a special clean-up committee. Suggested "fun" committees are:

1. Build-up Committee

They do the "advertising" in every clever way they know, by stunts, posters, fancy post-cards, unusual invitations, build-up curiosity and interest in the forthcoming party.

2. Atmosphere Committee

This committee creates the atmosphere, or sets the stage at the party in keeping with the party theme—preferably by having the people who come to the party do it as they come in the door by making their own costumes, and putting up the decorations.

3. Program Activities

This means planning the actual events of the party, listing each event in order—going from simple to more exciting things and keeping a happy balance of quiet and active games and dances so that all the group will be taking part most of the time. Be sure to list who is in charge so each person knows his cue. Here's the place for the person so clever in thinking up new games and stunts.

4. Refreshments

Refreshments are worked into the party theme so that we can continue the "atmosphere" of the party. Keep them simple, easy to serve, and attractive.

A really successful party has an "ending" — a tapering off into a more mellow mood, leaving everyone conscious of the fun and good fellowship he has had.

Whether you go to the home of a friend or have the party at your house, remember that parents live in the house, too, and that they must be given every consideration. See that every guest you have meets your mother and father, other members of the family, and any guests who may be visiting your parents at that time.

Introductions are simple things if you work them out in your own mind. "Mother, I'd like you to meet my friend, Erma Knox. Erma, this is my mother." And "Erma, may I present my father? Dad, this is Erma Knox."

And watch your own manners when you are presented to others. The impression that you make on parents at the time you meet them may be the one they will hold of you for the rest of your acquaintance. Don't be flippant or smart. Say, "How do you do, Mrs. Graham." If either of the parents offers to shake your hand, readily offer yours in return. Make your handclasp a warm, firm one.

THE BUFFET MEAL

Buffet service creates a friendly, informal atmosphere. Guests enjoy visiting with each other as they serve themselves at your attractive table. Buffets are easier to prepare and easier to serve than the usual type of company dinner. This is a logical type of service for club meetings, after-game suppers, patio breakfasts, or potluck luncheons. The simplest pattern includes a hearty hot

dish, a salad, relishes, bread, dessert, and a beverage. Be sure that the meal is easy to serve and easy to eat.

What to Do Ahead of Time

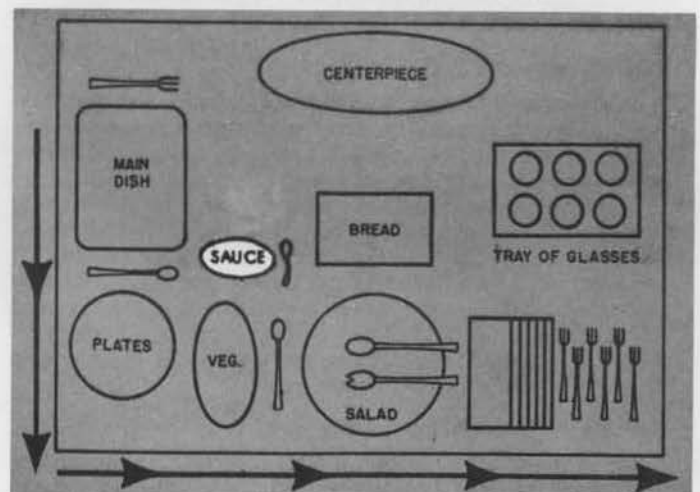
Plan an attractive table with simple decorations that fit the occasion. Select a tablecloth, dishes, and a centerpiece that are appropriate to each other and to the food you are serving. Use your largest dinner plates and napkins. Select serving dishes in a variety of shapes and sizes to make an interesting table. An attractive chafing dish is perfect for serving mixtures such as creamed chicken or beef straganoff. Try to do only as much as you can do well. Plan to serve inexpensive, easy to prepare foods that require little last minute attention.

Arrange the Table for Convenience

Place the main dish at the end of the table. Set the stack of six or eight plates near it. Place other foods along the side of the table with serving silver beside each dish of food. Two serving pieces are usually needed for each food served. Place the spoon at the right and the fork at the left of the dish of food. If one serving utensil is used, place it at the right of the dish. Place sauces, salad dressing, sugar and cream on the table next to the food each accompanies.

Arrange silver and napkins on the other side of the table so they may be picked up last. Placing them in orderly, convenient rows adds to your table's attractiveness. Serve the beverage at the end of the table opposite the main dish or pass it on trays later. Never stack more than two cups together. Avoid using footed sherbets and goblets since they upset easily. Low glasses and cups are better. If your guests are to eat from a plate held in hand, be sure that all food can be easily cut with a fork. Do not provide knives, unless guests are seated at tables where they can be used without too much trouble.

Table arrangement for main course at buffet supper. Buffet against wall.



BUFFET LUNCHEON MENUS

Cheese Souffle
Frozen Fruit Salad
Cinnamon Rolls
Milk—Hot Tea

Chicken Salad Supreme
Tiny Cream Puffs
with Cream Cheese
Lemon Chiffon Pie
Coffee—Milk

Keep the Menu Simple

Limit the menu to two courses, a main course and a dessert, with a beverage. This means you may plan for one or two hot dishes, a salad, rolls, and relishes. With the arrangements made for eating well in mind, observe all the rules of good menu planning. Choose foods which complement each other in both color and texture. Casserole foods are popular since they require no last minute preparations and will stay warm on the table. Preparing two casseroles, so they will come out of the oven in installments will help you serve hot foods hot. Avoid juicy or creamy foods which run together on the plate. Fork foods are preferable.

List everything you wish to serve, including butter, garnishes, mints, nuts, cream and sugar, beverages and an extra supply of ice cubes. Cross out the ingredients you already have on hand and you have a ready-made shopping list. Be sure to check recipes carefully. Plan to prepare enough food.

If you wish, plan to offer your guests a vegetable or fruit juice cocktail or a steaming cup of hot soup before you invite them to the table.

Individual salads mean smoother service. If a tossed salad is chosen, you may want to have someone serve it. Bread or rolls can be buttered.

Ways to Serve

Ask the guests to walk around the table in the direction most suitable to the room arrangement, the table placement and the number of people being served. For girls' parties, guests may hold the filled plates on their laps. Trays make easier lap service. If boys are present, they will appreciate card tables. When you use tables,

arrange the silver, napkins, water glasses, cups and saucers on the tables. Friends can help you with last minute jobs.

Be sure your guests know they are free to return to the table for second helpings, or you may pass the food if you prefer.

Cleanup Chores

Take a few minutes to put your kitchen in order before clearing the main course plates. Put away leftover food.

There are several ways to remove the main course plates before serving dessert. To avoid confusion, ask for help in removing the main course dishes and in serving the dessert and beverage.

If dessert is served at the table, one person can easily remove two main courses plates, take them to the kitchen, and return with two servings of dessert. If guests are seated at tables, ask one or two persons at each table to perform this task.

If guests are going to serve themselves dessert, or be served dessert from the buffet table, ask them to place their soiled plates and silverware on a service table placed conveniently near the kitchen. A friend may arrange the soiled plates and silverware on a tray at this table and later remove the tray to the kitchen.

Have a definite plan for removing the dessert course and the remaining dishes. Provide trays to make it easy. Plan to rinse and stack dishes in the kitchen and provide a container for scraps so that final clean-up chores, after your guests have left, will be simplified. Ask one or more friends to help you.

BUFFET SUPPER MENUS

Sausage Bean Casserole
Bran Muffins Cole Slaw
Apple Crisp — Cream
Coffee—Milk

Veal Paprika in Noodle Ring
Green Peas
Lime and Cottage Cheese Salad
Hot Biscuits — Butter
Tea—Milk



Popping corn, pulling taffy, flipping hotcakes are some of the activities that will have your crowd "cookin' up kitchen dates". Be sure to leave the kitchen as clean as it was when you took over. You might want a repeat performance.

COME AND COOK IT PARTY

For a "have-your-guests-help" party choose substantial, homey food that belongs with informal, kitchen eating. Write the duties on file cards. Let each guest draw for his job and you can be "straw boss." Have any long cooking jobs started ahead of time. Use the drainboard, the range top, or the working counter for buffet service. Let the "cook-guests" help themselves as in a cafeteria. If it is summer you may want to carry your food on trays or in baskets outdoors to eat picnic style.

Grilled sandwiches, waffles or hotcakes, scrambled eggs with ham, or barbecue rolls make welcome variations from the usual hamburger. Milk shake, hot chocolate, or hot spiced cider may be the drink. For dessert, ice cream with assorted toppings "goes over" with the gang. Hot gingerbread or spicy doughnuts can help you show your cooking talents. You might concoct some ham and egg burgers or grilled bacon and cheese sandwiches to further demonstrate your talents.

YOU'RE INVITED TO TEA

A tea is one of the best and least expensive ways to entertain your feminine friends. Your 4-H Club may use this way to entertain mothers or to honor your newly-elected officers. No entertainment is necessary but the tea may follow a program or your regular club meeting. Between 3 and 5 o'clock is the usual hour.

With no men to consider you can be as dainty, fancy, and daring as you please. Because small details make the party, take time to write out a plan and check it as you go.

This is the time to go "all out" in dressing up the table. Use colorful, spotless linens and your best silver and dishes. Interestingly arranged fruit, flowers, greens or figurines can help you carry out a seasonal theme. The centerpiece may be larger than one for a dinner table.

All the kitchen work can be done in the morning or the day before. With good planning you will have time to enjoy the tea as much as the guests.

What to Serve

Serve dainty finger foods such as small cookies, tiny cakes, or open-faced sandwiches. The beverage may be hot or iced. Salted nuts or candies are accessories.

How to Serve

Place the coffee service or the punch bowl at one end of the table and the tea service at the opposite end. Arrange tea plates, cups, teaspoons, and napkins conveniently. Two of the hostesses or their close friends pour the tea and other beverage. The guests help themselves to the food on the table whenever they wish.

Pinwheels, checkerboards, rolled and ribbon

sandwiches look complicated but they really are easy to make. It's all in knowing how. If you have not already explored the recipe books for some of these there is no time like the present.

If you plan to use nut and fruit bread, bake it the day before for easier slicing. Serve it buttered or with cream cheese, peanut butter or jam filling. An apple cheese bread is good with butter only.

COME OVER FOR DESSERT

Often a group which meets regularly for social or business reasons limits refreshments to a dessert and beverage. Or you may want something especially good to finish the family meal. Cakes, pies and pudding are calorie rich. They provide quick energy needed by active children and hard-working adults. But we ask more of desserts than that. A wise cook plans dessert as a part of a well balanced menu. It can add its share of minerals, vitamins and other protective foods. Many of the dessert ingredients come from your farm. For example, eggs, milk, butter or cream and fruits form the basis for many desserts. These contribute protein, calcium, iron and many of the vitamins.

In other years you have worked with cookies, custards, cakes and pies. A few different fruit desserts you may want to try are: Prune soufflé, apple nut supreme with cream sauce, peach angel cake.

Variations of butterless cakes include dessert rolls. You will find dessert roll an old-fashioned favorite because it is the basis for jelly roll, Lincoln log, ice cream roll and many other variations. You will find many recipes for these as you further explore standard cook books.

You may also find cream puffs or chocolate eclairs exciting to make and serve. They afford another idea for a dessert which your guests will talk about.

For special treats you will find frozen desserts are easy because they can be prepared early and they take little last minute attention.

A BASIC ICE CREAM

(Caramel flavored)

½ c. sugar	2 eggs, separated
1½ c. milk	⅓ c. dark syrup
⅛ t. salt	

Caramelize the sugar by letting it stand in a heavy skillet over low heat until a light brown liquid has formed. Scald the milk. Add the

caramelized sugar and stir until dissolved. Add salt. Beat the egg yolks well. Stir a small amount of milk-sugar mixture into them. Pour into hot mixture and cook over hot water until the mixture coats a spoon. Cool. Pour into freezing tray and freeze to mush-like consistency. Beat egg whites until stiff. Gradually beat in corn syrup. Stir into partially frozen mixture. Freeze until firm, stirring at the end of the first hour. Serves four to six.

A BASIC FRUIT ICE CREAM

¾ c. crushed berries,	1 T. lemon juice
fresh apricots	¾ c. sugar
or peaches	½ c. water
¾ c. milk or cream	

Mix lemon juice with the fruit. Boil sugar and water together five minutes. Blend fruit, syrup, and cream. Pour into freezing tray to freeze until mush-like consistency. Remove from tray and beat until light colored and fluffy. Return to freezer to freeze until firm. Serves four.

SPECIAL LUNCHEONS

Your club has served special luncheons for guests each year. Let's make this year's luncheon a memorable one. Several days ahead have a committee make place cards, check linen, silver, and dishes. Let one committee plan the table and set it. Another committee can plan the menu and do the cooking.

If your main dish is a salad, you can bake a hot bread, and plan a rich dessert that can be made the day before.





Remember special days. Meals for family celebrations around the family table are often some of our happiest hours.

FUN WITH THE FAMILY

Your family, as well as your friends, are your guests when they sit down at your table. The generosity, courtesy, and cheer with which you have planned and prepared a meal can mean much to them. An attractive table and a pleasing meal help to put aside the cares of the day.

There are many ways of making mealtime a sociable and friendly hour. The happy bits of conversation and the free exchange of opinions make the time spent at the dining table the ideal family hour. Good manners and social poise come through everyday practice.

So—put a bowl of flowers on your table, a gay tablecloth, or the best china or silver—just for the family's enjoyment. These little things help at mealtime. And, when special occasions—holidays, company dinners or parties—come along, every member of your family will be at ease. They will be able to make your guests feel they are really part of a friendly family circle.

Remember special days—birthdays, anniversaries, and other occasions. Meals for family celebrations make the times at the family table into some of our happiest hours. Look in magazines for holiday decorations. Collect recipes the whole

family enjoys. Re-use old favorites that are traditional in your home. One-dish meals, casseroles, and buffet suppers are all fun to serve and easy to do. Serve them with green salads, crusty rolls, and a fruit dessert. Use contrasts in food colors, flavors, and textures to heighten the eye-appeal and appetite-appeal of the meal. Simple meals save precious food. You will have less waste and fewer leftovers if you cut down on the number of dishes served.

The simplest dishes can be attractive and satisfying. Garnishes expertly used give a finished look to any plate. Garnishes are to food what accessories are to clothes. They give that something called—"dash." The rules for effective food-garnishing are few and simple.

Keep them small. They should not be the center of attraction.

Use a garnish that can be eaten.

Garnish dark foods with light colors and light foods with dark colors.

Go easy on the parsley and paprika. Think of something more unusual.

For these family meals, be extra sure that your menus measure up in good nutrition. Have you checked your menu with the Basic Four?

BARBECUES OR PATIO PARTIES

To be in keeping with the times, barbecues or patio parties may be a most satisfactory way of entertaining. It is very easy at this type of party to allow your guests to participate. They may assist with the arrangements and many of the preparation, serving and clean-up duties.

Keep your menus simple. You may use the same plan which you have for an inside buffet or supper. Just move it out of doors and proceed to adjust to brazier or hibachi cooking. Remember that shisk-ka-bobs and other foods cooked on a spit are more showy than hamburgers or wieners. Something out-of-the-ordinary in food or the method of service will add to the interest factor and your parties will be remembered as having a certain distinction or element of surprise.

HAVE BRUNCH AT MY HOUSE

Whether it's your school crowd for brunch on Saturday morning or the family on Sunday morning, you will want a brunch to be a hearty meal. Brunch is served between nine o'clock and one. It is a casual meal. You may use gay colored place mats and pottery dishes. Or you may usher guests to the dining room or kitchen where you have set up an array of breakfast makings. Chilled fresh fruits or a pitcher of juice, assorted bread

for toast or cinnamon rolls, pots of jam or marmalade, and lots of coffee or hot chocolate. For the "piece de resistance" have a casserole of scalloped eggs and ham, creamed eggs and chicken, baked eggs with bacon, or waffles and sausage patties. Keep it simple but nourishing so that *everyone* has a good time.

PARTIES FOR CHILDREN

When the "small fry" at your house want a birthday party let them have a part in planning it. Parties for youngsters need not be large nor long. If held in the morning, children will not miss their naps. Luncheon or supper parties will not interfere with regular eating schedules. For between-meal refreshments, be sure to serve simple, light foods. Rich foods are not suitable for children. Little children prefer foods that they can eat with their fingers. Animal crackers, sponge cup cakes, or simple cookies combine well with milk or fruit juice. If you want "spoon" foods, ice cream, custards, or milk sherbets are favorites. Keep the servings small. You probably know of other foods which are favorites of the children in your family.

The extra fancy decorations and special "fun" games are more important to the children than lavishly decorated food. Remember—keep to simple, well-known foods to insure the most enjoyment.



When the weather is warm, barbecues or patio parties are often the most satisfactory way to entertain. Many things other than hamburgers or wieners can be prepared over an outdoor fire.



DECORATING CAKES

A beautifully frosted cake needs no adornment as a rule; but, for special occasions, some simple decoration can fit into your party pattern. Seven or seventy, anybody gets "big-eyed" about a fancy cake. Be sure you pick out **EDIBLE** garnishes as you decorate cakes and follow good art principles.

A glaze of jelly looks elegant on any white icing. Simply melt the jelly over hot water and pour over the cooled frosting.

Melted chocolate dribbled or spread over white frosting gives us the well-known shadow cake.

Animal crackers arranged around the edge of cake make a circus for kiddies.

Place an open-patterned lace-paper doily on top of your best filled layercake and sprinkle powdered sugar over it. Lift the doily ever so carefully, and the snowflake pattern will show up.

Gum drops cut with scissors dipped in hot water make good looking flowers.

Cover the sides of the cake with tinted coconut leaving the top plain. Remember to go easy on the coconut.

Designs may be made by cutting stencil patterns from heavy paper. Place the paper pattern on the iced cake. Fill the open spaces with chocolate shavings, finely chopped nuts, colored sugar, or tinted coconut.

TINTED COCONUT

Add a few drops of food coloring to a small bowl of water. Add grated coconut and stir to tint. Toss onto paper towels to dry.

Ornamental icing may be put on with home-made decorators. Make a cone from heavy wrapping paper. Cut small end off or in points to make the design you want. Fill the cone with icing and roll down the top as the icing is squeezed out. Practice on a sheet of waxed paper until you work out the design you want.

A BASIC ORNAMENTAL FROSTING

2 T. butter*	1 T. cream (about)
2½ c. sifted confectioner's sugar	¾ t. vanilla
1 egg white, unbeaten	⅛ t. salt
	Coloring

Cream butter; add one cup sugar gradually, blending after each addition. Add remaining sugar, alternately with egg white, then with cream, until right consistency to spread. Beat after each addition until smooth. Add vanilla and salt. Tint delicately with coloring if you wish. Chill before using to decorate a cake.

*Note: when you wish to be especially fussy about the appearance of ornamental frosting and the weather or the room is hot you should omit the fat in the recipe. The decorations will remain firm and keep looking nice longer. Of course, you realize that the flavor will be better if some butter or margarine is used for the cover frosting. It is also best to use a white shortening when you wish to be successful with delicate coloring.

COOKED FROSTINGS

You may wish to try making a fluffy 7-minute icing or one of fudge type. These are known as cooked frostings. The 7-minute (or boiled) icing is a combination of sugar and water cooked to syrup consistency and combined with beaten egg whites. This may be varied in flavor in many ways. One very simple variation is made by substituting brown sugar for white.

People who are experienced in home candy making like to make the fudge-type or candy icing. The cook who makes any type of cooked frosting will find that the use of the candy thermometer is a necessity. Portable electric beaters are also a real asset.

CONSISTENCY—FLAVOR—COLOR

All frostings will be judged by the following criteria:

The consistency should be moist, creamy and free from crystals, stickiness or crustiness.

The flavor is expected to be true to kind: delicate and pleasing in combination with the cake.

Delicate colors and simple designs are more pleasing to the eye than garish or overdone decorations.

FOR UNEXPECTED COMPANY

Bake fruit breads or cakes that may be used for sweet sandwiches, cake, or steamed for puddings. Wrap them in foil and freeze.

Keep jars of syrups in the refrigerator—plain syrup for sweetening fruit drinks, chocolate syrup for milk shakes and flavored for hotcakes.

Keep jars of spreads for sandwiches for “hurry-up” snacks or lunch box, honey beaten with peanut butter, relishes, barbecued meat.

Keep fruit sauces for puddings, ice cream top-

pings and tomato sauce for casserole and meat dishes in the refrigerator.

Make up batches of ready-mix for quick breads, pie pastry, gingerbread, and cake.

Home made mixes are inexpensive quickies that will cut your baking time. Some directions and recipes for these are given in Food Project Unit 4. You may make all kinds of variations as you become more familiar with using mixes.

There are so many so-called convenience foods available in the grocery store today. Check your emergency stock now and see how many you have used for this purpose and then complete No. 5 under requirements for completion.



Parties for youngsters need not be large nor long. Decorations and special fun games are more important to them than lavishly decorated food. Simple well-known foods will insure the most enjoyment.

As in other foods projects, you are expected to refer to standard cook books, women's pages of newspapers, women's magazines and your relatives or friends for recipes to help you complete the project requirements.



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