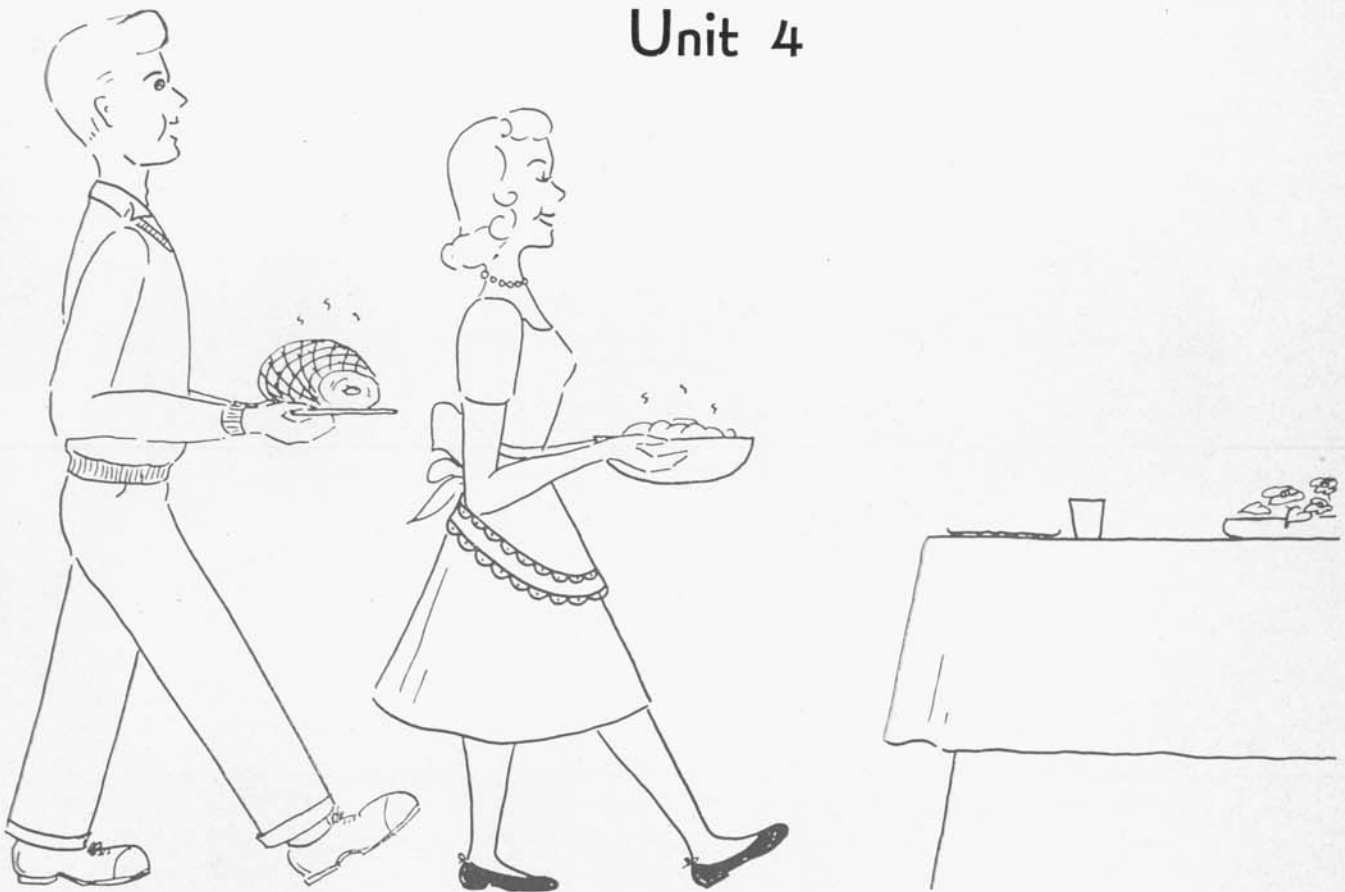




UNIVERSITY OF IDAHO
 College of Agriculture

have fun with foods

Unit 4



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 41e an Idaho 4-H foods project

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Bulletin 270
 March, 1957

What You'll Learn and Do

1. Prepare and serve—
 - bread at least four times.
 - dinner rolls twice.
 - different kinds of meat by a dry-heat (tender) method twice or more.
 - different kinds of meat by a moist-heat (less tender) method twice or more.
 - poultry twice or more.
 - fish once.
 - a side salad, main course salad and dessert salad once each.
2. Make a master mix and use it at least twice for different things.
3. Plan meals for a week. (Include them in your record book). Prepare and serve at least six of these meals, including at least one breakfast, one lunch and one dinner.
4. **You and your club**—Plan, prepare and serve a dinner for your fathers. Include the menu in your record book.
5. Keep a record of your work in the Foods Record Book (I-5).
6. Give a demonstration or illustrated talk to your club on something you learned in this project.
7. Attend at least two-thirds of your club meetings.

What You'll Exhibit

1. Completed Foods Record Book (I-5).
2. One loaf of bread.
3. An **illustrated** notebook on one of the following topics:
 - Main dish salads**—nutritional value, kinds, how to prepare, examples, dressings to go with them.
 - Dessert salads**—nutritional value, kinds, how to prepare and serve, examples, when to serve, dressings to use with them.
 - Side salads**—nutritional value, kinds, how to prepare, examples, dressings to serve with them.
 - Meat selection**—include kinds, how to choose the right quality, different cuts, etc.
 - Poultry selection**—include kinds, how to choose the right quality, different cuts, etc.
 - Meat cookery**—include different methods, examples of each, how to store, nutritional value.
 - Poultry cookery**—include different methods, examples of each, how to store, nutritional values.

Have Fun With Foods

Unit 4

MARY JANE HESS*

WELCOME back to another foods project! This year you'll learn to prepare more good things for your family meals—bread, rolls, salads, and meat. By the time you're through, you'll be quite an expert!

How to Make Bread

Last year, you learned how to make yeast rolls and coffee cakes by the batter method. Do you remember how you learned to combine the ingredients and use yeast?

Now, you'll learn to make bread by the "straight dough" process. You combine the ingredients just like you did last year with one difference. Then, you made the ingredients into a "batter." With the straight dough method, you keep adding flour until you have a dough you can handle. Then, turn it out on a lightly floured pastry cloth and knead it with your hands. After the dough has raised, you will punch it down and shape it into loaves. The kneading and shaping you do takes the place of beating and stirring you did when you made batter rolls. Working the dough this way lets the water come in contact with the proteins in the flour so that gluten develops. Gluten gives bread its structure and shape.

Ingredients for Bread

	For one 1-lb. loaf	For four 1-lb. loaves
Milk, water or other liquid	1 cup	4 cups
Sugar	1 T.	$\frac{1}{4}$ cup
Salt	1 t.	4 t.
Shortening	2 t.	2 T.
Yeast	$\frac{1}{2}$ to 1 cake or pkg.	1 to 2 cakes or pkgs.
Water (lukewarm)	2 T.	$\frac{1}{2}$ cup
Flour (sifted)	3 cups (about)	12 cups (about)

Measuring and mixing

1. Have all equipment very clean.
2. Measure all ingredients accurately.
3. Soften yeast in water; lukewarm (85°) for compressed yeast and warm (105°) for active dry yeast. Use a dairy thermometer to check the temperature.
4. Scald the milk. If you use dry skim milk or evaporated milk, you don't need to scald it. Any other milk **must** be scalded because the enzymes in it interfere with yeast action.
5. Put the sugar, salt and shortening in a mixing bowl. Stir in the scalded milk.
6. Beat in 1 or 2 cups of flour (only when you are making four, 1-lb. loaves) to help lower the temperature of the mixture.
7. When the mixture is lukewarm, add the softened yeast.
8. Continue to beat in flour until you have a soft dough. In winter, flour dries out, so you won't need as much flour then.
9. Sprinkle some of the remaining flour on a pastry cloth. Turn out the dough.

Kneading

1. With both hands, pick up the part of the dough that is farthest away from you and fold over towards you. Push down and away from you with the heel of your hands.
2. Turn the dough one-fourth of the way around.
3. Repeat folding and turning process. Develop a rhythm as you work.
4. Knead until the dough looks smooth and satiny and small bubbles appear underneath the surface. This usually takes 8-10 minutes. One test that it is kneaded enough is to hold your hand lightly on the surface and count to 30. If it is kneaded enough, the dough should not stick to your hand.

* Extension Nutrition Specialist.

Rising

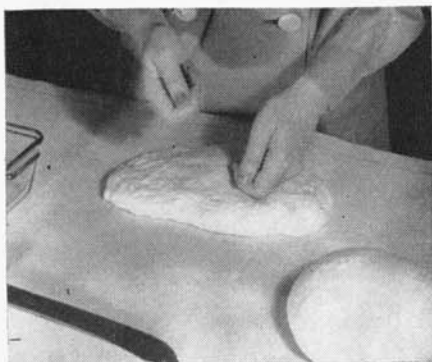
1. Use a large bowl or straight-sided crock. Have it at room temperature and grease it lightly.
2. Put the dough in the bowl and turn it over (so the top will be lightly greased).
3. Cover with a clean, dampened cloth, and let rise at about 80-85°, out of any drafts. If the room is cold, you can put the bowl of dough in a pan of warm water.
4. Let rise until the dough has doubled in bulk. (About 45 minutes to 1 hour).
5. Test to see if the dough is ripe by putting your finger in it. It should leave a mark that doesn't disappear.

Punching down

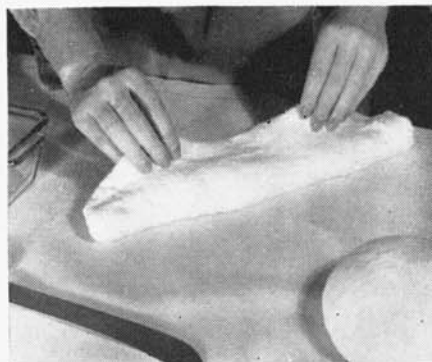
1. When the dough is ripe, plunge your fist into the center of the dough, right to the bottom. Fold the dough from the edges over to the center. This breaks up large air pockets.
2. Turn the dough over, cover and let rise a second time until doubled in bulk. This second rising doesn't take as long as the first (about 30-40 minutes). It helps produce a finer texture. You can omit the second rising if you are in a hurry.
3. Punch down again and turn out on a **very** lightly floured pastry cloth.
4. Cut the dough in four equal pieces and shape into rounds. Cover and let "rest" ten minutes.

Shaping

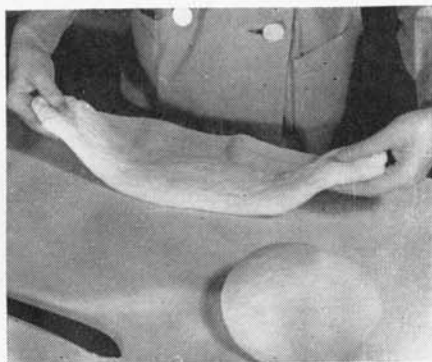
Do not work in any flour at this stage or it will cause streaking.



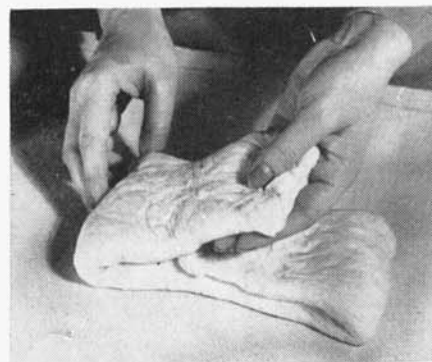
1. Flatten the ball of dough into an oblong.



2. Fold lengthwise.



3. Stretch gently until three times as long at the baking pan.



4. Overlap the ends at the center. Seal the ends with the knuckles.



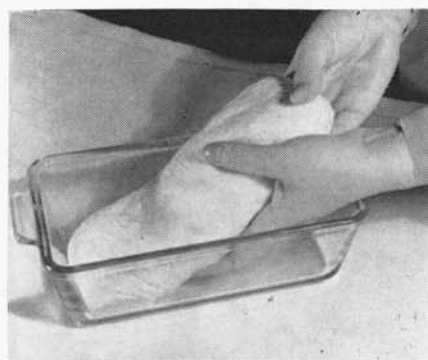
5. Fold lengthwise towards you. Seal edges. Flatten slightly.



6. Fold lengthwise again from you. Seal.



7. Roll the loaf under the hand to round it and tighten seam.



8. Place the roll, seam side down, in pan lightly greased on the bottom.

Brush lightly with melted butter, set to rise in warm place 80-85° until doubled in bulk.

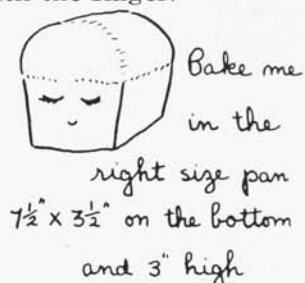
Photographs Courtesy of Wheat Flour Institute

Baking

1. Preheat the oven to 425°.
2. Put the bread in the oven so that there is space between each pan and the oven walls.
3. You can bake at 425° for the whole baking period, or you can reduce the heat to 375° after the first 20 minutes.
4. Don't open the oven door until the bread has been in the oven at least 20 minutes because, during this time, the bread is having its last final rising before the heat sets the crust. This is called the "oven spring." You see it in well-risen baked loaves of bread in the "break" or "shred" which appears where the top and side crusts meet.
5. Bake for about 45 minutes until done. Bread is done when it is a golden brown color, shrinks slightly from the sides of the pan and sounds hollow when tapped with the finger.

Cooling and storing

1. Remove immediately from the pan. Cool on a rack or across the top of the bread pan.
2. When cold, store in a clean, well ventilated bread box, **not** in the refrigerator.



Is your bread good?

Check it on this score card

		STANDARD	MY BREAD		
			Good	Fair	Needs Improving
APPEARANCE	Loaf of Bread				
	Outside crust	good shape, even with no bulges			
		crisp and tender crust, not over 1/8" thick			
		smooth, unbroken crust			
		1/4"-1/2" break or shred just above pan level			
	Color of crust	golden brown, slightly darker on top			
Inside crumb		fine and even texture			
		thin, oval cell walls			
		slightly moist, not dry			
		light, springs back when lightly touched			
	Color of crumb	creamy white			
FLAVOR AND AROMA		natural, sweet nutty flavor of baked grain			
		pleasant odor			

When things go wrong

Is your bread **not quite** as good as you'd like it to be? Here are some common "defects" in bread making and some of the causes. They may help you to figure out what is wrong with your bread so you can make good bread every time!

Causes

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Cracked crust on one side 2. Bulges at each end of crust 3. Loaf not high enough | <ul style="list-style-type: none"> — pans touched in oven — dough put in pan unevenly — loaf too long for pan — didn't rise enough before baking — too little dough for pan |
|---|--|

- | | |
|------------------------------|--|
| 4. Crust too thick | — too low baking temperature |
| | — too little shortening |
| 5. Streaked, grayish crumb | — work in flour when shaping loaf |
| | — too much fat in bowl |
| 6. Compact, small heavy loaf | — dough didn't rise enough |
| | — too little dough in pan |
| | — dough rose too much before baking and fell |
| 7. Crumbly or dry loaf | — too much flour |
| | — too cool oven |
| | — didn't rise long enough |
| | — baked too long |
| 8. Sour or unpleasant flavor | — poor yeast |
| | — too high temperature while rising |
| | — utensils not clean |
| | — didn't scald milk |

Rolls

You make rolls in the same general way you made bread. Rolls usually contain more sugar and shortening. Sometimes an egg is added.

Dinner Rolls

(makes 1½ to 2 dozen)

- | | |
|---------------------------------------|---------------------------|
| 1 pkg. active dry or compressed yeast | 1 T. sugar |
| ¼ c. lukewarm or warm water | 2 t. softened shortening |
| 1 c. milk, scalded | 1 t. salt |
| 1 egg | 4 c. sifted flour (about) |

1. Soften yeast in water, using warm (100°) for active dry yeast and lukewarm (85°) for compressed yeast.
2. Scald milk.
3. Beat egg and gradually beat in the sugar, shortening, salt and scalded milk.
4. Cool to lukewarm and add softened yeast.
5. Turn onto lightly floured cloth and knead until satiny.
6. Place in lightly greased bowl. Cover and let rise at about 80-85° until double in bulk (about 2 hours).
7. Form into rolls and place on lightly greased baking sheet or in muffin pans (depending on rolls you are making).
8. Cover and let rise until double in bulk.
9. Bake at 400-425° for 15 to 20 minutes until golden brown.

Refrigerator rolls—You can keep the above dough in the refrigerator for 3 or 4 days. Mix dough as usual. Put in the refrigerator before letting it rise. Oil and cover it well to keep the surface moist and elastic. When the dough doubles in bulk, punch it down.

When you want to use it, take it out of the refrigerator, pinch off the portion you want, cover the rest and put it back in the refrigerator. Divide the cold dough in small portions, cover and let it warm up and "rest" for 10-20 minutes. Then shape, let rise and bake as usual.

Roll variations

Parkerhouse and panrolls are familiar to all of us. You can make interesting variations by changing their shape. Try making a 4-H roll for a club dinner. Form dough into small balls. Put four together on baking sheet and add a tiny stem. Here are some other ideas. Try them, they're fun!

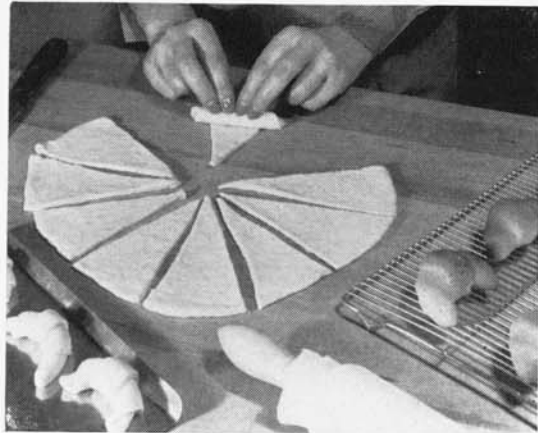


Clover Leaf Rolls

Shape 3 small balls and put in each muffin pan.

Crescents

Roll the dough out in a circle. Cut in pie shaped wedges. Roll up starting at the wide edge.



Bowknots

Roll pieces of dough under your hands to about 6-8" long. Tie in a single knot. Rosettes. Tuck ends of knots under.



—Courtesy Wheat Flour Institute

Cinnamon Layered Twists

Roll one-half recipe of dough into sheet $\frac{1}{2}$ inch thick and about 5 inches wide. Brush with melted butter. Sprinkle with cinnamon sugar. Fold over in thirds. Roll again to $\frac{1}{2}$ inch thick, and repeat spreading with melted butter and sprinkling with cinnamon sugar. Fold again into thirds. Cut into strips $\frac{3}{8}$ inch wide by about 3 inches long. Twist dough strips by turning ends in opposite directions. Place on greased baking sheets. Bake at 400° .

Lemon Drop Rolls

Divide dough into four equal portions and roll out under palms of hands to form long, smooth rolls about $\frac{3}{4}$ inch thick. With scissors, cut in $\frac{3}{4}$ inch pieces. Shape pieces into balls and roll in lemon rind and sugar mixture. Place five pieces into greased $2\frac{1}{2}$ inch muffin pans. Bake at 400° .

Choosing and Using Meat

Meat is one of the mainstays of our diet. Most of us think dinner is incomplete unless we include meat. When you do your meat cookery requirements for this project be sure to plan the meat into your family's meals. See the pointers on meal planning toward the end of this project. Meat is good for us, too. It provides B-vitamins and high quality protein that we need for building and repairing all our tissues, muscles and bones. Pork, especially, is an excellent source of niacin and thiamine, two of the B-vitamins. Liver and other internal organs are very rich in vitamins and iron.

What the label means

When you buy meat, it is usually marked in two ways; the government **inspection** mark and the government or packers' **grade**.



All meats sold in interstate commerce must be passed by federal inspectors. All inspected meat bears the round purple inspection stamp marked "U. S. Passed." This stamp means that the meat has come from healthy animals, has been slaughtered and processed under sanitary conditions. The fact that meat has been inspected does not mean it is of high quality.

The grade of meat is based on three things:

Conformation—meaning the build, shape and form of the carcass.

Finish—meaning the quality, color and distribution of the fat.

Quality—meaning the thickness and firmness of muscle fiber and connective tissue and the distribution of fat through the lean (called "marbling").

What is good quality meat?

You can recognize good quality meat by certain characteristics. Good beef has firm, yet pliable, elastic flesh and a bright red color. It has a smooth, fine-grained cut surface with a marbling of fat through the lean and a minimum of connective tissue. The fat is brittle and flaky and the bones porous.

Good veal has a dull, pinkish colored flesh with clear white, hard fat. It has a greater proportion of connective tissue to fiber and also a greater proportion of bone to lean than beef. The flesh is moderately fine-grained, slightly moist, and somewhat less firm than beef.

Good lamb has a grayish-pink color, pink bones, and white, hard, dry fat.

Good pork has relatively firm, fine-grained flesh of grayish-pink to dark pink color, well marbled with fat. The fat is firm but not as brittle as beef fat.

Do you know the different cuts of meat?

Different cuts of meat vary greatly in tenderness so you need to know the different cuts so you can tell how to cook the meat. Study these charts to learn where the different cuts come from. Generally, the tender cuts come from the parts of the animal that get little exercise. In beef, this is along the center back of the carcass; in pork, veal and lamb, much of the carcass is tender, either because the animal gets little exercise, or is young when slaughtered.

Meat Cuts and How to Cook Them

BEEF CHART

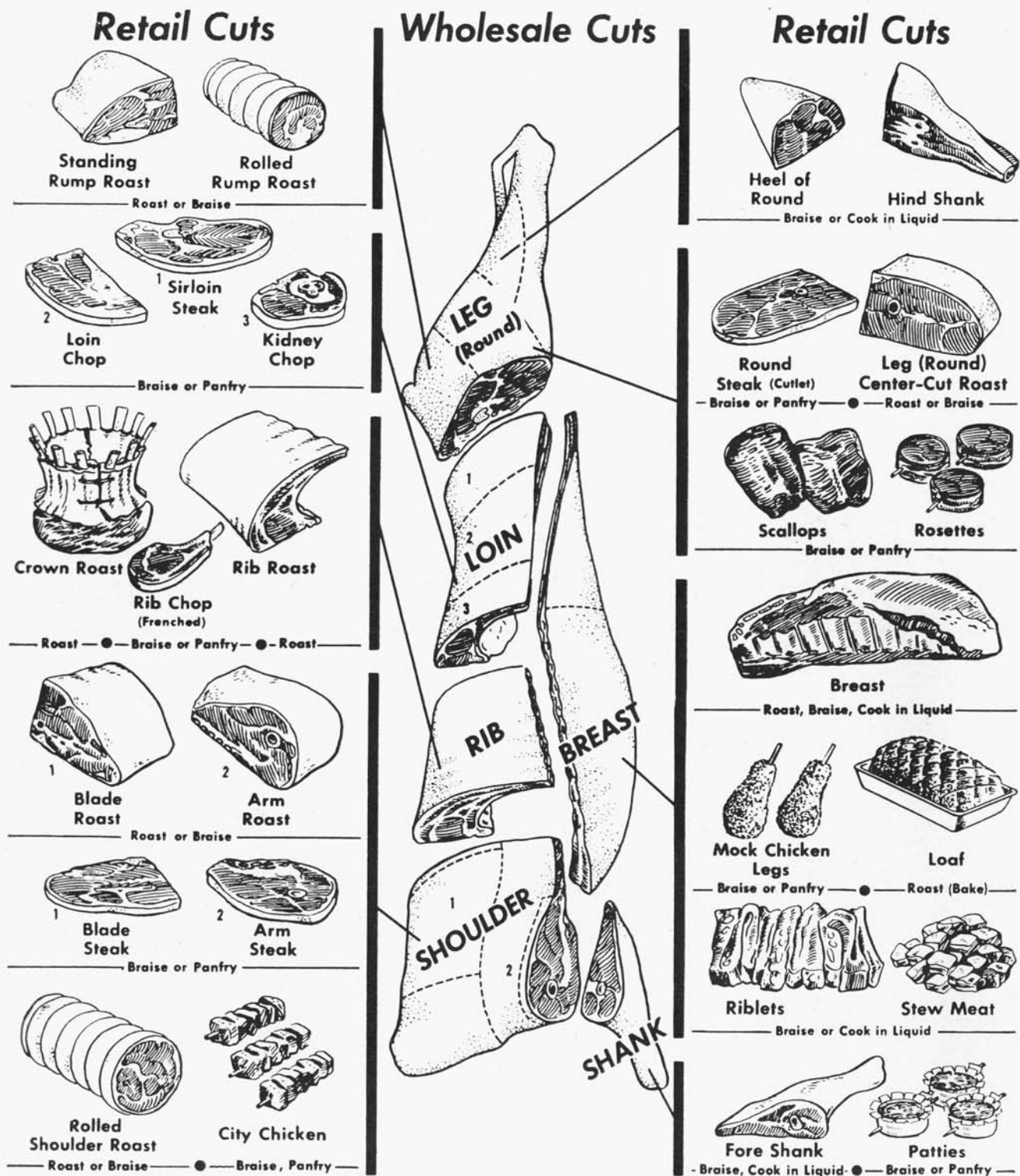


* Prime and choice grades may be broiled, panbroiled or panfried

NATIONAL LIVE STOCK AND MEAT BOARD

Meat Cuts and How to Cook Them

VEAL CHART



NATIONAL LIVE STOCK AND MEAT BOARD

Meat Cuts and How to Cook Them

PORK CHART

Retail Cuts



Boneless Loin Roast — Roast — ● — **Tenderloin Frenched and Whole** — Roast, Braise, Panfry —



Canadian Style Bacon — Roast, Broil, Panbroil, Panfry — ● **Loin Chop** —



Rib Chop — Braise or Panfry — ● **Frenched Rib Chop** — Braise or Panfry — ● **Butterfly Chop** —



Sirloin Roast — Roast — ● **Loin Roast Center Cut** — Roast —



Blade Loin Roast — Roast — ● **Crown Roast** — Roast —



Fat Back — Lard — Salt Pork — ● **Lard** — Shortening —



Blade Steaks — Braise, Panfry — ● **Smoked Shoulder Butt** — Roast (Bake), Cook in Liquid, Broil, Panbroil, Panfry —



Boston Butt — Roast — ● **Rolled Boston Butt** — Roast —

Wholesale Cuts



Jowl Bacon Square — Cook in Liquid, Broil, Panbroil, Panfry —

Retail Cuts



Ham (Butt Half) — Roast (Bake), Cook in Liquid — ● **Ham (Shank Half)** — Roast (Bake), Cook in Liquid —



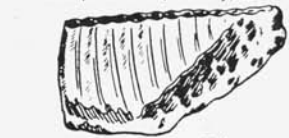
Ham Butt Slice — Broil, Panbroil, Panfry — ● **Center Ham Slice** — Broil, Panbroil, Panfry —



Fresh Ham Roast — Roast — ● **Rolled Fresh Ham Roast** — Roast —



Bacon — Broil, Panbroil, Panfry, Cook in Liquid — ● **Salt Pork** — Broil, Panbroil, Panfry, Cook in Liquid —



Spare Ribs — Roast (Bake), Braise, Cook in Liquid —



Fresh Picnic Shoulder — Roast — ● **Smoked Picnic Shoulder** — Roast (Bake), Cook in Liquid —



Cushion Picnic Shoulder — Roast — ● **Rolled Fresh Picnic Shoulder** — Roast —



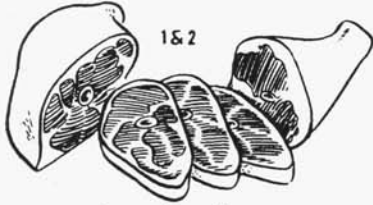
Fresh Shoulder Hock — Braise, Cook in Liquid — ● **Arm Steak** — Braise, Panfry —

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Meat Cuts and How to Cook Them

LAMB CHART

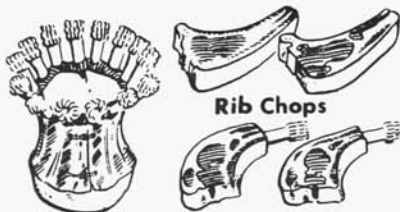
Retail Cuts



Leg of Lamb

(Three cuts from one leg)

— Roast — ● — Broil, Panbroil, Panfry — ● — Braise, —
Roast



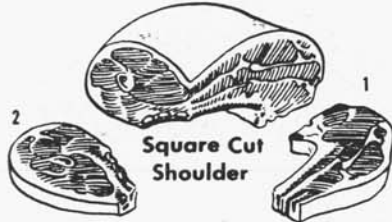
Crown Roast

Roast

Rib Chops

Frenched Rib Chops

● — Broil, Panbroil, Panfry —



Square Cut Shoulder

Arm Chop

Broil, Panbroil, Panfry, Braise

Blade Chop

Roast ● Broil, Panbroil, Panfry, Braise



Cushion Shoulder

Roast

Saratoga Chops

● — Broil, Panbroil, Panfry, Braise



Rolled Shoulder

Roast, Braise

Boneless Shoulder Chops

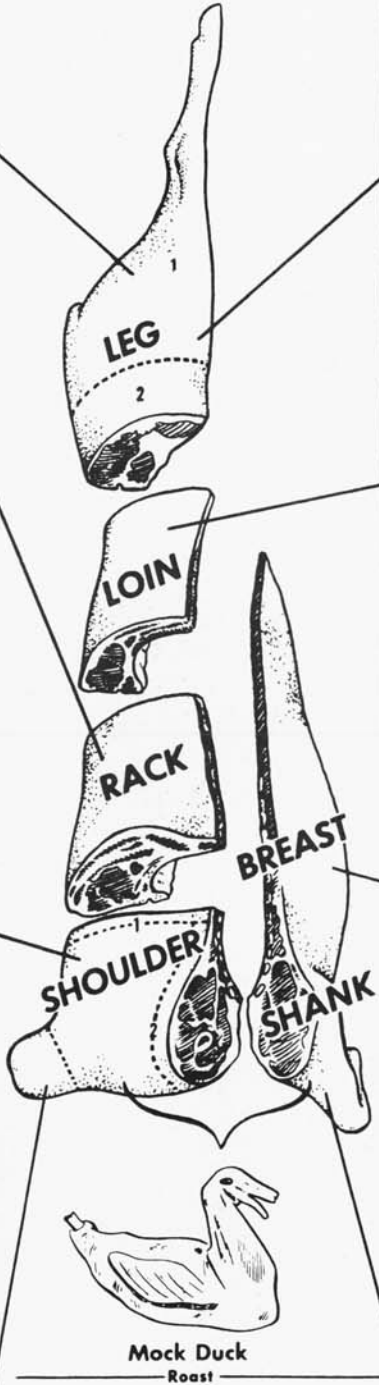
● — Broil, Panbroil, Panfry, Braise



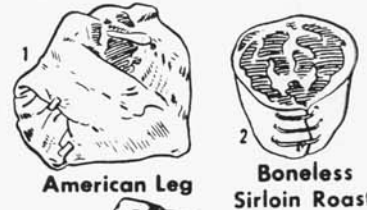
Neck Slices

— Braise, Cook in Liquid —

Wholesale Cuts



Retail Cuts



American Leg

Boneless Sirloin Roast



Frenched Leg

Roast



Loin Chop

— Broil, Panbroil, Panfry — ●

English Chop

Rolled Loin Roast

— Roast —

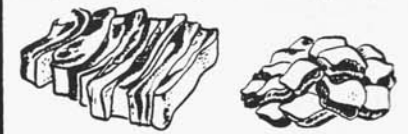


Patties

Broil, Panbroil, Panfry — ●

Loaf

— Roast (Bake) —



Riblets

— Braise or Cook in Liquid —

Stew Meat



Rolled Breast

Breast

— Braise or Roast —



Shanks

— Braise or Cook in Liquid —

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Do you know the trick of meat cookery?

There are only two basic methods of cooking meat; dry heat and moist heat. **Dry heat cookery** is used only for tender cuts and includes **roasting, broiling, pan broiling** and **frying**. **Moist heat cookery** is used for all less tender cuts and includes **stewing, braising** and **simmering**.

Ground meat is made from less tender cuts but it can be cooked by any dry heat method because the grinding process has broken up the connective tissue.

In the **Beef Chart** you will notice that there are two methods of cooking given for rolled rump and standing rump roasts. If the meat is of high quality (Prime or Choice grade) you can cook these cuts in dry heat (i.e. roasting). If they are not as high quality, it is better to cook them by moist heat (i.e. braising). Other cuts that sometimes need moist heat and sometimes can be cooked with dry heat are listed in the same way in all four charts.

Meat is a protein food so always use **low** heat to cook it. When you cook meat in water, never boil it. Bring the liquid to a boil and then reduce the temperature and let it simmer slowly. High temperatures toughen meat.

The amount you prepare will depend partly on how well your family likes meat. Generally, it's a good idea to buy about $\frac{1}{4}$ lb. boneless meat per serving, $\frac{1}{3}$ - $\frac{1}{2}$ lb. of bone-in meat, and $\frac{1}{2}$ to 1 lb. of very bony meat (like spareribs).

Dry heat methods

Roasting—Select large tender pieces of meat to cook by this method. Place the roast, fat side up, on a rack in a shallow pan. Season with salt and pepper. Do not add water. Do not cover with a lid. Use a constant oven temperature of 300-325° for roasting all meats except fresh pork. It needs an oven temperature of 350° Searing at high temperature does not keep in juices. Seared roasts shrink more than unseared ones do.



A meat thermometer is the only absolutely reliable gauge for doneness. Make a hole in the thickest muscle of the roast. Insert the thermometer so it does not touch bone, gristle or fat. Place the roast in the oven. Leave the thermometer in it during cooking. The thermometer will register the inside temperature of the meat. When the thermometer reaches the desired stage, remove the meat and it will be cooked just right. It takes the guesswork out of roasting.

Broiling—Cook any thick tender chops, steaks or hamburger patties this way. Cut less than 1" thick are better if pan-broiled. Don't broil fresh pork and veal. Pork needs longer, more thorough cooking to be safe. Veal is better cooked by braising because it doesn't have much fat and has quite a bit of connective tissue.

Set the broiler regulator at "broil". Place meat on the broiler rack so that the top of the meat is at least 3 inches from the element. If the meat is very thick (two inches or more), place the rack further from the unit. If it is closer, the meat will cook at too high a temperature and will brown before it is done. Broil until the top of the meat is brown and it is half cooked. Turn once, and brown on the other side.

Pan-broiling—Cook any tender cuts less than an inch thick this way. Heat a heavy skillet on medium heat. Grease very lightly. Brown the meat on both sides. Reduce the heat and cook slowly until done. Pour off any fat that accumulates, so that the meat will be broiled, not fried. To test for doneness, cut a small gash in the meat in the center (or near a bone) and note the color of the meat. Season.

Frying—Cook the meat in a heavy fry pan in a small amount of fat (about $\frac{1}{8}$ to $\frac{1}{4}$ inch). Turn occasionally to brown evenly.

Moist heat methods

Braising—First, brown the meat slowly in a small amount of fat in a heavy pan. Add a small amount of liquid (meat juices, water, milk, tomato juice, etc.), cover tightly and cook slowly. You can dust the meat with flour before you brown it if you like.

Stewing and Simmering—Use cubed meat or large pieces (pot roast). Flour and brown them in a small amount of fat if you wish. Add water (from 1 to 3 cups depending on the amount of stew) and simmer in a closely covered container until done. Add vegetables to the stew near the end of the cooking period, so they will be tender and not overcooked when the meat is done.

When you store meat

Keep all fresh, cured and cooked meats in the refrigerator. Even canned hams (5 pounds or over) must be refrigerated. This is indicated on the label.

Unwrap meat as soon as you get it home from the store. Don't wash the meat. It keeps better if the surface is not damp. Separate the different kinds and rewrap each kind loosely, or keep it unwrapped in a ventilated, covered meat tray.

Keep packaged meats such as sausage, bacon and weiners in the packages they come in.

Once meat is cooked, keep it in the refrigerator in a tightly covered container so it won't dry out.

Sometimes we like gravy with our meals, especially if we are having a roast or meat balls, and when there is no other sauce or garnish for the meal.

How to Make Gravy

(about 2 cups)

1. Measure and put $\frac{1}{4}$ c. meat fat and drippings in fry pan on low heat.
2. Stir in $\frac{1}{4}$ c. flour and mix thoroughly with fat. Let brown about 2 minutes and keep stirring! For a richer brown color, stir a minute longer.
3. Add 2 c. warm liquid, while stirring. Use cooking liquid from vegetables, milk or water. Stir until smooth.
4. Season with salt, pepper and meat sauce, if you like. Simmer about 5 minutes and serve.

Hamburger 4-Leaf Clovers

(serves 4)

1 egg	$\frac{1}{4}$ t. pepper
$\frac{1}{4}$ c. bread crumbs or oatmeal	1 lb. hamburger
$\frac{3}{4}$ t. salt	3 green peppers
$\frac{1}{4}$ t. poultry seasoning	

1. Beat egg. Add crumbs and seasonings.
2. Combine with ground meat.
3. Cut eight $\frac{1}{2}$ -inch rings from green peppers (using peppers with four scallops).
4. Put meat mixture into cloverlike rings.
5. Lay rings in hot, slightly oiled, frying pan. Cook about 7 minutes on one side, then turn and cook them 6 minutes on other side.

Bake some potatoes and a pudding at the same time. Serve with a tart salad.

Juicy Brown Meat Loaf

(serves 6)

$1\frac{1}{2}$ lb. ground beef	$\frac{1}{4}$ c. catsup
$\frac{1}{4}$ c. chopped onion	1 egg
1 c. uncooked oatmeal	1 c. water or tomato juice
$2\frac{1}{2}$ t. salt	$\frac{1}{4}$ t. pepper
1 t. mustard	

1. Mix all ingredients thoroughly.
2. Pack into a loaf pan about $3\frac{1}{2}$ " x $8\frac{1}{2}$ ".
3. Bake in 375° oven for 1 hour. Serve hot or cold.

Dixie Pork Chops (serves 8)

8 pork chops	$\frac{1}{4}$ c. brown sugar
$\frac{1}{2}$ t. salt	2 T. flour
$\frac{1}{2}$ t. sage	1 c. hot water
4 tart apples, cored and cut in rings	1 T. vinegar
	$\frac{1}{2}$ c. seedless raisins

1. Brown chops in hot fat in fry pan. Sprinkle with salt and sage.
2. Place in baking dish. Top with apple rings, sprinkle with sugar.
3. Add flour to fat in skillet. Blend. Add water and vinegar. Stir and cook until thick.
4. Add raisins. Pour over chops.
5. Bake, uncovered, at 350° for about 1 hour.

(Curried Lamb) (serves 6)

2 lbs. lean lamb, breast or shoulder, cubed	1 t. chopped parsley
2 T. fat	$\frac{1}{4}$ c. enriched flour
salt and pepper	1 t. curry powder (use a little less at first until you see how much you like)
1 bay leaf	2 T. cold water
2 small onions, sliced	

1. Brown meat in hot fat.
2. Cover with boiling water, add salt, pepper, bay leaf, onions, and parsley. Cover and cook slowly, about 2 hours.
3. Strain stock. Mix flour and curry powder, add cold water and blend. Stir into 2 cups strained stock. Cook until thick.
4. Add meat to gravy mixture. Serve with fluffy rice.

Choosing and Using Poultry

There are three main rules to follow when you choose and use poultry.

1. Choose the size, type and quality of bird to suit your needs.

Chicken

Broiler—weighs 1½ to 2 lbs.; tender, little fat, smooth skin.

Fryer—weighs 3 to 5 lbs.; tender, little fat, smooth skin.

Roaster—weighs 3 to 5 lbs.; tender, 5 to 9 months.

Stewing chicken—1 year or over; high in fat, less tender, thick skin.

Turkey—size is not a sign of age or tenderness,—marks of quality—clean waxy skin, well fleshed breast and legs, short body, broad breast.

Hen—8 to 15 lbs.; better finish than Tom of same weight.

Tom—best at 16-25 lbs.; best choice for large bird.

Beltsville-type—ideal for small family; high proportion of meat.

Amount to buy per serving

Chicken—broiler, $\frac{1}{4}$ to $\frac{1}{2}$ bird
fryer, $\frac{3}{4}$ to 1 lb.
roasting and stewing, $\frac{1}{2}$ to $\frac{3}{4}$ lb.

Turkey— $\frac{1}{2}$ lb.

2. Cook by a method that suits the age and fatness of the bird as indicated above.
3. Cook at a moderate temperature. High temperature toughens the protein.

Cooking suggestions

Roasting

All poultry. Stuff just before roasting—not ahead of time. Truss. Place on rack in shallow, uncovered pan. Roast at 325° until done. You may baste with butter during roasting, or cover with fat-moistened cheesecloth.



Broiling

Chicken (and small broiler-type turkeys)—Use chickens split in half lengthwise. Break drumstick, hip and wing joints to keep bird flat during broiling. Brush with fat and season. Place skin side down in pan (don't use a rack), 5-7 inches from heat. Turn in 15 minutes. Season again. Turn and brush with fat several times during cooking. Total broiling time varies from 35-50 minutes.

Frying

Chicken—Use cut up frying chicken. Coat with seasoned flour (shake several pieces at a time in a paper bag). Brown in $\frac{1}{2}$ inch fat, meaty pieces first, 20-30 minutes. Add 1-2 T. water. Cover. Cook for 20-40 minutes until tender. Turn once or twice during cooking. Uncover to crisp.

Stewing

Chicken—Stew whole or in pieces. Place in pan, add $\frac{1}{2}$ to 1 cup water per pound. Season. Bring water to a boil and reduce to simmering. Simmer until fork tender. Add vegetables near end, soon enough so they will be tender when bird is cooked. Thicken liquid for gravy.

Choosing and Using Fish

Fish, like meat and poultry, is high quality protein food. The fat content of fish varies considerably, from about 1 to 20 percent. This influences how you will cook the fish.

As a rule, fat fish, such as salmon, lake trout or whitefish, are most desirable for baking, broiling and planking because their fat content will keep them from becoming dry. Lean fish, such as halibut, cod or haddock, are good steamed or poached, as their flesh is firm, and will not easily fall apart while cooking.



When you buy fish, freshness is very important. Choose fish with bright skin, firm and elastic flesh, and no disagreeable odor. In whole fish, the eyes should be full and bright and the gills red.

You can buy fish in several forms:

whole or round—sold just as they come from the water

drawn—cross section slice of larger fish

steak—cross section slice of larger fish

fillet—side of the fish, cut lengthwise, away from the backbone

sticks—pieces of fish, cut lengthwise or crosswise from fillets

Amount to buy per serving

whole— $\frac{3}{4}$ to 1 lb.

dressed— $\frac{1}{2}$ lb.

steaks, fillets, or sticks— $\frac{1}{3}$ lb.

Store fish in a tightly covered container in your refrigerator, so the odor will not affect other foods. Cook within 2 or 3 days.

Cooking fish—The most important thing to remember is to cook fish just enough so that the flesh flakes easily from the bone and is moist and tender. Too often, fish is overcooked and dry.

You can cook lean fish by broiling or baking if you baste it frequently with melted fat, so it won't be too dry. You can fry both fat or lean fish.

Remember, always use a moderate temperature!

Fried Fish (serves 6)

2 lbs. fillets or steaks

1 t. salt

$\frac{1}{8}$ t. pepper

1 egg

1 T. milk

1 c. bread crumbs, cracker crumbs,
cornmeal or flour

1. Cut fish into serving-size pieces. Sprinkle with salt and pepper.
2. Beat egg slightly, add milk.
3. Dip fish in egg and then in crumbs, cornmeal or flour.
4. Place in heavy, heated fry pan in about $\frac{1}{8}$ inch melted fat.
5. Fry about 5-7 minutes on each side, at moderate temperature, until the fish flakes easily with a fork.
6. Drain on absorbent paper. Serve immediately with lemon or a sauce.

Baked Fish

(serves 6)

3 to 4 lbs. fish, dressed
1 to 2 t. salt

$\frac{1}{4}$ c. butter, melted
3 slices bacon (optional)

1. Clean, wash and dry fish. Rub inside and out with salt.
2. Place in a greased baking pan. Brush with melted fat and lay slices of bacon on top.
3. Bake at 350° for 40-60 minutes until fish flakes easily with a fork. If fish seems dry while baking, baste with melted butter and drippings.

Boiled Fish

(serves 6)

2 pounds fillets
2 quarts water

3 tablespoons salt

1. Cut fish into serving-size pieces.
2. Bring salt and water to a boil.
3. Tie the fish in cheesecloth and lower into the boiling water. Reduce temperature and let the fish **simmer** until done (about 10 minutes).
4. Garnish and serve immediately.

Meal Planning

Now that you are an experienced cook, you'll want to be able to plan the whole weeks' meals well and easily. Meal planning is fun if you use your imagination and follow a few simple rules. There are several reasons why it is a good idea to plan meals for a week at a time.

1. It is easy to see whether you are getting all the protein, vitamins and minerals you need to make you grow well and have pep and good looks.
2. Meals are less likely to be monotonous.
3. Saves time when you are buying food. You'll run to the store less often.
4. Saves you time when you prepare meals.

Meal planning pointers

- A. Include the "Basic 7" food groups in each day's meals:
 1. One serving of green and yellow vegetables.
 2. One serving of tomatoes, raw cabbage, salad greens, strawberries or citrus fruits.
 3. One serving of potatoes and two servings of other vegetables or fruits.
 4. Three servings bread or cereal (whole grain or enriched).
 5. Milk and milk products served as beverage or combined with other foods; children 1 quart, adults 1 pint.
 6. Some butter.
 7. One or more servings of meat, fish or poultry plus dried beans and peas often. Include one egg a day, liver once a week.
- B. Plan for use of leftovers (example: If you have a large roast, plan to use it up as cold sliced meat, for sandwiches or combined with other foods in a casserole).
- C. Set up a chart so you can see what you plan. Put breakfast, lunch and dinner down the left side and the days of the week across the top. Write down what you plan for each meal in the appropriate place.
- D. Plan the dinner meats first. These often are the most expensive items and may determine how you cook the rest of the meal and what you plan for it. Then plan the lunch or supper main dish. Next, plan the vegetables, salads, and desserts. Finally, plan the breakfasts.
- E. Think of these things while you plan your meals.
 1. **Texture**—don't serve a stew, creamed vegetable and soft pudding together. Have a contrast of crisp and soft foods.
 2. **Flavor**—too many mild-flavored foods at one meal are dull; too many strong ones are unpleasant. Strike a happy medium. Don't repeat flavors at the same meal. (Ex. Tomato Juice followed by Meat Balls in Tomato Sauce).

3. **Color**—have a pleasing contrast. Don't serve an all white meal, or one that clashes. (Ex. Meat loaf with Tomato Sauce, Beets and Carrots).
4. **Temperature**—the old rule of one hot and one cold dish with every meal is a good one.
5. **Concentration**—don't have too many foods at one meal that are all "heavy" or all "light". Keep a balance between the two.

F. Have you planned too much at once? Remember those "busy" days, and keep the meals easy to prepare or, plan to prepare part of the food ahead of time.

G. Make good use of the oven. If you plan an "oven" meat or main dish, choose vegetables and a dessert that you can cook in the oven at the same time, to save you time and fuel.

When you write a menu in your record book or for a lunch or dinner program, use this form. Center your menu on the page or in the space you wish to write it.

Breakfast		Lunch, Supper or Dinner	
Fruit or Fruit Juice		Appetizer	
Cereal (if any)		Meat or Main Dish	
Main Dish		Gravy or Relish Which	
Bread or Toast		Accompanies Meat (if any)	
Butter	Jam	Potato or Potato Substitute	
Beverage		Other Vegetable or Vegetables	
		Salad (if any)	
		Other Relishes (if any)	
		Type of Bread	Butter
		Dessert	
		Beverage	

If you are doubtful about the order of writing any items on the menu, a good general rule is to follow the order in which the food is usually eaten. Mention the specific food in your menu. (Ex. Don't write vegetables; rather write "Peas"). State the type of food in the menu. (Ex. "Roast Beef" rather than just "Beef"). Add an adjective to describe the food and make it sound good. (Ex. "Buttered Green Peas" instead of "Peas").

Capitalize all words except "and", "or", "the", "all", "with".

Examples

Breakfast	Lunch	Dinner
Orange Juice	Macaroni and Cheese	Roast Beef
Scrambled Eggs	Tossed Green Salad	Gravy
Baking Powder Biscuits	Fresh Dressing	Whipped Potatoes
Butter	Hard Rolls	Buttered Broccoli
Milk	Butter	Sliced Tomatoes
	Apple Crisp	Whole Wheat Bread
	Milk	Butter
		Lemon Pudding
		Milk

Salads Add That "Something"

Make your meals sparkle by serving a tasty salad every day. There are several types; first course appetizers, main dish salads, small "side" salads to serve with the main course, and dessert salads. We can add valuable vitamins and minerals to our meals in salads, also protein in salads using meat, poultry, fish, eggs and cheese.

When you make a salad

1. Wash salad vegetables (do not soak) and store in a covered container in the refrigerator.
2. Use the dark, outer leaves of greens too. They are rich in vitamin A.
3. Do shredding or slicing shortly before serving.
4. Have pieces large enough to keep the foods' identity.
5. Use at least one crunchy vegetable or fruit in any combination to add texture.
6. Toss dressing through ingredients lightly with a fork to avoid crushing and bruising. Do this just before serving if you are using greens, or the acid in the dressing will wilt them.
7. Keep garnishes simple.
8. Chill and drain canned fruits and vegetables.
9. Boil home canned vegetables and meats for 15 minutes before chilling.
10. Prevent darkening of fruits by dipping in citrus juice.
11. Vary the dressing you use. Keep a basic French dressing, mayonnaise, and cooked salad dressing on hand. "Doctor" them up for different salads. In general, use French dressing with tossed salads; mayonnaise or cooked salad dressing with main dish salads, coleslaw and potato salad.

Tossed first course or side salads

The tossed salad is one of the most popular salads. It may be a tossed green salad or a combination of greens and other vegetables. Break or tear lettuce and other greens into a garlic-rubbed salad bowl. Sprinkle lightly with salad oil. Coat each piece lightly, using no excess oil. Add salt and herb-flavored or plain vinegar and toss lightly in the bowl, using a fork and a spoon or two forks. Slices of cucumber, onion, radishes, green peppers, and finely chopped chives may be tossed with the greens.

The flavor of cooked vegetables, meat, and fish is improved if you let them stand (or "marinate") in French dressing for an hour or two before combining in the salad. Pour off any excess of the marinade before combining the vegetables with the rest of the salad ingredients. Don't marinate salad greens or they will wilt.

Other suggestions for tossed green salads

1. Break or tear up lettuce, endive, romaine, or raw spinach. Add cut green onions or scallions. Toss lightly with French dressing. Chill. Garnish with grated yolk of hard-cooked eggs.
2. Mix watercress, lettuce, sliced radishes, thinly sliced raw cauliflower and toasted almonds; toss lightly with French dressing.
3. Combine bite-size pieces of romaine, parsley, watercress, lettuce, and celery tops. Add sliced onions, cucumber, and crumbled blue cheese or shredded sharp cheese. Toss lightly with French dressing.

Main dish salads

New Orleans Shrimp Salad (serves 4)

1/2 c. uncooked rice	6 stuffed olives, sliced
1 4 1/2-oz. can shrimp	juice of 1/2 lemon
1/2 green pepper, chopped	salt, pepper
1 small onion, minced	dash of tabasco sauce
1 c. cauliflowerettes	1/4 c. mayonnaise

1. Cook rice until tender; drain and cool.
2. Drain and cut shrimp in half.
3. Mix shrimp, rice, vegetables and lemon juice.
4. Add remaining ingredients and mayonnaise. Mix.
5. Serve with crisp greens.

Chicken Almond Salad

(Serves 8-10)

- | | |
|---------------------------|-------------------------------|
| 3 c. cubed cooked chicken | 1½ t. salt |
| 1½ c. diced celery | 1 T. capers (optional) |
| 3. T. lemon juice | ¼ c. light cream |
| 1 c. seedless grapes | 1 c. mayonnaise |
| 1 c. toasted almonds | 2 hard-cooked eggs,
sliced |
| 1 t. dry mustard | |

1. Mix chicken, celery and lemon juice.
2. Chill 1 hour.
3. Add grapes and almonds.
4. Combine remaining ingredients. Add to chicken mixture and toss.
5. Garnish with slices of egg.

Fruit salads

Bing Cherry Salad

(serves 8-10)

- | | |
|-----------------------------|---|
| 3½ c. Bing cherries, canned | ½ c. pecans, chopped |
| ⅓ c. lemon juice | 1, 2-oz. bottle, stuffed olives, sliced |
| 1 pkg. orange gelatin | |

1. Drain cherries; add water to cherry sirup and lemon juice to make 1¾ cup liquid.
2. Heat and dissolve orange gelatin in it.
3. Chill until partially set; add other ingredients.
4. Refrigerate until firm.
5. Serve with Fruit Salad Mayonnaise.

Fruit salad bowls

Choose one of these combinations and serve with Golden Dressing on bed of greens:

1. Melon balls, sliced red apple, whole berries.
2. Apricot halves, banana sections, grapes.
3. Cantaloupe wedges, watermelon balls, banana slices.
4. Peach slices, pear balls, purple plums.



I add spice!

Dressings give zip and sparkle

Basic French Dressing

(makes ¾ cup)

- | | |
|--------------|---------------------------------|
| 1 T. sugar | 3 T. vinegar or lemon juice |
| ½ t. salt | ¾ c. salad oil |
| ½ t. mustard | 1/16 t. cayenne or white pepper |
| | ¼ t. paprika |

1. Rub mixing bowl with cut onion or garlic.
2. Mix dry ingredients thoroughly.
3. Blend with vinegar; mix well.
4. Add oil gradually, beating constantly.

Variations

1. Add finely chopped onion, green pepper and celery to the basic dressing.
2. Add chili sauce.
3. Add crumbled blue cheese.
4. Add chopped hard-cooked egg, onion or chives.

Basic Mayonnaise
(makes $\frac{3}{4}$ cup)

$\frac{1}{4}$ - $\frac{1}{2}$ t mustard
 $\frac{1}{2}$ t. salt
 $\frac{1}{2}$ t. sugar
 $\frac{1}{4}$ - $\frac{1}{2}$ t. paprika

$\frac{3}{4}$ -1 c. oil
2 T. vinegar or
lemon juice
* 1 egg yolk

1. Thoroughly mix dry seasonings.
 2. Add vinegar to dissolve salt and sugar.
 3. Drop in egg and beat until foamy.
 4. Add 3 T. oil and beat well.
 5. Then add oil in large amount as the volume increases, beating well after each addition.
- * If a whole egg is used instead of the yolk, use only 1 T. acid.

Variations

1. Tartar sauce—Add 3 T. finely chopped pickles and olives, and 1 T. minced parsley. Use with seafood.
2. Thousand Island—Add to 1 c. mayonnaise the following:

$\frac{1}{2}$ c. chili sauce	chopped pepper, pimento or capers
2 T. sliced stuffed olives	chopped walnuts, if desired.
$\frac{1}{2}$ c. chopped celery	
3. Cream mayonnaise—Fold together an equal volume of whipped cream and mayonnaise. Use for fruit salads.

Cooked Salad Dressing
(for vegetables)

1 T. flour	$\frac{1}{2}$ c. milk
1 t. mustard (dry)	1 egg, slightly beaten
1 t. salt	$\frac{1}{4}$ c. vinegar
1 T. sugar	1 T. butter

1. Mix together dry ingredients.
2. Combine milk and egg. Blend with dry ingredients.
3. Cook in double boiler, stirring frequently, until thick.
4. Gradually add vinegar and butter. Cool.

To use—mix with cream to desired thinness.



*fruit, vegetable and
main dish combinations*

Golden Dressing
(for fruits)

1 T. butter	$\frac{1}{4}$ c. sugar
2 T. lemon juice	2 egg yolks, slightly beaten
$\frac{1}{3}$ c. orange juice	$\frac{1}{2}$ c. heavy cream, whipped

1. Melt butter in top of double boiler, add other ingredients except whipped cream.
2. Cook and stir until thick.
3. Cool. Fold in whipped cream.

Make Your Own Mix

In the last three Foods projects, you've learned to use and enjoy commercial mixes. Now you'll want to learn to make your own. Generally, they are less expensive than commercial mixes and you can make and use them easily. They will save you time and effort. Here is a master mix recipe that you can use to make a variety of baked products.

Master Mix
(makes 13 cups)

2 c. shortening	1 T. salt
9 c. sifted all-purpose flour	$\frac{1}{4}$ c. baking powder

1. Combine sifted flour, baking powder and salt. Stir well. Sift into a large bowl or pan.
2. Cut in shortening with pastry blender until mixture resembles coarse cornmeal.
3. Store in a covered container on your pantry shelf.

Variations

Baking Powder Biscuits

(makes 12)

2 c. master mix (do not pack)
1/2 c. milk

1. Make a well in the mix. Add milk and stir with a fork (about 25 strokes).
2. Knead, roll and cut for biscuits.
3. Bake at 450° for about 15 minutes.

Keep me
handy on
the shelf.
I'm quick and easy
to use.



Baked Fudge Pudding

(serves 9)

Bottom

1 1/2 c. master mix (do not pack)
1/2 c. sugar
2 T. cocoa
3/4 c. chopped nuts
1/2 c. milk
1 t. vanilla

Topping

1/4 c. cocoa
3/4 c. brown sugar
1 1/2 c. hot water

Bottom

1. Combine mix, sugar, cocoa and nuts. Stir in milk and vanilla. Blend.
2. Spread in 8" x 8" greased pan.

Topping

1. Combine ingredients.
2. Pour over batter in pan.
3. Bake at 350° for 40 minutes.

Family Cake

(one 8" x 8" cake)

2 c. master mix (do not pack)
3/4 c. sugar

1/2 c. milk
1 T. vanilla
1 egg, well beaten

1. Blend mix and sugar. Add milk and vanilla. Beat until well mixed.
2. Add egg. Continue beating until well mixed.
3. Pour batter into greased 8" x 8" pan, lined with greased paper.
4. Bake at 375° for about 30 minutes.

Cornbread

(makes 16, 2" squares)

2 c. master mix (do not pack)
1 c. cornmeal
1/2 t. baking soda

1 c. sour milk (or 1 c. sweet
milk plus 1 T. vinegar)
1 egg, beaten

1. Blend mix, cornmeal, sugar and soda.
2. Add combined milk and egg. Stir vigorously until just mixed.
3. Pour batter into greased 8" x 8" pan.
4. Bake at 425° for 30 minutes.

White Sauce Mix

(makes enough for 8 c. medium white sauce)

2 c. dry skim milk solids
1 c. all-purpose flour

1 T. salt
1 c butter

1. Blend dry ingredients with a fork. Cut in butter with pastry blender until like cornmeal.
2. Store in covered container in refrigerator.

To make 1 cup white sauce

Thin sauce: 1/4 c. mix (pack firmly) + 1 cup water

Medium sauce: 1/2 c. mix (pack firmly) + 1 cup water

Thick sauce: 3/4 c. mix (pack firmly) + 1 cup water

1. Put mix in saucepan and add water (or milk) while stirring.
2. Cook over low heat, stirring constantly until thickened.
3. Season to taste.

Let's Have Dinner for Our Dads

Wouldn't you and your club like to "show off" a little to your dads? They'd love to be invited to dinner. Have it at noon or at night, whatever is more convenient for all of you. Remember last year when you entertained your mothers at lunch? Have the same sort of committees this year to plan, prepare, serve and clean up for the dinner. You'll want a committee to look after sending invitations, meeting the guests when they arrive and introducing people.

Review the information in Units 2 and 3 on table manners and serving.

Introductions

Simple introductions are done with ease and poise. General rules are:

1. Present the younger person to the older person:

Example

Mother, this is Ann Jones, one of the club members.
Dad, this is Larry Smith.

2. Present an unmarried woman to a married woman:

Example

Mrs. Larsen, this is Miss Smith, my English teacher.

3. Present a man to a woman, a boy to a girl:

Example

Anne Jones, this is my father.
Anne Jones, this is Larry Smith, Julia's brother.

4. You should rise if a friend is introducing you to his father or mother or to any older person.
5. Men and boys always rise when being introduced.
6. Girls rise when introduced to older women or distinguished persons.
7. Men or boys always shake hands, but it is not necessary for a girl to do so unless she wishes. It is a friendly gesture. If you do shake hands, do so with feeling.
8. Acknowledge an introduction with a smile and a simple "How do you do," or "How do you do, Miss Taylor."

Invitations

An informal invitation may be written or spoken. Be sure to include the time, date, place and type of party or get-together.

A written invitation to an informal party may be just a note. It should be written with pen and ink on note paper. A reply to this type of informal invitation is worded in a similar way. You can show your consideration by answering an invitation promptly.

Here is an example:

Dear Mr. Black,

The Sunshine 4-H Club is having a dinner on Thursday, July 10 at seven p.m. at Sally Jones' home. We hope you can come.

Sincerely,
Mary Brown
Secretary