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LET'S COOK

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LET'S COOK
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To The Girls And Boys Who Have Joined LET'S COOK . . . . Cooking is an adventure. It's fun to put together shortening and sugar and flour and turn out yummy cookies. It's exciting to see how meat and vegetables and salad become supper on the table. It's a thrill to be able to serve foods you have prepared to your family and friends.

But an adventure is spoiled if you get lost along the way and cooking is no fun if you can't eat the results.

LET'S COOK has recipes for you to make and serve. There are guides and directions to help you.

Foods are not only fun to fix and serve, they are necessary for life. The foods you eat help to give you a strong, healthy body and energy for work and play. Do you know which foods are important to body health? Are you eating the right amounts of these foods? In this project you'll learn about the four basic food groups, as a guide to good eating. You'll check your food habits with the guide.

There are recipes related to each of the four basic food groups. Follow the recipes carefully; they will help you to become a successful cook. Learn why these foods are important to the body and be a wise cook.

WHAT YOU DO IN LET'S COOK

Learn
Foods to eat for good health.

Check
Daily food habits and improve where needed.

Prepare These Foods:
Cocoa, and other milk drinks.
Cinnamon toast.
Fruit desserts.
Raw vegetables plate and sandwiches.
Cookies and lemonade.
Hamburgers.
GUIDE TO GOOD EATING

Food is good, and good for you. You need food for growth, for health and for energy. No single food supplies all the nutrients the body needs. That's why we need a variety of foods in the diet. The guide to good eating divides food into four basic groups. You need some food from each group every day.

FOOD GUIDE

How good are your food habits? Do your daily meals include the right amount of each of the four basic food groups? Do between-meal snacks provide food value?

Keep a food record for three days. Do this in your record book. At the end of three days, take a good look at the results. Were there areas in which you were short? What do you need to do to improve your food habits? Write these in your record book. Make it your goal to improve. Check yourself again at the end of the project.
DAIRY FOOD GROUP
Milk or dairy food equal to at least:
- 2 glasses for small children
- 3 glasses for 9 to 12 year olds
- 4 glasses for teenagers

MEAT GROUP
2 or more servings
meat, fish, poultry or eggs

VEGETABLES AND FRUIT GROUP
4 or more servings including:
citrus fruit or tomatoes
dark green or yellow vegetables

BREAD-CEREAL GROUP
4 or more servings
whole grain, enriched or restored
breads and cereals

GET ACQUAINTED WITH YOUR KITCHEN
A good cook needs good tools. She should know where to find them in her kitchen. Cooking tools are called **Utensils**.

Here are some of the utensils you will need:
1. Glass measuring cup for liquids (with space above the "cup" line).
2. Set of nested measuring cups for dry ingredients.
3. Egg beater.
4. Flour sifter.
5. Paring knife.
6. Mixing spoon (at least one wooden).
7. Cutting board.
8. Cookie sheet.
10. Spatula.
11. Rubber scraper.
12. Mixing bowls.

The things that go into a recipe are called **Ingredients**. Learn where the flour and butter and all the other ingredients are kept in your kitchen.
LET'S GET READY TO COOK

Measuring

This is so important you'd better slow down here and read this several times. In fact you'd be smart to practice until you know you have it right.

How to Measure Flour

Use nests of cups.

There are several ways to measure flour:

- **Sifted flour:** Sift flour on to a piece of wax paper. Dip flour carefully into a measuring cup. Level with the straight side of a spatula.

- **Sifted flour:** (shortcut method) Dip unsifted flour into a measuring cup. Level with a spatula. Carefully spoon out 2 level tablespoons flour. This is about equal to flour measured the sifted way.

- **Pre-sifted flour:** Pre-sifted flour is the same as any other flour but it may be measured in a special way. Follow measuring directions given by the brand of flour that printed the recipe.

- **Instantized flour:** Instant flour pours. Pour into a cup and level with a spatula. In most recipes, one cup of instant flour can be used in place of one cup sifted flour.

How to Measure Sugar

Pack brown sugar firmly into a cup so that when it is turned out, the sugar holds its shape.

Measure white sugar like flour. Sift it only if the sugar is lumpy.

How to Measure Fat

Use nest of cups.

Have fat at room temperature. Pack firmly into cup. Level off with straight-edged knife or spatula.

How to Measure Liquids

Use liquid measuring cup which has a rim above the 1-cup mark. That's so you won't spill the water or milk. Set it on the table and pour in the liquid. Now lean down so your eyes are level with the cup and you can tell when you have exactly the right amount.
How to Measure Spoonfuls

Dip the spoon into the ingredients and level off top with straight edge of a knife or spatula. Use tablespoon, teaspoon, 1/2 teaspoon or 1/4 teaspoon.

To measure 1/2 tablespoon use 1 teaspoon and 1/2 teaspoon.

\[ \frac{1}{2} \text{ TABLESPOON} = 1 \text{ TEASPOON} + \frac{1}{2} \text{ TEASPOON} \]

READY TO START?

Read the recipe carefully. Be sure you have everything you need and understand every word.

Get out all the utensils and all the ingredients the recipe calls for. It helps to put all these things on a tray or big cooky sheet.

**Important**

Have you washed your hands? Better clean your fingernails.

Are you wearing a clean apron or wash dress?

Is your hair combed? (Maybe you’ll want to put a net or ribbon around it if it is long).

WHEN YOU’VE FINISHED

Dishwashing is not so hard when you know the rules.

Put all cooking dishes to soak right away. Use cold water if dishes have uncooked flour, egg or milk on them.

Use hot water if dishes are greasy or have cooked sugar mixtures on them.

Scrape all dishes.

Wash dishes in hot soapy water.

Rinse in clear boiling water.

Drain dry or wipe dry with clean towel.

Put them away. Be sure to wipe off the table and sweep the floor…Pretty soon you’ll convince everyone that you really are old enough to learn to cook.
Road to Good Health...

Good cooking leads to good eating and good eating leads to good health. What are the good foods? Let's follow the signs to good health.

All Set? Then Come on, Let's Cook...

LET's MAKE MILK DRINKS AND CINNAMON TOAST

Surprise the family with cocoa and cinnamon toast for breakfast. Treat friends to a healthy snack by serving cinnamon toast and a tasty milk drink.

FIRST YOU'D BETTER PLAN...

How much will you need to prepare?

Note the amount each recipe makes. If you need to make more or less, be sure to write down the changes so you won't forget.

How to have both ready at the same time.

Cinnamon toast should be served hot...the milk drinks either hot or cold. Decide the order of preparing foods to come out right.

MILK...

Every day you need 3 to 4 cups. Most of this you drink but some of it you eat in foods. Cocoa and other milk drinks add variety but don't forget to drink plain milk too.

WATCH THESE WHEN MAKING COCOA...

Use a heavy saucepan or a double boiler. For safety turn the handle toward the back of the stove. Take the spoon and egg beater out of the cocoa when not in use. Have a pan or tray to lay them on.

Always use a pot holder for a hot pan. Be sure your hands and the holder are dry.

Lift the lid from a hot pan by tipping it away from you so you don't burn yourself with the steam. Try practicing this when there isn't anything hot in the pan.
Good cocoa is a rich brown color with a pleasing and mildly sweet taste. It is creamy with no scum on top or settling in the bottom. It is served hot.

**COCOA (6 servings)**

**Ingredients**

- 2 tablespoons cocoa
- 3 tablespoons sugar
- 1/2 cup water
- Few grains salt
- 4 cups milk

**Utensils**

- Measuring spoons
- Spatula
- Measuring cup (liquid)
- Wooden spoons
- Egg beater
- Heavy saucepan

1. Measure cocoa and sugar into pan. Stir.
2. Pour water over cocoa and sugar. Place pan on medium heat.
3. Cook until cocoa and sugar are dissolved, stirring all the time.
4. When cocoa syrup starts to boil, turn burner to low and simmer for 10 minutes, stirring just enough so that it won't burn.
5. Carefully add a few grains of salt.
6. Measure 4 cups of milk and pour into cocoa syrup. Stir well.
7. Heat over low heat until cocoa is hot enough to serve. Stir now and then so the milk will not burn.
8. Just before serving, beat cocoa with an egg beater until foamy. Easy Cocoa: You can make cocoa from cocoa mixes, from chocolate syrup or from purchased chocolate drink. Follow the directions on the package. Compare the taste of these with your own cocoa. Is there a difference?

**APRICOT COOLER (4 servings)**

- 4 cups cold milk
- 3 cups cold apricot nectar
- 4 tablespoons lemon juice

1. Mix all ingredients together
2. Pour into tall glasses

**BANANA DRINK (4 servings)**

**Ingredients**

- 4 ripe bananas
- 2 tablespoons lemon juice
- 1/2 teaspoon cinnamon
- 3 tablespoons sugar
- 4 cups cold milk

**Utensils**

- Knife
- Fork
- Bowl
- Egg beater
- Liquid measuring cup
- Tablespoon measure
1. Peel the bananas, cut in thin slices, then mash with a fork.

2. Add 1/4 cup milk to bananas. Beat with egg beater until smooth.

3. Add lemon juice, cinnamon and sugar. Mix. Then add remainder of the milk and beat again.

4. Pour into glasses.

There are many other milk drink ideas. Look in cook books and magazines for other favorites. Milk drinks could be a good topic for a club meeting demonstration.

CINNAMON TOAST

Good cinnamon toast is crisp on the outside and soft on the inside. The top is a dark golden brown with no trace of burned edge. It is served hot.

**Ingredients**

- 1/4 cup sugar
- 1 teaspoon cinnamon
- 2 tablespoons butter or margarine
- 4 slices enriched bread

**Utensils**

- 1 teaspoon measure
- 1/4 cup measure
- Bowl
- Spoon
- Bread board
- Bread knife
- Spatula

1. Mix cinnamon and sugar together.

2. Turn on broiler.

3. Cut slices of bread in triangles and place on broiler pan. Place broiler so bread is about 3 inches from the heat. Toast until golden brown. Turn.

4. Remove toast from broiler and spread with butter. Sprinkle with cinnamon sugar mixture.

5. Return toast to broiler until sugar begins to bubble. Serve hot.

Easy cinnamon toast: Toast bread in toaster. Spread with butter and cinnamon sugar mixture.

LET'S MAKE FRUIT DESSERTS

You can help mother by making fruit dessert for the family meal. Use a fruit dessert as refreshments for your 4-H Club meeting.
Good ambrosia has a tart flavor. It is free from tough orange skins and membranes. It is served cold.

Ingredients
3 medium sized oranges
1 banana
1/2 cup coconut
1 tablespoon sugar (if needed)

Utensils
Paring knife
Cutting board
1/2 cup measure
Bowl
Spoon
2 forks.

1. With a sharp knife peel orange like you would an apple. Cut round and round, cutting through outside peel and white membrane clear to the pulp. Work over a bowl and save the juice.

2. Remove sections by cutting close to the membrane on both sides of each section.

3. Lay peeled banana on cutting board and cut crosswise into slices. Lightly mix the banana with orange so banana won't get brown. Add sugar if oranges seem sour.

4. Sprinkle coconut over fruit and mix lightly with two forks.

5. Chill for 15 to 20 minutes before serving.

This recipe makes 4 servings.

For Fun: Make ambrosia gelatin. Prepare lemon gelatin according to the directions on the package. Add the ambrosia.

Advice on Cutting
Cut with knife on a cutting board whenever you can. It won't hurt the board like it might your thumb if the knife should slip.

Citrus Fruit
Every day we need a serving of citrus fruit or tomatoes. Oranges and grapefruit are citrus fruit. Do you want to learn a big word? It's ascorbic acid and that's what is in citrus fruit. It keeps our body tissues in good condition and probably helps us resist infections.
APPLE CRISP (4 servings)

Good apple crisp has a slightly sweet, delicate apple flavor. It has a crunchy texture and may be served warm or cold.

Ingredients

- 1/2 cup butter
- 3/4 - 1 cup sugar, either white or brown
- Few grains salt
- 3/4 cup flour
- 4 cups sliced apples
- 2 tablespoons water
- 1/2 teaspoon cinnamon

Utensils

- Baking dish (8" x 8" or 7" x 10")
- Paring knife
- Cutting board
- Bowl
- Spoon
- Cup measure
- 1/2 cup measure
- 1/4 cup measure
- Measuring spoons

A GOOD IDEA!

Taste the apples. If they are tart (you know---rather sour) use 1 cup sugar. For sweeter apples use only 3/4 cup sugar.

1. Start oven and set at 375°F. (moderate)

2. Butter the baking dish. Spread a little soft butter around the dish with a crumpled piece of waxed paper.

3. Measure the sugar, salt and flour into a bowl. Stir.

4. Put in the butter and mix with the sugar and flour until you have crumbs. Be sure your hands are clean. You may want to finish making this with your fingers.

5. Get the apples ready. If the peelings are bright red and tender you may want to use them peel and all (scrubbed, of course). If you decide to pare them, don't forget to pare real thin.

6. Slice the apples. Measure till you have 4 cups and put them in the baking dish.

7. Pour the water on the apples and sprinkle the cinnamon over them.

8. Spread the flour mixture over the apples.

9. Bake until the apples are tender, about an hour. Serve with cream.
LET'S MAKE SANDWICHES AND A VEGETABLE PLATE

Think about..........

What vegetables are in season. Use tender fresh vegetables from the garden or buy those that are inexpensive at the store.

Colors in vegetables. Half the fun of a vegetable plate is how pretty it is. Choose a variety of colorful vegetables.

Trying new vegetables. One of the ways we grow up is to learn to enjoy many different foods. How grown up are you?

Careful.......... 

Remember to cut away from your hand whenever you can. Cut on a board. It is better for the knife and you, too.

Keep sandwich fillings made with ground meat, chicken, fish or eggs in the refrigerator until ready to eat.

SANDWICHES

Good sandwiches are tasty, well seasoned and easy to eat. They have filling spread clear to the edges and are cut into convenient-shaped pieces.

Ingredients

- 8 slices bread
- Butter
- Filling

Utensils

- Bread board
- Spatula or knife for spreading

1. Soften butter -- if butter is very cold you can soften it with a fork.

2. Spread butter on one or both sides of the sandwich. Be sure to spread it clear to the edges and no farther.

3. Spread one side with filling. Be sure to cover the whole slice of bread. Use plenty, but not enough so it will squeeze out when you eat it.

4. Cut in halves or quarters.

Fillings

Use any fillings. You might try.....

1. A prepared filling such as: potted meat or cheese.

2. 1/2 cup peanut butter, 1 banana (mashed), 2 tablespoons orange juice, mixed together.

3. 1 cup ground meat, 1/3 cup salad dressing, 2 tablespoons chopped celery or pickle, mixed together.
VEGETABLES

Every day eat one serving of green and yellow vegetables, two or more other vegetables and fruit. These foods give you many of the vitamins and minerals that keep your body running smoothly.

**RAW VEGETABLE PLATE**

Raw vegetables should be clean, cold and crisp. They should be cut in easy-to-handle pieces. The colors should be cheerful and harmonizing and the arrangement attractive.

**Ingredients**

Any raw vegetables you decide to include

**Utensils**

Paring knife
Cutting board
Attractive plate, platter or shallow dish

1. Scrub vegetables, using vegetable brush with stiff bristles.

2. If vegetable skins are tender, do not peel. If they must be peeled scrape or peel very thinly. You don't want to buy vegetables and throw away the best part.

3. Cut pieces for serving.

**Choose Some of These**

- **Cabbage, Red as well as green**... cut in wedges small enough to handle
- **Carrots**... cut in strips
- **Celery**... cut in strips
- **Cucumbers**... cut in strips or slices. Leave peeling if it is tender.
- **Cauliflower**... separate into flowers
- **Lettuce**... separate into leaves or cut into wedges
- **Onions**... slice mild, large onions and separate into rings. Young green onions can be served whole
- **Green peppers**... cut into rings with paring knife or kitchen shears (some peppers make perfect 4-H emblems)
- **Turnips**... cut into thin crosswise slices
- **Radishes**... trim. Leave a few small leaves on some of them.
- **Tomatoes**... slice or cut in wedges

4. Chill all vegetables.

5. If vegetables have been in water, dry on clean towel.

6. Arrange in the prettiest way you can. Don't overcrowd the plate.

7. Eat them! Yes, some of each.
For Fun: Make a carrot bonnet for your plate. Cut a thin slice from the big end of a carrot and thick slice from the small end. Use a bit of parsley or carrot top for feather. Fasten together with wooden pick.

LET'S MAKE LEMONADE AND COOKIES

On a hot summer day, you'll rate high with others when you serve refreshing lemonade and cookies.

Remember: To sift the flour before you measure. Careful measuring makes good cookies.

LEMONADE (4 servings)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Utensils</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup sugar</td>
<td>Fruit juicer</td>
</tr>
<tr>
<td>4 cups water</td>
<td>Measuring cup</td>
</tr>
<tr>
<td>3 lemons</td>
<td>Saucepan</td>
</tr>
</tbody>
</table>

1. Put the sugar into a saucepan.
2. Add 1 cup of water.
3. Place over burner and bring to a boil. Stir until sugar dissolves.
4. Boil 5 minutes.
5. Squeeze the lemons. There should be about 1/2 cup lemon juice.
6. Cool the syrup you have made from the sugar and water.
7. Add 3 cups of cold water and the lemon juice. Stir.
8. Pour over ice cubes or chopped ice.

Easy Lemonade: Buy a can of frozen lemonade. Follow the directions on the can. How does the taste compare with your own?
COOKIES

OATMEAL DROP COOKIES (3 dozen)

Good oatmeal cookies are medium sized, even colored, tender and moist, and not too brown. They have a mild flavor and interesting texture.

**Ingredients**

- 1 cup sifted all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup shortening
- 1 cup sugar
- 1 egg
- 1 1/2 cups rolled oats
- 2 tablespoons milk

**Utensils**

- 1/2 cup measure
- 1 cup measure
- Liquid measure
- Spatula
- Sifter
- Measuring spoons
- Bowl
- Mixing spoon
- Cooky sheet

2. Grease cooky sheet.
3. Measure the sifted flour, baking powder, salt and cinnamon into the flour sifter.
4. Cream shortening until light and fluffy. Gradually add the sugar and mix until creamy.
5. Add the egg to the creamed shortening-sugar mixture, and beat until mixed.
6. Add oatmeal and stir until just mixed.
7. Stir in milk.
8. Carefully stir in dry ingredients. Stir until all the flour disappears.
9. Drop the cooky dough by teaspoons onto the cooky sheet about an inch apart. Push dough from spoon with rubber scraper or teaspoon, making each cooky a smooth mound of dough.
10. Bake for 15 minutes or until done.

**For Fun:** Make special cookies. Stir in before adding dry ingredients:

- 1 cup raisins or
- 1 cup chocolate bits or
- 1/2 cup broken nuts or
- 1/2 cup coconut
Here are some things you'll need to know about making cookies.

Creaming means to mix until light and creamy. This takes a lot of mixing, so don't give up. You may stop and rest, but stir again until the mixture looks fluffy like whipped cream.

Breaking an egg -- does it cause you trouble? Try this. Wash the egg, then hold it with thumb and first finger, over a small bowl or custard cup. Strike it in the center with the back of a knife or spatula. Hit it hard enough to crack it. Now put your thumbs in the crack and pull gently apart and empty into the bowl. Be sure there are no pieces of shell in the bowl.

Cereals and breads -- Oatmeal cookies help us get our whole grain cereals. You need whole grain or enriched cereals or bread each day.

LETS PLAN A PICNIC

Let's learn to fix hamburgers and have a picnic! You may want to have a real picnic on the porch or in the yard. Maybe you will want an indoor picnic around the dining table. This could be a family picnic or a picnic for special friends. You can use several of the foods you've learned to prepare for the picnic menu.

Decide on the kind of picnic you want.

Now Let's Plan..............

The menu for the picnic. Let's keep it simple. You might try:

Hamburgers Buns or Carrot strips
Raw Vegetable Plate or Lettuce Wedges or Apple Crisps
Oatmeal Cookies or Ambrosia or Cocoa
Lemonade or Milk

How much to prepare. Find out how many people will come to the picnic. Ask your leader to help figure how much food you'll need.

Which foods you can prepare ahead of time.

How to have the hot foods hot and the cold foods cold.

How to serve the picnic. If you have guests at the picnic be sure to serve them first.
Divide the work. A successful picnic means that everyone should have a job. What committees will you need? A reminder: the picnic isn't over until the dishes are cleaned up and put away!

Be Careful When Cooking Hamburger

Keep ground beef in the refrigerator until ready to cook.

Don't drop the meat into the skillet -- the fat is sure to spatter. Lower it gently with spatula or pancake turner.

Turn the skillet handle toward the back of the stove -- you know why!

Remember to use a pot holder -- a hot skillet is really hot!

PLAIN HAMBURGERS (5 hamburgers)

Good hamburgers are a deep golden brown on the outside, juicy on the inside, tender and well seasoned.

Ingredients

1 tablespoon chopped onion
1 pound ground beef
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons fat
5 buns

Utensils

Cutting board
Paring knife
Measuring spoon
Mixing bowl
Fork
Spatula
Skillet

1. Chop onion on cutting board.

2. Mix onion, ground beef, salt and pepper together. Mix lightly with a fork or your hands. (Too much mixing will make your hamburgers hard and compact.)

3. Shape into 5 patties. Make about 1/2 inch thick.

4. Melt fat in skillet - just have it melted - not hot.

5. Put patties in the skillet and cook over medium heat until brown. This will take about 5 minutes.

6. Now turn with spatula and cook on the other side until brown, about 5 minutes.

7. Serve hot on buns.
For Fun: I. Make cheeseburgers. Place a slice of cheese on the hot hamburger. II. Make hamburgers deluxe. Serve the hamburger with a slice of onion, a slice of tomato and a small piece of lettuce.

Note: Always cook meat over low or medium heat.

Meat

You need 2 servings of meats, fish, eggs or poultry each day. These foods contain protein which helps build and repair muscles and keep you strong.

LET'S COOK is the first step in your 4-H foods experiences. Some very important skills were stressed in this project that you will use each time you cook. Have you learned to:

1. Check the recipe carefully.
2. Always measure accurately.
3. Use the proper utensils.
4. Observe safety precautions.
5. Be a neat clean cook.
6. Know the four basic food groups.
7. Rate the quality of the foods you prepare.
8. Enjoy new foods.
10. Compare easy foods with your own recipe.

You may want to do much more than the minimum requirements in this project. Look for the other recipes similar to those you have learned to make. Start your own collection of favorite recipes.