Let's Cook : Extension Circular 9-101-2

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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.

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_ is made up of recipes you can make and eat. In the book you'll find guides and directions to help you. Follow these carefully; they will help you to become a successful cook.

**THIS IS WHAT YOU WILL DO IN _LET'S COOK_**

**FOODS YOU WILL PREPARE**

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**OTHER THINGS YOU WILL LEARN**

Foods to eat for good health
LET'S GET ACQUAINTED WITH THE 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

- Glass measuring cup for liquids (with space above the "cup" line)
- Set of nested measuring cups for dry ingredients
- Egg beater
- Flour sifter
- Paring knife
- Mixing spoon (at least one wooden)
- Cutting board
- Cookie sheet
- Double boiler or 2 sauce pans
- Measuring spoons
- Spatula
- Rubber scraper
- 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

Sift flour onto square of waxed paper.
Pile flour lightly into cup. A tablespoon is good for this. STOP! if you feel like dipping cup into flour or shaking down the flour. You'll get too much.

When the flour is piled high, level off with a straight edge of spatula or knife. Push it off, don't pack it down.

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.

READY TO START?

Then:
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 cookie 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 COCOA AND CINNAMON TOAST

FIRST YOU'D BETTER PLAN...

How much cocoa you will need. This recipe makes 4 cups. If you make any changes be sure to write them down so you won't forget.

How to have the cocoa and toast ready at the same time. Better have everything ready so you can make the toast while the cocoa is heating.

MILK

Drinking cocoa helps you get enough milk. Every day you need 4 cups. Most of this you drink but some of it you eat in foods. Cocoa and milk drinks add variety, but don't forget to drink plain milk, too. Milk helps you to have good teeth and bones.

MILK 4 CUPS A DAY

WATCH THESE WHEN MAKING COCOA

Turn handle of double boiler toward the back of the stove. Guess what would happen if your little brother bumped into it.

Take the spoon and egg beater out of cocoa when you aren't using them. 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.

When taking the lid off the double boiler, tip it away from you so you won't burn yourself with the steam. Try practicing this when there isn't anything hot in the pan.

BE CAREFUL WHEN MAKING CINNAMON TOAST

Ask your mother about lighting your oven. Always strike a match away from you.

For coal or wood find out about drafts or dampers. Learn to make a slow even heat.

If your gas oven is lighted with a match, strike match before you turn on the gas. Learn how to set the oven for the right temperature.

Set your electric oven at the right temperature. Be sure your hands are dry before you touch anything electrical. See if there is a separate switch for Pre-heat and Bake.

Don't forget the pot holder when you take the toast out!
COCOA

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.

INGREDIENTS

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

UTENSILS

- measuring spoons
- liquid measuring cup
- double boiler
- wooden spoon
- egg beater

1. Measure cocoa and sugar into the top of the double boiler. Stir.

2. Pour in the water and set the top of the double boiler directly on the stove.

3. Cook until the cocoa and sugar are dissolved, stirring all the time. Stir slowly back and forth to keep the cocoa from sticking, not so fast that you cool it off.

4. When the cocoa sirup starts to boil turn down the burner or move the pan to the back of the stove. Let it just barely boil for 10 minutes. Stir often enough so it won't burn.

5. Put boiling water in the bottom part of the double boiler and set the top part in the bottom part. Keep the water boiling.


7. Now measure 3 cups of milk and pour into the cocoa sirup. Stir well.

8. Place over the boiling water and heat until the cocoa is hot enough to serve.

9. Just before serving, beat the cocoa with an egg beater. Be ambitious and beat until you have a nice light foam. You'll find it makes your cocoa smooth and creamy.

This recipe makes 4 cups of cocoa...

FOR FUN: Put a marshmallow into each cup before you pour in the cocoa.

Note: The double boiler is to keep the cocoa from burning. If you don't have a double boiler, perhaps you could find two pans that will fit together.
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
- 4 slices enriched bread
- 1 teaspoon cinnamon
- 1/4 cup sugar
- 2 tablespoons butter, softened

UTENSILS
- bread board
- bread knife
- 1/4 cup measure
- 1 teaspoon measure
- spatula or knife
- bowl
- spoon

1. Turn on broiler.
2. Cut slices of bread in triangles and place on broiler pan.
3. Place broiler so bread is about 3 inches from the heat. Toast until golden brown. Turn as needed.
4. Mix sugar and cinnamon together thoroughly.
5. Remove toast from broiler and spread with softened butter.
6. Sprinkle the cinnamon-sugar mixture generously on top of buttered toast.
7. Return to the broiler for a few minutes or until the sugar gets bubbly.

This recipe makes 4 full slices of toast...

FOR FUN: Instead of cinnamon toast, make orange or lemon toast.

Orange Toast—Combine 1 teaspoon of orange juice, 1 teaspoon orange rind and 1/4 cup sugar. Make like cinnamon toast.

Lemon Toast—Combine 1 teaspoon lemon juice, 1 teaspoon lemon rind and 1/4 cup sugar. Make like cinnamon toast.

Note: If you do not have a broiler make cinnamon toast in the oven. Use a very hot oven, about 450° F.
LET'S MAKE FRUIT DESSERTS

AMBROSIA

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.

CAUTION
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

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
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.

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 mixing 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
This recipe makes 4 servings.

FOR FUN: Make Rhubarb Crisp. Make just like Apple Crisp, but use 4 cups rhubarb. Leave out the cinnamon and use 1 tablespoon grated orange peel if you have it. You'll probably want to use the white sugar with rhubarb.
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.

Leafy green or
yellow vegetables
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...................... separated into flowerets
Lettuce......................... separated 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 very cold.

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

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

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 the 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

Remember!
Don't forget to sift the flour before you measure.
Careful measuring makes good cookies.

Lemonade

INGREDIENTS
1 cup sugar
4 cups water
3 lemons

UTENSILS
fruit juicer
measuring cup
saucepan

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 sirup 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.

This recipe makes 4 glasses.

FOR FUN: For a special occasion mother might let you use a red maraschino cherry in each glass.
Do you know someone who has mint growing in her garden? A washed mint leaf is pretty in the glass too.
Think of other ways to make the lemonade look pretty.

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 it.

CEREALS and BREADS - Oatmeal cookies help us get our whole grain cereals. You need whole grain or enriched cereals or bread each day.
OATMEAL DROP COOKIES

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
1/4 cup milk

UTENSILS

1/2 cup measure
1 cup measure
liquid measure
spatula
sifter
measuring spoons
bowl
mixing spoon
cooky sheet

1. Set oven for 375°F (moderate).
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. Sift in about one-third of the dry ingredients (that's the flour, baking powder, etc.) and stir just until you cannot see the flour.
8. Pour in half the milk, then stir.
9. Add the rest of the flour mixture and stir until well mixed.
10. Drop the cooky dough by teaspoons onto the cooky sheet about an inch apart. Use a rubber scraper or another teaspoon to push out the dough. See how nice and round you can make them.
11. Bake for 15 minutes or until done.

This recipe makes about 3 dozen cookies.

FOR FUN: Make special cookies. Stir in:

- 1 cup raisins or
- 1 cup chocolate bits or
- 1/2 cup broken nuts or
- 1/2 cup coconut

before the first flour is added.

Good oatmeal cookies are medium sized, even colored, tender and moist, and not too brown. They have a mild flavor and interesting texture.
LET'S 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. Perhaps you'd like to invite your mother and show her what you've learned in your cooking adventure.

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
- Raw Vegetable Plate or Lettuce Wedges or Carrot strips
- Oatmeal Cookies or Ambrosia
- Lemonade or Cocoa or Apple Crisp
- 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

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.

This makes 5 hamburgers.

FOR FUN: I. Make cheeseburger. Place a slice of cheese on the hot hamburger. II. Make hamburgers de luxe. 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 1 serving meat, fish or poultry each day, and an egg at least every other day. These foods contain protein which helps build and repair muscles and keep you strong.
LETS FOLLOW THE ROAD TO GOOD EATING

"We are what we eat". Have you ever heard anyone say that? Perhaps you used to think if you ate lots of carrots you'd look like a carrot. Maybe someone told you that eating bread crusts would make your hair curly. Now you know this isn't true. So you may say "It doesn't matter what I eat".

It does matter what you eat. Good food helps keep you strong, healthy and full of pep.

You need food for:

- Energy to work and play
- Growth, muscle building and repair, bone and teeth,
- better blood.
- Regulation of your body - to keep it running smoothly.

No one food does this for your body. That's why mother says "no" when you want to eat just hamburger, or ice cream or pumpkin pie.

Nutritionists--people who study foods--have examined many, many foods and many, many boys and girls. They've found which vitamins and minerals, proteins, fats and carbohydrates you need to be your very healthiest self. They have divided the foods which give you all of these things into groups. Eating foods from each group every day will take you a long way on the road to good health.

**MILK**
3 or 4 glasses
Milk is one of the best foods you can give your body. It is a good protein food and helps to build and repair your muscles. The mineral calcium in milk helps build strong bones and teeth. It is an excellent source of riboflavin and thiamine.

**MEAT, POULTRY, FISH AND EGGS**
1 serving of meat
1 egg a day or at least 4 a week
Meat, poultry and fish are rich in proteins. They help to build and repair your muscles. These foods are also rich in the minerals which build good red blood. Their vitamins help to keep you strong. Eggs are rich in proteins, minerals and vitamins, too.
ORANGES, TOMATOES, GRAPEFRUIT, OR RAW CABBAGE OR GREENS
1 serving

Oranges, grapefruit, and lemons are called citrus fruits. They give you large amounts of vitamin C. Another name for vitamin C is ascorbic acid. Vitamin C helps keep the gums healthy and firm. It also helps to keep other parts of your body strong. Tomatoes, strawberries, cantaloupes and raw greens are rich in ascorbic acid.

GOOD EATING on the road to GOOD HEALTH

GREEN, YELLOW VEGETABLES
1 serving
Green and yellow vegetables have many minerals and vitamins. They are rich in vitamin A. They also have iron which you need for good red blood. Eat one or more servings each day.

POTATOES AND OTHER VEGETABLES AND FRUIT
1 serving potatoes
1 serving other vegetables
1 serving other fruit
In this group of foods there are many fruits and vegetables. You can use them to make your meals different and to get building materials for your body.

BREAD, FLOUR AND CEREALS
Some bread or cereals at each meal
These foods give you energy for work and play. They help to keep the body warm. They furnish vitamins and minerals to keep your body healthy and strong.

BUTTER AND FORTIFIED MARGARINE
2 to 3 tablespoons
Butter or fortified margarine give you vitamin A. This vitamin helps you to grow. It helps to keep your skin healthy and helps you to see well in dim light.