Easy Meals

4-H Foods Project 2 for Girls and Boys

Club Series M-56
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Easy Meals
4-H Foods Project 2

What You Can Learn

It will be fun to help mother with breakfast, lunch, or dinner.

You can make very simple meals without help when you learn how to prepare:
- easy soups and chowders
- eggs for any meal
- tasty foods from cereal grains
- different kinds of muffins
- cooked fruits
- salads and salad dressings.

Along with the food preparation, you will also learn:
- how to use these foods in meals
- how to select some foods in a grocery store
- how to care for some foods in your home.

You will learn more about:
- what to eat and why
- modern ways at the table
- how to show others how to do something
- how to do something for others.

What You Will Do

You will prepare several foods in each of these groups:
- easy soups and chowders
- eggs for any meal
- tasty foods from cereal grains
- different kinds of muffins
- cooked fruits
- salads and salad dressings.

Each time you prepare food you will:
- plan how you will do it
- use good food handling habits
- be a good housekeeper
- judge your finished food
- decide if you can improve the food and the way you work.

With your mother, decide:
- what food you will prepare to fit into the family meal
- when you can plan and prepare some very simple meals alone.

With your leader, plan when you will show others how to do something.

With your mother and with your leader, plan for “Food and fun with others.”

Keep a record of what you do.

Attend your club meetings.

Exhibit 4 muffins, either:
- plain all-purpose flour muffins or
- plain pastry flour muffins or
- whole wheat muffins using half whole wheat and half white flour.
Eat for Health and Pep

Learn to enjoy meals that make you fit. As a guide to good eating, foods are put in 7 groups. These are called the Basic 7 Food Groups.

It's smart to eat foods from each of these 7 groups every day.

• Group 1 Green and yellow vegetables
  Eat one or more of these asparagus, green beans, broccoli, green cabbage, chard, kale, lettuce, mustard greens, peas, green pepper, spinach, wild greens, carrots, yellow squash, sweet potatoes, or other green or yellow vegetables.
  Which foods from this group did you eat today?

• Group 2 Citrus fruits, tomatoes, raw cabbage, or other high vitamin C foods.
  Eat one or more of these fresh or canned tomatoes, raw cabbage, orange, grapefruit, canned or frozen orange or grapefruit juice, cantaloupe, fresh or frozen strawberries, raw turnips.
  Which of these foods did you eat today?

• Group 3 Potatoes and other vegetables and fruits.
  Eat 2 or more servings
  Which of these foods did you eat today?

• Group 4 Milk, cheese, and ice cream.
  You need 3 to 4 cups milk daily.
  Count what you get in cooked food, ice cream, and cheese.
  How many cups of milk did you get in all your foods today?

• Group 5 Meat, poultry, fish, eggs, dried beans and peas, nuts.
  Eat one serving of meat, poultry, or fish daily, if possible.
  Eat 4 or more eggs a week.
Eat some foods from this group two or more times a week
nuts, peanut butter, dried beans and dried peas.

Which foods from this group 5 did you eat today?

* Group 6 Bread and other cereal foods, whole-grain or enriched.
  Eat some every day.
  Which whole grain or enriched bread or cereal did you eat today?

* Group 7 Butter or fortified margarine.
  Eat some every day.

How wisely did you eat today?

Are you short some food in one or more groups?
Will you get this food in other meals today?
Perhaps the food you need was on the table or school lunch counter. Did you fail to eat some food you need?

How to keep a food record

Keeping a food record will help you to eat wisely. See if you can improve your eating habits. You'll find a form for a food record on page 6.

Learn how to use the form at your club meeting. Use the menu below to practice writing-in the form. Write each food in the right place in Column I of the form.

Menu for a Day

**Breakfast**
Tomato Juice
Scrambled Egg Buttered Toast
Milk

**Lunch**
Potato Soup
Carrot Sticks Crackers
Canned Peaches Oatmeal Cookies

**Dinner**
Meat Balls
Green Beans Baked Potato
Whole Wheat Bread Butter
Baked Apple Milk

Do you think this is a good menu?

Keep a record of the food you eat during two days. Ask your mother to help with the record. Show her the way you learned to use the form at your club meeting. Write the food you eat the first day in Column 2 of the form on page 6. Include any between meal food. The next day use Column 3.

Discuss the record of your food with your mother.

Are there ways in which you can improve your eating habits?
Do you eat a good breakfast?
How can you improve your lunches and dinners?
When you eat between meals, do you choose wisely?
Are you learning to eat and enjoy many kinds of vegetables, fruits, and meats? Are you learning to eat eggs and other foods prepared in several different ways?
# Food Record Form

With your leader, write the foods in the practice menu in Column 1. With your mother, write the foods you ate in Columns 2 and 3.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Column 1</th>
<th>Column 2</th>
<th>Column 3</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Practice Menu, Page 5</td>
<td>Date</td>
<td>Date</td>
</tr>
<tr>
<td><strong>Group 1</strong></td>
<td>Green and yellow vegetables</td>
<td>Green beans</td>
<td>Food Eaten</td>
</tr>
<tr>
<td></td>
<td>Carrot sticks</td>
<td></td>
<td>Food Eaten</td>
</tr>
<tr>
<td><strong>Group 2</strong></td>
<td>Citrus fruit, tomatoes, raw cabbage, strawberries, cantaloupe</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Group 3</strong></td>
<td>Potatoes and other vegetables, fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Group 4</strong></td>
<td>Milk, cheese, ice cream</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Group 5</strong></td>
<td>Meat, poultry, fish, eggs, dried beans and peas, nuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Group 6</strong></td>
<td>Enriched or whole grain cereals</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Group 7</strong></td>
<td>Butter or fortified margarine</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Other foods</strong></td>
<td></td>
<td></td>
<td></td>
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</table>
Easy Soups and Chowders

You'll enjoy making these easy soups and chowders. Ask your mother if a soup or chowder will fit with the family lunch or supper today. When you have learned to make soup or chowder you can prepare a very simple meal. Use the soup or chowder for the main dish.

Soup garnish
Garnish the top of the bowls of soup or chowder for color.

Try some of these garnishes
finely chopped parsley, chives, or hard-cooked eggs
dash of paprika
thin slices of frankfurters
fine strips of cooked ham

Quick potato soup

Ingredients
(for 3 cups soup)
1 1/2 cups cubed potatoes
1/4 cup finely chopped celery
1 tablespoon chopped onion
1 tablespoon butter or bacon fat
1 cup water
1/2 teaspoon salt
2 cups milk

Make the soup this way


2. If you are using celery, cut ¼ cup fine.

3. Prepare 1 tablespoon finely chopped onion.

4. Get the garnish ready.

5. Put 1 tablespoon fat in a saucepan that's large enough to cook the soup (2-quart pan or larger).

6. Add 1 cup water and ½ teaspoon salt.

7. Add 1/4 cup celery (if used).

8. Drain potatoes and add.

9. Boil until potatoes are tender. Stir carefully a few times to prevent potatoes from sticking on bottom of pan.

10. Add 2 cups milk.

11. Heat to boiling.

12. Taste and add more salt, if needed. If you wish, add other seasonings such as celery salt.

13. Put in serving dish or soup bowls.


Potato and frankfurter soup

1. Cut two frankfurters into ¼-inch slices.

2. Add frankfurters in making potato soup after you have added the milk in step 12.

For variety
Add finely cut pieces of salami or lunch-eon meat instead of frankfurters.
Clam chowder

Ingredients
(for 6 cups chowder)

- \( \frac{1}{4} \) cup diced bacon or salt pork
- \( \frac{1}{2} \) cup diced onion
- 1 1/2 cups water
- 1 medium carrot cut into thin medium size pieces (about 1 cup)
- \( \frac{1}{2} \) cup celery cut in small pieces
- 2 cups potatoes cut in medium size pieces
- \( \frac{1}{2} \) teaspoon salt
- 1 can minced clams and liquid (about 1 cup)
- 3 tablespoons flour
- 2 cups milk
- 1 tablespoon finely chopped parsley or chives (may omit)

Other seasonings to taste

Make it this way

1. Use a cooking kettle that holds 2 quarts or more.
2. Put \( \frac{1}{4} \) cup small pieces of bacon or salt pork in kettle.
3. Fry slowly until lightly browned.
4. Add \( \frac{1}{2} \) cup diced onion. Cook very slowly for about 2 minutes.
5. Add 1 1/2 cups water and heat.
6. Add:
   - 1 medium carrot cut in thin pieces (about 1 cup)
   - \( \frac{1}{2} \) cup celery cut in small pieces
   - 2 cups potatoes cut in medium pieces (1/4-inch cubes)
7. Add \( \frac{1}{2} \) teaspoon salt.
8. Cook until vegetables are almost tender.
9. Add can of minced clams and the clam liquid.
10. Put 3 tablespoons flour into a small bowl. Gradually stir in 1 cup of milk. Stir until all the flour is mixed with the milk.
11. Stir the milk-flour mixture into the cooking kettle being careful not to break potatoes.
12. Add other cup milk.
13. Simmer until liquid is slightly thickened. Ask your mother if she likes a thinner chowder. If so, add some milk or water.
14. Add more seasonings as desired.
15. Serve in bowls. If you wish, sprinkle chowder with finely chopped parsley.

Corn chowder

(7 cups chowder)

1. Omit clams in step 9 of clam chowder recipe.
2. Add 1 can (about 2 cups) cream style corn. If you use home canned corn, boil it 10 minutes before you taste or add it to the chowder.

Basic 7 foods in soups and chowders

See the Basic 7 Food Groups on pages 4 and 5. From which groups did you use foods in your soup or chowder?

Simple meals with soup or chowder

Would you like to prepare a simple lunch or supper? Can you prepare all the food in this menu?

- Quick potato soup
- Scrambled egg sandwich
- Fruit salad

Some of these foods are included in MEALTIME FUN. Such meals will be easy after you finish this project.

With your mother plan a simple lunch or supper. Use a soup or chowder. Add other food you can prepare. Ask if you can make this meal for your family. Before you start, decide exactly how you will prepare the meal. What will you do first? Set the table?

Cut medium-sized, uniform pieces for chowder.
Eggs For Any Meal

Serve eggs for breakfast, luncheon, or supper. Use them for carried lunches or picnics. In MEALTIME FUN there are hints on testing eggs and how to remove egg from shell. You used eggs in custards and cookies. Now you'll learn to use them as the main protein food in meals.

Keep eggs high in quality
Most eggs are high in quality when they are laid.
When a high quality egg is broken onto a plate the yolk is round and upstanding; most of the white is thick.
Eggs lose quality rapidly when warm.
Keep home produced eggs cool.
Gather eggs often in hot weather.
Put them in a cool place as soon as gathered.
Spread them out so eggs cool quickly.
Take care of the eggs you buy.
Don't leave them in a hot car or hot kitchen.
Store them in refrigerator or other cool place.
Remove only as many eggs as you will use. Keep the other eggs cool.

When you buy eggs
You'll find them in cartons or in bulk.
Read the label on the carton or the placard near bulk eggs. You'll find the size grade and the quality grade.
Common size grades are large, medium, and small.
Quality grades are AA (highest grade), A, and B.

Hints on egg cookery
Do you like your eggs to be tender? Evenly cooked?
Cook eggs with moderate heat. Eggs cooked with high heat get tough. See how moderate heat is used in the following recipes.

Scrambled eggs
There are two easy ways to prepare scrambled eggs. The eggs may be:
1. Mixed in a bowl before cooking or
2. Partly cooked in a skillet before they are scrambled.

Scrambled eggs—mixed in bowl
1. Put eggs into a bowl.
2. Add 1 tablespoon milk for each egg.
3. Season with salt and pepper.
4. Beat slightly with a fork or egg beater to mix yolks and whites.
5. Slowly heat a small amount of butter or other fat in a skillet.
6. Pour egg mixture into skillet.
7. As the eggs thicken, carefully stir them from the bottom. Remove from skillet while shiny, fluffy, and tender. Do not cook until eggs are dry and hard.
8. Serve immediately.

For variety
Add small pieces of cooked bacon or ham after step 4.

Scrambled eggs—mixed in skillet
1. Slowly heat a small amount of butter or other fat in a skillet.
2. Break each egg into a saucer or half-cup measure and turn it quickly into the skillet.
3. Cook over low heat until whites are almost thickened.
4. Add 1 tablespoon milk for each egg.
5. Season with salt and pepper.
6. Stir to mix egg whites, egg yolks, and milk.
7. Remove from skillet while fluffy and tender.
8. Serve immediately.
Fried eggs
1. Slowly heat a small amount of butter or other fat in a skillet.
2. Break each egg into a saucer or half-cup measure and turn it quickly into a skillet.
3. Cook over low heat until whites are firm. Or if you wish to cook top of eggs, add about a teaspoon of water for each egg and cover skillet tightly.
4. To fry eggs on both sides, fry until white is firm. Turn each egg carefully with a wide turner.
5. Season with salt and pepper.

Poached eggs
If you have an egg poacher, ask someone to show you how to use it.

Poaching eggs in a skillet or shallow pan
1. Put about 2 inches of water in a skillet or shallow pan.
2. Heat water to gentle boiling and draw from heat. Add salt.
3. Break each egg into one-half measuring cup or saucer. Hold the edge of the cup near the water and slip the egg in quickly.
4. Put skillet over very low heat. Water should not boil. It may be necessary to remove skillet from heat to prevent boiling. Cover and let stand until eggs are cooked as you wish them.
5. Remove eggs with a slotted turner or spoon.
6. Serve on toast, cooked rice, or cooked spinach.
7. Season with salt and pepper. Dot with butter, if you wish.

Eggs cooked in the shell
It will take practice to cook eggs in the shell just the way you want them. The exact time needed depends on such things as size of the eggs, the size of your cooking pan, the number of eggs you cook, and the temperature of the eggs when you start.
You can start with cold water or hot water when you cook eggs in the shell.

Starting with cold water
1. Put eggs in a saucepan.
2. Cover eggs with cold water.
3. Heat until water bubbles gently. This is called simmering. The water is just below boiling. If necessary, set pan off heat to prevent boiling.
4. Simmer
   soft-cooked eggs—1 to 2 minutes
   medium-cooked eggs—3 to 5 minutes
   hard-cooked eggs—12 to 15 minutes

Starting with boiling water
1. Cold eggs might crack in boiling water. To prevent cracking, let the eggs stand in the room for a while or in warm water before you put them in boiling water.
2. Heat water to boiling in saucepan. You'll need enough water to cover eggs.
3. Put each egg in a spoon and lower it carefully into the water.
4. Keep water simmering—not boiling. If necessary, set pan off heat to prevent boiling.
5. Simmer
  soft-cooked eggs—3 to 5 minutes
  medium-cooked eggs—7 to 8 minutes
  hard-cooked eggs—15 to 18 minutes

Prevent green color in hard-cooked yolks
A green color on yolks shows they have been cooked too long or at too high a temperature.
Simmer only until done.
Serve immediately or plunge eggs into cold water.

Make peeling of hard-cooked eggs easier
1. Plunge eggs into cold water as soon as cooked.
2. Roll egg between hands gently to loosen shell.

Deviled eggs
1. Peel shells from hard-cooked eggs.
2. Cut eggs in half crosswise or lengthwise.
4. Season yolks with salt, pepper. If you wish, add a little powdered or prepared mustard, and vinegar.
5. Moisten with milk, cream, or salad dressing.
6. Pile mixture onto whites. Leave the top rough.

Tasty Foods From Cereal Grains
From fields of grain come many of the favorite foods in your meals. Look at the menus in the section on easy meals. One or more cereal foods are needed in each menu.

Cereals in your meals
In what forms have you eaten cereals recently? Toast or cereal for breakfast? The flour in muffins or cookies? Perhaps you had a pudding thickened with cornstarch, flour, or other cereal. You may have eaten cornmeal in muffins, cornbread, or tamale pie. Or whole wheat in a main dish.
In some states boys and girls see fields of rice. It's a cereal with many uses—soups, main dishes, desserts.

One of the Basic 7 food groups
Cereals and bread are important enough to be one of the Basic 7 Food Groups.

Take your choice
Many different cereals are made from each grain. For whole grain cereals the entire kernel is used. For refined cereals only the inner part of the kernel is used. Cereals made from whole grains are richer in minerals and vitamins than refined cereals.

When minerals and vitamins are added to cereals, they are called enriched cereals. Refined cereals and flour are often enriched to replace some of the minerals and vitamins lost in milling.
A serving of home-cooked cereal costs less than a serving of ready prepared cereal.
A serving of whole grain or enriched home cooked cereal gives you the most nourishment for your money.

Cooking fine granular and rolled cereals
Hot, tasty, home cooked cereal! That's one of the favorite breakfast foods for many folks of all ages. You'll use fine granular cereals in some of the desserts, too.
Some cereal companies put out a quick cooking type and the regular or longer cooking type. Read the label for cooking directions.

Before you cook cereal you'll need to know
  how much cereal to use
  how to cook it
  how long it will take to cook it.
How much cooked cereal do you need for your family? Calculate the amount of liquid, salt, and dry cereal to use.

How to cook it

Here is a chance to learn to stir with one hand while you are pouring slowly with the other!

For quick cooking cereal use a saucepan or a double boiler. Use a double boiler for cereals that take more than a few minutes cooking time. You don't need to stir or watch it as much.

Stir rolled oats and other flaked cereal with a fork so as not to break the flakes.

Sauce pan method

1. Heat water and salt to boiling in the sauce pan.
2. Hold the measuring cup with cereal in one hand, a stirring spoon or fork in the other. Gradually pour the cereal in the water stirring all the time to prevent lumping.
3. Over low heat, continue to cook with occasional stirring. Cook at least as long as suggested on package. Longer time often improves flavor.

Double boiler method

2. Gradually pour the cereal in the water, stirring all the time to prevent lumping. Cook over direct heat 3 to 5 minutes.
3. Fill lower part of double boiler 1/3 full of water. Heat to boiling. Set cereal over the boiling water. Cover. Stir a few times during the cooking. See label or ask your mother how long to cook it.

Cereal cooked in milk

Cereals cooked in milk are more nutritious and tasty. Use the same method as given in sauce pan or double boiler method. Perhaps you'll use water the first time or two. Then you can manage the milk without scorching or boiling over.

How much to cook

Some cereals take up more water than others do. You'll have about as many cups of cooked cereal as the cups of water used in cooking. A cup of fine cereal such as cornmeal takes up 5 or 6 cups of water. You'll have 5 or 6 cups cooked cereal. A cup of rolled oats takes up only about 2 cups of water. You'll have approximately 2 cups cooked cereal.

Rice and whole wheat are exceptions to the above rule. When 1 cup rice is cooked with 2 1/2 cups of water, the fluffy cooked rice measures 3 to 4 cups.

For approximately 2 cups cooked rolled or fine granular, use

- 2 cups water (or milk)
- 1/2 teaspoon salt
- 1 cup rolled oats or flaked wheat or 1/3 cup granular cereal such as cornmeal or farina.
For variety
During the last few minutes of cooking, add raisins or chopped dates. Or on each serving, put some raw or cooked fruit such as sliced bananas, peaches, berries, or cooked prunes.

Judge your cooked cereal
Discuss your cereal with your mother. Is it medium thick, neither too thick nor too thin? Are the grains separate; not a gummy mass? Is it pleasing in flavor? Do you have the amount needed for the family? Are there ways in which you can improve the cooked cereal? the way you worked?

Cooking wheat bulgur or pilaf
Present day wheat bulgur or pilaf is a modern form of an ancient wheat product. Bulgur is one of the uses of Northwest soft wheat. In making bulgur, whole wheat is cooked and dried. Kernels are left whole or cracked.
To cook bulgur follow directions on the package or use the recipe below:

Cooked wheat bulgur
(2½ cups cooked)

Ingredients
2 tablespoons butter
1 cup wheat bulgur
½ teaspoon salt
2½ cups water

This is a good way to cook bulgur
1. In a saucepan melt 2 tablespoons butter
3. Add 2½ cups water and ½ teaspoon salt.
4. Bring to boil. Stir. Cover and cook very slowly for 15 to 20 minutes. Press some bulgur between your thumb and finger. Is it soft? If not, cover and cook longer.

5. Serve as a breakfast cereal or with the meat for dinner.

Oven method for wheat bulgur
(2½ to 3 cups cooked)

Ingredients
1 cup wheat bulgur
1 tablespoon butter (may omit)
½ teaspoon salt
2½ cups water

Get oven ready. You'll cook this in a moderate oven 350 degrees.
Put bulgur, butter (if used), salt, and water in baking dish. Cover.
Cook 45 minutes or until water is absorbed and bulgur is tender.

Cooking rice
You'll find different types and forms of rice in stores. Some are new.
You'll find

Brown rice and white rice. The brown bran coats have been removed to make white rice.
Long grain and short grain rice.
Enriched rice. It looks and tastes like ordinary white rice.
Pre-cooked rice. This requires only short time heating. It's packaged dry in paper cartons, or canned, or frozen. It's more expensive than raw rice.

New trends in rice cookery
It's no longer necessary to wash rice before cooking it. Washing rice causes loss of nutrients which are naturally present, or added by enrichment.
It is not necessary to rinse rice after cooking. Use a good method of cooking and rice will be fluffy without rinsing in cold water.
Amount of water and length of cooking time will vary with different kinds of rice. There are many different methods of cooking rice. Two methods are included here. Your mother or your leader may have other good methods to show you.
Oven method for rice
(3 to 4 cups cooked rice)

**Ingredients**
1 cup rice
1 teaspoon salt
2 1/2 cups hot water
2 quart baking dish or casserole with tight cover

Put rice, salt, and hot water in baking dish. Cover. Cook until water is absorbed and rice is tender. Oven may be 350° F. to 425° F. Requires approximately 30 to 45 minutes at 350° F. If rice is too moist, uncover, and return to oven for a few minutes.

This is a good way to prepare rice. It is easy to do when other foods are also in the oven.

Is the rice
fluffy?
are the kernels soft when pressed between your fingers?

Sauce pan method for rice
(3 to 4 cups cooked rice)

**Ingredients**
2 1/2 cups water
1 teaspoon salt
1 cup rice
1 teaspoon butter

Use a 2-quart sauce pan with a tight fitting lid.

Put water, salt, and butter in the sauce pan. Heat to boiling.

Add the rice slowly, stirring with a fork. Cover. Continue to cook over very low heat. Cook for 25 minutes or more.

Toast
Are you an experienced toast maker? If not, watch others when they make toast at your house. Making the toast is a good way to help with meals. You'll use toast with some of the simple meals you prepare alone.

For variety

**Cinnamon toast**
Mix 2 tablespoons sugar and 1 teaspoon cinnamon.
Butter hot slices of toasted bread. Sprinkle with the sugar-cinnamon mixture. If oven is hot, put the toast on the top rack for a few minutes. The sugar will melt and stay on the toast.

**Orange toast**
Mix 2 tablespoons sugar and 1 teaspoon grated orange rind. Use this instead of the cinnamon mixture above.

**Marmalade toast**
Spread toasted bread lightly with orange or other marmalade.

**Cereals in Desserts**

**Apple sauce cereal pudding**

**Ingredients**
1 cup milk
3 tablespoons raw fine granular cereal, such as farina
1 egg
1 cup apple sauce
1/2 cup raisins
1/4 cup white or brown sugar
1/4 teaspoon nutmeg or cinnamon

1. In a small sauce pan, cook 3 tablespoons fine granular cereal in 1 cup milk.
2. Get oven ready. You'll bake this pudding in a moderate oven, 350 degrees.
3. In a medium size bowl, beat 1 egg to blend yolk and white.
4. Add to the beaten egg
   1 cup apple sauce
   1/2 cup raisins
   1/4 cup sugar
   the cereal cooked in milk.
5. Mix all the ingredients.
6. Pour into a baking dish.
7. Sprinkle with nutmeg or cinnamon.
8. Bake in a moderate oven (350° F.) 25 minutes or until partly set.
   Test with a tip of a knife. Serve warm or cold, with or without cream.
**For variety**
Put a crunchy top on the hot pudding after it is baked. Make it this way.
In a bowl mix ¼ cup brown sugar, ¼ cup crushed corn flakes, ¼ cup chopped walnuts, and 2 tablespoons cream.
Sprinkle mixture over hot pudding.
Return pudding to oven.
Put it on the top rack this time. Leave it in the oven 3 to 5 minutes.

**Rice delight**

*Ingredients*
- 2 cups cooked, chilled rice
- 1 or 2 cups drained peaches (fresh, canned, or frozen)
- 1 cup quartered marshmallows (may omit)
- ½ cup whipping cream or table cream
- 2 tablespoons sugar

1. Use a medium size mixing bowl.
2. Cut well-drained fresh or canned peaches into small pieces. Put in medium size mixing bowl.
3. Add marshmallows cut into quarters, if used
5. Just before serving
   - Whip cream; add 2 tablespoons sugar.
   - Fold the sweetened cream into the rice mixture, or serve with table cream.

*For variety*

Omit peaches.
Use either sliced bananas, or crushed pineapple, or berries mixed with sugar.

**Fruit cream pudding**

- 2 cups milk
- ¼ cup white or brown sugar
- 2 tablespoons cornstarch
- ¼ teaspoon salt
- ½ teaspoon vanilla
- ½ cup chopped dates or dried apricots

2. In a small bowl, mix ¼ cup sugar, 2 tablespoons cornstarch, and ¼ teaspoon salt.
   - Add ½ cup cold milk. Stir.
3. Slowly stir the cold milk mixture into the hot milk in the top of the double boiler. Stir until the mixture coats the spoon.
4. Cover and cook 20 minutes longer to cook the starch. Stir a few times.
5. Remove from heat.
6. Add
   - ½ teaspoon vanilla
   - ½ cup of chopped dates or dried apricots.
7. Pour into a serving dish.
8. Cool.
9. Serve plain, or with table cream or whipped cream.

**Ginger bulgor pudding**

(3 to 4 servings)

*Ingredients*
- 1 cup bulgor
- 2 cups milk
- ¼ cup brown sugar
- 1 tablespoon butter
- 2 tablespoons molasses
- ½ teaspoon salt
- ½ teaspoon ginger

Get oven ready. You'll bake this pudding in a slow oven, 300 degrees.

1. Grease a quart-size baking dish.
2. Add all the ingredients and stir to mix.
3. Bake, uncovered. Draw forward in the oven, and stir every 20 or 30 minutes. Baking time 1½ to 2 hours. Taste to see if cereal is soft.
4. Serve hot or cold. Serve plain or with cream, or with cooked dried prunes.
Different Kinds of Muffins

Fluffy, tender muffins are a favorite hot bread. With practice you can make them quickly. You'll enjoy making different kinds of muffins.

Delicious varieties

Plain Muffins
Plain muffins are made with white flour. There is less sugar and shortening in plain muffins than in rich muffins.

Whole wheat or cornmeal muffins
Whole wheat or cornmeal is used in place of part of the white flour.

Additions to your muffins
You can make variations of the plain, whole wheat, or cornmeal muffins. Add raisins, chopped dates, or nuts. Or add bits of crisp-cooked bacon. See how to make these variations on pages 17 and 18.

Flour for your muffins

White flour
The label on a sack of flour usually tells you the type of flour. Stores often carry 2 types of white flour in sacks. One type is called all-purpose or family flour. The other type is called pastry flour.

You can make good muffins with either type of flour. Notice which type the recipe calls for. All-purpose flour takes up more liquid than pastry flour does. More milk is used for each cup of flour when the recipe calls for all-purpose flour.

Enriched white flour
For the meaning of the term enriched, see page 11. Are you using enriched flour? Look at the sack label.

Bleached flour
Use bleached or unbleached flour. Unbleached flour is cream color.

Whole wheat flour
Whole wheat flour is also called graham flour.

You can get finely ground whole wheat flour. You can also get some that has coarser branflakes in it. The label usually tells which type is in the sack.

Muffins are often made with 1 cup white flour and 1 cup graham flour.

Do not put whole wheat flour or cornmeal into a flour sifter. It's hard to get all of it out of the sifter. Stir with a spoon before measuring. Whole wheat flour and cornmeal do not pack in the sack as much as white flour does.

Cornmeal
Cornmeal takes up more liquid than wheat flour does.

The cornmeal does not contain the protein (gluten) which is found in wheat flour. Cornmeal muffins are lighter and fluffier when some wheat flour is used.

To make muffins light

There are different types of baking powder. They differ in the amount of action before the dough is heated in the oven. The amount of baking powder in the recipes in this section is for a double acting baking powder. You will need more of a fast acting baking powder.

Fast acting baking powder has cream of tartar in it. It is called a single action or tartrate baking powder. Look at the label on your baking powder can. With your mother decide how much baking powder to use.

Methods of mixing muffins

There are several good ways to mix the fat with the other ingredients in muffins. Two ways are used in the recipes in this section.

1. Oil or melted fat is added to the milk and egg, see page 17.
2. Fat is cut into the dry ingredients, see pages 18 and 19.
Plain muffins with all-purpose flour

Ingredients
2 cups all-purpose flour
2 tablespoons sugar
3 teaspoons double acting or 4 teaspoons tartrate baking powder
½ teaspoon salt
1 egg
3 tablespoons oil or melted shortening
1 cup milk

9. Avoid stirring the batter when you lift it from the bowl into the muffin pans.
10. Fill the muffin pans 2/3 full. Shake pan gently to remove air pockets in the dough.
11. Bake muffins in hot oven (425 degrees) until lightly browned for 15 to 20 minutes.

Another way of mixing

Instead of melting the fat, you can mix the fat with the sifted dry ingredients with your fingers or a pastry blender. Fat should be at room temperature.

Less rich muffins
Use 2 tablespoons fat.

Richer muffins
Use 4 tablespoons (¼ cup) fat.

Whole wheat muffins

Ingredients
1 cup all-purpose flour
2 tablespoons sugar
3 teaspoons double acting baking powder or 4 teaspoons tartrate baking powder
½ teaspoon salt
1 cup whole wheat flour
1 egg
3 tablespoons oil or melted shortening
1 cup milk

Get the oven ready. Is the rack in the right place? Be sure the oven is hot (425 degrees) when the muffins are mixed.

You can make your muffins this way:
1. Egg and milk should be at room temperature. Get out 1 egg and 1 cup milk.
2. Get out utensils.
4. Sift and measure 2 cups all-purpose flour.
5. Measure and scatter over the flour
2 tablespoons sugar
3 teaspoons double acting or 4 teaspoons tartrate baking powder
½ teaspoon salt
Sift these dry ingredients into the large mixing bowl.
6. Combine the liquid ingredients this way
Put an egg into the small mixing bowl. Beat until well mixed.
Add 1 cup milk.
Add 3 tablespoons oil or melted shortening. To melt shortening, put it in a small pan and heat on top of the stove or in the oven. Heat only enough to melt it. Finish mixing muffins immediately before melted shortening hardens.
7. Pour all the liquid ingredients into the dry ones.
8. Stir quickly until the dry ingredients are just dampened. The batter will be lumpy. A few seconds overstirring ruins muffins. Overstirred muffins have peaks and long holes, called tunnels.

9. Avoid stirring the batter when you lift it from the bowl into the muffin pans.
10. Fill the muffin pans 2/3 full. Shake pan gently to remove air pockets in the dough.
11. Bake muffins in hot oven (425 degrees) until lightly browned for 15 to 20 minutes.

Another way of mixing

Instead of melting the fat, you can mix the fat with the sifted dry ingredients with your fingers or a pastry blender. Fat should be at room temperature.

Less rich muffins
Use 2 tablespoons fat.

Richer muffins
Use 4 tablespoons (¼ cup) fat.
Sift these dry ingredients into the large mixing bowl.

6. Stir and measure 1 cup whole wheat flour. Stir it into the other dry ingredients.

7. Combine the liquid ingredients this way. Put an egg into the small mixing bowl. Beat until well mixed. Add 1 cup milk. Add 3 tablespoons oil or melted shortening. To melt shortening, put it in a small pan and heat on top of the stove or in the oven. Heat only enough to melt it. Finish mixing muffins immediately before melted shortening hardens.

8. Pour all the liquid ingredients into the dry ones.

9. Stir quickly until the dry ingredients are just dampened. The batter will be lumpy. A few seconds overstirring ruins muffins. Overstirred muffins will have peaks and long holes, called tunnels.

10. Avoid stirring the batter when you lift it from the bowl into the muffin pans.

11. Fill the muffin pans 2/3 full. Shake pan gently to remove air pockets in the dough.

12. Bake muffins in hot oven (425 degrees) until lightly browned for 15 to 20 minutes.

Another way of mixing

Instead of melting the fat, you can mix the fat with the sifted dry ingredients with your fingers or a pastry blender. Fat should be at room temperature.

**Cornmeal muffins and cornbread**

*Ingredients*

- 1 1/4 cups all-purpose flour
- 2 tablespoons sugar
- 3 teaspoons double acting baking powder
- 1/2 teaspoon salt
- 1/2 cup cornmeal
- 1 egg
- 3 tablespoons oil or melted shortening
- 1 cup milk

Mix like whole wheat muffins. Stir in 1/2 cup cornmeal in step 6.

For cornbread spread batter in a greased 8 x 8 inch baking pan.

For variety, spread batter in a pan.

**Bacon muffins**

Add 1/4 cup bits crisp cooked bacon after you have mixed dry ingredients for plain, whole wheat, or cornmeal muffins.

**Raisin, date, or nut muffins**

Add 1/4 to 1/2 cup raisins or chopped dates, or 1/4 cup chopped nuts after you have mixed dry ingredients.

**Plain muffins with pastry flour**

*Ingredients*

- 2 1/4 cups pastry flour
- 2 tablespoons sugar
- 3/4 teaspoon salt
- 4 teaspoons double acting baking powder
- 1/4 cup vegetable shortening
- 3/4 cup milk
- 1 egg

Make your muffins this way:

- Get the oven ready. Be sure oven is hot (425 degrees) when muffins are mixed.
- All ingredients should be at room temperature.
- Get out utensils.
5. Measure and scatter over the flour:
   2 tablespoons sugar
   3/4 teaspoon salt
   4 teaspoons double acting baking powder
Sift these ingredients into a mixing bowl.
6. Blend 1/4 cup vegetable shortening with the flour mixture, using fingers or pastry blender.
8. Pour the egg-milk mixture into the dry ingredients.
9. Stir until the dry ingredients are just dampened. The batter will look wet and lumpy.
10. Fill muffin pans 2/3 full.
11. Bake in hot oven (425 degrees) for 15 to 20 minutes.
12. Remove from pans and serve while hot.

It's as easy to make good muffins as poor ones. Notice the difference in appearance of the poor muffins at the top and good ones at the bottom. Use picture and the chart on page 20 to judge your muffins.
# How Good are Your Muffins?

Check (✓) in the space which describes your muffins.

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What can you do to improve your muffins?
Cooked Fruits

What a wonderful variety of fine fruits we have in Oregon! In MEALTIME FUN you learned how to prepare raw fruit treats. Cooked fruits make other tasty foods for any meal. Any time of the year, you'll find a recipe here that you can use.

Cooked apples

There are two types of cooked apples

1. Whole quarters or slices in sirup. These are often called stewed apples.
2. Apples broken apart to make a smooth rather thick pulp. These are often called apple sauce.

Some varieties of apples fall apart as soon as heated. They make smooth apple sauce.

Sugar helps to keep the shape of apple pieces.

To keep apple pieces whole

Mix sugar with the cooking water. See recipe for apple quarters, on this page.

To make the smooth type apple sauce
Add sugar after apples have fallen apart. See recipe for apple sauce, below.

Apple sauce

1. Wash, quarter, and core apples. Cut out spots. You do not need to peel or core the apples if you put them through a sieve in step 4, below.
2. Put apples in kettle. Add water to about 1/2 inch from the bottom of kettle.
3. Cover. Cook very slowly. Stir a few times during cooking. Cook until very soft.
4. Put apples through a sieve, or mash peeled apples with a spoon.
5. Add a few grains of salt. Sweeten to taste while still hot (about 1 teaspoon to 1 tablespoon of sugar to each apple).
6. You may add any of these seasonings lemon juice, lemon rind, orange rind, dash of cinnamon or nutmeg.

Stewed apple quarters

1. In the cooking kettle, mix 1/2 cup sugar and 1 cup water.
2. Wash and quarter 4 apples. Peel and core. Drop into bowl of cold water.
3. Heat sugar and water. Add apples.
4. Cover. Cook very slowly. Turn apples carefully with a large spoon several times while cooking. Try to keep the quarters whole.
5. Remove from heat as soon as apples are tender.
6. If you wish, season with 1/8 teaspoon lemon or orange rind, 1 teaspoon lemon juice, or a dash of cinnamon or nutmeg.
7. If you like a thicker sirup, take the cooked apples out of the sirup, cook the sirup uncovered until some water evaporates. Pour the sirup over the apples.

Baked apples

1. Wash apples. Remove stem.
2. Core apple without cutting through stem end.
3. Peel apples one-third of the way down.
4. Place apples in baking dish.
5. Sprinkle holes lightly with salt. Sprinkle from 1 teaspoon to 1 tablespoon of sugar over the peeled portion and hole of each apple.
6. Top each apple with a dot of butter.
7. Pour enough water in bottom of dish to keep apples from sticking. Look at apples during baking. Add more water if needed.
8. Bake uncovered in hot oven (375° F. or 400° F.) about 1 hour. Test peeled part with the top of a paring knife or fork to see if apples are tender in the center.

For variety
1. Fill centers with raisins before baking.
2. Fill centers with chopped fresh cranberries mixed with sugar. Bake.
3. Half-fill centers with crushed pineapple. After baking, press a marshmallow onto center of apple. Return to oven for a few minutes to soften marshmallow.
4. Soften cream cheese with cream. Beat with a fork until fluffy. Use as a topping for baked apples.

Baked rhubarb

Ingredients
4 to 5 cups diced rhubarb (2 lbs.)
1 cup sugar

1. Wash and trim rhubarb. It is not necessary to peel tender pink or red rhubarb.
3. Sprinkle 1 cup sugar over it.
4. Bake in moderate oven (350° F.) for 30 minutes. With a spoon gently push the rhubarb under the juice. Bake 10 minutes longer or until tender.

Cooked pears

Ingredients
1 cup sugar
2 cups water
3 pears

1. In a saucepan, put 2 cups water.
2. Add 1 cup sugar and stir to dissolve sugar. Put on stove to heat slowly while you prepare pears.
3. Wash pears, peel, and cut in half.
4. Remove core with a teaspoon, measuring spoon, or coring knife. Drop pears into a bowl of cold water.

5. Put pears in hot sirup. Cook slowly until pears are tender. Test for tenderness with the tip of a paring knife.
6. Pour carefully into a bowl to cool.

For variety
Add any of these seasonings to pears while cooking:
1 tablespoon lemon juice
1/4 teaspoon lemon rind
1 teaspoon chopped preserved ginger or
1/4 teaspoon ground ginger
Small piece of stick cinnamon

Baked crispy pears

Ingredients
4 to 6 pear halves (cooked or canned)
3/4 cup cornflakes
2 tablespoons brown sugar
1 tablespoon butter
Juice from pears

1. Drain pear halves.
2. Crush 3/4 cups cornflakes lightly.
3. Roll fruit in cornflakes.
4. Place pears hollow side up in baking dish.
5. Fill centers with sugar and dot with butter.
6. Pour 1/4-inch juice or water around pears.
7. Bake in 375° F. oven for about 25 minutes until lightly browned.
8. Serve while warm.

Cinnamon sauce for crispy pears

Ingredients
1 tablespoon cornstarch
1/2 teaspoon cinnamon
1 cup pear juice
1 tablespoon butter

1. Combine 1 tablespoon cornstarch and 1/2 teaspoon cinnamon in a saucepan.
2. Slowly stir in 1 cup pear juice. Cook, stirring constantly, until mixture thickens and clears. Cook gently 3 minutes longer.
3. Add 1 tablespoon butter and stir until melted. Serve warm or cold.
Baked crispy peaches

Use 4 to 6 peach halves (cooked or canned) in recipe for baked crispy pears.

Fruit torte

Ingredients
(6 to 8 servings)

2 eggs
1 1/4 cups sugar
2 teaspoons vanilla
1 cup drained and diced, pears, peaches, apricots, or cherries (cooked or canned)
1/2 to 1 cup broken nut meats
1/2 cup flour
2 teaspoons baking powder
1/2 teaspoon salt

Sift and measure 1/2 cup flour
Add 2 teaspoons baking powder and 1/2 teaspoon salt.
Sift onto a piece of paper or a bowl.
Beat 2 eggs.
Add 1 1/4 cups sugar. Continue beating until smooth.
Add 1 cup pears, peaches, apricots, or cherries
2 teaspoons vanilla
1/2 to 1 cup broken nut meats
Fold in sifted dry ingredients.
Pour into ungreased baking pan. A pan that is 8 inches square and 2 inches high is a good size.
Bake in a slow oven, 350° F., for 35 minutes.

This may be made a day or two ahead of serving time.
Cut into squares. Each square may be topped with a spoonful of whipped cream, ice cream, or diced fruit.

Types and sizes of prunes

Most prunes grown in Oregon are tart. They are known as Italian prunes. A local sweet prune is known as Parson’s prune.

Sweet French prunes are grown chiefly in California.

Prunes are graded according to size. The size means the number in a pound. Medium size Italian prunes are 30 to 40’s. Medium or small prunes are the best buy for your money.

When you buy dried prunes

Read the label to find type of prunes, size, and cooking suggestions.

The label also shows the net weight of the prunes in the package. Net weight does not include the weight of the packaging material.

Cooked prunes

Follow the directions on the package or cook them this way

1. Put prunes in a saucepan. Cover with water.
3. Cook slowly until skins are tender. About 1/2 hour.
4. Taste prunes to see if you want to add sugar. Add it after the skin is soft. Sugar prevents the skin from getting soft.
5. Prunes become more plump when cooled in the juice. A fruit canning jar is a convenient container for cooked dried prunes.

Steamed dried prunes

1. Put prunes in a sieve or in the upper part of a steamer.
2. Put the prunes over boiling water. The fruit should not touch the water.
3. Cover and steam until fruit is less wrinkled.
4. Remove pits.
5. Stuff prunes with one of these peanut butter nuts
   cream cheese
6. Use in lunch box, or as a snack, or in salads.
Salads in Your Meals

Use salads for refreshments at your parties and club meetings. Make salads for lunch, supper, or dinner.

Your salads will give color, crisp texture, and zest to your meals. They add minerals and vitamins. You'll often make the salad from raw fruits or vegetables. Sometimes you'll use some cooked or frozen fruit with the raw fruit. You can combine fresh and cooked vegetables. The recipes in this section give suggestions for using fresh, canned, and frozen food in salads.

Look over the recipes. With your mother plan a salad using food at hand. Can you plan one to use in a meal today?

Salad dressing

Do you wish to make the dressing for your salad? Make the dressing before you start the salad. See the salad recipes on pages 26 and 27 for salad dressing suggestions.

Quick salad dressing

**Ingredients**
- ¼ cup lemon juice or ½ cup vinegar and ¼ cup water
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 teaspoon celery seed
- 1 teaspoon finely chopped onion

Mix the dressing this way
1. In a one-cup glass liquid measuring cup, measure ¼ cup lemon juice or use ½ cup vinegar and ¼ cup water.
2. Add the other ingredients and mix
3. Stir again just before adding to salad.

Cooked salad dressing

**Ingredients**
- 1 tablespoon butter
- 1 tablespoon flour
- 1 tablespoon prepared mustard
- ¼ teaspoon salt
- ½ cup sugar
- ½ cup vinegar
- 1 egg

Mix the dressing this way
1. In a small sauce pan, melt 1 tablespoon butter. Remove from heat.
2. Add 1 tablespoon flour, 1 tablespoon prepared mustard, and ¼ teaspoon salt. Stir to mix well.
3. Stir in ½ cup sugar.
4. Slowly stir in ½ cup vinegar.
5. In a small bowl, beat an egg slightly but do not beat foamy.
6. Stir the egg into the other ingredients.
7. Cook over low heat, stirring constantly. Cook until mixture coats the spoon like very thick cream.

Chill before using.
Dressing may be thinned with cream or whipped cream.
Thin with fruit juice for fruit salad.

Fruit juice cooked dressing

**Ingredients**
- ½ teaspoon grated orange or lemon rind
- Juice of 1 orange
- Juice of 1 lemon
- 1 tablespoon flour
- ¼ cup sugar
- Dash of salt
- 1 egg or 2 egg yolks
- 1 teaspoon butter

Mix the dressing this way
1. Put in a small cooking kettle ½ teaspoon grated orange or lemon rind, or a mixture of the two juice of 1 orange (¼ to 1/3 cup) juice of 1 lemon (¼ to 1/3 cup)
2. In a small bowl mix
- 1 tablespoon flour
- ¼ cup sugar and a dash of salt
- Stir into the cold juice.
3. Put egg or egg yolks into a small bowl. Use a fork or egg beater to mix egg but do not beat foamy. Stir egg into the cold juice.

4. Cook slowly over low heat until dressing coats your stirring spoon like very thick cream.

5. Remove from heat. Add a teaspoon of butter and stir it in.

6. Dressing should be well chilled before using in salad. If you are in a hurry, set the kettle in a pan of cold water.

**Substitution or variation**

Use 2/3 cup of other fruit juices, such as grapefruit or pineapple.

**Salads**

*Easy ways for good salads*

- Keep your salads simple. Simple salads can be crisp and attractive. Simple salads save time.
- Have salad greens clean, dry, and crisp. Keep them fresh when they come from the garden or grocery store. Don't let them wilt in the sunshine or in a warm room. Wash them in cold water. Drain. Wrap loosely in wax paper or put in plastic bag or covered dish. Store them in a refrigerator or cool place.
- To separate leaves of lettuce from a head:
  - Cut out core with a sharp knife. Hold head under running water or in a pan of cold water. Separate each leaf carefully. Lay the leaves down so they will drain dry. When you need only a few leaves, remove them without cutting out core.
  - Arrange the best pieces of head lettuce to form cups for the salad. Do not flatten the leaf. Break or cut the other pieces of lettuce. Put in bottom of lettuce cups:
- Keep fruits, tomatoes, and cooked vegetables in moderately large pieces. This saves time. You'll have an attractive salad.


**Add French dressing to green salad the last minute.**

- Salt does not wilt cooked vegetables. Cooked vegetables may be mixed with salad dressing. Let them stand about 1/2 hour to blend flavors. See potato salad recipe, page 27.
- Drain canned or frozen fruit well before you use it in a salad.
- Frozen fruit should still be icy cold when served in salads.
- Apples, pears, bananas, and some other fruits tend to darken when peeled. You can use some of these ways to prevent darkening:
  - Peel just before using.
  - Drop peeled pieces in a bowl of cold water.
  - Mix pieces with lemon juice or salad dressing.

Add French dressing to green salad the last minute.
These salad recipes make about 4 servings. With mother decide how much to make for your family.

**Prune nut salad**

*Ingredients*
- 12 cooked prunes
- 1/3 cup cottage cheese
- 1 teaspoon grated orange rind (may omit)
- 2 tablespoons chopped nuts
- Salt to taste
- Cooked or mayonnaise dressing
- Lettuce or other salad greens

Make the salad this way
1. Drain and pit cooked prunes. Chill.
2. In a small bowl, mix cottage cheese, orange rind, nuts and salt. Moisten with salad dressing.
3. Stuff prunes, letting some of stuffing show.
4. Serve 3 or 4 on salad greens.

**Apple, celery, nut salad**

*Ingredients*
- 3 apples
- 1 cup diced celery
- ¼ cup walnuts or filberts
- ¼ cup cooked or mayonnaise dressing

Make the salad this way
1. Wash apples. Cut in quarters. Remove core. Skin may be left on apples. Cut across quarters about 3 times to form cubes. Drop cubes in mixing bowl.
2. Mix apple cubes with salad dressing. This will prevent darkening of apples.
4. Cut walnut halves or filberts into 3 or 4 pieces. Add nuts to salad just before serving. Nuts may cause salad to turn dark on standing.

**Mixed fruit salad**

Use fresh or canned fruit. Prepare each fruit in uniform, medium size pieces. Mix fruit lightly in a bowl, or arrange pieces on the lettuce cup. Cooked fruit juice dressing is a favorite dressing for fruit salad.

**Tossed vegetable salad**

*Ingredients*
- Use 3 or 4 vegetables such as
  - Leaf or head lettuce
  - Radishes
  - Cucumber
  - Tomatoes
- Quick salad dressing or French dressing

Make the salad this way
1. Wash vegetables.
2. Cut or break lettuce into pieces.
3. Cut radishes crosswise into circles.
4. Cut cucumber into slices or cubes.
5. Toss vegetables together lightly with 2 forks.
6. Add French dressing just before serving.
7. Garnish with tomato cubes or slices.

Toss salads lightly.
**Tomato salad**

Cut out all the white core at stem of tomatoes.

Cut tomatoes in slices or wedges.

Arrange on lettuce or other greens.

Add quick or French salad dressing.

**Potato salad**

*Ingredients*

3 medium potatoes boiled in jackets or other cold, boiled potatoes

½ cup cooked salad dressing or mayonnaise

½ cup milk or thin cream

Salt and other seasonings, such as celery salt, garlic salt, to taste

Any or all of these:

½ medium onion, chopped fine

1/8 cup sliced sweet pickles

½ cup finely diced celery

1 or 2 hard-cooked eggs, sliced

1 tablespoon chopped chives

Make the salad this way

1. Get out medium size mixing bowl.

2. Dice or slice cold peeled cooked potatoes into about ⅜-inch pieces. Put in bowl.

3. Put ½ cup mayonnaise or cooked salad dressing in a measuring cup for liquid. Add ½ cup milk or thin cream. Stir to mix.

4. Combine about half of the thinned salad dressing with the potatoes. Sprinkle with salt and other seasoning if you wish. Set aside in a cool place ½ hour or more to blend flavor with potatoes.

5. Prepare other ingredients and mix them lightly with the potatoes. Add as much of remaining salad dressing as needed.

*For variety*

Add diced cooked ham or sliced cooked frankfurters.

**Lunch or supper salad bowl**

*Ingredients*

1 cup canned tuna or salmon

2 hard-cooked eggs, sliced

½ medium onion, finely chopped

2 cups cooked potatoes, diced

1 cup cooked or canned green peas

¼ cup cucumber pickle or relish

Salt and other seasoning to taste

½ cup cooked salad dressing or mayonnaise

Lettuce or parsley

Make salad this way

1. Break fish in small pieces.

2. Mix all ingredients lightly with two forks.

3. Arrange lettuce leaves around side of salad bowl. Or garnish salad with parsley after salad is in bowl.

4. Pour salad mixture into salad bowl.

*Other salad suggestions*

Ripe, raw, or cooked pear halves and cottage cheese.

Canned peach halves and seedless grapes.

Cottage cheese with chopped chives or onions, and shredded cabbage.

Diced unpeeled apples, sliced bananas.

Orange slices with slices of pears, or apples, or peaches.

Diced apple and raisins.

Diced apple and sliced dates.

Sliced avocado and sliced oranges.

Sliced cucumber, tomato, green pepper.
Modern Ways at the Table

Mealtime can be a happy time with your family and friends.
Are you at ease when you are eating with others? Do you feel that you fit into the group?
To be at ease, follow the American way of using your knife and fork.
Learn and follow other American table customs illustrated in this section.

Customs in other lands

Table customs are not the same in all countries. Sometimes elderly persons follow customs from other countries. Are there boys and girls from a foreign land in your school? They will learn some new customs here.

Consider others

Table customs are based on consideration for others. Table customs are sometimes called table courtesies.
Your every day actions soon become habits. Make them good habits. It will add to the fun of eating with others.

Are you off to a good start?

You are if you can answer “yes” to each of these questions.

Are you on time for meals?
Do you look neat at the table?
Do you sit tall with your elbows at your side?
Is your table talk cheerful and pleasant?
Do you eat slowly enough to enjoy the meal?
Are you thoughtful about passing food to others?
Do you usually stay at the table until everyone has finished the meal?
Do you say “please” and “thank you”?
Do you ask to have food passed? (instead of reaching in front of anyone).
Do you lift salt and pepper shakers from the bottom? (instead of putting your hand over the top).

Do you spread only a small piece of bread at a time?

Do you use your fork with prongs up?
Do you hold the knife and fork this way when cutting food on the plate?

When the knife or fork is not in use, do you lay it on the plate?

At the close of the meal, do you leave the knife and fork together in the center of the plate?

Do you put the teaspoon on the plate under a cereal or dessert dish when you are not using the spoon?

Do you keep your feet on the floor instead of twisting them around the rungs of the chair?

If it is necessary for you to leave the table before others, do you ask to be excused?

When you have been a guest, do you thank your host and hostess?
Planning Easy Meals

It's fun to plan meals. Plan a simple meal each time you learn to make a recipe. Include other foods which you know how to prepare.

With mother, plan simple meals for your family. Decide how much of the meal you can do. You'll be surprised to see how many simple meals you can make without help.

Hints on meal planning

Use some crisp or crunchy food along with the softer foods. Use any of these that fit with the meal—raw vegetables, a salad, toast, crackers.

Make the meal colorful. Notice the foods which give color in the menus below.

Remember the Basic 7 Food Groups. In each meal include foods from most of the 7 food groups. That's the best way to get the foods you need during the day.

When you plan meals to make alone

Keep the meal very simple.

Include mainly foods you know how to prepare easily.

Use recipes you have made before as part of one of the family meals.

Plan a meal you can serve on time.

Avoid having too many things to do at one time.

Easy meal menus

These menus are only a few of the meals you can prepare from the foods in MEALTIME FUN and EASY MEALS.

Breakfast

- Orange sections
- Rolled oats with raisins
- Hot cocoa
- Fresh Berries
- Whole wheat bread toast
- Poached eggs
- Butter
- Milk

Lunch or supper

- Potato frankfurter soup
- Crackers
- Tossed vegetable salad
- Quick dressing
- Apple crisp
- Egg sandwiches
- Raw vegetable slices
- Brownies
- Fruit milk drink
- Hamburger on buns with lettuce dressing
- Celery
- Sliced tomatoes
- Whole wheat bread
- Oatmeal raisin cookies
- Milk
- Deviled eggs
- Potato salad
- Carrot sticks
- Whole wheat bread
- Butter
- Apple sauce
- Oatmeal raisin cookies
- Butter
- Milk
- Luncheon fish salad bowl
- Cornmeal muffins
- Butter
- Milk
- Creamy fruit pudding

Plan other meals

In your home and in your 4-H Club work, you have learned to prepare other foods. Write some menus. They will be handy when you want to make a simple meal for your family.
Food and Fun with Others

Let's start now to plan for good times with others. Keep the refreshments simple and low in cost. Then you can have fun often.

Repeat your success

What were some of the things you did when you were in other 4-H clubs? Repeat some of the activities you enjoyed. You'll always like to entertain your club, have picnics, and do something thoughtful for your family and friends. You'll probably serve different food than you did last year.

It will be easier this year. You can help more with the planning. You'll be at ease when you introduce your guests. You'll see that everyone has a good time.

Plan something different

You will have some good ideas for fun with others. Get ideas too from other club members, your leader, and your father and mother. If you have brothers and sisters, try to include them too.

With your mother, plan to make a part of the meal when your family has guests. You could prepare one of these: salad, muffins, dessert, raw relish plate.

Can you plan some special small thing for holiday meals and family birthday meals? Such as, a salad for Valentine's Day or St. Patrick's Day.

When you entertain your mothers

Your mothers will enjoy a fruit salad with cooked fruit juice dressing. Cinnamon toast will taste good with it.

A fruit torte with ice cream would also be good refreshments.

Remember the food is only a part of entertaining. Be sure you have time to be good hosts and hostesses.

When you entertain your fathers

With your mother, plan something special for your father. On a Saturday or holiday you could prepare most of a simple supper.

If your club is big, it may be hard for all the fathers to come to the same meeting. You and a few other club members and your mothers could plan a supper for your fathers. Have the supper indoors or in the yard. Serve a simple menu such as hamburgers on buns, potato salad and sliced tomatoes, and peach torte and ice cream. This can be a planned potluck with each member and father bringing part of the meal.

When you serve your club

When the club meets in your home, serve something you learned to make this year or in MEALTIME FUN.

Crispy baked pears with cinnamon sauce would be easy to serve. Serve them hot or cold. If you wish, make them the day before the meeting. Or select another fruit dessert or a simple pudding.

Cinnamon or orange toast and hot cocoa are a good combination.

Vary your refreshments from last year by making a different cold milk drink and a different kind of cookies.

A fruit salad is excellent for refreshments.
When you have a party

Select your games carefully. Refreshments are only part of the fun. Keep the refreshments simple. Don’t forget to plan the serving of the refreshments and the clean up.

When you use food for gifts

You can give pleasure with a gift of food which you have prepared. Talk it over with your mother. Here are suggestions for a gift for a relative, friend, or new neighbor

- A jar of cooked fruit juice dressing
- A fruit torte
- A bowl of cooked fruit or pudding
- Baked crispy peaches or pears
- Hot muffins.

Before you make the gift, decide what you will put it in. Save a suitable small jar for the salad dressing. Use a shallow box or paper plate for torte or muffins. Keep your wrappings simple, neat, and attractive.

When you have a picnic

If it’s a hike, you’ll want easy-to-carry foods.

You can make sandwiches and cookies. Add some carrot sticks, and some raisins or raw prunes. Are you going to a place where there is safe drinking water? If not, carry an orange or other juicy fruit or a thermos bottle of cold milk or fruit juice.

This would be a good menu when you have the picnic in the yard, or go by car.

- Deviled eggs and potato salad
- Radishes and sliced tomatoes
- Buttered rolls or bread
- Fresh, canned, or frozen fruit

Would you like to try a “cook out”? Make your first “cook out” very simple. Cook only one or two foods out of doors. With a skillet, spoon, and toasting sticks you can make scrambled eggs on toasted buns. Carry a raw fruit. Better drink a glass of milk before you start out. Don’t plan to go far. Have some one with you to show you how to make a small cooking fire. Learn and observe safety rules!