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Main Dish Meals



4-H Foods Project 3

Federal Cooperative Extension Service

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Prepared by Miss Agnes Kolshorn, Extension Nutrition Specialist, Oregon State College, in cooperation with central staff members of the Oregon 4-H Club Department. The State 4-H Foods Advisory Committee assisted in planning, and made many helpful suggestions on the organization and content. Members of the Committee are:

<p>Mrs. Winnifred Gillen, State 4-H Club Department</p> <p>Marilyn Bradshaw, Linn County, College Student and 4-H Club Leader</p> <p>Mrs. Dora Davis, Linn County 4-H Club Leader</p> <p>Karen Sue Davis, Benton County, 4-H Club Member</p> <p>Mrs. Pearl DuRette, Marion County, 4-H Club Leader</p> <p>Elaine Jorgenson, Benton County, 4-H Club Member</p>	<p>Mrs. Vi Meyer, Portland, 4-H Club Leader</p> <p>Miss Margaret Krug, Marion County, County Extension Agent (4-H)</p> <p>H. Joe Myers, Linn County, County Extension Agent (4-H)</p> <p>Mrs. Clare Morris, Portland City Extension Agent (4-H)</p> <p>Miss E. Alta Garrison, Assistant Professor Foods and Nutrition, Oregon State College</p>
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Main Dish Meals

What You Will Do

IN THIS INTERESTING PROJECT you will prepare delicious foods as part of the family meals. You also will prepare main dish meals alone.

- Prepare some foods in each of these groups.

Main dishes cooked on top of stove

Main dishes baked in oven or broiled

Main dish salads

Other salads

Baking powder biscuits and variations

Cakes

Topping or frosting for cakes

Desserts

You have had enough experience that you can plan to have foods done at a certain time. Avoid using unnecessary dishes. Keep work space neat while preparing food.

It will be fun to repeat some of your favorite recipes. You'll learn to work faster and more skillfully.

- Plan and prepare alone at least three simple main dish meals. In these meals, make at least these foods yourself.

Main dish

Salad

Dessert

Before you include it in the meal that you prepare alone, make the main dish, salad, and dessert at some time when one of these foods will fit into the family meal. Notice how long it takes to prepare the recipe. This will help you plan the meal you prepare alone.

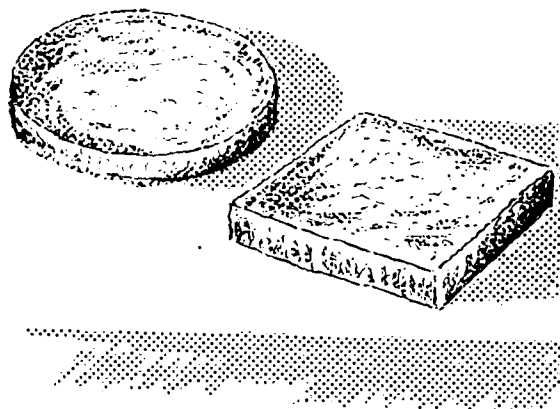
Write the menu before you start the meal. Make a simple work plan showing the main steps you will do, and at what time. At

one of your club meetings your leader will help you make a plan.

- With your mother decide—
What food you will prepare to fit into the family meal.
When you will prepare 3 or more main dish meals alone.
- With your leader, plan to demonstrate often.
- Start early to share "Food and Fun With Others."
- Keep good records.
- Take an active part in all your club meetings.
- Exhibit a shortened plain cake without frosting or topping. Exhibit only one round or square layer of approximately these dimensions:

Round, 8- or 9-inch diameter

Square, 8- or 9-inch square



You may use a plain cake recipe in this bulletin, or another plain cake recipe. Use a recipe that is not richer than $\frac{1}{4}$ cup shortening in proportion to 1 cup flour.

Meals You'll Enjoy

In this project it will be easy to prepare meals you will enjoy. You'll learn to prepare many delicious foods to combine with those you have already made.

You'll find suggestions to help you plan meals that are—

- interesting to prepare.
- attractive.
- tasty.
- suited to your time and ability.
- suitable in cost.
- well-balanced.

Select the main dish

With your mother decide what main dish will fit the family meal. It can be an oven main dish or one prepared on top of the stove, or a main dish salad. Perhaps you will make only the main dish the first time you try the recipe. Next time prepare more of the meal.

Plan well-balanced, tasty meals

Most of the main dish recipes in this bulletin are easy to make and moderate in cost. To complete the meal you will want to add foods that make it well-balanced, tasty, and attractive. Well-balanced meals contain a good source of protein and many of the other basic 7 foods such as milk, fruit, vegetables, bread, and butter. See the next paragraphs for suggestions on completing your main dish meal.

Use protein foods

All the main dish recipes in this bulletin contain one or more foods rich in protein. These include eggs, milk, cheese, meat, fish, and poultry. Dry beans, peanut butter, breads, and cereals also contain some protein.

More protein can be added to the meal by using cheese, milk, or eggs in the salad or dessert.

Use vegetables and fruit

Most of the main dish recipes contain vegetables. When using those recipes that do not contain much vegetable, add a fruit or vegetable salad, or vegetable sticks, or a fruit dessert. This will improve the nutritive value, flavor, and texture of the meal.

Make your meals pleasing in color, flavor, and texture

Since main dishes usually are soft in texture, crisp foods are a pleasing combination. One or more of the following foods will give a pleasing contrast in texture to a main dish:

- Raw vegetable sticks or slices
- Vegetable or fruit salad
- Crisp pickles
- Crusty bread or rolls
- Raw fruit.

Main dishes should have zest and well-blended flavor, but do not need to be highly seasoned with spices.

If the main dish is mild flavored, a tart salad or pickles, or a tart dessert will be enjoyed.

Preparing the Main Dish

Whether or not your family likes a recipe depends very much on your skill in seasoning it. Since main dishes frequently are a combination of previously cooked foods, the recipe may need some modification in seasonings and amount of liquid.

Substitute to suit your family

Some substitution of ingredients may make a recipe fit the family taste and available materials.

Sometimes you will want to change the seasonings in a recipe. Any of these will add

zest to main dishes: parsley, chives, celery salt, onion or garlic salt, rosemary, tabasco sauce, or Worcestershire sauce.

For the fat in main dish recipes, use butter, bacon fat, meat drippings, or other shortening.

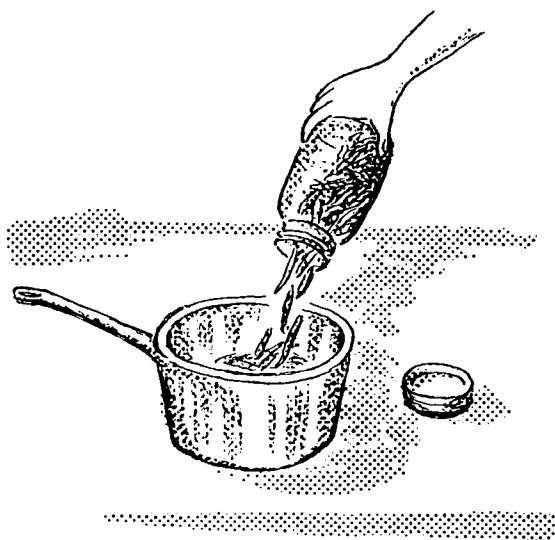
You may substitute $1\frac{1}{4}$ cups of well-seasoned white sauce for a can of condensed soup in the recipes. To make the white sauce, see page 6.

Be on the safe side

It is wise to boil home-canned meat, fish, and vegetables (except tomatoes) before using in main dish recipes. Do not taste before boiling.

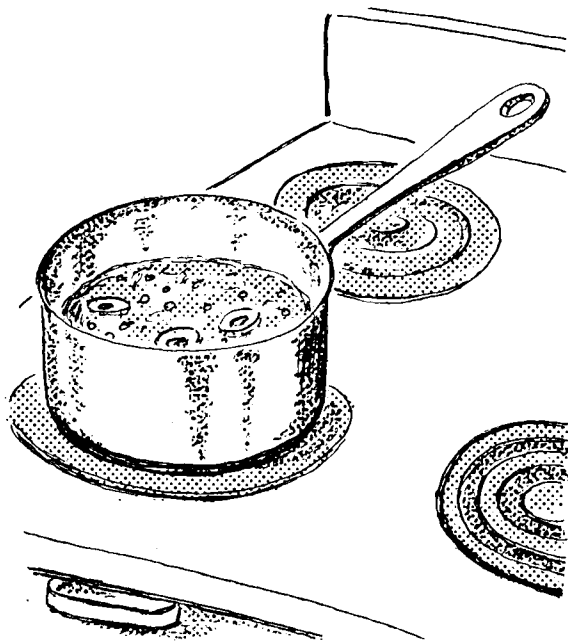
Remove the food from the jar and bring it to a rolling boil. Keep it boiling for 10 minutes before using. When the food is in large

pieces, or at high altitudes, the boiling time should be increased to 15 minutes. Discuss the reasons with your leader.



Top-of-the-Stove Main Dishes

Many quick, favorite main dishes are cooked on top of the stove.



Eggs and peas in cheese sauce

Serve this over toasted bread, or over split hot baking powder biscuits.

Ingredients

- 4 hard-cooked eggs
- 2 cups cooked or canned peas
- 1 recipe white sauce (see below)
- $\frac{1}{4}$ to $\frac{1}{2}$ cup finely sliced or grated cheese

1. Cook eggs. Remove shell. Slice or cut in quarters lengthwise.
2. Drain cooked or canned peas. You can use $\frac{1}{2}$ cup liquid from the peas in making the white sauce.
3. Make white sauce. See recipe below.
4. Add cheese to white sauce, and heat with constant stirring until cheese is melted.
5. Add peas and egg. Heat slowly, and stir without breaking egg pieces.

Menu suggestion

Would you like to serve this with baking powder biscuits and fruit salad?

White sauce

When you make a tasty, smooth white sauce, you have a good start for many delicious main dishes.

Ingredients

- 2 tablespoons flour
- 2 tablespoons butter or other fat
- 1 cup milk (or $\frac{1}{2}$ cup milk and $\frac{1}{2}$ cup liquid from cooked vegetable or meat)
- $\frac{1}{4}$ teaspoon salt
- Other seasoning to taste

1. Put flour in a small saucepan or skillet, or top of double boiler.
2. Add fat. Heat slowly, and stir to make a smooth mixture.
3. Add 1 cup liquid slowly and cook over very low heat, stirring constantly until thickened.
4. Add salt and other seasonings as desired.
5. Cook 3 to 5 minutes longer, stirring occasionally.

Cheese sauce

Add $\frac{1}{4}$ to $\frac{1}{2}$ cup finely sliced or grated cheese to the recipe for hot white sauce. Heat and stir until cheese is melted.

Creamed beef goldenrod

Serve this on hot toast or cooked noodles. You may omit the eggs and prepare as plain creamed beef.

Ingredients

- 2 hard-cooked eggs
- 1 pound raw ground beef
- 1 small onion, chopped fine
- 2 tablespoons flour
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $1\frac{1}{2}$ cups milk

1. Cook eggs.
2. Crumble beef into skillet. Add chopped onion.
3. Cook, stirring from bottom with a fork, until meat is lightly browned.
4. If there is much fat, pour off most of it.

5. Sprinkle flour and seasonings over the meat and stir.

6. Gradually add milk and cook, stirring constantly until thickened.

7. Chop egg whites and yolks. Fold carefully into beef mixture, or serve the chopped eggs over the top.

Menu suggestion

You'll want more vegetables in the meal. Would you like a gelatin vegetable salad, page 14, fruit dessert, and milk?

Meat in creole sauce

Use ground raw beef, veal, lamb, or wild game. This will be attractive served on cooked potatoes, macaroni, or toast.

Ingredients

- 2 tablespoons fat
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{4}$ cup chopped green pepper
- $\frac{1}{2}$ to 1 pound raw ground meat
- 2 tablespoons flour
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $1\frac{1}{2}$ cups tomato juice or canned tomatoes
- $\frac{1}{2}$ cup catsup or chili sauce

1. Put fat in skillet. Add chopped onions and green pepper. Cook until onions are lightly browned.
2. Crumble meat into mixture in skillet.
3. Cook, stirring from bottom with a fork, until meat is lightly browned.
4. Sprinkle flour and seasonings over the meat and stir.
5. Gradually add tomato and catsup or chili sauce. Cook, stirring constantly until thickened.

Menu suggestion

Carrot sticks or celery, fruit dessert, milk.

Cheese and tomato rabbit

You can get everything ready ahead of time. Then make this in a few minutes just before serving. Serve on toast slices or crisp crackers.

Ingredients

- $\frac{1}{4}$ cup chopped onion
- 2 tablespoons butter
- 1 can condensed tomato soup
- $\frac{3}{4}$ cup milk
- 2 eggs
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- $\frac{1}{2}$ teaspoon prepared mustard
- 2 cups grated or finely sliced cheese

1. In a skillet or saucepan, cook onion in butter until golden.

2. Add soup and milk. Heat, stirring constantly. Remove from heat.

3. Break eggs into small bowl. Beat just enough to blend yolk and whites.

4. Stir the egg with a spoon while you slowly add about a cup of the hot mixture to it.

5. Stir this egg mixture into the remaining hot ingredients.

6. Cook about 2 minutes, stirring constantly.

7. Add seasonings and cheese. Heat, with stirring until cheese melts.

Menu suggestion

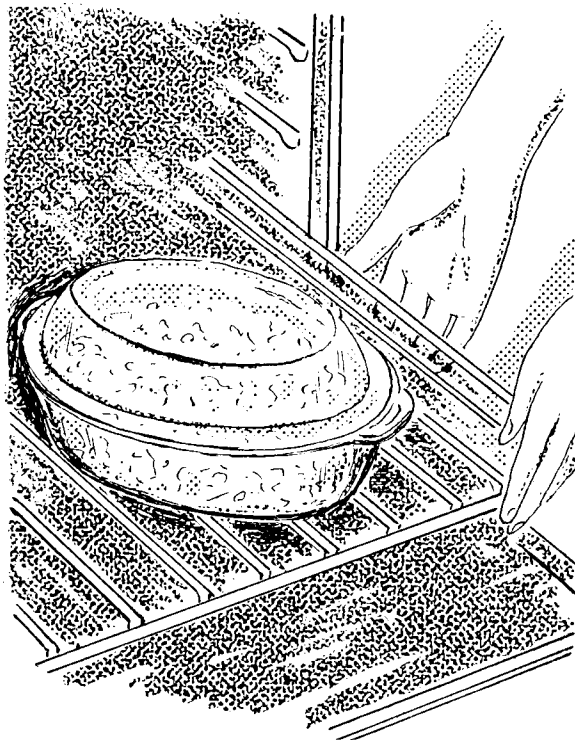
Serve with mixed fruit salad.

Oven or Broiled Main Dishes

Before you use the oven for a main dish, ask your mother if she wishes to bake other foods at the same time.

Hamburger Spanish rice

Two 4-H girls gave us this recipe. They say they like to make it. The whole family enjoys it. This recipe makes $1\frac{1}{2}$ quarts.



Ingredients

- $\frac{1}{2}$ cup raw rice, or 2 cups cooked rice
- $1\frac{1}{2}$ teaspoons salt
- 1 pound hamburger
- 1 medium onion (chopped)
- $\frac{1}{2}$ cup chopped celery
- 1 can condensed tomato soup
- $1\frac{1}{2}$ cups canned tomatoes

1. To cook rice, put 2 cups water in saucepan. Add 1 teaspoon salt.

2. Slowly add $\frac{1}{2}$ cup rice.

3. Bring to boil, lower heat, cover, and cook about 20 minutes or longer until rice is tender. While rice is cooking, prepare other ingredients as follows:

4. Crumble hamburger into skillet. Sprinkle with $\frac{1}{2}$ teaspoon salt and other seasonings as desired. Add chopped onion and celery. Cook, stirring from the bottom with a fork until meat is lightly browned.

5. Add hamburger mixture to the cooked rice.

6. Add 1 can tomato soup and $1\frac{1}{2}$ cups canned tomatoes.

7. Place in baking dish.

8. Bake in hot oven about 15 minutes, or about 30 minutes in a moderate oven.

Menu suggestion

A green salad, baked apple, and milk.

Frankfurter supper dish

A tasty combination of frankfurters and green beans.

Ingredients

- 8 frankfurters
- $\frac{1}{4}$ cup butter
- 3 tablespoons flour
- 2 cups milk (or use liquid from beans in place of part of the milk)
- $\frac{1}{2}$ teaspoon salt
- Dash of pepper
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- $\frac{1}{4}$ cup finely cut cheese
- $1\frac{1}{2}$ cups green beans, cooked or canned
- Buttered crumbs

1. Cut frankfurters in 1-inch pieces.
2. Make a white sauce this way. In a saucepan, melt butter. Add flour, and stir until smooth. Add liquid gradually, stirring constantly. Cook and stir until thickened. Add seasonings and cheese.
3. Stir frankfurter pieces into white sauce. Add green beans, and mix without breaking beans.
4. Turn into a greased baking dish.
5. Cover with buttered crumbs. To make buttered crumbs see recipe below.
6. Bake in moderate oven, 375° F., until heated and browned. About 20 minutes.

Menu suggestion

Whole wheat bread, cole slaw, page 13, fruit, and milk.

Buttered crumbs

You'll often use buttered crumbs as a topping on baked dishes. Buttered crumbs brown nicer than plain crumbs.

1. Melt about 1 tablespoon of butter, bacon fat, or drippings in a small skillet or saucepan.
2. Add enough crumbs to sprinkle over your baking dish (about $\frac{1}{2}$ cup). Keep over low heat, and stir slowly until all the crumbs are lightly coated with fat.

Biscuit-topped casserole

Use your baking powder biscuit recipe to make attractive toppings on casseroles.



Ingredients

- 2 tablespoons butter or other fat
- 2 tablespoons finely chopped onions
- $\frac{1}{4}$ cup finely chopped celery
- 3 tablespoons flour
- 1 teaspoon salt and other seasonings as desired
- 2 cups liquid (milk or liquid drained from peas)
- 2 cups cooked or canned peas, or green beans
- 1 cup diced cooked meat
- Dough for pimento or bacon biscuits. See biscuit toppings, page 16.

1. In a saucepan, heat butter or other fat. Add onion and celery. Cook with stirring about 2 minutes.
2. Stir in flour, salt, and other seasonings as desired.
3. Add liquid gradually with constant stirring, and cook until thickened.
4. Fold in remaining ingredients.
5. Pour into greased $1\frac{1}{2}$ -quart baking dish.
6. Arrange biscuit topping on baking dish.

7. Bake in a moderately hot oven (400° F.) about 25 minutes.

Menu suggestion

Green salad with French carrot-lemon dressing, page 13, apple crisp, and milk.

Chicken or meat rolls

Another popular way to use baking powder biscuit dough. These are attractive individual servings, topped with gravy or sauce.

Ingredients

- 1½ cups diced, cooked chicken or meat
- 1 tablespoon finely chopped onion
- 1 tablespoon chopped pimento
- 2½ cups gravy or well-seasoned white sauce or 2 cans condensed mushroom or chicken soup
- Salt, pepper, and other seasonings as desired
- 1 recipe baking powder biscuit dough, page 15.

1. Combine meat or chicken, onion, and pimento with about 1½ cups gravy or 1 can condensed soup.

2. Roll biscuit dough into a rectangle ¼ inch thick.

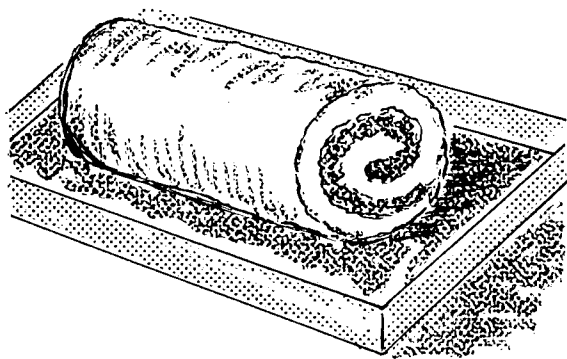
3. Spread mixture on dough, leaving about an inch edge on side away from you. Filling will spread to edge as dough is rolled.

4. Roll dough away from you.

5. Cut ¾-inch slices from roll.

6. Place on well-greased baking pan.

7. Bake in hot oven (425° F.) for 15 or 20 minutes.



8. Put on platter.

9. Serve with hot gravy or condensed soup.

Menu suggestion

Tomato hot sauce salad, page 14, fruit dessert, and milk.

Tuna fish and noodle casserole

An easy recipe to increase for a crowd. This recipe makes about five (1-cup size) servings.

Ingredients

- 3 cups raw noodles (8 ounces), or 4½ cups cooked
- 1 cup tuna, flaked
- 1 can (1½ cups) condensed soup (chicken, celery, or mushroom)
- 1 teaspoon salt
- 1 tablespoon butter
- 2 teaspoons pimento, cut fine
- 1 4-ounce can mushrooms (may omit)

1. Cook noodles. (See below.)

2. Add other ingredients in order given, and mix lightly.

3. Place in greased casserole and bake in moderate oven (350° F.) for 30 minutes.

Cooking noodles

1. In a kettle bring 2 quarts of water to boil. Add 1 teaspoon salt.

2. Break noodles into pieces. Add slowly to boiling water.

3. Cook, uncovered, with water boiling rapidly. Stir from the bottom occasionally without mashing noodles.

4. Boil until just tender when pressed between the fingers. About 6 to 10 minutes.

5. If there is extra liquid, drain noodles.

Menu suggestion

Citrus fruit salad with honey salad dressing, page 13.

Hot bun sandwich

You can keep these in the refrigerator or other cool place several hours before heating to serve.

Ingredients

- 1 cup tuna fish
- 1 can condensed soup (chicken, celery, or mushroom)
- 1 cup grated cheese
- $\frac{1}{4}$ cup finely chopped green pepper
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- 8 long buns

1. Flake fish in a medium size bowl.
2. Add all other ingredients except buns.

Mix lightly.

3. Cut the top from each bun. With a fork, hollow out the lower half.

4. Mix crumbs with filling.

5. Fill buns with mixture. Replace tops.

6. Wrap buns individually in wax paper or foil. Heat in a very low oven (300° or 325° F.) until warm throughout.

Menu suggestion

Molded vegetable salad, page 14, fresh fruit, and milk.

Ground meat broiled on toast

Are you bringing some friends home for a snack? You can get these ready before you go. Keep them cool. Broil just before serving. Serve hot, plain, or with catsup, chili sauce, or pickle relish.

Ingredients

- 4 to 6 slices bread
- Salt and pepper
- Other seasoning as desired
- 1 pound ground raw beef, lamb, or wild game
- 2 to 3 tablespoons top milk or undiluted, evaporated milk

1. Put bread on broiler pan. Toast lightly on one side.

2. Season the meat with salt, pepper, and other seasonings as desired. Mix with the milk.

3. Spread the meat mixture evenly over the untoasted side of the bread slices, cover-

ing evenly to the edge. Uncovered bread will burn while meat broils.

4. Broil until meat is well browned and cooked throughout.

Menu suggestion

Fruit salad, cake, and cocoa.

Broiled frankfurter special

You need a broiler to make this quick, hearty luncheon dish from frankfurters and leftover mashed potatoes.

Ingredients

- 3 cups mashed potatoes
- $\frac{1}{4}$ cup grated cheese
- 8 large frankfurters

1. Mix well-seasoned mashed potatoes with cheese.

2. Simmer frankfurters until thoroughly heated. Drain.

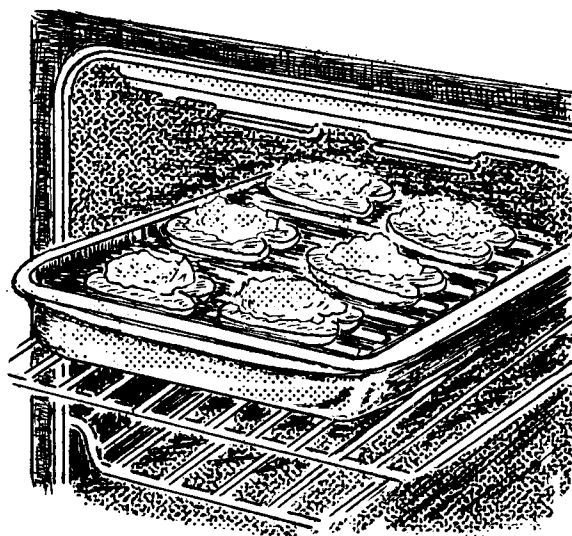
3. Cut lengthwise (not all the way through). Open flat, and place on baking sheet cut side up.

4. Pile potatoes mixed with cheese on top, leaving surface rough.

5. Place low enough under broiler to heat potatoes while browning.

Menu suggestion

Green bean and bacon salad, page 13, apple sauce, and milk.



Main Dish Salads

Main dish salads give a pleasing variety to luncheons and suppers.

Lunch or supper salad platter (4 servings)

Make this when local tomatoes are ripe.

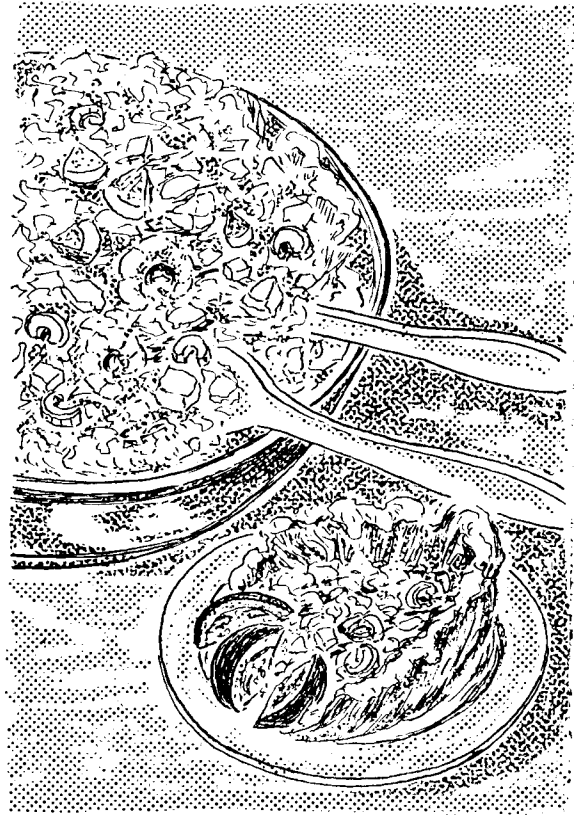
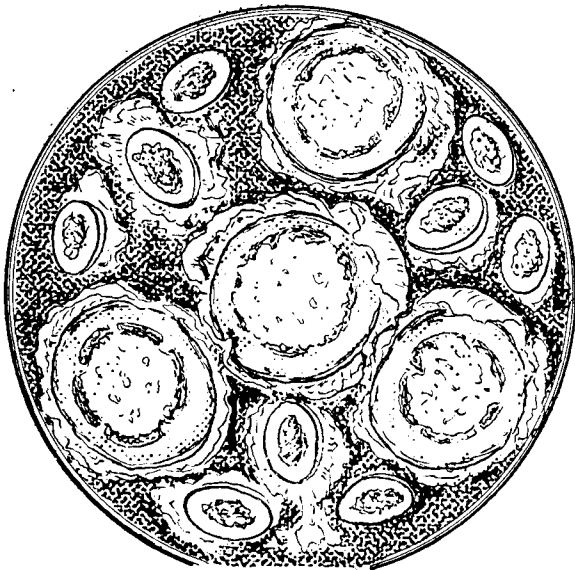
Ingredients

- 4 thick slices from large tomatoes
- 1½ cups cottage cheese
- 1 tablespoon chopped onion or cucumber pickle
- 4 hard-cooked eggs, cut in half and deviled
- Cooked or mayonnaise dressing
- Lettuce or other greens, or cabbage

1. Arrange lettuce or shredded cabbage on platter or large plate.
2. Place a tomato slice in center, and arrange the other tomato slices around.
3. Moisten cottage cheese with salad dressing, and add chopped onion or cucumber pickle.
4. Put one-fourth of this mixture on the center of each slice of tomato, so the edge of the slice is not covered.
5. Arrange the deviled eggs around the outer edge.

Menu suggestion

Plain cake with orange sauce, page 22, milk.



Tossed meat or fish salad

Ingredients

- 2 cups flaked crab, shrimp, or fish, or diced cooked meat
- ½ cup mayonnaise or salad dressing
- 1 cup celery, diced
- 2 tablespoons sweet pickle, chopped
- 2 tablespoons onion, chopped
- 2 hard-cooked eggs, diced
- ½ teaspoon salt
- ½ teaspoon pepper
- Lettuce
- Tomato wedges

1. Combine all ingredients except tomato and lettuce by tossing lightly with a fork and spoon, or two forks.
2. Serve in lettuce cups. Garnish with tomato.

Menu suggestion

Crisp crackers or bread, cherry cobbler, and milk.

Jellied salads

There are two types of gelatin in stores. Either type is used to make jellied salad or dessert, but be sure to use the type and the method given in a recipe.

Plain gelatin

You'll find this type in the grocery store in packages containing 4 envelopes. There is 1 tablespoon of gelatin in each envelope. As the name indicates, this is plain gelatin without any added color, flavoring, or sugar.

To use plain gelatin it is necessary to soak it in three times as much cold liquid. It absorbs the liquid and looks like wet snow. Dissolve the soaked gelatin as directed in the recipe. It is dissolved in hot liquid, or by heating over hot water.

Flavored gelatin

This is a mixture of plain gelatin, sugar, fruit acid, flavors, and coloring. This type does not need to be soaked. It is dissolved in hot liquid.

Jellied fish salad

Ingredients

- 1 envelope (1 tablespoon) plain gelatin
- $\frac{1}{4}$ cup cold water
- $\frac{3}{4}$ cup hot liquid (this may be water, or tomato juice, or liquid from canned salmon)
- 1 teaspoon finely chopped onion
- 1 tablespoon vinegar or lemon juice
- 1 cup flaked cooked or canned fish
- $\frac{1}{2}$ cup cooked or canned peas
- $\frac{1}{4}$ cup chopped cucumber, celery, or pickle
- Salt to taste

1. Sprinkle gelatin on water and soak a few minutes. Dissolve in hot liquid.

2. Add onion, salt, and vinegar or lemon juice.

3. Chill until thick enough to hold solid food in place.

4. Stir in other ingredients.

5. Pour into small loaf pan, lightly oiled with salad oil, or into oiled individual molds.

6. Chill until firm.

7. Serve with cooked or mayonnaise dressing, or cucumber dressing.

Menu suggestion

Crackers, milk, strawberry or peach shortcake.

Souffled tuna or salmon luncheon salad

A richer salad, and more work than the other molded salads in this bulletin.

Ingredients

- 1 package lemon-flavored gelatin
- 1 cup hot water
- $\frac{1}{2}$ -cup cold water
- 2 tablespoons lemon juice or vinegar
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{2}$ teaspoon salt
- 1 cup tuna fish or salmon
- $\frac{1}{4}$ cup diced cucumber or sweet pickle
- $\frac{3}{4}$ cup diced celery
- 1 teaspoon finely chopped onion

1. Dissolve 1 package lemon-flavored gelatin in 1 cup hot water.

2. Add cold water, lemon juice or vinegar, mayonnaise, and salt.

3. Blend with rotary beater.

4. Pour into refrigerator freezer tray. Chill until firm at edge but soft in center. Pour into bowl, and whip with rotary beater until fluffy.

5. Fold in remaining ingredients.

6. Pour into individual or quart molds.

7. Put in main section of refrigerator, not freezer compartment, until ready to serve.

Menu suggestion

Serve with carrot sticks, plain crisp crackers, and milk. Raw fruit would be excellent for dessert. Are any of these in season—cantaloupe, watermelon, berries, peaches, apricots?

Other Salads

When you do not use a main dish salad, you'll often include a simple vegetable or fruit salad in the meal.

The salad suggestions and recipes in "Easy Meals," the 4-H Foods Project 2 booklet, will help you in making salads for main dish meals.

Here are more suggestions. These salads will give zest to winter meals when you may not have wide choice of fresh fruits and vegetables.

French carrot-lemon dressing

Serve this on vegetable greens, or on cooked or canned vegetable salad. Enough for 4 to 6 salads.

Ingredients

- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup water
- Grated rind and juice of 1 lemon
- 1 cup grated carrot

1. Boil sugar and water together to form a sirup. Cool.
2. Add to the carrot-lemon mixture. Chill.

Honey salad dressing

Good on green salads or fruit salad. Makes about 1 pint. Will keep several weeks.

Ingredients

- $\frac{1}{3}$ cup sugar
- 1 tablespoon mustard
- 1 tablespoon paprika
- 1 tablespoon celery seed
- $\frac{1}{3}$ teaspoon salt
- $\frac{1}{3}$ cup honey
- 1 cup salad oil
- 5 tablespoons vinegar
- 1 tablespoon lemon juice
- 1 tablespoon grated onion
- 1 medium clove garlic, cut fine

1. Put the first five dry ingredients in a quart bowl with rounded bottom. Mix well.
2. Add honey and mix well.
3. Add about 2 tablespoons salad oil and beat.

4. Add 1 tablespoon vinegar and beat.
5. Continue to add the oil and vinegar alternately in the same way as above.
6. When thick, add the onion and garlic.

Cole slaw

A crisp cabbage slaw gives good texture and flavor contrast in the meal. It's rich in vitamin C.

Ingredients

- 2 cups finely shredded cabbage
- $\frac{1}{2}$ cup finely chopped green pepper
- or $\frac{1}{4}$ cup chopped pickles
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 tablespoon sugar
- $\frac{1}{4}$ cup mayonnaise or cooked salad dressing
- 1 tablespoon vinegar
- $\frac{1}{2}$ teaspoon celery seed

1. Mix cabbage and green pepper or pickles.
 2. Combine other ingredients with the salad dressing.
 3. Combine vegetables and dressing lightly.
- For variety, add diced or shredded pineapple.

Green beans and bacon salad

Use cooked fresh, frozen, or canned green beans.

Ingredients

- 2 cups cooked green beans (chilled and well drained)
- 2 slices cooked bacon
- $\frac{1}{4}$ cup cooked or mayonnaise dressing
- $\frac{1}{4}$ cup tomato catsup
- Lettuce, or shredded cabbage, or other greens.

1. Mix salad dressing and tomato catsup.
2. Break cooked bacon in small pieces.
3. Mix beans, bacon, and salad dressing lightly.
4. Serve on lettuce, or shredded cabbage, or other greens.

Carrot and apple salad with cream cheese balls

A good way to get variety with these standby salad foods.

Ingredients

- 2 cups grated raw carrot
- 1 cup diced apple
- $\frac{1}{2}$ cup seedless raisins
- Cooked salad dressing or mayonnaise dressing to moisten
- 1 tablespoon lemon juice
- $\frac{1}{4}$ teaspoon salt
- 1 small package cream cheese
- $\frac{1}{4}$ to $\frac{1}{2}$ cup finely chopped filberts or walnuts
- Lettuce or shredded cabbage

1. Mix grated carrots, diced apple, and raisins with enough salad dressing to moisten.

2. Season with salt and lemon juice.

3. Pile lightly on crisp lettuce, or shredded cabbage. Garnish with cream cheese balls which have been rolled in chopped nuts.

Tomato hot sauce salad

Use with a mild-flavored main dish such as chicken biscuit roll, page 9.

Ingredients

- 1 package lemon-flavored gelatin
- 1 cup hot water
- 1 can (8 ounces) tomato hot sauce
- 2 tablespoons chopped onion
- 2 tablespoons vinegar
- $\frac{1}{2}$ teaspoon salt
- Dash of pepper
- Other seasonings to taste

1. Dissolve lemon-flavored gelatin in the hot water.

2. Add remaining ingredients and stir. Additional seasoning may be added, such as celery salt, Worcestershire sauce, Tabasco sauce, or horseradish.

3. Pour into pan, or 4 or 5 individual molds.

Jellied tomato salad

Can be made the day before you serve it. Will add color, flavor, and vitamin C to your meal.

Ingredients

- $1\frac{1}{2}$ tablespoons ($1\frac{1}{2}$ envelope) unflavored gelatin
- 2 cups tomato juice or strained, cooked tomatoes
- 1 tablespoon chopped onion
- Small piece of bay leaf
- Dash of celery salt
- Salt and other seasonings to taste

1. Soak gelatin in $\frac{1}{2}$ cup cold tomato juice.

2. Add seasonings to remaining juice. Heat just enough to dissolve gelatin and to blend flavor. Remove bay leaf.

3. Pour into molds or a shallow pan.

Jellied vegetable salad

Adds crispness, color, and flavor to the meal.

Ingredients

- One recipe of jellied tomato salad or tomato hot sauce salad
- 1 cup mixed raw or cooked vegetables

1. Prepare tomato-gelatin mixture.

2. Let stand until thick enough to hold vegetables in place. Mix with vegetables.

3. Pour into molds or shallow pan.

Orange and canned fruit salad

Ingredients

- 1 orange
- 3 canned peaches or pears

1. Drain canned peaches, or pears.

2. Cut in medium size pieces or slices.

3. Peel orange and cut in slices or dice.

4. Arrange attractively on lettuce, or mix carefully in a salad bowl.

Baking Powder Biscuits and Variations

It's easy to make light, fluffy biscuits. From biscuit dough you can make many other attractive, delicious foods.

Baking powder biscuits

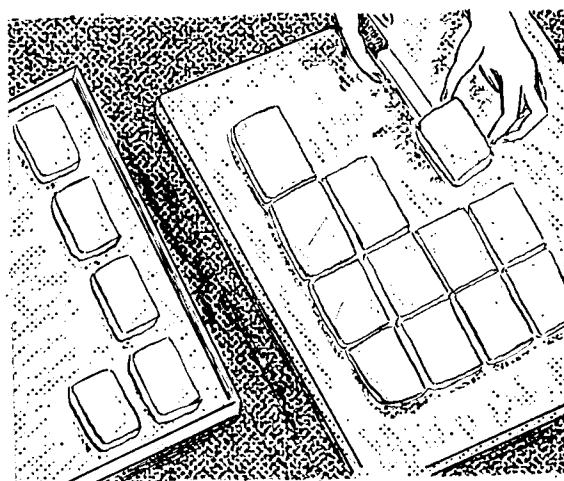
Ingredients

- 2 cups sifted, all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- $\frac{1}{4}$ cup fat
- $\frac{3}{8}$ cup milk

1. Sift and measure flour.
2. Add baking powder and salt.
3. Sift these dry ingredients together.
4. Cut in the fat with a blender, or with your fingers or two knives. Fat pieces should not be larger than peas.
5. Pour milk into dough and stir about 20 times.
6. Turn dough out on a floured board or pastry cloth.
7. Knead the dough lightly for about 20 seconds.
8. Rub flour on the rolling pin, and roll dough to about $\frac{1}{2}$ inch thickness. Biscuits will double in height when baking.
9. Dip biscuit cutter in flour and cut biscuits. If dough sticks to cutter, wipe it off and dip in flour before cutting next biscuit.
10. With a spatula, put biscuits on ungreased pan. If you want crusty sides, place biscuits $\frac{1}{2}$ inch or more apart.
11. Bake in a hot oven (425° F.) about 12 minutes. Biscuits are done when the crust is an even brown and the inside is light, flaky, and dry.

Helpful hints on biscuits

- You can mix the biscuits through step 4, and set aside to combine with milk later.
- It's all right to let the cut biscuits stand in the baking pan about an hour before



baking. Cover the biscuits lightly with a cloth or wax paper to prevent drying out while standing.

- See below for short cuts in shaping biscuits.

Quick ways of shaping biscuits

- Cut on board with a knife. Roll dough into a square. Use a spatula to help you straighten edges. Cut dough into squares or diamond shapes.
- Pat into pan and cut. Sprinkle flour into baking pan. Pat dough out in pan not closer than 1 inch from edge. Cut biscuits into squares with knife. Separate biscuits slightly with the knife or spatula.
- For dropped biscuits, add enough liquid to make a stiff drop batter (about 1 cup). Drop from spoon on greased baking sheet, or into greased muffin pans.

Biscuit variations

After you have cut in the fat in step 4 of the baking powder biscuit recipe above, make any of these variations by adding the ingredients suggested below.

- Bacon biscuits. Add $\frac{1}{2}$ cup diced, crisp, cooked bacon.

- Frankfurter-cheese biscuits. Add $\frac{1}{4}$ cup finely cut or grated cheese and 1 frankfurter chopped fine.

- Pimento biscuits. Add 1 tablespoon finely chopped pimento.

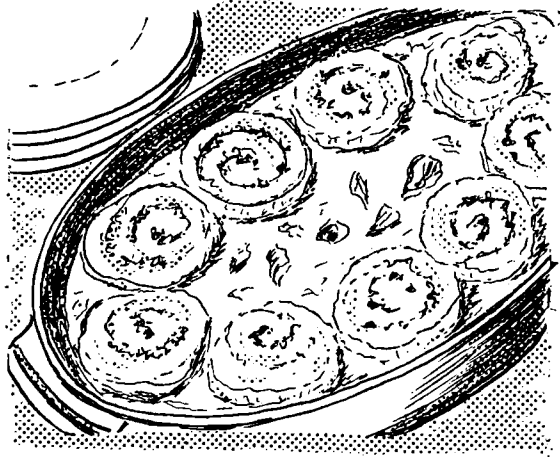
Casserole toppings from biscuit dough

Put casserole in oven to heat while you shape the dough. Then you'll be sure the casserole is well heated, and the biscuits will be baked thoroughly on the bottom.

- Biscuit topping. Use plain dough or one of the variations above. Roll or pat dough $\frac{1}{2}$ inch thick. Cut with a biscuit cutter or knife. Arrange on casserole. Put any extra biscuits on baking pan. Bake until nicely browned.

- Biscuit catsup pinwheel topping. Roll dough on wax paper into a rectangle, $\frac{1}{4}$ inch thick. Spread with catsup to 1 inch from edges. Roll dough away from you. Cut slices $\frac{1}{2}$ inch thick. Transfer to hot casserole with a spatula. Men will probably like these better than the parsley whirl topping below.

- Parsley whirl topping. Roll dough into rectangle $\frac{1}{4}$ inch thick. Spread with melted butter. Sprinkle with 2 tablespoons finely chopped parsley. Roll dough away from you. Cut slices $\frac{1}{2}$ inch thick. Transfer to hot casserole with a spatula.



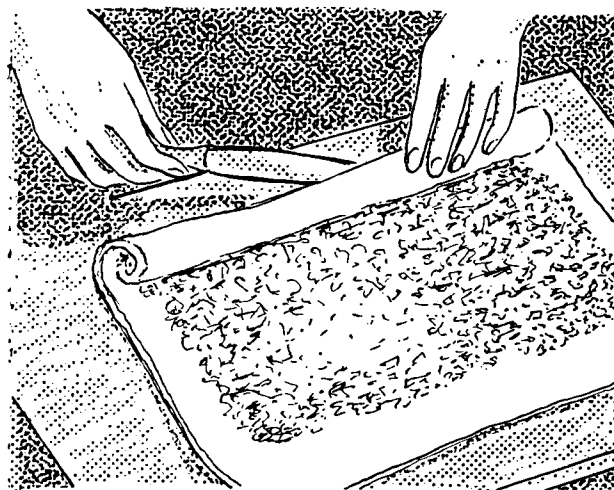
Quick cinnamon or plain rolls

Serve these hot. You can get them ready about an hour before you bake them. For plain rolls, omit sugar and cinnamon.

Ingredients

1 recipe biscuit dough, page 15
Butter to spread dough
Sugar
Cinnamon

1. Roll biscuit dough, page 15, into a rectangle $\frac{1}{4}$ to $\frac{1}{2}$ inch thick.
2. Spread with melted butter.
3. Sprinkle with white or brown sugar and cinnamon.
4. Roll away from you.



5. Cut slices about $\frac{1}{2}$ to $\frac{3}{4}$ inch thick.
6. Transfer to a well-greased baking pan.
7. Brush top with melted fat. Sprinkle with sugar and cinnamon.
8. Bake as biscuits.

Menu suggestion

For club refreshments serve quick cinnamon or plain rolls with cocoa or fruit salad.

How Good Are Your Biscuits?

Check (V) in the space which describes your biscuits.

	Excellent		Defects		
Appearance	Golden brown		Too brown		
			Pale crust		
			Loose flour on biscuits		
	Fairly uniform, straight sides		Irregular shape		
	Fairly smooth, slightly rounded top		Very rough top		
Texture Crust	Crisp thin		Hard, thick crust		
	Tender		Tough crust		
	Inside	Flaky		Heavy, compact	
		Medium fine grain		Coarse	
		Slightly moist		Soggy	
				Dry	
		Tender		Tough	
Flavor	Pleasing		Flat		
			Salty		
			Taste of baking powder or soda		
			Off-flavor of fat		

What can you do to improve your biscuits?

Cakes

To make excellent cakes, measure accurately. Follow mixing directions for each recipe exactly. Some cakes require more beating than others. Baking temperatures differ too.

Cake baking pans

Size

Cakes are best if the batter just fills the pan after baking. If too much batter is used for the pan, the cake will hump or crack. If the batter is put in a pan that is too large, the cake will not rise well or brown evenly.

If you do not have the size pan asked for in the recipe, compare your pans with the table below. These sizes are approximately equivalent. The pans can usually be used interchangeably.

Two 8-inch round pans = one $9 \times 9 \times 1\frac{1}{4}$ in. square pan, or about 24 cupcakes.

Two 9-inch round pans = two 8-inch square pans, or one $13 \times 9\frac{1}{2}$ inch rectangular pan.

For size and shape of cakes for exhibit, see page 3.

Preparing the pans

Do not grease sides of pan. Cake rises better if it clings to side. There are several good ways to prepare pans for ease in removing cakes:

Grease the bottom lightly and sprinkle with flour, or

Line the bottom with heavy wax paper. Cut paper a little smaller than pan. To save time, cut several pieces and put aside for later use. To prevent paper from slipping, rub just a little fat on the bottom of pan before putting in paper. Rub the paper lightly with fat after it's in the pan.

Baking the cake

Baking is an important part of making your cakes.

Temperature

The best temperature depends on the recipe and the thickness of the cake. Follow recipe directions.

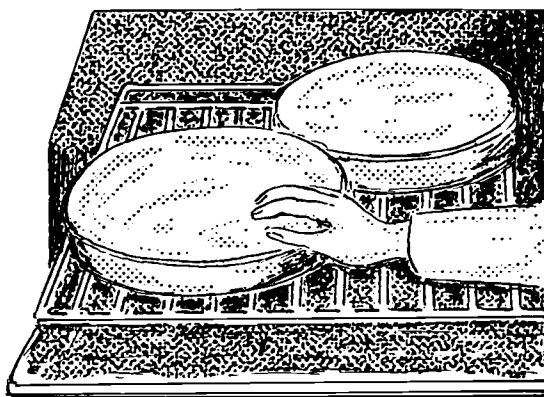
Placing cake in oven

In a gas or electric oven, put the lower rack just below the center of the oven. The choice position for one pan is in the center of this rack. If you are baking two or more cakes, place them so the pans do not touch each other or the sides of the oven.

If the cake is not quite baked in the center when you test it, put it on the top rack for a few minutes.

Testing cake for doneness

Open the oven door just enough to see if the cake is an even, light brown. When the cake is done it will shrink slightly from the side of the pan. It will spring back when you press it lightly with your finger.



Cooling the cake

Let it stand upright in the pan for about 10 minutes. Loosen the edge. Turn onto a cooling rack. Cover lightly with wax paper or a thin cloth.

Methods of mixing

Many methods of combining the ingredients have been used by homemakers and bakers. In this bulletin two methods will be discussed:

► The so-called conventional or creaming-the-fat method.

► The quick-mix method. This method also is referred to as the one-bowl method, easy-mix, easy-way, or speedy-way.

There are differences in ingredient proportions for "creaming the fat" and quick-mix cakes. Recipes for the quick-mix method contain more sugar and therefore are sweeter cakes. They usually specify a vegetable fat (with perhaps some butter as flavoring). The quick-mix recipes probably cannot be used with equal success with all fats. The recipes may include more leavening than the usual "creamed fat" cakes.

If you wish to use a quick-mix method, it is advisable to use the recipe that was developed for the method. All ingredients must be at room temperature. Fat must be soft, but not melted.

Quick-mix plain cake

One-layer recipe makes one layer in an 8-inch round pan. Pans should be at least $1\frac{1}{4}$ inches deep. For 2-layer recipe use two 8-inch round pans or bake as loaf in one $9 \times 9 \times 1\frac{3}{4}$ inch square pan.

Ingredients

One layer

- 1 cup plus 2 tablespoons sifted cake flour
- $1\frac{1}{2}$ teaspoons double-acting baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup plus 2 tablespoons sugar
- $\frac{1}{4}$ cup fat
- $\frac{1}{2}$ cup milk
- 1 unbeaten egg
- $\frac{1}{2}$ teaspoon vanilla

Two layers

- $2\frac{1}{4}$ cups sifted flour
- 3 teaspoons double-acting baking powder
- 1 teaspoon salt
- $1\frac{1}{4}$ cups sugar
- $\frac{1}{2}$ cup fat
- 1 cup milk
- 2 unbeaten eggs
- 1 teaspoon vanilla

1. Prepare pan.
2. Check position of oven racks.
3. Be sure the oven is 350° F. when cake is mixed.
4. Sift and measure the flour. Set sifter on a piece of wax paper. Put flour back into sifter, add baking powder, salt, and sugar.
5. Measure fat and put in mixing bowl.
6. Measure milk and leave in measuring cup.
7. Stir fat to spread.
8. Sift dry ingredients over fat.
9. For 1-layer recipe add all milk **except** 2 tablespoons. For 2-layer cake, add all milk **except** $\frac{1}{4}$ cup.
10. Beat 2 minutes by hand or electric mixer.
11. Add unbeaten egg, vanilla, and remainder of milk.
12. Beat 2 minutes.
13. Spread into cake pan.
14. Bake at 350° F. about 30 minutes.

Orange cake—quick-mix method

In 2-layer plain cake recipe, use

- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup orange juice
- Omit vanilla. Add 1 teaspoon fine outer orange rind.

Read the directions above for plain cake.

You can add all the milk in step 9.

Add $\frac{1}{4}$ cup orange juice and 1 teaspoon orange rind in step 11. Remember to omit the vanilla.

Plain cake—cream-the-fat method

Use one 8 × 8 × 2 inch square pan or one 9-inch round pan at least 1½ inches deep. Double recipe for larger cake. Have all ingredients at room temperature.

Ingredients

- 1½ cups sifted cake flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ½ cup butter, or ¼ cup shortening
- ¾ cup sugar
- 1 egg
- ½ teaspoon vanilla
- ½ cup milk

1. See that oven rack is in right place. Be sure oven will be hot (365° F.) when cake is mixed.

2. Prepare cake pan.

3. Sift and measure 1½ cups cake flour onto a sheet of waxed paper.

4. Scatter over the flour—

1½ teaspoons baking powder

½ teaspoon salt

Sift enough to mix well.

5. Measure fat. Put into mixing bowl. Cream the shortening with a wooden spoon until soft and fluffy.

6. Add flavoring.

7. Add about 1 heaping tablespoon of sugar to the fat, and beat until fluffy. Repeat until all the sugar is thoroughly mixed with the fat.

8. Add beaten egg and blend thoroughly with mixture. (Or add unbeaten egg and beat vigorously. If recipe is doubled, beat in first egg before adding the second.)

9. Add about one-fourth the flour, salt, baking powder mixture. Stir until the flour is dampened. Then beat about 10 strokes.

10. Add about one-third of the milk (about 3 tablespoons). Stir until milk is almost blended. Do not mix thoroughly.

11. Repeat this addition of flour and milk alternately, using about one-fourth the flour and one-third of the milk. Beat about 10 strokes after each addition of flour. When the last flour has been stirred in, beat the batter about 1 minute.

12. Pour into pan.

13. Spread evenly to sides of pan. Bake at 365° F. about 30 minutes.

Orange cake—cream-the-fat method

In one-layer recipe above, use

¼ cup plus 2 tablespoons milk

2 tablespoons orange juice

1 teaspoon fine outer orange rind

Omit vanilla

Read the directions above for plain cake.

Add the orange juice to the milk just before step 10.

If the acid of the orange curdles the milk, stir it well. Slight curdling will not harm your cake.

How Good Is Your Cake?

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

Points to consider	Excellent		Defects	
Appearance	Evenly browned		Uneven color	
			Too dark	
			Pale	
	Flat or slightly rounded top		Fallen	
			Peaked	
			Very rounded top	
	Top smooth		Cracked top	
			Sticky top	
			Sugary crust	
			Blistered crust	
	Bottom smooth		Bottom broken	
			Bottom uneven	
	Even thickness		Uneven thickness	
	Good thickness for pan size		Too thin, or too thick for pan size	
Texture	Crust		Thin	
			Thick	
	Inside		Tender	
			Tough	
			Light, fluffy	
			Heavy	
			Even, fine grain	
			Coarse	
			Tunnels	
			Uneven grain	
			Crumbly	
Flavor	Tender		Tough	
			Dry	
	Slightly moist		Soggy	
	Delicate		Flat	
	Well-blended		Off-flavor	

What can you do to improve your cake?

Attractive Ways With Cakes

You'll find suggestions here for many pleasing ways to use your plain cake. There are tasty ways to serve cake without frosting. For variety, broil or bake the topping on the cake and serve it warm. Perhaps you'll use these easy frostings to make attractive cakes for birthdays and other special occasions.

Tasty ways to use cake without frosting

With whipped cream

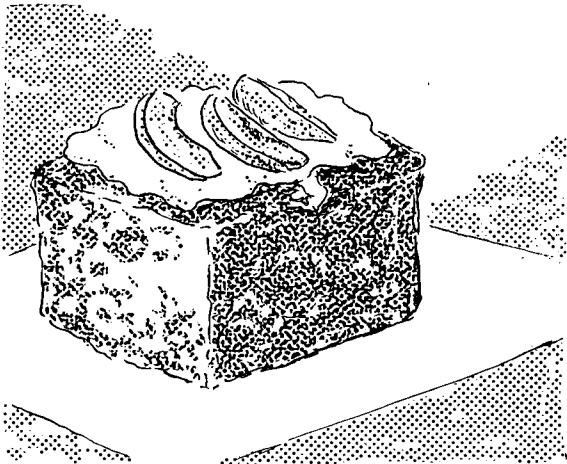
Put whipped cream lightly on whole cake in the same way as frosting. Or, dip whipped cream on each piece of cake after it has been put on an individual plate.

As shortcake

See page 26.

With fresh berries or sliced peaches

Serve fruit on same plate with cake—plain, or with whipped cream.



With orange sauce

Dip orange sauce on each piece of cake after it has been put on an individual plate.

Ingredients

- $\frac{3}{4}$ cups sugar
- 2 tablespoons cornstarch
- Dash of salt
- $\frac{3}{4}$ cup water
- 1 egg, or 2 egg yolks
- 1 teaspoon grated orange rind
- $\frac{3}{4}$ cup orange juice

1. In a small saucepan or top of double boiler, mix sugar, cornstarch, and salt.

2. Add water and cook until clear, stirring constantly.

3. Cook over low flame or over boiling water 5 minutes longer.

4. Pour over slightly beaten egg or egg yolks, stirring constantly. Return to heat and cook until thickened.

5. Stir in grated rind of orange and orange juice.

6. Serve warm or cold over pieces of cake.

Cake toppings to bake or broil on cakes

Peanut butter-walnut topping

After cake batter is in pan, sprinkle this on the batter before baking. Enough for one 9-inch layer. It cuts most easily while cake is still warm.

Ingredients

- 2 tablespoons white sugar
- 2 tablespoons flour
- 2 tablespoons peanut butter
- 1 tablespoon cream or milk
- $\frac{1}{4}$ cup chopped walnuts

1. Put sugar and flour into small bowl. Mix. Add peanut butter and stir to mix.

2. Add liquid and chopped nuts. Stir until crumbly.

3. Sprinkle on cake batter before baking.

Cocoanut topping

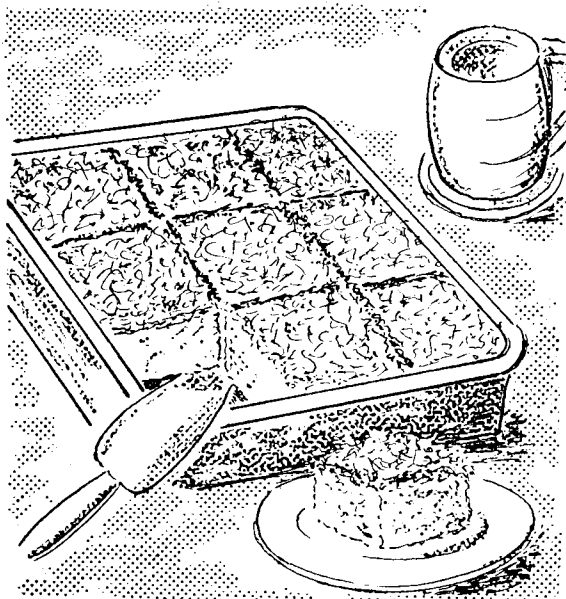
This is broiled or baked on the baked cake while it's still in the pan. Enough for one round layer or one 8-inch square cake.

Ingredients

- 3 tablespoons butter
- $\frac{1}{2}$ cup white sugar
- 1 cup shredded cocoanut
- 1 teaspoon grated orange rind
- 2 tablespoons orange juice

1. Stir the soft butter and sugar to mix well.

2. Add other ingredients and mix.



3. Spread or sprinkle lightly on the cake while still in pan.

4. Place under broiler and heat carefully until very lightly brown, or place on top rack in hot oven.

How to frost cupcakes

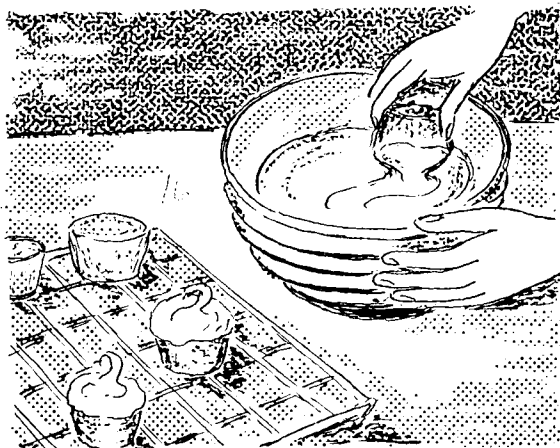
Getting the cupcakes ready

Tender cupcakes are very difficult to handle unless they are cold and the sides have dried slightly. Brush off crumbs.

A quick, easy way to frost cupcakes

Prepare a soft, fluffy type of frosting such as the uncooked fluffy frosting, page 26.

Pick up cupcake at bottom, and twirl cake into the bowl of frosting. Put frosted cake on cake rack or oil paper.



Using a spatula

When frosting only the top, pick up cake near bottom. Hold near frosting bowl but not over it (for convenience, but no crumbs). Lift frosting with spatula and swirl on top.

When frosting both sides and top, pick cake up toward top. With a spatula, swirl frosting on side with upward motion. Put on cake rack or oil paper. Swirl frosting on top and unfrosted part of sides.

Variety in frosted cupcakes

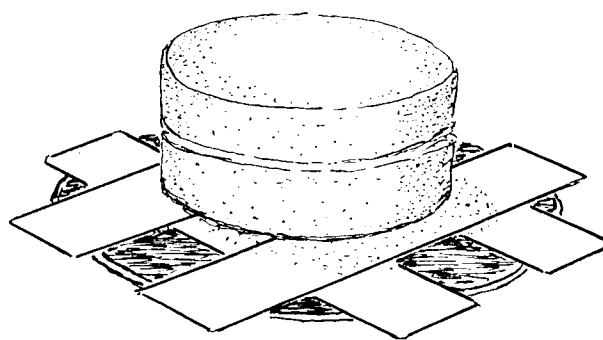
The suggestions on page 24 for variety in frosted layer cakes can be used with cupcakes.

How to frost a layer cake

Getting the cake ready

To avoid transferring the frosted cake, put it on a cardboard base, or cake plate, or tray before frosting.

To keep the cake plate neat during frosting, cut four strips of wax paper about 3 inches wide and 10 inches long. Lay them on the plate in a hollow square.

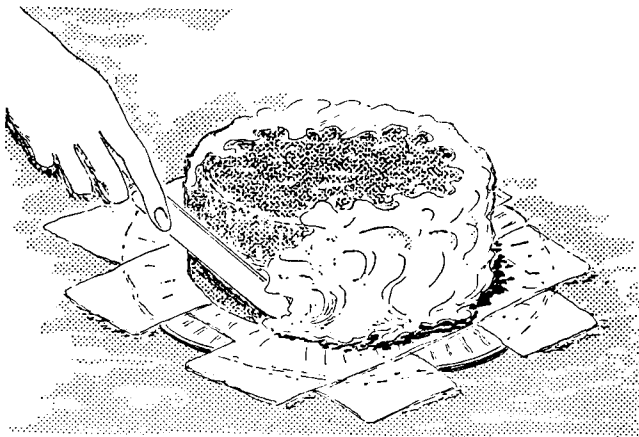


Brush off all loose crumbs before you start to frost.

Frosting the layer cake

Place the first layer bottom side up. Spread top with cake filling or frosting. (See pages 25 and 26 for recipes.)

Place second layer right side up. Frost sides first with a thin layer to hold crumbs. Swirl frosting on sides, stroking up from the bottom.



Frost top last, swirling frosting into an attractive uneven surface.

For variety in frosted layer cake

- Tint frosting a delicate color. To tint frosting use liquid or paste food coloring. Put a drop or two on a teaspoon, or put paste on the tip of a knife. Blend thoroughly with frosting. If more color is needed, add it cautiously in the same manner.

- Swirl some tinted frosting onto white frosting. Frost the cake with a fluffy white frosting. Leave a few tablespoons of white frosting in the bowl. Tint this frosting a soft yellow, pink, or green. Swirl this daintily tinted frosting onto the top of white frosting. Tinted frosting may also be swirled into the side if the side frosting is still soft enough to blend.

- Add coarsely chopped nuts. Frost cake. Put on chopped nuts in any of these ways:
Between swirls of frosting on top of cake.
Over entire top.
On sides.
On top and sides.

- Add white or tinted cocoanut. While frosting is soft, sprinkle cocoanut on top, or sides, or over entire cake. To tint cocoanut with liquid or paste coloring: Add a few drops (or a bit of paste on the tip of a knife) to a teaspoon or two of water. Sprinkle over cocoanut and toss lightly with two forks.

Let stand a few minutes until color is uniform. Instead of mixing color and cocoanut in a bowl it may be shaken in a glass jar, filled not more than half full.

Some firms are putting a color sheet or color pellets in the package of cocoanut. Follow the directions on the package. Usually only a portion of the sheet or pellet is needed to make a desirable soft color.

- Other decorations. Use small amount of one of these: Chipped peppermint stick candy, chocolate decorating pellets, tiny silver cake decorating balls, or pieces of gum drops.

Special occasion cakes

You can frost these cakes without using decorating tubes.

Birthday cakes

Get cake ready as suggested on page 23. Swirl white or tinted frosting onto cake. Arrange birthday candles. Just before cake is brought in, a few fresh flowers may be arranged around the base of the cake. Use such flowers as pansies, rose buds, small roses, or sweet peas. Use greens, such as a few sprigs of holly. Or make small nosegays with a paper doily frill. Arrange these around cake and use as favors for the guests.

A plate or tray of cupcakes makes an attractive, easy-to-serve birthday cake. Frost cakes as suggested on page 23. Put a birthday candle on each cake.

Circus cake for children's party

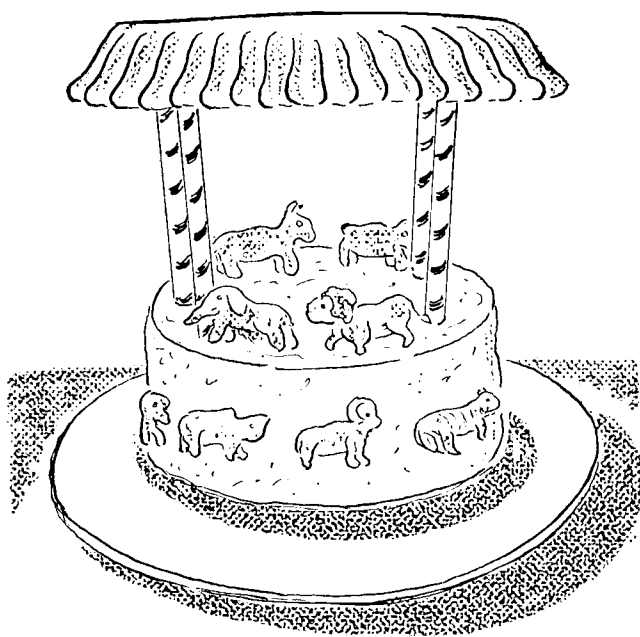
Before frosting the layer cake, have ready:

Plain or frosted animal crackers.

Peppermint candy sticks or other props for the top.

Tent top made of paper, paper plate, or aluminum freezer pie plate.

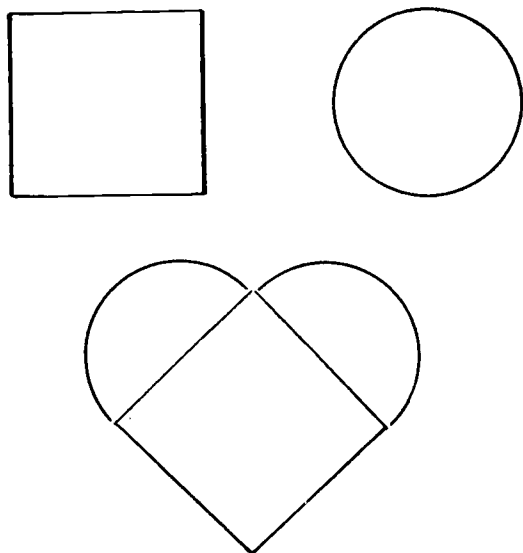
Large plate, tray, or other base for cake.



Put cake on serving plate or other base. Frost cake. Add animal crackers while frosting is soft. Put props firmly into top layer of cake, having top length even. It's easier to carry the cake before the tent top is put on.

Valentine cake

This may be made without a heart-shaped pan. Use a 2-layer cake recipe. Bake one layer in a round layer-cake pan and one in a square layer-cake pan of the same diameter: such as an 8-inch round pan and an 8-inch square pan.



Before frosting the cake, put the square cake diagonally on the plate or tray on which it will be served. Cut the round cake in half, and put the straight side of each half along the top side of the square layer cake.

Frost with a white frosting or one that is tinted a soft pink.

An easy way to cut this cake into attractive servings is to first cut the part formed by the square.

Cake frostings

Powdered sugar frosting

Enough for one 9-inch layer frosted on top and sides, or top and between two 9-inch layers. For 2-layer, 9-inch cake, frosted between layers and on top and sides, use $1\frac{1}{2}$ times recipe.

Ingredients

- $\frac{1}{4}$ cup butter, or half butter and other fat
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla
- 2 or more tablespoons evaporated milk or cream
- 2 cups sifted powdered sugar

1. Put fat in bowl. Stir until soft.
2. Add a small amount of powdered sugar, and mix.
3. Add some liquid, and mix.
4. Add remaining sugar, liquid, and flavoring. Beat until smooth, adding more liquid very gradually if too stiff to spread.

Orange powdered sugar frosting

In recipe above, omit vanilla and cream or evaporated milk. Use 1 teaspoon orange rind and 2 tablespoons or more orange juice.

Chocolate powdered sugar frosting

Prepare powdered sugar recipe above.

Melt 1-ounce chocolate square over hot water. Add to frosting. Beat until smooth. If frosting is too stiff after it is cold, beat in more cream or milk.

Cream cheese frosting

Ingredients

- 1 package cream cheese (3 ounces)
- 2 tablespoons butter
- 3 cups powdered sugar
- 2 tablespoons pineapple sirup
- $\frac{1}{4}$ cup crushed pineapple

1. In a small bowl, soften butter. Add cheese. Stir to blend well.

2. Beat in remaining ingredients. Continue beating until light and fluffy.

3. Spread on cake or cupcakes, leaving an irregular surface.

Uncooked fluffy frosting

A soft, easy frosting to make by hand or electric beater. It's best to use this the day it is made. If you store the cake, do not cover it

tightly. It might become watery on the bottom.

Ingredients

- 2 egg whites
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup sugar
- $\frac{3}{4}$ cup corn sirup
- $1\frac{1}{4}$ teaspoon vanilla

1. Sprinkle salt over egg whites.

2. Beat with rotary beater or electric beater until mixture forms soft peaks.

3. Gradually beat in the sugar. (about 1 tablespoon at a time).

4. Gradually beat in $\frac{3}{4}$ cup corn sirup, beating after each addition until frosting stands in peaks.

5. Add flavoring.

More Desserts

Fruit will be an ideal dessert in many of your meals. Ways of preparing raw fruits and cooked fruits are included in 4-H Foods Projects 1 and 2.

The desserts in this section will be suitable with a light main dish.

Fruit shortcakes

Use plain cake or a rich biscuit shortcake dough. Shortcakes are an attractive way of serving fresh, canned, or frozen fruit. The recipe below is made by adding sugar, egg, and more fat to a baking powder biscuit recipe.

Ingredients

- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 to 4 tablespoons sugar
- 4 to 6 tablespoons fat
- 1 egg (may omit)
- $\frac{1}{2}$ cup milk (approximate)
- Butter to brush shortcake

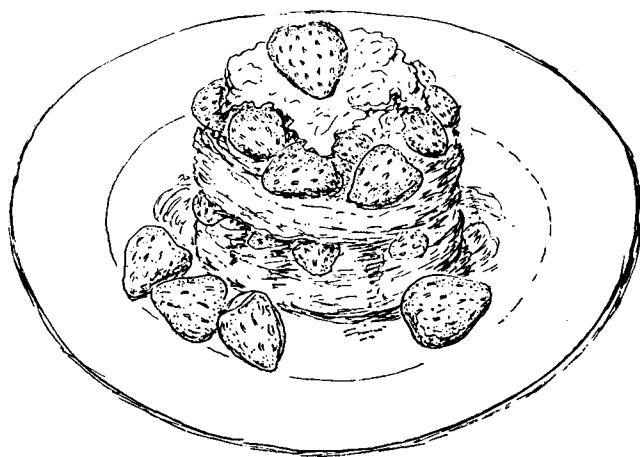
1. Sift sugar with other dry ingredients.

2. Beat egg enough to blend yolk and white. Add to milk. If egg is omitted, more milk is needed to make dough.

3. Combine like baking powder biscuits, page 15.

4. For one large shortcake, divide dough into two parts. Pat or roll one part into a circle or square about $\frac{1}{2}$ -inch thick. Spread with melted butter.

5. Shape other half of dough in same manner and put on first half.



6. For individual shortcakes, cut $\frac{1}{2}$ -inch thick dough in squares with knife, or cut with large biscuit cutter. Put half pieces on the baking pan, leaving space between pieces. Brush with melted butter, and cover each with other pieces.

7. Bake in hot oven (425° F.) about 20 to 25 minutes. Baking will take longer than biscuits because the dough is thicker.

When serving shortcake, prepare sweetened fruit. Separate layers of shortcake. Put fruit between layers and on top. Spoon juice or sirup from fruit over top. Serve plain, or with cream or whipped cream.

Cherry cobbler



Ingredients

- 1 pint, or number 2 tin can, canned cherries
- $\frac{1}{2}$ cup sugar, if cherries are unsweetened
- 1 tablespoon constarch *or*
- 2 tablespoons flour *or*
- 2 tablespoons minute tapioca
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon almond extract (may omit)
- $\frac{1}{2}$ teaspoon red food coloring (may omit)
- Biscuit dough (use $\frac{1}{2}$ recipe, page 15, and sift 1 tablespoon sugar with dry ingredients)

1. Drain cherries. Set cherries aside.
2. Add all the other filling ingredients to the juice. Mix well.
3. Cook over low heat, stirring constantly until thickened. Add cherries. Turn into baking dish.

4. Cover with rolled biscuit dough. Cut in several places to let steam escape. Or cover with cut biscuits, or drop biscuits.

5. Bake at 425° F. until biscuit topping is browned (about 15 to 20 minutes).

Chocolate sundae pudding with chocolate topping

A chocolate sauce will collect at the bottom of the casserole, topped with a layer resembling chocolate cake. Serve hot, with plain or whipped cream.

Ingredients

- 1 cup all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons cocoa or ground chocolate
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup chopped nuts (may be omitted)
- 2 tablespoons melted butter or other fat
- 1 teaspoon vanilla

1. Mix thoroughly the flour, baking powder, salt, cocoa, and sugar.
2. Add vanilla and melted fat to milk.
3. Combine liquid and dry ingredients, beating only enough to mix.
4. Pour into a greased baking dish or casserole that is large enough to allow 2-inch space for rising.

For topping, combine:

- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup white sugar
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons cocoa *or* ground chocolate
- 1 teaspoon vanilla

1. Spread topping over unbaked mixture after it is in the baking pan.
2. Pour over all 1 cup boiling water. Do not stir.
3. Bake in a moderate oven (350° F.) for about 1 hour or until cake-like pudding is done.

Serving Food

Take part in your home, club, and community meals by helping serve the food.

A few simple rules have been established by custom. It's more convenient for all if you follow the rules.

When you place food on the table—

Place foods that are to be passed at the table so that someone can start each conveniently. Keep this in mind when you place jelly, cream, sugar, bread, and other food on the table.

The spoon or fork for serving any food is placed beside the dish instead of in it when setting the table. Lay the sugar spoon and jelly spoon beside the sugar bowl and the jelly dish. The spoon is left in the dish after someone has started to pass the food. Lay the serving fork or spoon beside a vegetable bowl, meat platter, or main dish.

When you are a "waitress"—

To pass rolls, hold the roll plate in your left hand. Offer the rolls at the left of the person seated at the table. Then they can be taken conveniently with the right hand.

Offer other foods in the same way, to the left of the person, with your left hand. You will find this is easiest for you and most convenient for the persons served.

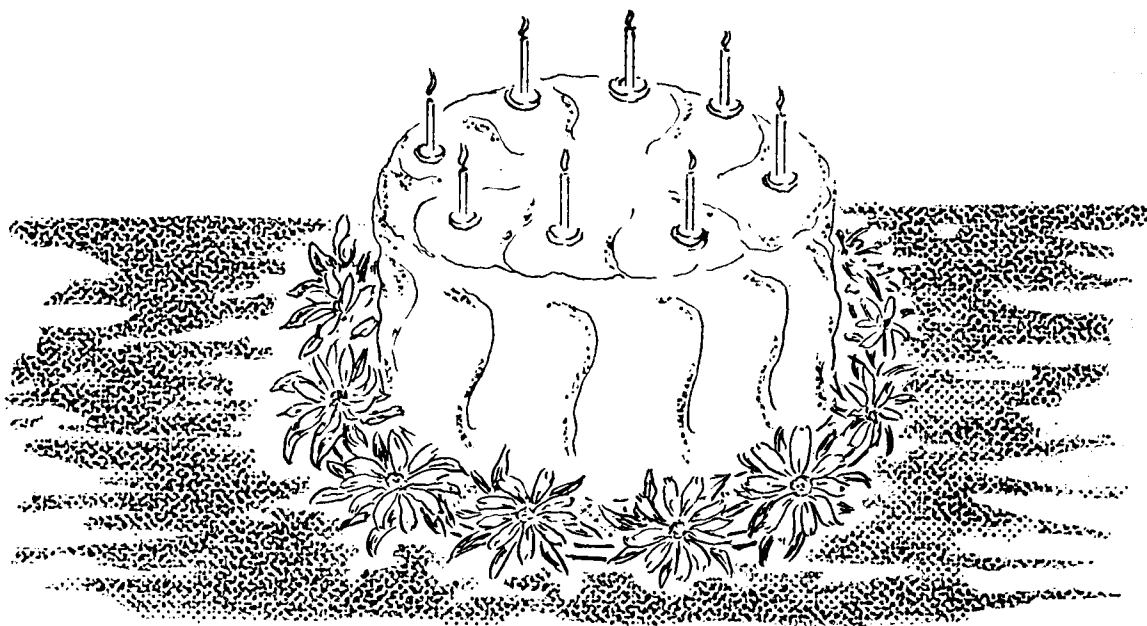
When you place a plate before someone, do it the same way. Hold the plate in your left hand and place it from the left of the person.

Hold the plate by putting your fingers under it and your thumb along the outer edge. You can hold it firmly without turning your thumb toward the center of the plate.

These examples show that serving is done with the left hand to the left of the person seated at the table. Beverages are the one exception.

Beverages are placed at the right of the person so the cup or glass can be picked up with the right hand. When you serve, hold a cup and saucer in your right hand. Place it at the right.

If you are removing main course dishes before serving a dessert, remove the food dishes first, then the plates.



Food and Fun With Others

Start early to enjoy food and fun with others. Use foods you've learned to prepare in 4-H Foods Projects 1 and 2, or this year.

Plan the preparation and serving of foods so you can spend most of the time with your guests. Companionship is the most important part of entertaining.

Keep your refreshments or meal menus simple. Have time to do everything well. Have time to be a good hostess. The modern trend is toward simple meals and simple refreshments. A few well-chosen foods, with a gracious hostess, are the most fun for all.

Use more initiative

Get your own ideas. Discuss them with your friends, and your mother or your leader. Review the suggestions in "Mealtime Fun" and "Easy Meals." Repeat some of those activities, but vary the refreshments.

Take more responsibility

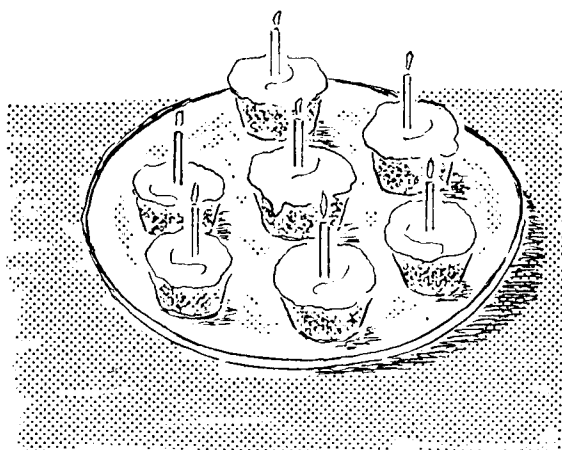
Do more of the planning. Be dependable. Follow through on whatever you undertake.

Take more part in preparing some of the meal when your family has guests. Help with the serving of the food.

You, as well as your mother, are a hostess whenever there are guests in your home. Assist your mother in every way you can to make the visit enjoyable.

Help with a children's party

You can make some cupcakes, page 23; a Valentine cake, page 25; or a circus cake, page 25. Instead of finishing the cake, you may want to let the children help you decorate it. They will enjoy putting a candle and some tiny colored candies on each cupcake. Let them help in putting the animals on the circus cake.



Make a birthday cake

Wouldn't you like to make a birthday cake for each member of your family this year? It's easy to make a beautiful birthday cake. You can use the fluffy frosting, page 26. See decorating suggestions pages 24 and 25.