

Food Project for 4-H Clubs

UNIT III—DINNER

CIRCULAR NO. 323



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Circular No. 323

FOOD PROJECT FOR 4-H CLUBS

Unit III—Dinner

By DOROTHY THRELKELD and EDITH LACY

Requirements:

1. Review of food needs of the body.
Suggestions for dinner.
Essentials of menu planning.
2. Place of vegetables in the diet.
3. Use and cookery of meats.
Discussion of family menus.
4. Yeast breads.
5. Yeast rolls.
6. Pastry and pies.
7. Sponge cakes.
8. Butter cakes.
9. Frozen desserts.
10. Serving demonstration dinner.

Suggested programs for Club Meetings:

It is intended that the girls fit the suggested meetings into their own programs and add other meetings if there is time.

MEETING 1. One-dish Meals.

A. Study and Discussion.

1. Group foods according to their use in the body.
2. The essentials in menu planning:
 - a. Food value.
 - b. Variety in flavor and texture.
 - c. Attractiveness, color.
3. The score card for family food habits. See Record Book.
4. Discussion of one-dish meals other than the one to be demonstrated.

B. Demonstrations.

1. Cook a one-dish meal. Stew, pot roast or baked dish.
2. Make corn-meal muffins.
3. Serve the hot dish and muffins with fruit for dessert.

C. Home Work.

1. Prepare three one-dish meals at home before the next meeting.
2. Plan menus for family for two days.

BEEF STEW

1 pound beef	2 c carrots
3 c hot water	Flour for dredging
2½ c potatoes	Seasonings
1½ c turnips	3 T drippings
2 T chopped onion	

Wipe beef, dredge with flour, brown with the onion in the drippings. Wash potatoes, carrots and turnips. Pare and cut into strips about two inches long and one-half inch thick. If pieces are cut smaller, they will cook too quickly and be done before the meat. Add three cups water to the meat. Simmer meat forty-five minutes before adding vegetables; longer if meat is tough. Add vegetables and continue to cook 30 minutes.

MEETING 2. Vegetables.

A. Study and Discussion.

1. Place of vegetables in the diet. Their classification as to:
 - a. Food value.
 - b. Ways of cooking.
2. Menus providing vegetables thruout the year, from the home garden; canning, storing, drying.

B. Demonstrations.

1. Cook cabbage, onions, turnips or some other strong-flavored vegetable.
2. Cook spinach, peas, string beans or some other mild-flavored vegetable.
3. Prepare tomatoes in different ways.

C. Report on home work by each club member.

D. Home Work.

Plan and prepare the family dinner for one week.

Take menus to next meeting.

PREPARATION AND COOKING OF VEGETABLES

Vegetables should be cooked as soon after gathering as possible, especially corn and peas, as they lose their sweet flavor on standing. Wilted vegetables can be freshened by soaking in cold water. The vegetables should be washed thoroly and scrubbed if necessary. Soak cauliflower, broccoli and brussels sprouts in cold, salted water (1 teaspoon salt to 1 quart water) one-half hour before cooking, to draw out any insects.

The object of cooking vegetables is to:

1. Soften the cellulose or fiber.
2. Cook the starch.
3. Increase the palatability.

They may be cooked by boiling, steaming, or baking. The last two methods are preferable, as more food value is conserved. Much mineral matter is saved if vegetables are cooked with their skins on. Cook as quickly as possible to preserve the flavor, texture and appearance. For boiling, start the vegetables cooking in boiling, salted water, allowing 1 teaspoon salt to 1 quart of water. Soda softens the fiber and hastens the cooking but it is not recommended because it destroys vitamins, causes greater loss of food value in the cooking water, and may affect the flavor of the cooked product. Cook such vegetables as turnips, cabbage and onions quickly, in an uncovered vessel. Cook mild-flavored vegetables, as carrots and peas, in a small amount of water, in a covered container. The water in which vegetables have been cooked should not be discarded as it may contain much food value. It may be used in soups or evaporated and served with the vegetable.

The coloring in green vegetables may be retained if they are cooked quickly in an uncovered vessel. All white vegetables should be cooked only until tender, as overcooking darkens them.

MEETING 3. Meat.

A. Study and Discussion.

1. Food value of meat.
2. Place in the diet.
3. How to know cuts of meat. Use charts for cuts.
4. Cooking. Tough cuts. Tender cuts.
5. Family menus. (Home work from Meeting 2.)

B. Demonstrations.

1. Prepare a meat dish. (Swiss steak, roast pork, or ham baked in milk.)
2. Prepare left-over meats in various ways.

C. Report of home work by each club member.

D. Home Work. Prepare meat for three dinners. Collect recipes for using the tough portion of meat.

MEAT

Meat is a protein food and is therefore muscle building. Meat supplies to the body complete proteins, phosphorus, and iron. It is a valuable food when eaten in moderate amount.

In cooking meat one should know the effect of heat on protein. Long exposure to high temperature toughens protein. Tender cuts of meat may be cooked by short exposure to high temperature. Tough cuts may be made tender by long cooking at a low temperature. The appearance of meat is an indication of how it should be cooked. Meat which is fine in texture, well mottled with fat and contains little bone does not require long cooking. It may be broiled or roasted. Meat which is coarse grained, showing thick muscle walls, should be given long, slow cooking in water or steam or should be ground or chopped. Meat that is very coarse and full of connective tissue and bone is best used for soup.

Beef, veal, mutton, lamb, pork and poultry are the meats commonly used. The kind of meat determines to a certain extent the method of cooking and the length of time. Veal, mutton, lamb

and pork should be well done. The tender cuts of beef frequently are served rare.

It is a question whether searing meat at high temperature helps to retain the juices; however, searing may make for better flavor, aroma and color. If a roast is cooked at a high temperature the time of cooking is shortened but the loss is greater and the meat is less uniformly done. Most roasts should be cooked uncovered and at moderate temperature.

Meats used for soup should have the juices extracted by cutting in small pieces, soaking in cold, salted water and cooking very slowly for a long time.

MEETING 4. Yeast Breads.

A. Study and Discussion.

Yeast breads and their variations.

- a. Kinds of flour. How to handle hard- and soft-wheat flours.
- b. Yeast.
- c. Methods of making and handling yeast breads.
- d. Score card and standards for a loaf of yeast bread.
- e. Comparative value of yeast breads.

B. Demonstration.

- a. Yeast bread.
- b. Judge yeast bread. (Kentucky Extension Circular 180.)

C. Reports by club members.

D. Home Work.

Make light bread at least twice and bring one loaf to be scored at next meeting.

Study score cards for yeast breads.

FLOUR

Two distinct types of flour are made in this country, one from soft wheat and one from hard wheat. Soft wheat is produced in Kentucky and other states where rainfall is abundant. Soft-wheat flour is white, smooth in texture and contains a delicate balance of

gluten-forming proteins. In making yeast bread this balance is often destroyed by strenuous kneading and prolonged raising. Soft-wheat flour has a limited power of absorption and a slight tendency to give off moisture during raising. Consequently the dough should be made as soft as possible and handled as little as possible; that is, just enough to develop a smooth surface.

Hard-wheat flour is creamy in color, granular, and has a higher percent of protein and less starch than soft-wheat flour. It requires more kneading and a longer raising period to develop the gluten.

Soft-wheat flour is more generally used in Kentucky since it is a home-grown product. Recipes for hard-wheat flour products do not give satisfactory results when soft-wheat flour is used. It is therefore important that Kentucky club girls know the kind of flour they are using and the source of the recipes they follow.

YEAST BREAD—QUICK METHOD

2 c scalded milk	6 to 7 c soft-wheat flour
2 T sugar	2 t salt
2 compressed-yeast cakes*	2 T shortening

Scald the milk; add the sugar; and let cool until lukewarm; add the yeast and stir until it is dissolved. Then beat in enough flour to make a thin batter. Add the salt and soft or melted shortening, and stir in enough flour to make as soft dough as can be handled. Knead gently and just enough to get a smooth surface. Place the dough in a greased bowl, cover with a cloth, and let stand until the dough is double in bulk; punch down and let rise again; then remove to board. Divide into two loaves. Shape and place in greased bread pans. Brush the tops of the loaves with melted fat. Allow to rise again until almost double in bulk. Bake 45 minutes in a moderate oven (375 degrees F.). This method requires about $2\frac{3}{4}$ hours.

MEETING 5. Light Rolls.

A. Study and Discussion.

1. Characteristics of a standard loaf of bread.

* Dried yeast may be used instead of compressed, in which case we recommend that the directions given by the manufacturer be followed thruout the preparation of the yeast. The type of yeast used does not affect the manipulation of the dough.

2. Scoring loaves of bread.
3. Methods for making light rolls.

B. Demonstration.

1. Plain rolls.
2. Sweet rolls.

C. Judge loaf of yeast bread.

D. Home Work.

Make rolls twice. Bring six rolls to next project meeting for judging work.

PARKER HOUSE ROLLS

1 c milk, scalded	½ yeast cake softened in
2 T sugar	¼ c boiled water cooled
2 T fat	until lukewarm (98° F.)
1 t salt	3 to 4 c flour (soft wheat)

Combine as for bread, adding flour gradually and beating thoroughly until no more can be worked in with a spoon. Cover tight, let rise to twice its original bulk. Turn onto a lightly floured board, knead slightly, and roll three-fourths inch thick. Lift dough from board to allow it to shrink before cutting out rolls. Cut with a round or oval, floured cutter. Crease the center with floured edge of a dull knife. Brush half of each circle with melted fat. Fold, bringing edges together. Place one inch apart in an oiled pan. Brush tops with melted fat to give a glaze and to keep them soft. Let rise until double in volume, then bake in a hot oven (400°-450° F.) 15-20 minutes. This makes twelve to fourteen medium size rolls.

SWEET ROLLS

Follow recipe for Parker House Rolls thru directions for rolling. Spread dough with melted butter and sprinkle with following mixture:

½ c sugar	1 t cinnamon
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Roll dough. Slice into ½ inch slices, brush with melted fat and place on oiled pan. Let rise until doubled in volume, then bake in hot oven (400°-450° F.) 15-20 minutes. Raisins may be added before rolling, if desired.

MEETING 6. Pies and Pie Crusts.

A. Study and Discussion. Preparation of pastry and pies.

1. Pie crust
 - (a) Flour
 - (b) Fat
 - (c) Method of mixing
 - (d) Baking
2. Pie fillings. Kinds. Methods of cooking.

B. Demonstrations.

Apple or other fruit pie.
Tarts.

C. Judging rolls made by members.

D. Home Work.

Make tarts or fruit pies twice.
Make a lemon pie.

PASTRY AND PIES

Pastry eaten too often or when it is not properly made is likely to cause digestive disturbances. It is not quickly digested because of the large amount of fat in the crust. A good pie crust must be light, very flaky, crisp and tender. The tenderness depends on four things:

1. The kind of fat used.
2. The amount of fat used.
3. The amount of water used.
4. The method of handling ingredients in the making.

Lard makes a more tender pie crust than butter, but the latter gives the better flavor. Often one-half butter and one-half lard are used. Oils make a tender crust but one which is usually not so flaky.

The amount of water to be used cannot be given exactly because it varies with kind of fat, flour and temperature. Less is needed with soft fat, pastry flour or when temperature is warm. If the

dough is made too moist the crust will be tough. Use just as little water as you can to get a dough that will roll. Either hot or cold water may be used. Ice water gives a flakier texture. Hot water gives a crumbliness rather than a flakiness. Do not stir the mixture more than necessary in adding water. Use a knife for mixing. Do not handle or re-roll dough more than is necessary. Roll crust from the center out so as not to roll any part more than necessary and try to keep it as round as possible.

CRUST FOR TWO-CRUST PIE

1½ c flour	¼ t salt (if fat is salted)
⅓-½ c fat	or
About 5 T cold water	½ t salt (if fat is not salted)

Sift the salt with the flour and cut the fat in with a knife. Add the water gradually, mixing with a knife. Use only enough to hold the ingredients together. Divide the dough into two parts, making the one for the upper crust slightly larger than the other. Toss the piece for the lower crust on a slightly floured board, turning it with a knife so as to cover it evenly with flour. Roll lightly, keeping the crust round. When it is large enough to cover the pan, fold it in half and place it on a pie pan. Unfold the crust and fit it into the pan without stretching. Trim the edge by running a knife around the outside of the tin. After the pie is filled, roll the top crust in a somewhat larger round. Fold and cut small openings for the escape of steam. Moisten edge of bottom crust and spread top crust over the top of the pie. Trim and press edges together with the fingers or a fork.

APPLE PIE

4 or 5 sour apples	⅔ c sugar
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Pare, core and cut apples in thin slices. Line the pie pan with pastry. Dredge with flour and fill with apples. Sprinkle over with sugar. Cover the pie as directed in the recipe for pie crust. Bake about forty minutes in medium hot oven.

Variations. Two tablespoons of butter may be added to the apples. Spice may be used, either one-fourth teaspoon of cinnamon with the sugar or a little grated nutmeg over the apples.

PUMPKIN PIE (ONE LARGE PIE)

1 c cooked, strained pumpkin	½ t salt
½ c brown sugar	1 egg, slightly beaten
1 t cinnamon	1 c rich milk or cream
¼ t ginger	

Mix the ingredients in order given, stirring the mixture. Bake without an upper crust. Serve with whipped cream if desired. One-half cup chopped nuts may be added.

LEMON PIE

⅓ c flour	1 T butter
¾ c sugar	2 egg yolks
1½ c boiling water	Pinch salt
4 T lemon juice	Grated rind of one lemon

Mix sugar, salt and flour together, add boiling water and cook on the back of the range for fifteen minutes. Add the other ingredients and cook at a simmering temperature until the mixture thickens. (It may be cooked over hot water.) Cool and place in a baked pie crust. Cover with meringue. Bake in a slow oven until the meringue is a light brown.

MERINGUE

2 egg whites	2 T sugar
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Beat egg whites until stiff. Fold in the sugar.

BANBURY TARTS

1 c raisins, chopped	3 T cracker crumbs
1 c sugar	3 T lemon juice
1 egg, slightly beaten	Grated rind of 1 lemon
½ t salt	1 T melted fat

Chop raisins, add sugar, fat, egg slightly beaten, cracker crumbs, and lemon juice and rind. Roll plain pastry dough one-eighth of an inch thick and cut three and one-half inches long by three inches wide. Put two teaspoons of the raisin mixture on each piece. Moisten edges with cold water half-way round, fold over, press edges together with fork. Prick top with fork. Bake in a hot oven.

MEETING 7. Sponge Cake.

A. Study and Discussion.

1. Review of table service and table etiquette.
2. Sponge cakes.
 - a. Materials used.
 - b. Methods of mixing and baking sponge cakes.

B. Demonstration.

Sponge or angel food cake.

C. Report on home work by each club member.

D. Home Work.

Make the cake demonstrated at the last meeting. Each girl bring sample cake to the next meeting for judging.

Sponge cakes are those in which no fat is used. A true sponge cake is leavened by means of air incorporated in the beaten eggs. Modified sponge cake is one in which baking powder is used.

SPONGE CAKE

6 egg yolks
1 c sugar
1 t lemon juice
6 egg whites

1 c pastry flour
 $\frac{1}{4}$ t salt
Grated rind of $\frac{1}{2}$ lemon

Sift flour with salt twice. Sift sugar four times to ensure fineness. Beat egg yolk until thick and lemon colored. Add sugar, beating all the while. Add flavoring. Fold in flour. Fold in egg whites. Pour into ungreased cake pan. Bake in moderate oven (325° F.) for one hour. For characteristics of a good sponge cake see Kentucky Extension Circular 280.

Characteristics of a Good Sponge Cake. A sponge cake should have a golden brown crust, fine texture and a moist, tender crumb. It should be light in weight for its size.

MEETING 8. Butter Cakes.

A. Study and Discussion.

Methods for mixing butter cakes.

B. Demonstrations.

1. Simple butter cake.
2. Cake frostings and icing.

C. Judging sponge cakes brought from home.

D. Home Work.

1. Make a butter cake to be judged at next meeting.
2. Plan a menu for the demonstration dinner.

Butter cakes are those in which fat is used. Butter cakes are leavened with baking powder or soda and an acid.

STANDARD OR PLAIN CAKE

$\frac{1}{2}$ c fat	2½ t baking powder
1 c sugar	$\frac{1}{4}$ t salt
2 eggs	1 t flavoring extract
$\frac{2}{3}$ c milk	$\frac{1}{4}$ c pastry flour

Cream the butter, add the sugar gradually; cream thoroly and add whole eggs well beaten. Mix and sift flour and baking powder and add alternately with milk to the first mixture. Bake thirty minutes (at 350° F.) in a shallow pan. The cake may be spread with chocolate frosting.

Variations:

Spice Cake. Add $\frac{1}{2}$ t cinnamon and $\frac{1}{4}$ t each of cloves and nutmeg to the recipe for standard cake.

Chocolate Cake. Add $\frac{1}{2}$ ounce melted chocolate to recipe for standard cake. Decrease flour or increase liquid slightly as the chocolate thickens the mixture.

Nut Cake. Add $\frac{1}{2}$ c chopped nuts to standard recipe.

White Cake. Use three egg whites instead of whole eggs in recipe for standard cake.

APPLE SAUCE CAKE

½ c fat	1 t cinnamon
1 c sugar	½ t cloves
1 egg, well beaten	1 c raisins, finely cut and floured
1 t soda	1 c nuts, finely cut and floured
1¾ c flour	1 c hot, thick, strained apple sauce
¼ t salt	

Mix as for butter cake, adding flour which has been sifted with soda, salt, and spices alternately with apple sauce, a small amount at a time. Lastly add raisins and nuts. Bake in a moderate oven for one hour.

TEA CAKES OR SUGAR COOKIES

(Makes 36 Cookies 2" in Diameter)

¼ c butter	1 egg
2 T lard	1½-1¾ c flour
½ c sugar	2 t baking powder
¼ c milk	½ t salt
¼ t vanilla or lemon extract	

Cream butter, lard and sugar. Add egg and beat mixture. Add part of the milk. Sift flour before measuring. Measure one cup of flour and to this add baking powder and salt. Sift this into the mixture and stir. Add remaining milk and enough more of the flour to make a very soft dough. Put the rest of the flour on the board. The dough may then be turned onto the board and kneaded slightly until it can be rolled to about one-fourth inch in thickness. The less flour used the better the product. Cut cookies and place them on a baking sheet or in a shallow baking pan. Sprinkle with granulated sugar and place in a hot oven, 370 degrees. Bake for ten minutes.

It is a decided advantage, before kneading and rolling the dough, to put it on ice or in a cold place for thirty minutes or until the fat in the dough hardens. The mixture then requires less flour when being rolled.

OATMEAL DROP COOKIES

½ c molasses	¼ c brown sugar
½ c melted fat	4 t baking powder
½ c raisins	2 t spice (1 t cinnamon and 1 t nutmeg, ginger or cloves)
½ c nuts	1 t salt
¾ c milk	2 c oatmeal
2 c flour	

Sift together all the dry ingredients except the oatmeal. Add the oatmeal to the dry mixture. Combine all the liquids. Stir the dry ingredients into the liquid a little at a time. Add nuts and raisins. Stir the mixture well. Drop it on pie tins, a small spoonful in a place. Bake the cookies in a moderate oven.

ICINGS AND FILLINGS FOR CAKES**SEVEN-MINUTE ICING**

2 egg whites, unbeaten	1½ t light corn syrup
1½ c sugar	1 t vanilla
5 T cold water	

Put all ingredients except the vanilla into upper part of double boiler. Mix well, beating with a dover egg beater. Cook seven minutes over boiling water, beating constantly with the egg beater. The icing is done when it stands in peaks. Remove from fire, flavor and beat until thick enough to spread.

This recipe may be varied by adding nuts, raisins, cocoanut, cherries or other desired materials.

CHOCOLATE FROSTING

2 squares unsweetened chocolate, melted	3 T hot water
1 t butter	1¼ c sifted confectioner's sugar
½ t vanilla	

Mix chocolate, butter and hot water. Cool. Add sugar until of consistency to spread. Add vanilla and beat.

ORANGE FILLING

3½ T flour	3 T lemon juice
1 c sugar	¼ c water
Grated rind 1 orange	1 egg, slightly beaten
½ c orange juice	2 t butter

Combine ingredients in order given. Cook in double boiler ten minutes, stirring constantly. Cool. Makes enough filling for two 9-inch layers.

MEETING 9. Frozen Desserts.

A. Discussion and Study.

1. Review table service and etiquette.
2. Plans for demonstration dinner.
 - a. Select menu.
 - b. Complete other plans.
 - c. Invite guests.
3. Frozen desserts.

B. Demonstration.

1. Judge butter cakes brought by girls.
2. Prepare frozen custard and sherbet.

C. Report on home work by each club member.

D. Home Work.

1. Plan, cook and serve a dinner.
2. Plan menus for two weeks.
3. Practice home meals.
4. Complete records.

FROZEN DESSERTS

General directions for freezing. Scald the inner can of freezer. Do not completely fill the can with mixture to be frozen, but leave three or four inches for expansion. Put in the dasher, cover the can, put it in the freezer and fasten the handle. Then pour crushed ice and salt around the can until it comes above the mixture inside

the can. Use one part of salt to seven or eight of ice. Turn the handle of the freezer until it turns hard. Then wipe off the top of the can, open and take out the dasher. Pack cream, cover the can and let it stand for at least an hour. If the ice cream or sherbet is to be kept for any length of time, drain off the salt water and pack ice and salt around over the top of the can. Use four parts of ice to one part salt.

FROZEN CUSTARD (FOR FOUR PERSONS)

4 c milk or thin cream	1 c sugar
2 eggs	1 t vanilla

Make this into a soft custard. Let cool, then freeze. The large amounts of sugar and vanilla are needed because flavors are not so evident in frozen dishes.

MILK SHERBET

1 qt. milk	Juice of 3 lemons
1½ c sugar	

Combine the lemon juice and sugar. Stir in the milk slowly and freeze the mixture.

WATER SHERBETS AND ICES

The ingredients are the same as for milk sherbet, except that water is used instead of milk, and any desired fruit juices are combined with lemon or used instead of lemon. Make a sirup by boiling the water and sugar together for about fifteen minutes. Add the fruit juice, cool and freeze the mixture.

MEETING 10. Demonstration Dinner.

A. Demonstration.

1. Prepare and serve demonstration dinner.
2. Turn in record books.

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