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**AGRICULTURAL EXTENSION SERVICE**

**State College of Washington · Pullman**

EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS  
IN COOPERATION WITH U.S. DEPARTMENT OF AGRICULTURE

August, 1959

E. M. 2015

# Baking Is Fun



Name of Member \_\_\_\_\_

Name of Club \_\_\_\_\_

4-H - B. F. - F. & N.

12 to 14 year olds

Dear 4-H Club Member -

Jane and Joe enjoyed last year's foods project. This year they decided baking would be fun.

Welcome to Baking is Fun. Your baking practices can give you many interesting experiences with many kinds of foods. So often baking is considered a way to prepare cookies, cakes and pies, but it is also a way to prepare vegetables, fruits, meats and several other foods. You've probably seen your mother make an oven meal. When you complete this project will you know how to make an oven meal? Or a broiler meal?

Let's get acquainted with new foods and new ways of preparing different food products. This helps you improve eating habits, too.

Inez M. Eckblad  
Extension Food Specialist

*This is what you'll do -*

- At Club everyone

1. keeps fit with good eating
2. keeps up-to-date records
3. demonstrates how to make several foods
4. learns to know how good the food is that you bake -- judges it
5. exhibits a favorite baked food
6. tours the ready-mix section of a market or visits a bakery
7. helps someone in the community with baking or bakes a food for some friend or relative
8. learns why as well as how to make or select a product
9. helps with a club picnic, fair or food sale

At home -

Jane and Joe met with the club, checked over requirements in project book and decided what the club would do.

*Each member also set up his or her own plan.*

Bake from each of the following groups 3 or more times

quick breads, cakes, waffles, pancakes from mixes

main dishes (with meat, fish, chicken, beans)

vegetables

fruit desserts

desserts or main dishes from milk or cheese

oven or broiler meals

Freeze 3 or more baked foods

Plan, Prepare and Serve each 3 or more times -

tray refreshments you baked

oven meals or broiler meals

Compare prices of bakery cakes, mix cakes and homemade cakes

Practice during project

time and motion savers

safety in the kitchen

care and cleaning of oven

cleanup of kitchen

You may also if you wish -

Bake cakes (complete process)

Bake yeast rolls from mix



## BEFORE YOU BAKE - MEETING I.

LOOK → at the oven and the broiler. Where are the controls for heat? How are the racks in oven adjusted? How is oven checked?

Where in your market are the packaged mixes? How many different ones are on display? What can be made from these mixes?

LISTEN → to your leader tell about ways to clean an oven if food is spilled. Or better yet, how to prevent spilled food. She will know about how long it takes to preheat an oven and give you help on kitchen manners.

READ → the range instruction book if it is available. Read also the directions on all ready-mix packages and in your project book.

CHECK → the ones you've done -

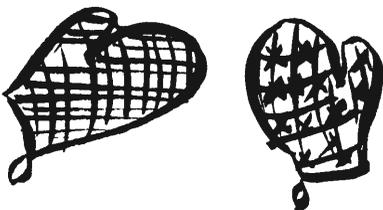
Jane and Joe  
have hot dish  
holders like  
these

— I learned and practiced where to place racks for baking and broiling.

— Aprons and hot dish holders are ready for kitchen duty.

— I visited the food market and learned more about mixes.

— I tested oven temperature with an oven thermometer.





Main dishes contain building foods called proteins. Poultry, milk, cheese, dry beans and peas, peanut butter, eggs, fish and meats are in this group.

SCALLOPED FRANK-POTATOES (4 servings)

You'll need -

- 1/2 cup or more thinly sliced onions
- 5 cups thinly sliced white potatoes
- 2 teaspoons salt
- 3 tablespoons table fat
- 2 tablespoons flour
- 1 saucepan with lid
- heavy skillet
- peeler, cutting board, slicer,
- paring knife

Later you'll need -

- 1 teaspoon salt
- 2 cups milk
- 6 or 8 franks, halved lengthwise
- 2 tablespoons snipped parsley (could be omitted)
- 1/8 pound grated or thinly sliced cheddar cheese
- 2 quart casserole or baking pan

A top quality main dish is a flavorful and pleasing mixture, and tastes of the main ingredients; moist, has distinct pieces of meat, chicken or beans. Color depends upon ingredients used.

Now begin -

1. Boil the sliced potatoes and onions and the salt in one inch of water for 5 minutes.
2. Heat the oven to 375° F.
3. Make a sauce in heavy skillet by melting butter over low heat, then stirring in flour and seasonings.
4. Then add milk, stir and heat slowly.
5. Arrange in layers in greased casserole, the potato-onion mixture, the franks and parsley and top with sauce and cheese.
6. Bake about 40 minutes.

Note: You can omit boiling the potatoes and onions before placing them in casserole if you allow a longer time for cooking them.

Variation: Pork chops are good baked on top of scalloped potatoes. Allow an hour for cooking pork chops this way.

What I've done -

- I learned how to slice vegetables on cutting board
- I learned how to use kitchen shears for snipping parsley
- I learned how to use a peeler and slicer
- I learned how to regulate the surface unit to avoid boil-over and over heating.
- I used a minute minder.

Meal I planned with main dish \_\_\_\_\_

QUICK BAKED BEANS

These are good as the main dish for a picnic.

You'll need -

- 6 or 7 cups cooked seasoned beans (perhaps your mother has some canned or frozen)
- 1 onion, cut fine
- 1/2 cup molasses
- 1 tablespoon prepared mustard
- 3 slices bacon, chopped and browned, or  
6 small pieces of cooked ham
- 2-quart casserole or baking dish
- mixing spoon
- cutting board and knife

Here's how -

1. Set the oven for 350° F.
2. Combine cooked beans, onion, bacon or ham, mustard and molasses. If beans haven't been salted they'll need seasoning.
3. Put into casserole and bake for 1 hour.

If you're going on a picnic why not pack the basket with the rest of the meal while beans are cooking?

Would you like with the beans for 4 of you -

- fresh buttered buns
- carrot strips, pickles
- milk
- fresh fruit

You'll need to check these for your picnic

- 2 quart thermoses for milk and water
- a basket with napkins, paper cups, paper plates, forks, serving spoon for beans
- dish of beans
- plastic sack of carrot strips and pickles
- sack of fruit
- sack of buttered buns

What I've done -

1. Other ways I've cooked "franks" are

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2. Other meat dishes I've baked are

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3. Planned and prepared a picnic supper for 4 or 5 people.

CHEESE FONDUE CASSEROLE

Time: about 45 minutes  
Temp: 350° F.

Yield: 4 servings  
Cost:

You'll need -

4 slices bread  
1/4 lb. cheese (grated or sliced thin)  
2 T. finely chopped green pepper (if desired)  
2 T. finely chopped celery (if desired)  
3 eggs  
1-1/4 c. milk  
salt and pepper

Here's how -

1. Arrange slices of bread in bottom of greased baking dish. Fit to cover bottom of dish.
2. Put cheese on bread.
3. Sprinkle on chopped vegetables.
4. Beat eggs, add milk, and seasonings and pour over.
5. Let stand a short while. Set into pan of hot water with water as high as egg mixture.
6. Bake until puffed and golden in color.

CHICKEN LOAF

Time: 1 hour or more  
Temp: 325° F.

Yield: 6-8 servings  
Cost:

You'll need -

4-1/2 T. fat	1/2 c. milk
1 T. chopped onion	3 c. soft bread crumbs
2 T. chopped green peppers	1 qt. chopped cooked or canned chicken
1/2 c. flour	Salt
1 c. chicken broth	Green peppers or parsley for garnish

Here's how -

1. Melt fat in sauce pan. In it cook chopped onion and pepper.
2. Remove onion and pepper, leaving fat in pan.
3. Add flour to fat gradually and mix thoroughly.
4. Add chicken broth and milk, and cook for at least 5 minutes. This makes a thick but smooth sauce.
5. Mix all the ingredients and bake at 350° F. in greased casserole until well browned for about 1 hour.
6. Turn out on platter and garnish with parsley or pepper rings.

What makes a cheese sharp?

\_\_\_\_\_

\_\_\_\_\_

What do cheese and milk do for you?

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

## VEGETABLES IN THE OVEN - MEETING III

SHREDDED CARROTS IN CASSEROLEYou'll need -

- 4 c. shredded carrots
- 1/2 t. salt for four people
- 1 T. table fat
- 1 medium casserole with tight lid, or 4 individual casseroles, shredder, cutting board, measuring spoons, scraper or brush.

Here's how -

1. Scrub, scrape or pare carrots.
2. Preheat oven to 375° F. or 400° F.
3. Shred into casserole or on board.
4. Add seasoning, cover tightly and bake for an hour or more. Time depends upon size of casserole and temperature at which you cook it. The cover is needed so that steam cooks the carrots.
5. Serve immediately.

Note - Try beets, potatoes, winter squash or turnips this way.

BAKED POTATOESYou'll need -

- 1 potato per person
- table fat
- salt
- paring knife, brush

Here's how -

1. Preheat oven to 400° F. or 425° F. (Potatoes can be baked at lower temperature - 350° F. when other foods in oven require it.)
2. Select oven-sized, smooth potatoes.
3. If you want soft skins, grease the outside of potato skins.
4. Place in shallow pan or on wire frame and bake. Either temperature can be used. Time will be about 40 minutes or 1 hour depending upon size of potatoes and oven temperature.
5. Cut 2 crosswise slashes into potatoes as soon as they come from oven and push up to allow steam to escape and potatoes to get fluffy.
6. Add seasoning. Try grated cheese or chopped, crisp bacon sprinkled over potatoes for flavor.



How to Cut A  
Baked Potato

*Jane and Joe help  
with gardening.  
They have good  
vegetables to bake.*

BAKED FROZEN CORN IN CASSEROLE



Corn, a starchy vegetable, needs extra moisture to make steam and cook the vegetable.

1. Preheat oven to 375° F.
2. Place frozen corn taken directly from freezer into casserole, breaking frozen mass apart as you put it in the casserole.
3. Add salt and table fat and a little moisture (1/2 cup milk, water, or tomato juice), tightly cover, and bake with rest of meal for at least 30 minutes.

Note - Be sure frozen corn is pried apart or it will not be cooked.

You could bake frozen or fresh corn-on-the-cob. Wrap cob securely in foil so that steam is created by the heating. Fat and salt can be put on before baking if desired.

Note - Frozen peas, squash or snap beans can be baked in casserole also.

## BAKED FOODS FROM PACKAGED READY MIXES - MEETING IV

Joe's father is a baker. He'll take them on tour through the bakery after their leader has discussed the visit with him.

Have you seen these in the food market or bakery? Popovers, corn bread, cream puffs, cakes, cookies, gingerbread, pie crust, muffins, coffee cake and biscuit mixes? Have you seen any others? Ask your leader to help. Compare prices of homemade and store-made foods.

CHOCOLATE MALLOW CUPCAKESYou'll need -

chocolate cake mix and any ingredients and equipment the package calls for, marshmallows, muffin pan with paper baking cups, mixer or mixing spoon and scraper, kitchen shears, mixing bowl, holders

Now begin -

1. Get supplies collected and muffin pan ready with paper cups.
2. Preheat oven to 375° F.
3. Mix the chocolate cake according to directions.
4. Fill each paper cup about 2/3 full.
5. Bake for 20 minutes.
6. Get marshmallows cut in half and dishes washed while cake is baking.
7. You can tell if they are done in 20 minutes. The cupcakes loosen from sides of the pan.
8. Top each cupcake with 1/2 marshmallow and return them to oven for 3 minutes or until marshmallow melts.

Serve with glasses of cold milk.

What I've done -

These are the flour mixes I've used

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I have made from them these items -

\_\_\_ fruit cobblers,  
\_\_\_ upside down cakes

\_\_\_ cakes

\_\_\_ meat and vegetable  
\_\_\_ casseroles or pies

\_\_\_ biscuits, muffins

UPSIDE DOWN CAKE

Gingerbread mix is a good combination with sliced apples. White cake mix is fine with many fruits.

Here's what you need -



Don't keep peeking  
into oven.

1. fresh, partly drained, canned or frozen fruit. . .berries, apples, rhubarb, peaches, or cherries are especially good fixed this way.
2. cake mix
3. sugar, unless fruit is already sweetened. Brown sugar is good with pineapple, rhubarb, or some apples.
4. mixing bowl and mixing equipment, deep baking pan, scraper, holders

Now begin -

1. Get equipment and supplies collected. You'll need to soften frozen fruit or prepare fresh fruit.
2. Preheat oven.
3. Get fruit into bottom of pan. Your leader or your mother can help you decide how much fruit to use.
4. Mix cake according to directions on package.
5. Bake at 350° F. for 40 minutes or until cake begins to shrink from edge. Raw apple and rhubarb may take longer.
6. Spoon from baking dish and serve hot with a spoonful of ice cream or thin cream.

What I've done -

- \_\_\_ drank milk with my meals and snacks
- \_\_\_ used holders
- \_\_\_ didn't keep peeking into the oven
- \_\_\_ cleaned the oven

Mixes are used as part of the main dish.

Try a . . . TUNA BAKE

This is enough for 8 servings.

Here's what you'll need -

- 2 cups biscuit mix
- 1 cup milk
- 3 beaten eggs
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 cans (7 ounce) of tuna (save 1/2 a can for the sauce) Use the oil.
- 1/2 cup grated cheese
- 1 tablespoon chopped onion
- 1/4 cup chopped pimiento (may be omitted)
- 1/3 cup chopped celery
- 9-inch square or 11 x 7-inch greased-with-tuna-oil baking dish
- mixing bowl and spoon

*If your oven has a minute minder, use it while you are baking.*

Now begin -

1. Heat the oven to 400° F.
2. Blend the mix, milk, eggs and seasonings and beat for about one minute.
3. Add 1½ cans of tuna, one-half of the cheese, onion, pimiento and celery and mix.
4. Spread in the greased pan and sprinkle over it the rest of the grated cheese.
5. Bake it for 30 or 35 minutes. It begins to loosen from sides of pan.
6. While it is baking make a Tuna-Celery Sauce.
7. You'll need -
  - 1 can cream of celery soup
  - 1 cup milk
  - 1/2 can tuna
8. Mix and heat the 3 ingredients slowly (low heat) in a heavy skillet or sauce pan or a double boiler.
9. Serve this over the tuna bake.

What I've done -

I've used for baking, the following meats, poultry or fish

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I've used these canned soups

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Try a hamburger meat pie sometime!

CINNAMON CRISPS

Made with hot roll mix

You'll need -

1/4 cup warm water	2 tablespoons melted fat
1 package hot roll mix	or salad oil
1/2 cup warm milk	3/4 cup sugar
1/2 teaspoon salt	1 tablespoon cinnamon
1 teaspoon vanilla	3 tablespoons soft table
1 egg	fat

Here's how -

1. Dissolve yeast granules from roll mix package in the water. Add milk and a third of roll mix. Beat well. Add salt, vanilla, egg and fat; beat again.
2. Blend in remainder of roll mix. Turn out on lightly floured board and knead a minute or two. Place dough in greased bowl and turn to grease dough all over; cover. Set in warm place (85-90°) until double (30-45 minutes.)
3. Combine sugar and cinnamon.
4. Roll risen dough on lightly floured board to make rectangle 8" x 12", 1/4" thick. Spread with 1 tablespoon of the table fat; sprinkle on a fourth of sugar-cinnamon mixture. Fold dough over to make double layer 6" x 8". Roll again to 8" x 12" size. Repeat with table fat and sugar-cinnamon mixture, fold over and roll again to 8" x 12" rectangle.
5. Spread with remaining table fat; sprinkle on half the sugar-cinnamon mixture. Roll as for jelly roll, seal, and turn so roll rests on seal. Cut in slices 1/2" to 3/4" thick; dip cut surfaces in sugar-cinnamon mixture. Place slices on greased cookie sheet about 2" apart and sprinkle with remaining sugar-cinnamon. Flatten slices to 1/4" thickness with palm of hand or by pressing with pan or bowl having flat bottom. Rolls will be about 3 1/2" in diameter. Let rise in warm place 20-30 minutes. Bake in hot oven (400°) 15-20 minutes. Remove from pan at once. Delicious served warm. Makes 1-1/2 dozen.

CAKE FROM THE START - MEETING V

Homemade Cakes

Jane's specialty is birthday cake. What is yours?



The present day trend is to simplify all directions for cake making. Use of electric mixers helps simplify mixing, too.

Here are a few basic cake recipes. The "one bowl" cakes are commonly prepared by modern homemakers. They are sweeter than the cakes your grandmother made by conventional methods. They stay moist and fresh but they are likely to be more crumbly and less velvety in crumb than the cakes she made.

You can use the conventional method for combining these cakes though this takes longer. Then you cream the fat and sugar before you add beaten eggs, then the dry ingredients and milk. If you use lard as shortening, use the conventional method of mixing. Plastic type fats include table fats and the vegetable fats that are hydrogenated and have an emulsifier added. They are most successful in the one bowl cake.

You'll find many good cake recipes in magazines and booklets. Your electric mixer booklet has recipes. Your range dealer may give you one. If you ever do electronic cooking you'll have an entirely different set of instructions.



When pouring batter into pan! Hold bowl close to cake pan so large air bubbles won't be caught. And cut through batter several times to reduce large air bubbles.

Basic Methods are the Same for Mixes or "Homemade" Cakes

Follow these rules for success -

Be off to a good start! That means good quality ingredients at room temperature for mixing. Bowls and pans of proper size are important.

Don't guess - measure. Measure carefully, mix by directions and use the right amount of batter in pan. Two-thirds full is a good general rule. For tiny cakes in special pans fill 1/2 full.

Give the finishing touches! Start most cakes in preheated oven. Three stages of baking are:

1. The cake almost doubles its height.
2. The starch cooks and the protein coagulates to make the cake light.
3. The cake browns. Test for doneness. Frost the cake for a special touch.

Let It Cool. Let shortened cake stand in pan about 20 minutes until it begins to shrink from sides of pan. This gives cell walls time to strengthen. Then loosen carefully with spatula. Remove the pan and the greased paper immediately. A second wire rack is fine for turning cake right side up.

WHOLE EGG CAKE

Baking time } - 20 to 25 minutes for layers at 375° F.  
Temperature } - 35 to 40 minutes for loaf at 350° F.  
2 9-inch layers (1-1/2 inches) or 13 x 9 x 2 inch deep loaf.

You'll need -

2-1/4 cups sifted cake flour	
1-1/2 cups sugar	1/2 cup shortening
3 teaspoons double acting baking powder	1 cup milk
1 teaspoon salt	1-1/2 teaspoon vanilla
	2 eggs

Here's how -

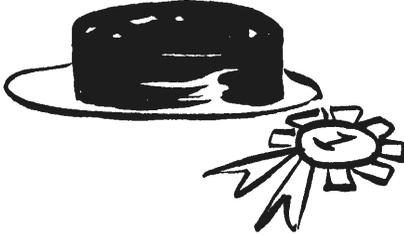
1. Have all ingredients at room temperature and read all the directions.
2. Get pans ready and oven started.
3. Put the shortening into the bowl and mix just enough to soften it.
4. Sift together the dry ingredients (flour, sugar, baking powder, salt) and finally sift into bowl.
5. Add 3/4 of the milk and the flavoring and beat 2 minutes (300 strokes by hand).
6. Add the rest of the milk and the eggs and beat 2 minutes more. Scrape sides and bottom of bowl for even mixing.
7. Pour batter into prepared pans. Cut through batter with knife to reduce large air bubbles before baking.
8. Set minute minder after cake is in oven and avoid peeking until almost time for bell to ring. Cake should shrink slightly from sides of pan when it is done.
9. Cool on rack for about 20 minutes before removing it from pan.



Variations:

Spice - 1 teaspoon cinnamon, 1/2 teaspoon cloves, 1/2 teaspoon allspice sifted with dry ingredients. And 1 tablespoon molasses added with shortening.

Orange - 1/4 teaspoon soda with flour. Substitute 1 teaspoon grated orange rind for vanilla and 1/4 cup orange juice for 1/4 cup milk.

WHITE CAKE

Time and 35 to 40 minutes at 350° F. or

Temperature 25 to 30 minutes at 375° F.

Yield: 2 8-inch layers

You'll need -

1/2 cup shortening  
 2 1/2 cups sifted cake flour  
 1/2 teaspoon salt  
 1 tablespoon double acting baking powder or  
 4 1/2 teaspoons quick acting baking powder  
 1 1/2 cup sugar  
 1 cup milk  
 1/2 cup unbeaten egg whites  
 1 teaspoon flavoring

Here's how -

1. Have all ingredients at room temperature and read all directions.
2. Have pans and oven ready for use.
3. Measure shortening into mixing bowl and stir just enough to soften it.
4. Measure and sift together the dry ingredients (flour, salt, baking powder, sugar).
5. Sift dry ingredients into the bowl and add about 3/4 of the milk.
6. Beat for 2 minutes with electric mixer (that's about 300 strokes by hand.) Batter will be well blended. Scrape sides and bottom of bowl to get a good blend.
7. Add the rest of the milk, egg whites and flavoring and mix 2 minutes more. Scrape sides and bottom of bowl again for even mixing.

This Cake

has moist, tender,  
 velvety crumb

fine, even  
 grain

pleasing, mild  
 flavor

even shape

moderate amount  
 of icing that  
 is creamy and  
 delicate in color  
 and flavor

8. Pour batter into prepared pans. Cut through batter with knife to reduce large air bubbles before baking.
9. Set minute minder after cake goes into oven and avoid peeking until almost time for bell to ring. Cake should shrink slightly away from sides of pan when it is done.
10. Cool on rack for about 20 minutes before removing it from the pan.

FLUFFY DOUBLE BOILER FROSTING  
(with sugar)

Yield: top and sides of 2-layer cake.

You'll need -

2 egg whites unbeaten	1/8 teaspoon salt
1 1/2 cup white sugar	1/4 teaspoon cream of tartar
1/3 cup cold water	or
1 teaspoon vanilla	1 tablespoon light corn syrup

Here's how -

1. Combine all ingredients except vanilla and cook slowly in top of double boiler as you beat it. It should hold peaks when cooked enough.
2. Add vanilla and beat. If too thin cook more. If too thick add a few drops of hot water and beat it.

Cake Problems - Causes and Corrections

<u>When this happens</u>	<u>It may be caused by this</u>	<u>To correct it, try this</u>
Heavy streak	<ol style="list-style-type: none"> <li>1. Incomplete mixing</li> <li>2. Cold ingredients</li> <li>3. Improper cooling</li> </ol>	<p>Beat vigorously by hand or increase speed with mixer. Overmix rather than undermix quick method cakes. Scrape mixing bowl frequently.</p> <p>Use ingredients at room temperature for easier blending. Increase mixing time if cold ingredients are used.</p> <p>Cool cake in pan on a cake rack so that air circulates freely around it.</p>

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Cake cracks	Baked at too high temperature.	Check oven temperature.
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Cake falls or runs over edges of baking pan	1. Too much batter for the pan. Batter rises, spills over edges of pan. Cake from remaining batter falls.	Use pan size recommended for recipe. If smaller pans are used, fill them half full and bake remaining batter in cup cakes.
	2. Insufficient baking. If removed from oven before cake is completely baked, it may fall.	Cake is baked when it begins to pull away from sides of pan. It is baked if no imprint is left when top of cake is lightly touched.
	3. Too much baking powder.	Use level measurements.

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Cake breaks or is difficult to remove from pan.	1. Removing cake from pan too soon after baking.	Allow cake to cool in the pan on a rack 20 minutes. Loosen cake from sides of pan with knife. Place rack over top of cake in pan and invert rack and pan together.
	2. Improper pan treatment.	Use paper lining on bottom of pan.
	3. Incomplete mixing.	Beat vigorously by hand or use a faster speed on the mixer.

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Small flat cake	1. Baked in pan too large for batter.	Use size recommended. Measure size of pans used.
	2. Not enough leavening.	Test baking powder by stirring a spoonful in water. If active, it will bubble at once.

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BAKING PANCAKES, BREADS AND WAFFLES - MEETING VI

PANCAKES

Both Jane and Joe  
are early risers  
and like to make  
cakes for breakfast.

They have

Orange Juice  
Pancakes Syrup  
Sausage  
Milk

Use the biscuit mix and follow the directions on the package.

Or you may wish to mix your own. Compare the cost of homemade and package griddle cakes. How much would you pay for an order of cakes at the restaurant?

Here's what you need for the cakes -

1-1/2 cups sifted flour  
2 teaspoons baking powder  
1 tablespoon sugar  
1/2 teaspoon salt  
1-1/2 tablespoons salad oil or melted fat  
1 egg  
1-1/4 cups sweet milk  
beater, 2 bowls or bowl and wide mouthed pitcher  
or quart measuring cup, paper, mixing spoon,  
pancake turner

whether you mix your own or use the package mix.

Here's how -

1. Start heating the griddle on medium heat.
2. Put sifted flour, baking powder and salt into sifter and sift together in bowl or measuring cup.
3. Add milk and fat to beaten egg.
4. Add the liquid ingredients to the dry and mix until smooth.  
  
If a few drops of water dance on griddle it is ready for baking.
5. Drop batter by spoonfuls far enough apart so that they are easily turned. (They spread.)
6. Cook on one side until puffy and full of bubbles. Turn before bubbles break and bake until golden brown on other side.
7. Serve with butter and/or syrup or jam.

What I've done -

Eaten a good breakfast \_\_\_\_\_ mornings.

\_\_\_\_\_ I feel full of pep when I go to school.

\_\_\_\_\_ I compared prices of homemade mix and restaurant pancakes or waffles. I found this difference in prices:  
  
\_\_\_\_\_  
  
\_\_\_\_\_

Use the package mix or make your own.



Blue ribbon pancakes  
and waffles are:

golden brown  
tender  
even in size  
even in color  
mild, pleasing  
flavor

You'll need besides the waffle maker -

- 3 eggs, separated
- 2 cups sifted flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon sugar
- 6 tablespoons salad oil or melted fat
- 1-1/2 cups milk
- 2 bowls or quart measuring cup, mixing spoon,  
beater

Here's how -

1. Separate the eggs.
2. Combine and sift together the dry ingredients.
3. Begin heating waffle iron.
4. Beat the egg whites until stiff.
5. Then beat yolks, add fat and milk and beat again.
6. Combine liquids and dry ingredients until smooth.
7. Fold egg whites into waffle batter carefully.
8. Check waffle iron. If it has an indicator, it is ready for baking when light goes off. Or use the water test on other irons as you did for pancakes.
9. Pour about 1/2 cup of batter in the center, close quickly and let bake about 5 minutes or until light goes off. Avoid using too much batter. If you do it oozes out on side or counter and you have a mess to clean up.

How to Freeze Waffles

Bake leftover batter. Chill the waffles thoroughly.

Use poly sacks or heavy aluminum foil for wrapping the chilled waffles. Close package tightly.

Reheat in waffle iron or oven when you wish to serve them.

You can make such good Waffles--with bread!

1. Butter 8 slices of bread lightly on both sides.
2. Add 3/4 cup milk, dash salt, to one slightly beaten egg and blend.
3. Dip slices in egg mixture and drain.
4. Bake bread golden brown in moderately hot waffle iron about 5 minutes.

Note - Melted fat may be added to egg-milk mixture instead of buttering both sides of bread. The fat is needed to keep bread from sticking to iron.



HOLIDAY BANANA BREAD

You'll need -

- 1 3/4 cup sifted all-purpose flour
- 2 3/4 teaspoons double-action baking powder
- 1/2 teaspoon salt
- 1/2 cup chopped nuts
- 1/3 cup shortening
- 2/3 cup sugar
- 2 slightly beaten eggs
- 1 cup mashed bananas (3 to 4) (fully ripe - yellow peel, flecked with brown)
- 1 cup mixed candied fruits and peels (can be omitted)
- 1/4 cup raisins

Here's how -

1. Sift together flour, baking powder, salt. Add nuts. Blend.
2. Place shortening in mixing bowl and beat until creamy and glossy, 300 strokes by hand or 2 minutes at medium speed on electric mixer.
3. Gradually add sugar to shortening, beating until light and fluffy after each addition.
4. Add eggs and beat until thick and pale lemon in color.
5. Add flour mixture and bananas alternately. Blend thoroughly after each addition. Fold in fruits, peels, raisins.
6. Grease bottom only (not sides) of a loaf pan (approximately 4 1/2 x 8 1/2 x 3").
7. Bake in a moderate oven (350° F.), 60 to 70 minutes or until done.
8. Let bread partially cool in pan (20 to 30 minutes) before turning out onto rack. Cool thoroughly before wrapping for storage. Makes one loaf.

This bread is excellent for freezing.



Bread when done shrinks slightly from sides of pan.

What I've done -

- I made waffles
- I made pancakes
- I served these to guests
- I sifted flour on paper
- I learned how to care for a waffle iron.
- I froze waffles.
- I learned to use electric beater.

DESSERTS IN THE OVEN - MEETING VII

*Come and see go  
to the orchards  
for apples  
and peaches.*

Cookies, cakes, cobblers, coffee cakes, custards, pies and puddings are all varieties of baked desserts. Some are very elaborate, rich and expensive; others are easily made and economical. This all depends upon the ingredients and how available and seasonal they are.

STUFFED APPLES

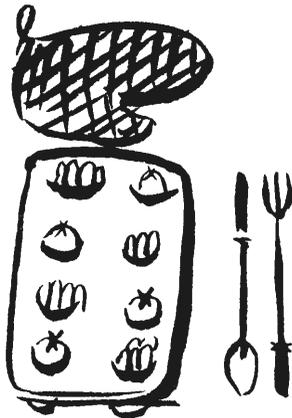
- 6 servings

Good baked apples  
are:

1. tender but not shapeless.
2. flavorful.
3. attractive reddish color.

Keep Them Shapely

Bake your apples, tomatoes or stuffed peppers in muffin tins. Keeps them in their place.



You'll need -

- 6 apples
- 6 tablespoons sugar
- 1 1/2 cups mincemeat
- 1 cup hot water
- 1 tablespoon red cinnamon candies (may be omitted)
- saucepan
- shallow baking pan
- apple corer
- paring knife

Here's how -

1. Preheat oven to 350° F.
2. Wash and core apples.
3. Peel about 1/4 way down.
4. Dissolve cinnamon candies in 1 cup hot water.
5. Stuff with mincemeat to which sugar has been added.
6. Pour hot syrup over apples and bake for 45 or more minutes or until tender. Time depends upon size and kind of apples.

Serve hot or cold with or without cream or ice cream topping.

Good varieties of  
baking apples in  
Washington are:

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Here's how -

1. Sift together flour, sugar and salt.
2. Blend into beaten egg yolks the juice, milk and grated rind.
3. Combine liquid ingredients with dry ingredients; beat until smooth and well blended.
4. Fold in stiffly beaten egg whites.
5. Pour into greased, 8" x 8" x 2" pan and place in pan of hot water. Bake in slow oven (325° F.) for 45 minutes.

The pudding has a cake on top and sauce on the bottom. Serve warm or cold, cut into squares and turned on dessert plates so sauce is on top of cake. Yield: 6 servings.

BAKED CUSTARDSYou'll need -

(6 custards)

1/4 cup sugar	2 cups hot milk
1/4 teaspoon salt	1 teaspoon vanilla
3 eggs, beaten	

Here's how -

1. Combine sugar, salt and eggs.
2. Add milk slowly, then vanilla, if desired.
3. Pour into custard cups and set in a pan of hot water.
4. Bake at 325° F. (slow oven) until the custard is set - 30 to 40 minutes.

## Note:

Make them all the same for a meal. Baked custard can be touched up with fruits and flavors. Put a few raisins, a cooked peach half, hone, or chocolate chips in the cups and then fill with the custard mixture and bake. When done, these are turned upside down into individual dessert dishes so that the trimmings are on top. Custard may also be topped with frozen strawberry sauce or sliced fresh peaches at serving time. If you grease the custard cups it helps custards turn out of cups.

MEALS IN THE OVEN - MEETING VIII

Some main points to remember about meals in the oven -

1. Choose foods that cook well at the same temperature. It helps, too, if they can bake in the same time.
2. Try to have all moist or all dry foods in the oven at the same time.
3. Leave space between containers for hot air to circulate. If both shelves are used place foods so that they are not directly over or under other food.
4. Use the minute minder to remind you when foods are done.
5. Bake a variety of foods from the Daily Four.

Jane likes to plan foods that go into the oven. She can get things ready for the hot dish and dessert ahead of time and keep them in refrigerator until time to pop into the oven. She then sets the minute minder and has time for games or homework until supper time.

Here are three possible combinations -

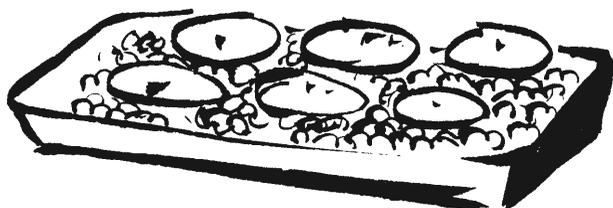
1. Baked beans (beans already cooked), stuffed apples in muffin tins, grated carrot casserole. Serve these with green salad, bread and butter and milk.
2. Scalloped franks and potato, peach baskets, frozen peas in casserole. Serve an orange salad, hot rolls and butter and milk with these.
3. Chicken loaf, baked potatoes, fruit custards. Serve these with spiced peaches or pickles, carrot sticks, bread and butter and milk.

MEALS IN THE BROILER - MEETING IX

Joe helps his father with outdoor broiling. On special occasions they cook steaks.

Meals can be quickly baked in the broiler but they need careful watching. Since most broiling is done with oven door open, do all the peeking you wish.

1. Choose foods that cook in the same length of time.
2. Have even sized pieces.
3. Brush or baste with fat all items that are lean and have little or no fat.
4. Grease the broiler rack for foods with little or no fat.
5. Use tongs for lifting whenever possible.
6. Have the top of food about  $\frac{1}{4}$  or more inches from broiler heat so that spattering is avoided. No one wants to spend much time cleaning the oven, and the food is overcooked, too.
7. Turn only once. Allow a little more than one-half the time for first side.
8. Pull out rack with broiler pan so that you can turn food without burning yourself.
9. Try these combinations -
  - a. canned corn with corn liquid in bottom of broiler pan, thick slices of cooked ham or scored franks on rack - About 15 minutes.
  - b. frozen peas spread on bottom of pan with a little water, thick hamburgers on rack - about 20-25 minutes.



FOOD FAIR OR FOOD SALE - MEETING X



Jane and Joe are on the committee that helps plan the fair or the sale.

IF YOU HAVE A SALE?

Do people in the neighborhood want to buy?

How will you publicize a sale?

Where and when will you have it?

What items that club members bake will sell well?

How will you store the baked foods until they are sold?

How will you exhibit and price the items?

What will each club member do?

IF YOU HAVE A FOOD FAIR?

Where and when will the fair be held?

What will you do with the food?

How can you arrange it attractively?

Who will be invited?

What responsibilities does each club member have?

MY RECORD FOR BAKING IS FUN (12-14 year olds)

Foods Record - What is in your record will depend upon what unit you selected.

Name \_\_\_\_\_

County \_\_\_\_\_

Age \_\_\_\_\_

Leader \_\_\_\_\_

Club Name \_\_\_\_\_

Baking I have done (Check like this ~~///~~ )

Fruit dishes \_\_\_\_\_

Vegetable dishes \_\_\_\_\_

Milk desserts \_\_\_\_\_

Cake \_\_\_\_\_

Breads -  
    waffles,  
    pancakes,  
    loaves  
\_\_\_\_\_

Meat, poultry,  
fish, cheese or  
bean dishes  
\_\_\_\_\_

Meals I served with baked or broiled foods (underline the foods that were baked).

1

2

Foods I froze \_\_\_\_\_

Mention 2 safety practices you used \_\_\_\_\_

Describe 2 things you learned that help you save time and energy when baking or  
cleaning equipment or the kitchen \_\_\_\_\_

Describe 2 things you learned that help you save money \_\_\_\_\_

Describe 2 good food habits you acquired that help you keep fit \_\_\_\_\_

I judged the following food products \_\_\_\_\_

I gave the following demonstrations \_\_\_\_\_

I exhibited these foods at our club fair, achievement day or food festival \_\_\_\_\_

Our club handled the following food activities \_\_\_\_\_

My family or my mother said this about my baking \_\_\_\_\_