

\$1.00

4-H FOOD PREPARATION



**Hendricks County Cooperative Extension Service
4-H and Youth Programs**

**Adopted 1978
Revised 1984**

The purpose of the 4-H Food Preparation Project is to give young people a chance to develop their skills in preparing different types of food dishes. This project differs from the traditional project in that all foods prepared for exhibit in Food Preparation are perishable items that cannot be exhibited in any division of the Foods Project.

There is an old saying "It isn't what you cook, but how you cook it that counts". In a fast moving, automated world such as ours, it takes a good cook to be able to fix a home cooked meal that is fit for a king and yet doesn't take a day and a half of constant cooking. Also, with rising food cost, the cook must be able to use a little ingenuity to keep the prices down but the quality up. Experimenting with different types of recipes and comparing food prices in various stores can do a lot toward cutting the food budget. You know, we can't all eat steaks everyday!

The method in which a food is prepared and the types of foods prepared says many things about the shape of a family. Take a look at your family and then a look at the types of food your family eats. Mental and physical aspects of a person depend upon the diet that he/she is on. Sit down with your mother and discuss what type of diets would be best for each member of your family. Now develop a day's menu that will take each family member into consideration and will provide a good nutritious meal for all.

Another factor in meal planning and preparation involves timing. So often the potatoes have boiled dry and the meat is only half done while the lettuce in the salad is wilting. It takes a time-conscious cook, lots of preparation and a good bit of practice to produce a meal that comes out in one piece at approximately the same time. This is another challenge for you: to plan ahead and develop a time chart for meals you intend to fix.

REQUIREMENTS FOR FOOD PREPARATION:

Clovers:	Grades 3-5	Plan, prepare and serve the family meals for three days, taking into consideration diet and food costs per meal and per person.
Juniors:	Grades 6-8	Plan, prepare and serve the family meals for one week, taking into consideration diet and food costs per meal and per person.
Seniors:	Grades 9-12	Plan, prepare and serve the family meals for two weeks, taking into consideration diet and food costs per meal and per person.

Also prepare a notebook on diets and menu selections you found helpful. Also, you'll need to complete the attached record sheet. (If you are also enrolled in the "Foods Project", you may use one-half of what you do to fulfill the requirements for this project.)

EXHIBIT REQUIREMENTS:

Judging will be done in the grade levels above (Clover, Junior & Senior). You may select one of the following categories in which to enter:

- Appetizer
- Snack
- Reception (table decoration and settings included)
- Salad
- Vegetable Dish
- Main Dish (includes meat)
- Dessert



Bring your prepared food, recipe and menu at the same time and day given in the 4-H Handbook. Food will be judged and then returned to the member. None of the food will be exhibited, but the recipe and menu will be on display at the Fair. Recipes and menus should be on 3 X 5 cards. Use the front side of cards only. Include the name and grade on the back of both recipe and menu cards for judging. The main beverage in your menu must be milk on any beverages containing at least 1 cup of milk along with any other beverage. If there is any question as to the quantity of milk in the beverage, it should be explained on your menu card. If exhibiting a snack, include a menu for one complete meal. Indicate what period of the day the snack would be served. (Example: Mid-morning, mid-afternoon, bedtime)

Menu items should be listed in the order as shown below:

- o Appetizer (if desired)
- o Main Dish
- o Vegetables
- o Salad
- o Bread and Butter
- o Dessert
- o Beverage

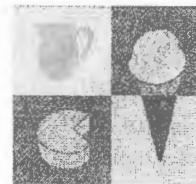
MEAL PLANNING AND NUTRITION:

Plan meals that are tasty, attractive, and nutritious with the Basic 4 Food Groups.

- 1) Cheeses and ice creams give variety
- 2) Prepare delicious meats, fish, poultry, and eggs—they provide body-building protein
- 3) Fruits and vegetables sparkle with color
- 4) Breads and cereals are packed with energy

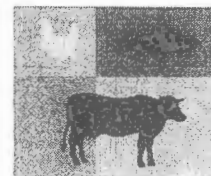
1) **DAIRY FOODS**

3 to 4 glasses of milk—children
 4 or more glasses of milk—teenagers
 2 or more glasses of milk—adults
(cheese, ice cream and other milk-made foods can supply part of the milk)



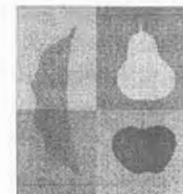
2) **MEAT GROUP**

2 or more servings
(meats, fish, poultry, eggs or cheese with dry beans peas and nuts as alternatives)



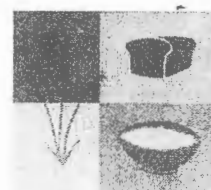
3) **VEGETABLES & FRUITS**

4 or more servings
(include dark green or yellow vegetables; citrus fruit or tomatoes)



4) **BREADS & CEREALS**

4 or more servings
(enriched or whole grain added milk improves nutritional value)



RECIPES:

These are only suggestions. Use your own recipes when possible.

APPETIZERS

Pineapple Mint Cup

3½ cups drained pineapple chunks ½ cup white after dinner mints (broken)
1 cup halved seeded grapes

Put in sherbert cups and pour a little ginger ale over each service. Serves 8

Swiss and Frank Spirals

2 pkgs. Cocktail wieners (32) 2 Tbsp butter or margarine (melted)
32 2-inch strips Swiss cheese 2 Tbsp sesame seed
1 8-oz pkg. refrigerator biscuits (10)

Cut a slit lengthwise into each wiener; insert strip of cheese. Quarter 8 biscuits. Shape quarters in 4-inch strips. Wind in spiral fashion around wieners. Place on baking sheet. Brush with margarine and sprinkle with sesame seed. Bake at 400 degrees for 10 minutes or until brown. Serve warm. Makes 32.

SNACKS

Pizza Snacks

½ lb Italian sausage tomato paste
1 tsp dried crushed oregano 4 oz sharp American cheese (shredded) (1 cup)
1 minced, clove garlic ¼ cup grated parmesan cheese
1 8-oz pkg. refrigerator biscuits

Brown sausage; drain. Add oregano and garlic. On greased baking sheet, flatten biscuits to 4 inch circles with floured custard cup; leave rim. Fill with tomato paste and sausage. Sprinkle with cheese. Bake at 425 degrees for about 10 minutes.

Cheese Puffs

Toast 12 2-inch bread rounds on one side in broiler. Mix ¼ cup mayonnaise, 1 envelope onion dip mix and 2 Tbsp grated parmesan cheese. Fold in 1 stiffly beaten egg white. Spoon onto un-toasted side of bread rounds. Bake at 450 degrees for about 10 minutes. Serve hot.

SALADS

Wilted Spinach Salad

1 lb fresh spinach	2 Tbsp wine vinegar
½ cup sliced green onion	1 Tbsp lemon juice
dash of ground pepper	1 tsp sugar
5 slices (crisp) bacon (diced)	½ tsp salt

Wash spinach (discard stems). Pat dry; tear into a bowl. Add onion and sprinkle with pepper. Chill. At serving time, add bacon, vinegar, lemon juice, sugar and salt. Gradually add spinach, tossing till leaves are coated and wilted slightly. Serves 4-6.

Frozen Fruit Slices

2-3 oz pkg. cream cheese	½ cup drained maraschino cherries, quartered
1 cup salad dressing	2½ cups mini marshmallows
3½ cups fruit cocktail (well drained)	1 cup whipping cream (whipped)

Blend cheese and salad dressing. Stir in fruits and marshmallows. Fold in whipped cream. Tint with a few drops of red food coloring or cherry juice. Pour in 2 1-qt round ice cream containers or refrigerator trays. Freeze overnight. To serve, let set out a bit. Remove from trays; slice. Serves 10-12.

VEGETABLES

Vegetables Au Gratin

1 cup med. white sauce	½ cup fine soft bread crumbs
4 cups hot cooked veggies (drained)	4 cups sharp American cheese (shredded) (1 cup)
1 Tbsp melted butter	

Blend white sauce and American cheese; combine vegetables. Pour into 1-qt. casserole. Toss crumbs with butter; sprinkle over vegetables. Bake at 350 degrees for 20-25 minutes. Serves 6-8.

Green Beans Bearnaise

1 Tbsp butter or margarine	1 9-oz pkg. frozen French style green beans
½ cup finely diced cooked ham	½ tsp salt
1 small clove garlic, minced	dash pepper
1 medium tomato, cut in wedges	

Cook frozen green beans or heat canned greens; drain. Melt butter in sauce pan. Add ham and garlic, cook until garlic is softened. Stir in beans, salt and pepper. Top with tomato wedges, cover and heat. Makes 4 servings.

MAIN COURSES

Potham Casserole

1 cup small cubed ham
3 large potatoes (sliced)

1 cup melted American cheese
3 chunks butter

Slice potatoes and put in small casserole dish. Add chunks of butter. Season with salt. Pour ham over potatoes and top with melted cheese. Bake at 350 degrees for 15-20 minutes. Serves 4.

Cubed Steak with Mushroom Gravy

4 med. cubed steaks

1 small can cream of mushroom soup

Fry steak on both sides until browned. Add mushroom soup and simmer for 10-15 minutes. Serve hot. Serves 4.

DESSERTS

Strawberry Squares

1 cup sifted all-purpose flour
¼ cup brown sugar
½ cup chopped walnuts
½ cup melted butter
2 egg whites

1 cup granulated sugar
2 cups sliced strawberries
2 Tbsp lemon juice
1 cup whipping cream

Mix flour, brown sugar, walnuts and butter. Bake in shallow pan at 350 degrees for 20 minutes; stirring occasionally. Sprinkle 2/3 crumbs in 13 x 9 pan. Combine egg whites, granulated sugar, berries and lemon juice. Beat at high speed about 10 minutes. Whip cream; fold in. Spoon over crumbs. Top with remaining crumbs. Freeze 6 hours. Serves 12.

Peanut Butter Swirls

1 cup brown sugar
¼ cup light corn syrup
½ cup peanut butter

1/3 cup milk
1 Tbsp butter
vanilla ice cream

In medium saucepan, combine brown sugar, milk, corn syrup and butter. Cook and stir over medium heat until sugar dissolves and butter melt; remove from heat. Add peanut butter. Beat until smooth with rotary beater; cool. In parfait glasses, alternate layers of sauce and vanilla ice cream (begin and end with ice cream). Top with peanuts. Serves 4.

PLAN, PREPARE AND SERVE THE FAMILY MEALS:

- 3 days – Clovers (grades 3-5)
- 1 week – Juniors (grades 6-8)
- 2 weeks – Seniors (grades 9-12)



List below your menus and estimated food costs per meal, per person – (attach separate sheets if you need more space).

Day	Breakfast	Est. Cost	Lunch	Est. Cost	Dinner	Est. Cost
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						