

# TIPTON COUNTY MINI 4-H FOODS



Purdue University, Indiana Counties and U.S. Department of Agriculture Cooperating

An Affirmative Action/Equal Opportunity Institution

# MINI 4-H FOOD PROJECT

## REQUIREMENTS

1. Learn basic cooking definitions and kitchen safety rules.
2. Prepare at least 6 different dishes or types of cookies for your family.
3. Exhibit 6 cookies or treats listed in the manual at the County Fair along with this completed record book.



If you have any problems with your Mini 4-H project, please give us a call or stop in the County Extension Office located at the fairgrounds. Our telephone number is 675-2694 or 675-1177.

# MINI 4-H FOODS

## INTRODUCTION

Cooking is a lot of fun, as you will find out as you work on your Mini 4-H Foods project.

Be sure to follow directions carefully and ask your mother before using the kitchen and stove. Have fun and let your family enjoy your new cooking ability.

## KITCHEN SAFETY RULES

Before you start in the kitchen, you should know some safety rules because we don't want you to get hurt.

1. Always use electric appliances and stove when mom or dad are present.
2. Use pot holders.
3. Stir hot mixtures with a wooden spoon.
4. Turn saucepan handles toward the back of the stove, so they won't get knocked off.
5. Turn off all burners when you are finished cooking.

## TERMS AND DEFINITIONS

You need to know these terms and definitions before you can make the following recipes:

**C.** Cup

**t.** Teaspoon

**LB.** Pound

**T.** Tablespoon

**Boil** Heat a liquid hot enough so that it bubbles hard and steams.

**Melt** Changing a solid ingredient (like butter or chocolate bits) into a liquid by slow heat.

**Simmer** Cook in liquid over very low heat. Bubbles are lazy, not rolling.

**Mix** Stir ingredients together thoroughly.

**Now wash your hands and try these cookies and treat recipes. You are to exhibit 6 pieces of one of these goodies at the 4-H Fair.**

## **UNBAKED PEANUT BUTTER COOKIES**

½ C. Sugar  
½ C. white karo syrup

1 C. Peanut Butter  
2 C. Corn Flakes

1. Simmer sugar and corn syrup for 3 minutes.
2. Add peanut butter and corn flakes.
3. Stir together well.
4. Drop by teaspoon on cookie sheet.
5. Cool.

## **QUICK OATS UNBAKED COOKIES**

¼ LB. Margarine (1 stick)  
2 C. Sugar  
½ C. Milk  
2 to 2 ½ C. Quick Oats

1/3 C. Cocoa  
1 t. Vanilla  
1 C. Chopped Nuts

1. Put margarine, sugar and milk in saucepan.
2. Stir and let boil 2 minutes.
3. Remove from heat and stir in oats, cocoa and vanilla.
4. Add nuts.
5. Drop by teaspoon full on waxed paper.
6. Leave to harden.

## **SCOTCH TREATS**

1 (6ounce) Package Butterscotch Morsels  
½ C. Peanut Butter

3 C. Rice Krispies

1. Melt morsels and peanut butter in top section of double boiler over hot, but not boiling water.
2. Stir frequently until mixed well
3. Remove from heat and add rice krispies, stirring until well coated.
4. Drop on waxed paper or buttered cookie sheets, or press into a 9x9x2 pan.
5. Let cool until firm.
6. Makes 6 dozen drop cookies or 32 squares.



## MINI 4-H FOODS RECORD SHEET

NAME \_\_\_\_\_ GRADE \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

1. You are to prepare at least six different dishes or types of cookies for your family. Write the name of the foods and the date prepared.

DATE	FOOD

2. What did you learn in this project? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_