

Mini 4-H FOODS

- Mini 4-H is open to youth who are currently in **Kindergarten, first, or second grade** at the time of their enrollment on 4HOnline.
- Enroll in Mini 4-H through the 4HOnline website by January 15, <https://in.4HOnline.com>
- There is no state program fee or manual fee for Mini 4-H, a local club fee may apply.
- Each Mini 4-H member can enroll in up to 5 mini 4-H projects and is able to **exhibit 2 mini-projects** at the St. Joseph County 4-H Fair.
- All projects to be exhibited must be entered into Fairentry.com (<https://stjoseph-in.fairentry.com>) prior to check-in.
- All Mini 4-H projects are checked in on Monday or Tuesday of project turn-in week, one week before fair starts, in the 4-H Exhibit Hall of the Esther Singer Building. Enter Gate 2 off Ironwood Road.
- Your completed Mini 4-H project will receive a 4-H ribbon once it is exhibited at the 4-H Fair.



FOODS :

You will learn how to mix and measure ingredients, plus learn how to make a no bake cookie. An adult can help you learn how.

Exhibit Requirements: You will exhibit six cookies of exact size on a small paper plate at the 4-H Fair.

4-H PLEDGE

I pledge...



My head to clearer thinking



My heart to greater loyalty



My hands to larger service



My health to better living

For my CLUB, my COMMUNITY, my COUNTRY, and my WORLD.



MINI 4-H FOODS



You have just begun all the fun, learning and excitement of 4-H. You have started out right by joining Mini 4-H!

PROJECT REQUIREMENTS

1. YOU WILL EXHIBIT 6 NO-BAKE COOKIES ON A SMALL ROUND WHITE PAPER PLATE. Try to select 6 of your cookies that are of the same (uniform) size. Cover your plate of cookies with clear plastic wrap, with your completed exhibit label attached.
2. Your Mother or Grandmother or a friend can help you learn how to prepare a recipe. You may want to make the recipe several times. As a Mini 4-H'er, you are to learn how to do something by your-self. So when you make the No-Bake Cookies that you will bring to the County 4-H Fair, be sure to do all the work yourself. We do not expect you to do a perfect job, but do the best you can!
3. Help someone serve five meals (set table, serve food, wash and dry dishes, etc.)
4. Bring your exhibit to the Esther Singer Building on Monday or Tuesday before the 4-H Fair. If you are not sure, please check your 4-H Fair Book or call your club Coordinator for the date and time of project entry.
5. ***Don't forget -- to register your project in 4-H Fair Entry, <https://stjoseph-in.fairentry.com>, and a label will be provided at project check in.

COMMON DEFINITIONS FOUND IN RECIPES

BEAT - Mix fast with a beater or spoon

BOIL - Cooking liquid so hot that it bubbles hard and steams

MIX - Stir ingredients together

SIFT - Put dry ingredients, like flour or sugar, through a sieve or sifter

SIMMER - Cooking liquid over very low heat. Bubbles over lazy, not topsy-turvy as in boiling.

SCALD - Heat milk to just below boiling point. You will see tiny bubbles just around the edges of the liquid.

FOLD - Mix the ingredients in a special, gentle way. Cut down through the mixture, across the bottom, then up and over the top, close to the mixture. Do this again and again.



Cooking is fun, it's a game, but like all games, there are certain rules. Since the rules of the kitchen are so important, YOU and a family member or friend should read these rules together.

RULES & TIPS

1. Always wash your hand before you begin.
2. Always read through the recipe before you begin.
3. Get all ingredients and utensils that you will need.
4. Always follow the instructions carefully.
5. Clean up your dishes and put everything away.
6. Turn handles of pots and pans you are using so that neither you nor anyone else will knock them off the stove or counter.
7. Use a dry potholder when you place things in the oven and when you take them out. A damp potholder is no protection.
8. Use a wooden chopping board for cutting. Be careful not to scratch your counter top in the kitchen.
9. Glass measuring cups are used to measure liquids.
10. Metal measuring cups are used in measuring dry ingredients.
11. Use measuring spoons that come in a set.
12. A liquid measuring cup has a rim above to prevent spills. Leave the cup on the table while you bend down to check the right amount of liquid at eye level.
13. Heap the cup, tablespoon, teaspoon, etc., and use a straight edge to level off the top. This will give you the correct amount every time.
14. Be sure to sift flour and powdered sugar before measuring. Then spoon lightly into cup and level off.
15. Since brown sugar is sticky, you can measure it more accurately by packing it into the measuring cup.



1. NO-BAKE PEANUT BUTTER COOKIES RECIPE

TAKE OUT:

SAUCEPAN

SPOON

MEASURING CUPS

WAX PAPER

YOU WILL NEED:

1 CUP CORN SYRUP

1 CUP SUGAR

1 1/2 CUPS CRUNCHY PEANUT BUTTER

4 CUPS DRY CEREAL (RICE KRISPIES ARE GOOD TO USE)



PROCEDURE:

STEP 1) POUR SUGAR AND CORN SYRUP INTO SAUCEPAN

STEP 2) BRING TO BOIL

STEP 3) ADD PEANUT BUTTER

STEP 4) ADD DRY CEREAL

STEP 5) MIX

STEP 6) DROP BY TEASPOONFULS ON WAX PAPER



2. CHOCOLATE-OATMEAL NO-BAKE COOKIES RECIPE

TAKE OUT:

SAUCEPAN

MIXING BOWL

SPOONS

WAX PAPER

MEASURING CUPS



YOU WILL NEED:

3 CUPS OATMEAL

1/4 CUP COCOA

1 STICK OF MARGARINE

2 CUPS SUGAR

1/2 CUP PEANUT BUTTER (CRUNCHY IS GOOD)

1/2 CUP MILK

PROCEDURE:

STEP 1) MIX TOGETHER OATMEAL & COCOA AND SET ASIDE

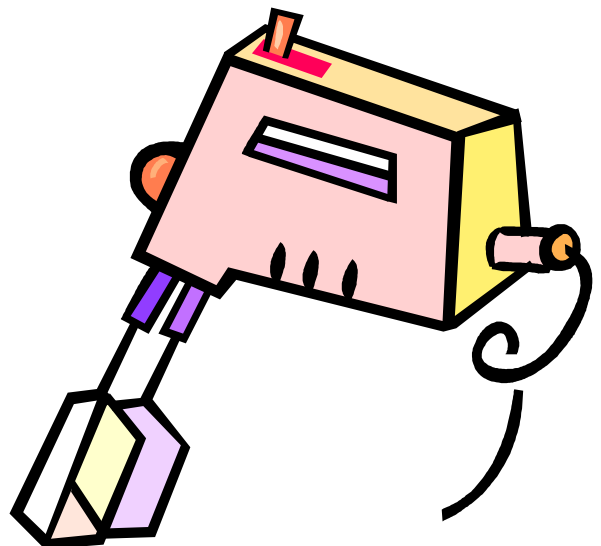
STEP 2) BRING THESE INGREDIENTS TO A BOIL: MARGARINE, SUGAR, PEANUT BUTTER AND MILK

STEP 3) BRING MIXTURE TO A BOIL WHILE STIRRING. BOIL FOR 1 MINUTE, THEN REMOVE FROM HEAT.

STEP 4) ADD DRY MIXTURE

STEP 5) DROP BY SPOONFULS ONTO WAX PAPER

STEP 6) COOL IN REFRIGERATOR UNTIL SET.



3. CHOCOLATE NO-BAKE COOKIES RECIPE

TAKE OUT:

SAUCEPAN

SPOON

MEASURING SPOONS

MEASURING CUPS



YOU WILL NEED:

2 CUPS SUGAR

1/2 CUP MILK

3 TABLESPOONS COCOA

1 STICK BUTTER (1/4 LB.)

1/2 CUP PEANUT BUTTER

3 CUPS ROLLED OATS

PROCEDURE:

STEP 1) PUT SUGAR, MILK & COCOA IN SAUCEPAN

STEP 2) MIX WELL

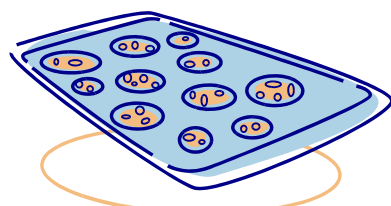
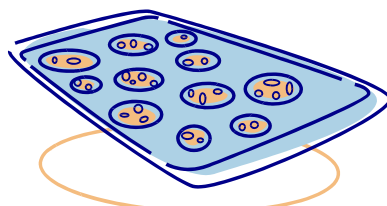
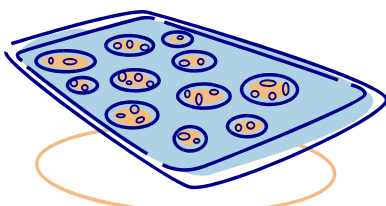
STEP 3) BRING TO ROLLING BOIL

STEP 4) ADD BUTTER & PEANUT BUTTER

STEP 5) REMOVE FROM HEAT

STEP 6) FOLD IN 3 CUPS OF ROLLED OATS

STEP 7) DROP BY SPOONFULS ON WAX PAPER



4. CHOCOLATE PEANUT COOKIES RECIPE

TAKE OUT:

SAUCEPAN

SPOON

MEASURING SPOONS

MEASURING CUPS

LIGHTLY GREASED BAKING SHEET OR WAXED PAPER

YOU WILL NEED:

1 CUP SUGAR

3 TABLESPOONS COCOA

1 TEASPOON SALT

1 CUP LIGHT CORN SYRUP

3 CUPS RAW QUICK-COOKING ROLLED OATS

1 1/2 CUPS PEANUT BUTTER



PROCEDURE:

STEP 1) MIX SUGAR, COCOA & SALT IN SAUCEPAN

STEP 2) ADD CORN SYRUP

STEP 3) STIR UNTIL WELL MIXED

STEP 4) PLACE SAUCEPAN OVER MEDIUM HEAT

STEP 5) BRING MIXTURE TO A FULL BOIL

STEP 6) TAKE SAUCEPAN OFF BURNER

STEP 7) ADD OATS

STEP 8) MIX WELL

STEP 9) ADD PEANUT BUTTER

STEP 10) BLEND WELL

STEP 11) DROP BY TEASPOONFULS ONTO WAXED PAPER OR LIGHTLY GREASED BAKING SHEET

MAKES 48 LARGE COOKIES OR 96 SMALL COOKIES

5. RICE KRISPY TREATS RECIPE

TAKE OUT:

SPOON

3 QUART SAUCEPAN

BUTTERED 9" X 13" PAN

MEASURING CUPS

YOU WILL NEED:

1/3 CUP BUTTER OR MARGARINE

5 CUPS RICE KRISPIES

1/2 LB. REGULAR MARSHMALLOWS

OR 4 CUPS MINIATURE MARSHMALLOWS



PROCEDURE:

STEP 1) MELT BUTTER IN SAUCEPAN

STEP 2) ADD MARSHMALLOWS

STEP 3) COOK OVER LOW HEAT, STIRRING CONSTANTLY, UNTIL MARSHMALLOWS ARE MELTED & WELL BLENDED

STEP 4) REMOVE FROM HEAT

STEP 5) ADD RICE KRISPIES

STEP 6) STIR UNTIL THEY ARE WELL COATED WITH MARSHMALLOW MIXTURE

STEP 7) PRESS WARM MARSHMALLOW RICE KRISPIE MIXTURE INTO BUTTERED PAN

STEP 8) CUT INTO SQUARES WHEN COOL



MAKES 24 - 2 INCH SQUARES

