

Adventures in the Kitchen



A Project Manual for Beginners in 4-H Food Preparation

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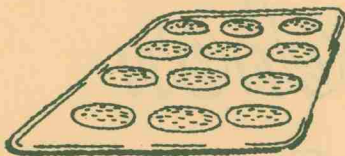
So You Want To Learn To Cook?

HERE IS WHAT YOU WILL DO TO COMPLETE THIS UNIT.

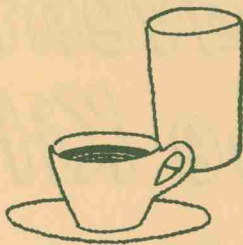
1. Make one recipe from each of the ten different adventures.
2. After you complete each unit, cut out the picture below and paste it on page 20.

ADDITIONAL WORK.

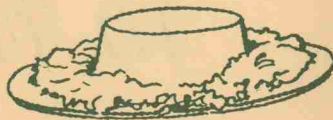
You will enjoy making all recipes in each adventure.



Adventure I—
Cookies



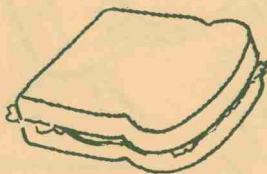
Adventure II—
Beverage



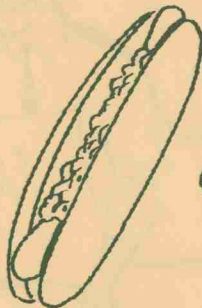
Adventure III—
Salads



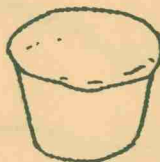
Adventure IV—
Deviled Eggs



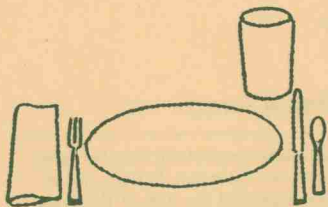
Adventure V—
Sandwiches



Adventure VI—
Hot Dogs



Adventure VII—
Muffins



Adventure VIII—
Table Setting



Adventure IX—
Cook-out Meal



Adventure X—
Show others

ADVENTURES IN THE KITCHEN

Developed by the State 4-H Foods and Nutrition Program Committee.

Getting Ready

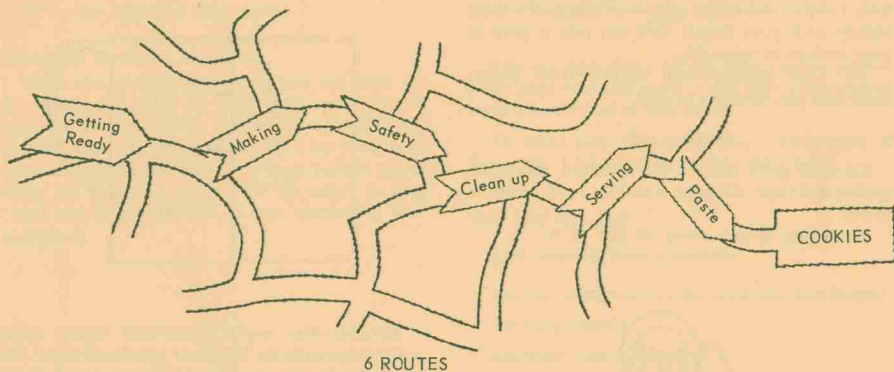
First, let's get ready for your adventure—(1) Put on your apron; (2) Read carefully your recipe and kitchen clues; (3) Wash your hands and be sure your nails are clean; (4) Get out all the ingredients and equipment you need before you begin your adventure. These four things are your preparations for each new adventure. Now you are ready to start.



Adventure I: Let's Make and Serve Cookies

When you go on a trip you need a road map to keep you from getting lost. The recipe is your

map—follow it and you will be successful with each adventure in the kitchen.



FOLLOW THE MAP

Route No. 1—Getting Ready Cookies help to furnish us energy to work and play.

DROP SUGAR COOKIES

(Makes about 3 dozen 2 inch cookies)

To make drop cookies you will need:

Ingredients

- ½ cup sugar
- ½ cup soft fat
- 1 egg
- 1 teaspoon vanilla
- 1 cup plus 2 tablespoons sifted plain flour
- ¼ teaspoon soda
- ¼ teaspoon salt

Equipment

- 1 and ½ cup measuring cups
- A set of measuring spoons
- Medium sized mixing bowl
- Waxed paper
- Spatula or straight edge of a table knife
- 2 teaspoons
- Cookie sheet (1 or 2)
- Cooling rack
- Hot pot holders

Helpful Hint: Read "Kitchen Clues".

Route No. 2—Making Cookies

(1) Before you begin to mix turn on the oven to heat. It will reach the right temperature by the time you are ready to bake your cookies. This is called pre-heating. Ask your mother to show you how. The oven should be 375° F. if your cookie sheet is real shiny. This is called a moderate oven. (If you have a dark metal cookie sheet you will use 350° F.)

(2) In a mixing bowl, mix together the sugar and fat until well mixed. Add the egg and the vanilla which you have measured.

(3) Sift together the measured flour, soda and salt.

(4) Stir flour mixture into fat-sugar mixture until no dry flour shows.

(5) Drop rounded teaspoonfuls about 2 inches apart on greased cookie sheet.

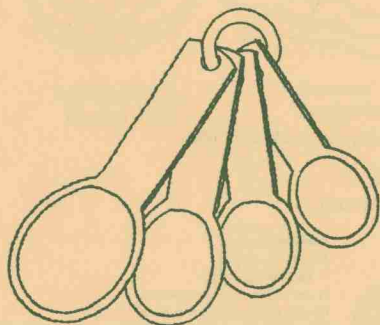
(6) Bake until light brown—about 8 to 10 minutes. Cookies should be soft when you touch them lightly with your finger. You can take a peep at your cookies occasionally.

(7) Cool slightly—then remove from cookie sheet and put on racks to cool.

KITCHEN CLUES:

To have good cookies use standard measuring spoons and cups. All recipes call for level measurements.

Measuring spoons come in sets of 4:

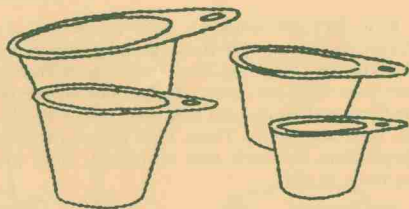


1 tablespoon,
1 teaspoon,

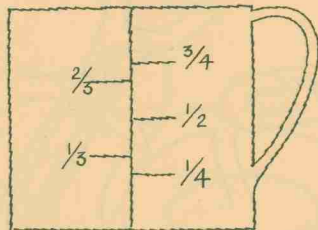
$\frac{1}{2}$ teaspoon,
 $\frac{1}{4}$ teaspoon.

There are 2 types of measuring cups: One type is a set of 4 cups nested together. These are used for measuring dry ingredients, like flour or sugar.

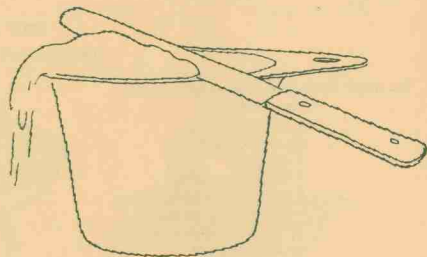
They will hold: 1 cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup, $\frac{1}{4}$ cup.



The other type is marked on one cup, $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$, $\frac{2}{3}$, $\frac{3}{4}$ and 1 cup.



SUGAR—Use white granulated sugar, unless your recipe calls for brown or powdered sugar. Put the sugar in your $\frac{1}{2}$ measuring cup. Level off the top with the straight edge of a table knife or spatula.



FATS—Butter, margarine, lard or solid fat is usually used in baking. It is easier for you to measure solid fat if you take it out of the refrigerator at least an hour before you are ready to use it. Pack the fat down in the measuring cup so that there are no air spaces. Level off the top with the straight edge of a knife or spatula.

FLOUR—Use 2 pieces of waxed paper. Place flour sifter on one piece of waxed paper. Put flour into the sifter and sift it carefully onto the waxed paper. Put sifter on second piece of waxed paper. Take measuring cup in one hand. Pile the flour lightly into the cup until it runs over the top. Then level it off with the straight edge of a spatula. Do not shake or pack down.

Route No. 3—Safety Notes

Take a look at your cookies, but for safety use hot pot holders when you pick up the hot cookie sheet. *NEVER* use a wet or damp dish cloth, dish towel or the corner of your apron.

Route No. 4—Clean Up Time

While the cookies are baking you can stack up the dishes and clean up your work space. While your cookies are cooling it's clean up time!! Dish-washing is easy if you have plenty of hot water and clean dry dish towels. Put everything back in place. Hang the dishcloth and towels up neatly to dry. Clean the stove and sink. Leave everything spic and span!!

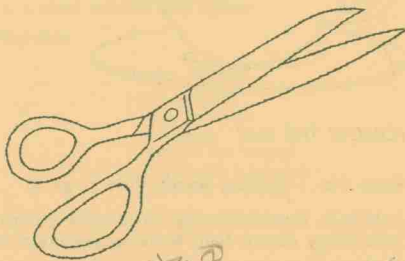


If you spilled anything on the floor, clean it up!

Route No. 5—Serving

Cookies are usually served at the end of a meal for dessert, but if you just can't wait, a good snack is a cookie and a glass of milk. You will want to give each person you serve a small napkin with your snack.

Route No. 6—Paste Time



You are now ready to cut your cookie picture from page one and paste it on your achievement record at the end of this book.

To make your own paste, mix 1 tablespoon of flour with 1 tablespoon of water. Mix well.

How Did You Do?

(Ask yourself these questions)

Are the cookies about the same size and shape?

Are they tender?

Are they evenly browned?

Are they attractively served?

Do they taste good?

Did you leave the kitchen as clean and neat as when you started?

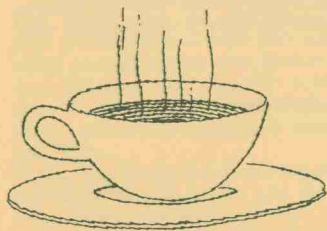
Are you pleased with your first adventure?

Would You Like To—Make Other Cookies?

To make Coconut Drop Cookies, mix 1 cup moist shredded coconut into the drop sugar cookie dough.

To make Chocolate Chip Cookies, use $\frac{3}{4}$ cup firmly packed brown sugar in place of $\frac{1}{2}$ cup sugar. Then mix $\frac{1}{2}$ cup chopped nuts and one 6 or 7 ounce package semi-sweet chocolate pieces into the dough.

Adventure II: Let's Make and Serve Cocoa



FOLLOW THE MAP

Route No. 1—Getting Ready—(See page 2)

Milk is a good beverage. You need 4 cups of milk every day to help build strong bones and teeth.

COCOA

To make cocoa, you will need:

Equipment	Ingredients
Measuring spoons	1 tablespoon
Measuring cups	cocoa syrup mix
Mixing spoon	$\frac{3}{4}$ cup milk
Saucepan	
Covered glass jar	

Route No. 2—Making Cocoa Syrup

1 cup cocoa
2 cups sugar
1 cup water
$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla

(1) Measure the cocoa, sugar and salt into a saucepan.

(2) Mix well.

(3) Add the water. Stir until smooth.

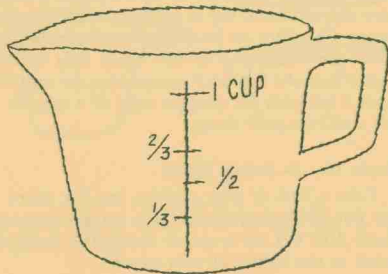
(4) Cook over low heat about 5 minutes. After it is heated to the simmering point, remove from stove.

(5) Cool.

(6) Add vanilla. Pour into a tightly covered glass jar and store in refrigerator to use as needed to make cocoa. This amount will make 35 cups of cocoa.

To Make Cocoa:

In a saucepan, put 1 tablespoon of cocoa syrup for each $\frac{3}{4}$ cup of milk. Heat and serve. You may use hot or cold milk. Helpful Hint: Read "Kitchen Clues."



KITCHEN CLUES:

Simmering point is just below boiling—a white smoke comes from the saucepan. To measure liquids use a liquid measuring cup. They have a space in the cup above the 1 cup mark, and usually have a pouring spout. Cups that have no spout and show the 1 cup measure line at the very top are for measuring dry ingredients. To measure liquids, hold the cup level so you can see the liquid as it reaches the measuring line on the cup.

When your cocoa is allowed to set and scum forms on top, don't take it off, but beat it back into the cocoa. It has good food value.

You want to have good luck with all the foods you make. If some do not come out just right, don't worry. It takes practice! To be successful, you should read the recipe very carefully until you understand it. If you don't understand, ask Mother what it means.

When folks are hot, thirsty, and tired, there's nothing more refreshing than a milk beverage. Milk is also good served hot, in cocoa. Do you know why some boys and girls are peppy, have pretty teeth and shiny hair? They probably drink milk at least 3 times a day. They probably, also, get at least 8 hours sleep each night, drink plenty of water, brush their teeth, and comb and brush their hair every day. *DO YOU?*

Route No. 3—Safety Notes

Remember to turn the handle of the saucepan so that the pan will not get knocked off.

When you pour hot cocoa into your cup use a pot holder and tip the saucepan away from you so that the steam will not burn you. Do not fill the cup too full—set cup in saucer to serve.

Route No. 4—Clean Up Time

After you have finished, it's clean-up time. Learn the clean-up habit. Then you won't mind at all.



Route No. 5—Serving

Cocoa can be served with some of the cookies made in Adventure I. Use a small napkin when serving this snack. Cocoa is also good served with breakfast, lunch or dinner.

Route No. 6—Paste Time

It is time now to paste your Adventure II picture from the front of the book in the back.

How Did You Do?

- Did you obtain rich brown color?
- Did you have a pleasing flavor?
- Did you serve it hot?
- Did you make cocoa free from scum on the top with no settling in the bottom?
- Did you leave the kitchen tidy?

Would You Like To — — —

— — — MAKE ANOTHER MILK DRINK?

Try this:

Banana Milkshake

- 1 cup cold milk
- 1 scoop ice cream (optional)
- ½ mashed ripe banana (if banana is not ripe, drink will be bitter)

(1) Put ingredients into bowl. Beat until well blended. (You may use a jar with a tight-fitting lid instead). Shake until fruit and milk are well blended.

(2) Pour into glass and use straws for serving.

A good thirst quencher is needed at meals, between meals with a snack, or when entertaining friends. Milk and milk drinks are "tops" on the beverage list for every member of the family and **ESPECIALLY YOU!** Maybe Daddy would enjoy tasting one of your milk drinks.

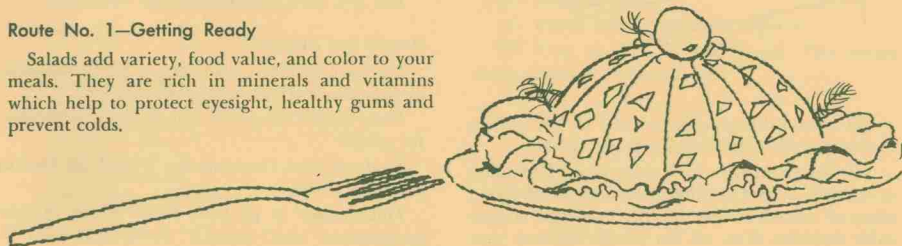
Would you like to show other people how to make milk drinks? When you show others what you have learned, you can use the demonstration method. When you show a milk drink or other dairy foods you call it giving a dairy foods demonstration. This is one method used to get more people to drink more milk for their health.

Adventure III: Let's Make and Serve A Salad

FOLLOW THE MAP

Route No. 1—Getting Ready

Salads add variety, food value, and color to your meals. They are rich in minerals and vitamins which help to protect eyesight, healthy gums and prevent colds.



Route No. 2—Making Salad

Peach and Cottage Cheese Salad

To make peach and cottage cheese salad you will need:

Equipment	Ingredients
Salad plate	4 peach halves, drained if canned
Cutting board	
Knife	½ cup cottage cheese
Spoon	1 tablespoon chopped nuts
	2 lettuce leaves
	1 teaspoon salad dressing or mayonnaise

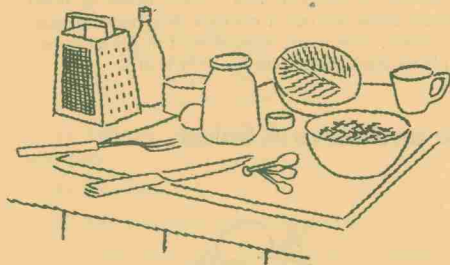
- (1) Place lettuce leaves on salad plates.
- (2) Put 2 peach halves, cut side down, on lettuce leaf.
- (3) Mix cottage cheese and nuts.
- (4) Top peach halves with cottage cheese and nuts.
- (5) Salad dressing or mayonnaise is placed on the side of one peach half.

Helpful Hint: Read "Kitchen Clues".

Cole Slaw

To make cole slaw you will need:

Equipment	Ingredients
Sharp knife	2 cups shredded cabbage
Cutting board	¼ cup salad dressing
Mixing bowl	1 teaspoon sugar
Measuring cups	2 teaspoons vinegar
Measuring spoons	
Large fork	



- (1) Wash cabbage, remove outer leaves, and cut into quarters or small wedge shaped pieces.
- (2) Shred cabbage with a sharp knife, beginning at the pointed end of cabbage to cut it in very thin slices or "shreds". Your Mother may have a vegetable shredder. If so, ask her how to use it.

(3) Just before serving, mix salad dressing, sugar and vinegar in a bowl.

(4) Add shredded cabbage and mix well. To vary slaw, onions, shredded carrot or celery seed may be added.

KITCHEN CLUES:

Wash well all raw vegetables for salads. As soon as you bring lettuce home from the store remove any leaves that are discolored. After you have washed them, store in the vegetable tray of your refrigerator until needed.

To chop nuts—use a chopping board and knife. Place nuts on board and chop as fine as you want them. If Mother has a nut chopper use it for chopping nuts.

Route No. 3—Safety Notes

Be very careful not to spoil the fun by cutting your fingers when shredding or chopping.

Route No. 4—Clean Up Time

Remember to leave things in order in the kitchen.

Route No. 5—Serving

Most luncheon or dinner meals need a fresh crisp salad. Salads are usually served on a separate plate with the meal. They are served sometimes as a bowl salad in most farm homes. A fruit salad may be served as a dessert. Fancy salads are served for parties.

Route No. 6—Paste Time

Change your picture for Adventure III from the front to the back of your book.

How Did You Do?

- Were your salad foods well drained?
- Were the salad greens served crisp and cold?
- Did you remember the dressing?
- Did they taste good?
- Did you leave the kitchen neat and clean?

Would You Like To — — —

Collect 6 or more salad recipes from magazines or papers and try them on your family?

Make a salad scrapbook out of pictures of colorful salads?

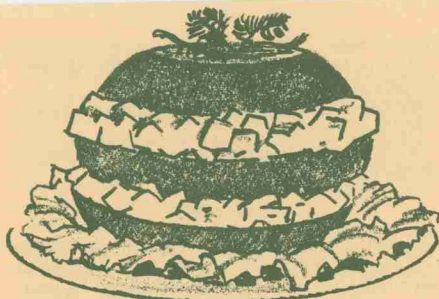
Find out from Grandmother a salad she used to make for Daddy?

Make salads to go with meals which Mother prepares?

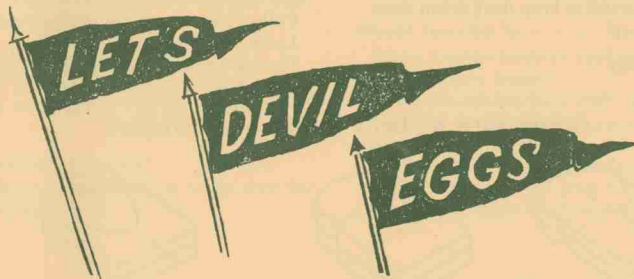
Make salads using cottage cheese and other dairy products as a dairy foods demonstration?

Use the cole slaw which you have made to stuff tomatoes?

Make "Sky High Potato Salad"?—Use some salad which Mother has made and place a slice of tomato on a lettuce leaf. Add a layer of potato salad and then another slice of tomato. When you have added the last slice of tomato top with a sprig of parsley.



Adventure IV: Let's Devil Eggs



FOLLOW THE MAP

Route No. 1—Getting Ready

Eggs, like meat, furnish our bodies with complete protein and iron. We need to eat an egg every day or at least 5 a week.

Deviled Eggs

To devil eggs you will need:

Ingredients

- 6 hard cooked eggs
- 1 tablespoon softened butter
- 2 teaspoons vinegar
- $\frac{3}{4}$ teaspoon mustard
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 tablespoon salad dressing

Equipment

- Saucepan and lid

Helpful Hint—Read "Kitchen Clues" on next page

Route No. 2—Deviling Eggs

To hard cook eggs:

- (1) Place eggs in the shell in a pan.
- (2) Cover with cold water.
- (3) Bring to a boil.
- (4) Turn off heat.
- (5) Cover and let stand 15 minutes.
- (6) Cool at once in cold water. This makes shells easier to remove.

To remove shell:

- (1) Crackle the shell—roll egg between hands to loosen shell.
- (2) Start peeling at the large end of the eggs.
- (3) Dipping in a bowl of cold water helps to ease the shell off.

To devil eggs:

- (1) Cut eggs in half and remove yolks (the yellow part of the eggs), mash.
- (2) Add other ingredients and mix until smooth.
- (3) Refill whites.
- (4) Keep in refrigerator until ready to eat or take on picnic.

KITCHEN CLUES:

Cooking an egg is rather simple, but it pays to do it properly. Eggs are a valuable food. Like milk, they supply many food substances needed by your body every day. You can sometimes use eggs in place of meat. Try to include an egg in some form in one of your meals every day. Be sure you get at least 4 eggs each week.

Route No. 3—Safety Notes

Don't burn your fingers when lifting the lid of the pan. Use a pot holder. Remember to lift the lid away from your face.

Route No. 4—Clean Up Time

Have you been careful to keep the kitchen clean and leave it that way?

Route No. 5—Serving

Deviled eggs can be served with almost any meal which your Mother prepares. They are very nice to arrange on a platter in lettuce leaves for a church supper or a picnic.

A suggested family meal built around deviled eggs is:

Deviled Eggs
Turnip Greens Sliced Tomatoes
Biscuits
Ice Cream
Iced Tea

Route No. 6—Paste Time

Transfer your picture for Adventure VI to your achievement page.

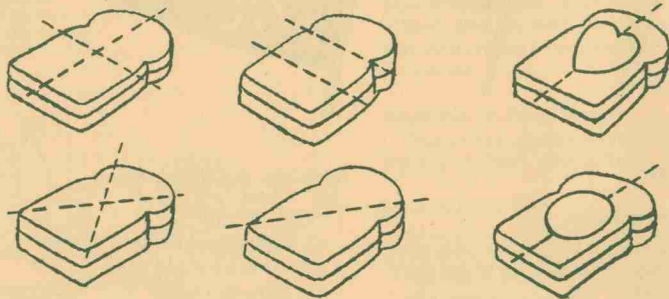
How Did You Do?

- Were your eggs tender or were they overcooked?
- Were they a good color?
- Did your family enjoy them?
- Were you neat?—Did you look nice?

Would You Like To — — —

- Fix eggs for a club picnic?
- Collect pictures of egg dishes?
- Learn to color eggs for Easter?
- Use hard cooked eggs to make a sandwich?

Adventure V: Let's Make Sandwiches



FOLLOW THE MAP

Route No. 1—Getting Ready

Sandwiches give us energy and protein to help build and repair tissues. Select one and make:

Cheese Sandwiches

Equipment	Ingredients
Measuring cups & spoons	½ lb. cheese, grated
Mixing bowl (small)	½ teaspoon grated onion
Fork	½ cup salad dressing
Knife	¼ teaspoon salt
Cookie Sheet	

Route No. 2—Making Sandwiches

Helpful Hint—Read "Kitchen Clues" on next page.

Mix ingredients and spread on bread. Toast in oven until light brown. Turn and toast other side. Use a hot oven for this, turned on broil.

Peanut Butter and Jelly Sandwiches

Equipment	Ingredients
Measuring cups and spoons	1 cup peanut butter
Mixing bowl (small)	½ cup tart jelly
Fork	
Knife	
Cookie Sheet	

Mix ingredients and spread on bread. You may cut sandwiches in various ways so they will be easy to eat.

Deviled Egg Sandwiches

Use the mixture you made in Adventure IV and mash up the egg whites. Spread on slices of bread.

KITCHEN CLUES:

We use sandwiches for almost any occasion—picnics, lunches, TV snacks, club refreshments, or a bedtime snack. A sandwich may be the dainty tea time type or it may be a meal-in-the-hand.

BREAD: Any bread can be sandwich bread. Nut bread or banana bread is especially good for party sandwiches. Try rye and whole wheat bread as well as white bread for your sandwiches. Day old bread is better than fresh bread for sandwiches.

FILLING: The filling really makes the sandwich and there are so many kinds. It's fun to try new ones and we learn to eat new foods, too. Home-made fillings are cheaper than ready made ones. They can be as good or better tasting than the bought ones. Try tomatoes or other fresh vegetables from your garden.

Route No. 3—Safety Note

Use a bread knife on a board to cut and be very careful not to cut yourself. Mother will show you how.

Route No. 4—Clean Up Time

After making sandwiches check to be sure the kitchen is nice and clean.

Route No. 5—Serving

These ever popular sandwiches may be served with raw relishes or fruit and a milk beverage, and you have a satisfying lunch or supper. We can serve cold sandwiches or hot sandwiches. Make your choice to suit the occasion. Many of the cold sandwiches are used by those who carry lunches. Hot ones are served at home.

Now that you have made your sandwiches, serve them with glasses of good cold milk. You may pour the milk into the glasses in the kitchen or let someone pour milk from a pitcher at the table.

Route No. 6—Paste Time

It's time now to paste your Adventure IV picture from the front in the back of the book.

How Did You Do?

- Does your sandwich seem moist enough?
- Is your sandwich easy to eat?
- Does your sandwich look and taste good?
- Is your milk cold?
- Did you keep the kitchen nice and neat?

Would You Like To — — —

- Make 3 other kinds of sandwiches from recipes which you have found?
- Make sandwiches for a club meeting or picnic?
- Set up a sandwich bar so each person could fix their own sandwiches?
- Make sandwiches for a Sunday School party?
- Make sandwiches for your 4-H Club meeting?
- Make sandwiches to sell at a calf show?



Adventure VI: Let's Fix Hot Dogs



FOLLOW THE MAP

Route No. 1—Getting Ready

Meat is called the main dish. It contains complete protein which you need while you are growing to build your muscles.

Helpful Hint: Read "Kitchen Clues."

Route No. 2—Cooking Hot Dogs

Steamed Frankfurters

Equipment	Supplies
Covered saucepan	6 frankfurters
	Water to cover

- (1) Place frankfurters in saucepan—cover with water.
- (2) Put on cover and steam 5-10 minutes.

Barbecued Frankfurters

Equipment	Ingredients
Saucepan or skillet	½ cup water
8-12 frankfurters	½ cup vinegar
	1 teaspoon salt
	1 teaspoon prepared or dry mustard
	1 teaspoon sugar
	2 tablespoons catsup, if desired

(1) In a saucepan, or skillet (heavy pan) combine all ingredients listed above except the franks. Bring to a boil.

(2) Add franks carefully and simmer 15 to 20 minutes. (To simmer means to turn the heat down so that little bubbles just come at the sides of the pan and there are no bubbles or boiling in the center of the pan.)

(3) Serve plain or on toasted frankfurter bun.

KITCHEN CLUES:

Hot Dogs—called frankfurters—rate high as a lunch or supper favorite. When you split them and put in a stuffing they are more filling and seem a little "special".

The stuffed franks can be broiled or baked in a hot oven. Small kitchen tongs are handy for lifting the hot franks.

ALL-AMERICAN HOT DOGS—fix 'em in the house or in the yard, but do not over-cook them. They are already cooked.

You will need to make a trip to the grocery store and buy your franks. How much do they cost? How many come in a package? How much does one cost?



Route No. 3—Safety Note

Be very careful when cooking the franks and don't burn your hand.

Route No. 4—Clean Up Time

Your good work habits have developed. It's fun to clean up!

Route No. 5—Serving

Serve franks with a meal which your Mother has prepared. They are used as the "main dish".

A suggested meal built around hot dogs is:

Barbecued Frankfurters	Baked Irish Potatoes
Buttered English Peas	Cole Slaw
	Rolls
	Cookies
	Milk

Route No. 6—Paste Time

It's time now to cut your Adventure VI picture from page one and paste on your achievement record at the end of this book.

How Did You Do?

- Did you follow the clues?
- Were your franks good?
- Did they overcook or burn?
- Did you use a pot holder when removing them from the oven?
- Were they served hot?
- Did you leave the kitchen nice and clean?

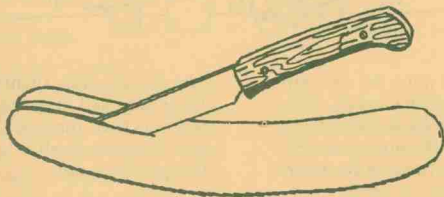
Would You Like To — — —

Prepare franks like your Aunt suggests—ask her for other suggestions.

Plan a weiner roast outdoors?

Make "Pigs in Bacon" with franks? Here's how—

- (1) Set oven temperature at 425 F. Cook 2 franks each if folks are hungry.
- (2) Cut slit in each frank. Don't cut through. Spread mustard in slit.
- (3) Wrap a slice of bacon around frank like a spiral. Fasten with toothpicks at each end.
- (4) Bake about 17 minutes. (Turn at "half time"). Remove the toothpicks.



Adventure VII: Let's Make Muffins

FOLLOW THE MAP

Route No. 1—Getting Ready

We need bread with each meal. We depend upon bread to give us our vitamins for good appetite.

Helpful Hint: Read "Kitchen Clues".

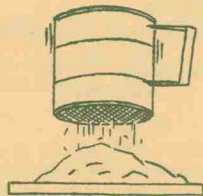
Route No. 2—Making Muffins

Plain Muffins
(makes about 12)

To make muffins you will need:

Equipment	Ingredients
Muffin tins	2 cups plain sifted flour
Sifter	1 tablespoon baking powder
Mixing bowl	1 teaspoon salt
Rotary egg beater	¼ cup sugar
Measuring cups (solid & liquid)	1 egg
Measuring spoons	1 cup milk
Large mixing spoon	¼ cup oil or melted fat
2 teaspoons	

- (1) Preheat oven to hot (425 F.) for shiny metal pans or to 400 F. for dark metal pans.
- (2) Grease muffin pans.
- (3) Sift together flour, baking powder, salt and sugar.



- (4) Place egg, milk and oil or melted fat in the mixing bowl and beat with rotary beater to blend.
- (5) Add flour mixture, stirring only until all of the flour is damp. Mixture will look lumpy.
- (6) Fill muffin cups $\frac{2}{3}$ full.
- (7) Bake in preheated oven 20 minutes.

KITCHEN CLUES:

If self-rising flour is used omit the baking powder and salt called for in the recipe.



To make good muffins, you must not over-mix. Too much mixing makes the muffin tough, coarse and have tunnels. Tunnels are those holes that go from the bottom to the top of the muffin. See how few strokes you can use to mix in all of the flour.

Route No. 3—Safety Note

Put hot pans on a rack or a table top that will not burn. If you should spill fat or water on the floor, wipe it up right away, otherwise, you might slip on it and fall.

Route 4—Clean Up Time

When you have finished making your muffins don't forget to clean up.

Route No. 5—Serving

A suggested family meal using muffins:

	Meat Loaf	
Steamed Cabbage		Rice
	Tossed Salad	
	Hot Muffins	
	Custard	
	Milk	

You can serve your muffins with a meal that your Mother has prepared. Muffins are easy to make and everyone likes them for breakfast, lunch, supper or dinner, or for an afternoon snack. They can be made big and hearty or tiny and dainty to go with the kind of meal you are serving.

Route No. 6—Paste Time

It's time to transfer your picture for Adventure VII.

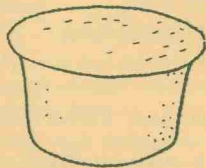
How Did You Do?

Did you follow the clues?
Did the muffins look good?
Were your muffins tender?

Was the top crust slightly rough?
Were they well browned, but not burned?
Did you have tunnels?
Did they taste good?
Did you clean up?

Would You Like To — — —

Make muffins again and use these variations?



- (1) Use $\frac{3}{4}$ cup corn meal in place of $\frac{3}{4}$ cup white flour.
 - (2) Use 1 cup whole wheat flour or bran in place of 1 cup white flour.
 - (3) Add $\frac{1}{2}$ cup dried fruit or chopped nuts to the flour mixture.
 - (4) Place 1 teaspoon brown sugar and $\frac{1}{2}$ teaspoon butter or margarine in the bottom of each cup.
 - (5) Add $\frac{1}{2}$ cup chopped raw apple and $\frac{1}{2}$ teaspoon cinnamon to the sifted flour mixture.
 - (6) Place 1 teaspoon of jelly or jam in the top of each muffin before baking.
- Would you like to enroll in the North Carolina Junior Enriched Corn Meal Program? (See your leader for more information).

Adventure VIII: Let's Learn to Set the Table

FOLLOW THE MAP

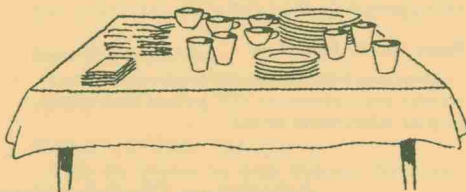
When we set the table correctly everyone enjoys the meal more. Only the handles are used when picking up silver.

Route No. 1—Getting Ready

To set the table you will need:

Supplies and equipment:

- Tablecloth or place mats for each person.
- Centerpiece.
- Napkins, dishes, silver for each person.



Route No. 2—Setting the Table

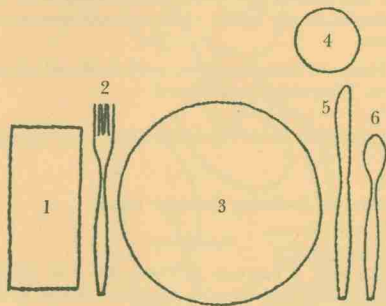
Helpful Hint: Read "Kitchen Clues".

Wipe the table well with a clean damp cloth. Have a clean covering on the table. If it is made of cloth, be sure it is ironed nicely. The fold should run lengthwise through the center of the table. Place mats may also be used. Lay place mats about half an inch from the edge of the table so they will not slip. In the center of the table you might use:

- A bowl or low vase of flowers.
- A small potted plant—be sure the container is clean.
- A bowl of fresh fruits.
- A glass rose bowl full of colored marbles.
- A wooden or coarse pottery dish with colorful vegetables.

Your own smiling face is the best table decoration you can have.

The dishes and silver arranged for one person are called a "cover" as pictured below.



- | | |
|----------------|-------------------|
| 1. Napkin | 4. Glass of water |
| 2. Dinner fork | 5. Knife |
| 3. Plate | 6. Spoon |

The plate is always in the center of a cover. It is always placed an inch from the edge of the table.

Place knife to the right of the plate with the cutting edge toward the plate.

Place spoon to the right of the knife with the bowl up.

Place fork at the left of the plate with tines up.

Place glass at the top of the knife.

Lay napkin to the left of the fork, one inch from the edge of the table. Have napkin folded in a square or rectangle. The napkin is usually placed so that the open corner will be at the lower right side next to the handle of the fork.

Place salt and pepper shakers, relish and jelly dishes where they can be easily reached.

Place serving silver on the table beside sugar bowl, jelly dish, vegetables and other dishes that need a spoon for serving. Be sure not to put it in the bowl until ready to serve.

KITCHEN CLUES:

Save steps by using a small tray to carry napkins, plates, glasses and silver to the table. Be careful not to touch the eating surface of silver, dishes or rims of glasses. Hold cups and silver by their handles. The table should be attractive, orderly and convenient.

Route No. 3—Safety Note

Don't pile dishes too high so that you will spill some pieces and cause them to break.

Route No. 4—Clean Up Time

All of the dishes will need to be washed well before putting them away.

Route No. 5—Serving

Meal times should be a happy, interesting time when the family gets together to talk over what each has been doing, hearing and seeing, and to enjoy good food together. Many people use family type service. This way everything is passed and each person helps their own plate.

Route No. 6—Paste Time

After you have set the table, you will want to transfer your Adventure VIII picture from page 1 to your achievement record.

Adventure IX: Adventure With Food Outdoors

FOLLOW THE MAP

Now you have learned to prepare and serve cookies, milk drinks, salads, deviled eggs, sandwiches, frankfurters, muffins, and to set the table. Your food has tasted good to you and your family. Why not put them together and have a meal? This is one way for you to show your family what you have learned this year in "ADVENTURES IN THE KITCHEN". This meal will also help you learn to entertain. You will gain confidence with practice in cooking and tablesetting.

Route No. 1—Getting Ready

Planning is important. Make it simple. Do only as much as you can do easily and well. It is best to serve only a few foods. Plan foods that do not take too much last minute preparation or watching.

It is a good idea to write down what you are going to do. Check steps in your plan as you finish them.



How Did You Do?

Did you have everything needed on the table?
Was the table attractive?
Was the meal orderly and everything convenient?

Would You Like To — — —

Surprise Mother and set the table without being asked?

Set the table for 3 additional meals?
Give a demonstration on how to set the table?
Set the table at 4-H Camp?

For your main dish use:

Frankfurters—Adventure VI
or Deviled Eggs—Adventure IV
or Sandwiches—Adventure V

For your salad use cole slaw—Adventure III
or peach and cottage cheese salad. For your vegetable use potatoes—(see this adventure).

For your dessert use cookies, Adventure I.

For your beverage use cocoa, banana milk shake, Adventure II, or just milk or use recipes which you have collected and tried.

Why not make this adventure a family trip and let members of your family help you plan and take part in it?

You could be the pilot. Your Mother, the navigator, who helps direct you. Father could be the Co-pilot, and brothers and sisters passengers. You could prepare the meal inside and take it out in the backyard or you could plan to cook it in the backyard, or any pretty, clean and cool spot out of doors.

Fresh air, keen appetites, good food and plenty of it. That means a gala meal.

Helpful Hint: Read "Outdoor Clues" on next page.

Route No. 2—Fixing Outdoor Foods

Hobo Spuds

Put 3 or 4 potatoes in a tall can. Put on lid loosely. Place can on grill when heat is low, or on hot ashes; roll occasionally. When potatoes are done, cut slit in the top of each. Season, top with butter. Potatoes can also be wrapped in aluminum foil if a can is not available.

Slaw

There is glamour in the cabbage head! Select a large head with crisp curling leaves. Loosen the leaves and spread out, petal fashion. With a sharp knife hollow out center to within one inch of sides and bottom. Chop center to make slaw. (See recipe on page 10).

OUTDOOR CLUES:

The fire: If you plan to cook out you might ask the co-pilot to build the fire. One of the passengers could help him. If you burn charcoal the fire should be started an hour ahead, or according to directions on the package. You need glowing coals with no flame for slow steady heat.

The trip to the grocery store is required. You could plan ahead and be sure you have everything you need to buy, such as frankfurters, buns, and cabbage if you don't have any in the garden. Make a list before you go and it saves a lot of time and keeps you from forgetting something important.

Let your passengers help you set the table. Check to be sure everything is in place. (Check Adventure 8).

Another way to serve is to set up a sandwich bar. Each person makes own sandwich from the "fix-in's" provided. These fix-in's may include one or more kinds of bread and butter, a variety of sliced meat and cheese, lettuce or other greens, sliced, tomatoes, pickles, mustard, catsup or chili sauce.



Route No. 3—Safety Note

Wear canvas or asbestos gloves to protect your hands from burns. Be sure the fire is out completely—use water or dirt.

Route No. 4—Clean Up Time

Everyone is glad to help clean up after an outdoor meal. "Many hands make light the load".

Route No. 5—Serving

Let everyone serve themselves. In that way each one has more fun.

Route No. 6—Paste Time

Paste the picture on your diploma. Have you colored them?

How Did You Do?

- Did you plan ahead?
- Did you do your shopping?
- Did you remember everything?
- Did everyone have a good time?
- Did the food taste good?
- Did you clean up the yard and the kitchen?

Would You Like To — — —

- Plan another meal outdoors?
- Invite a guest over for another outdoor meal?
- Collect pictures and recipes of dishes to prepare outdoors?

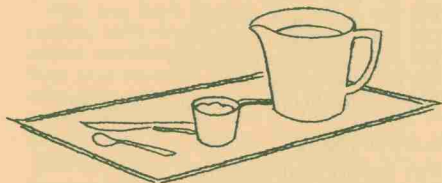
Adventure X: Would You Like to Show & Tell Others

FOLLOW THE MAP

Route No. 1—Getting Ready to SHOW Others

"We never outgrow our need for milk". Would you like to show someone else how to prepare a food using milk or milk products? You could show making cocoa (Adventure 2) or making a salad using cottage cheese. (Adventure 3).

Wear a clean, simple wash dress that feels comfortable. Arrange your hair neatly so it will stay in place. Never let it fall over your shoulders or face because hairs are likely to fall into the food. Wear low-heeled shoes that are comfortable to stand in. Wear your best posture too.



To show how, you will need:

It will help when you show how if you make a list of the supplies and equipment which you need and a picture of a table top showing where you will place the equipment and supplies. It is a good plan to use trays or shallow pans for supplies and equipment. Arrange the equipment and supplies so that, as you work, there will be little or no criss-crossing of hands.

Helpful Hint: Read "Kitchen Clues".

Route No. 2—Getting Ready to TELL Others

First learn all you can about the different kinds of dairy foods.

- (1) How they are made.
- (2) What food value they contain.
- (3) How to care for them.
- (4) How you can use them in meals.

To do this, read good books on dairy foods. Ask your Mother, 4-H Club foods leader, 4-H Club junior leader, or your Home Agent to help you find some. You will hear things about milk on the

radio, see them on television, in newspapers and magazines. You may want to visit a dairy or ice cream plant if you have never seen one.

Next, prepare your dairy food dishes at home. Ask Mother to help select one to try. When you have prepared simple ones you can try those that require more skill.

When you have learned about dairy foods and how to prepare some, show your family how it is done. You might like to show your friends also.

Suggested outline for showing and telling:

- a. Smile and greet audience—tell what club and community you represent; introduce yourself.
- b. Tell what you plan to make.
- c. Begin work; explain what you are doing and tell why.
- d. Speak and show.
- e. Clear table and arrange the finished dish on table to form an attractive picture.
- f. Tell what you have done in a few short statements.
- g. Ask for questions and stand at attention for questions.
- h. Repeat question, then answer it.

KITCHEN CLUES:

Milk is a very important food for all girls and boys. Milk and other dairy foods help you to be healthier, to have pep and energy for playing games and doing your school work, and to be more attractive. If you grow up to be a good cook, you will need to learn how to use dairy foods in many different ways, and in many different dishes.

When you are cooking with milk be careful not to let it boil. Milk scorches easily, so you may want to use a double boiler. Remember the "3 C's" about taking care of fresh milk at home—keep it *cool, clean and covered*.

All boys and girls should have at least one quart of milk every day.

Route No. 3—Safety Note

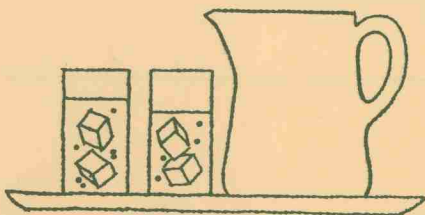
Stir hot foods with a wooden spoon; a metal spoon gets hot and may burn your hand.

Route No. 4—Clean Up Time

Soak pans in cold water after using milk and they clean quicker. Don't leave any soiled dishes in the kitchen.

Route No. 5—Serving

Dairy foods fit into any meal of the day, or after school snacks. They help to keep cool in summer as well as you a "lift that lasts."



Route No. 6—Paste Time

When you have given your demonstration, transfer your picture for Adventure IX.

How Did You Do?

Did you enjoy showing what you had learned? Ask your agent or leader about the Dairy Foods and Vegetable, and Fruit Use Demonstration Program.

Did anyone in the group try your recipe?

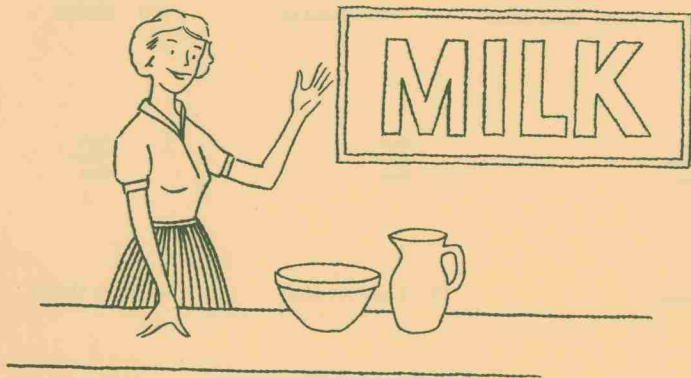
Were you natural and did you smile?

Are people using more milk and milk products after you gave your demonstration?

Would You Like To — — —

Do one of these things to let your club members know what you have learned about dairy foods and to teach them what you know?

- (1) Make a bulletin board about Milk.
- (2) Tell how dairy foods have helped you have a better diet?
- (3) Tell how dairy foods have helped your family have a better diet?
- (4) Prepare an exhibit?
- (5) Give a simple foods demonstration?
- (6) Show and explain pictures or charts that show something you have learned about kinds, food value, care, or uses of dairy foods?
- (7) Save some of your money and buy a wooden spoon and surprise Mother? This would make a nice birthday gift.
- (8) Send a letter to your Home Agent describing what you have done in this unit? Tell her what you liked best.
- (9) Show one of your products at your next club meeting.
- (10) You have now finished your "Ten Adventures in the Kitchen". Each time you have learned a new skill, and with each "adventure", you have learned to make something—so, you are ready to enroll in Unit I in your 4-H Food Preparation Project.
- (11) You have many new experiences to explore in the kitchen. Work hard to "make the best better", and soon you will be one of the best cooks in North Carolina.



ADVENTURE IN THE KITCHEN

4-H Member

4-H Club

Paste
Picture
Here

Paste
Picture
Here

Paste
Picture
Here

Adventure I Cookies

II Beverage

III Salad

Paste
Picture
Here

Paste
Picture
Here

Paste
Picture
Here

Paste
Picture
Here

IV Deviled Eggs

V Sandwiches

VI Hotdogs

VII Muffins

Paste
Picture
Here

Paste
Picture
Here

Paste
Picture
Here

VIII Table Setting

IX Cook-out Meal

X Show Others

Turn in this record book to show your agent what you have done. List on a separate sheet other dishes and meals which you have prepared.

Signed: _____

Mother

Adult 4-H Leader