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4-H Family Meal Project



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4-H Family Meal Project

JUANITA F. SILCOX

Club members who work on the 4-H family meal project learn how to plan, prepare, and serve attractive, tasty, wholesome, and economical family meals and thus contribute to the family's health and happiness.

Any 4-H member interested in studying and using foods in healthful meals may enroll. Preparation of individual foods, as done in the canning, bread, and cake projects, fits naturally into meals.

A variety of foods is required for family health to supply body-building,

energy-yielding, and body-regulating materials.

It is difficult to provide all these necessary foodstuffs in any one meal. By planning with mother for three days or even a week in advance, each kind of foodstuff can be included in every two or three meals. Time may be saved in food preparation by cooking in quantities and planning meals ahead. A quick check on foods and the approximate amounts to serve **each day** is given in the following daily food guide.

DAILY FOOD GUIDE

Milk.—To drink and use in food.

1 quart for each child.

1 pint for each adult.

Vegetables and Fruit.—5 servings.

Potatoes—one or two.

Green vegetables—1 serving.

Other vegetables or fruit—1 serving.

Tomatoes or citrus fruit—1 serving.

Whole grain.—2 servings in cereals or breads.

Bread with each meal.

Eggs, cheese, meat, poultry, fish.—1 to 2 servings.

Butter.—2 to 3 level tablespoons, or with each meal.

Water.—6 glasses for a child, 8 for an adult.

Fats and sweets in small amounts.

Cod-liver oil or some other vitamin-rich oil for children during winter months.



QUALITIES OF GOOD MEALS

1. Balance in type of foods.—Something hearty or rich and something light.
2. Variety in flavors.—Something tart and something bland, some mild flavors and some strong flavors.
3. Variety in shapes.—Natural food shapes.
4. Variety in texture.—Something crisp and something soft.
5. Interesting colors.—A variety, yet harmonious.
6. Easily digested.—Not more than one fried food in a meal.
7. Pleasantly seasoned.—Enough salt, etc., to bring out natural food flavors.

Those working or playing hard and those growing rapidly should eat larger amounts of food than others.

BREAKFAST SUGGESTIONS

By making lists of all the fruits and cereals available, different ways of preparing eggs or bacon, all kinds of breads and toast, and beverages, the breakfast menu is simple to plan. Fruits may vary with the seasons of the year.

Breakfast needs to be a stimulating and nourishing meal. A good break-

fast helps both the child and the adult to start their day well-fortified with energy and vitality.

Sample menus often suggest others. The same food may be prepared in different ways to meet the needs of each member of the family.

Older boys or adults

Half grapefruit
Wheat cakes and syrup
Country sausage
Cocoa—coffee

Older girls or adults

Orange or tomato juice
Eggs in bacon rings or
Scrambled eggs and ham
Graham muffins
Coffee—milk

Grade school children

Baked apple
Hot cereal with top milk
Poached egg on toast
Milk—cocoa

The young child

Oatmeal with dried fruit
Crisp bacon
Toast
Milk



FIG. 1. THE YOUNG CHILD ENJOYS EATING BREAKFAST AT HER OWN TABLE



FIG. 2. A SPRING BUFFET LUNCHEON SIMPLIFIES SERVING

FAMILY LUNCHEONS OR SUPPERS

These will vary as foods are in season. Sizes of servings and kinds of foods included differ for children and adults. Try one of these suggested menus soon.

For winter

Scalloped potatoes and ham
Vegetable salad
Bran muffins
Raspberry gelatin
Cookies
Tea—milk

For summer

Cream of spinach soup
Crisp toast
Cottage cheese and tomato salad
Berries and cream
Coffee

For spring

Cold meat platter
Creamed potatoes
Leaf lettuce salad
Dark bread and butter
Cream puffs
Coffee—cocoa

For fall

Baked beans
Brown bread
Carrot sticks and celery
Apple crisp
Milk

DINNERS

Family dinners differ from suppers chiefly in that a greater variety of food is often served. Suggested seasonal menus might be:

For winter

Spareribs and sauerkraut
Potatoes in jackets
Mixed fruit salad
Rye bread
Caramel pudding
Coffee—milk

For summer

Cold melon
Meat pie
Steamed potatoes
Roasting ears
Sliced tomatoes
Cloverleaf rolls
Fresh peach ice cream



FIG. 3. NEW ENGLAND BOILED DINNER SERVED FAMILY STYLE

For spring

Roast veal
Riced potatoes
Greens (dandelion, spinach,
chard, or beet)
Lima bean salad
Strawberry shortcake
Tea

For fall

Swiss steak
Mashed potatoes
Buttered carrots
Celery and apple salad
Custard pudding
Milk

SCHOOL OR BOX LUNCHES

"Pa warms the milk for the little calf,
Ma heats the food for the chickens,
They eat a hot dinner at noontime, too,
But my lunch is as cold as the dickens."

This gives the idea, in a child's way, that this type of lunch has certain requirements to meet in addition to food requirements. Chief of these are:

One hot food	Substantial
Tasty	Easily prepared
Attractive	Easily carried

The time of year helps determine what should be included in the lunch. When planning for school, it is important to know whether a hot dish is to be served at school or if it is possible to heat a home-prepared dish there. Some food suggestions for lunches include:

Sandwiches.—Meat, eggs, fish, poultry, cheese, or nuts may be used.

Fruit.—Raw or cooked. Use juicy fruits if lunch is dry.

Vegetables.—Celery, cabbage, lettuce, raw carrots, or turnips.

Sweets.—Cookies, plain cake, puddings, stuffed or dried fruits.

Milk in some form.

Soups or creamed vegetable if heating conveniences are possible.

Bread should be sliced medium thin for sandwiches. Spread butter evenly and use a moist filling. Fillings are more moist and tasty than sliced meats or cheese. Wrap each sandwich in wax paper. Add variety by using dark or light breads, or fruit and nut breads.

Here are a few suggested fillings:

1. Chopped meat with celery, green pepper, or pickle added.
2. Liver minced and mixed with cream and onion juice.
3. Chopped hard cooked eggs or meat with salad dressing.
4. Dried fruits ground and mixed with nuts or salad dressing.
5. Dried fruit and crisp chopped celery.
6. Ground or chopped nuts with jelly.
7. Grated cheese and marmalade.
8. Grated carrot, raisins, and salad dressing.

Waxed paper, jars that can be sealed and carried in a box, paper napkins, and a handy lunch box help to make an attractive, inviting noon meal for any boy or girl.

PICNICS

"Kneel always when you light a fire,
Kneel reverently, and thankful be
For God's unfailing charity."

When you smell a wood-fire, doesn't it suggest an outdoor meal? Picnics provide healthful recreation for everyone. Menus for outdoor cookery require imagination for complete enjoyment. The three below may suggest others. Recipes are included for those marked (*).

Squaw corn	Bananas
Apples	Lemonade
Cookies	Celery curls
Milk	Toast
Kabobs*	Somors*
Carrot sticks	Orange
Lettuce rolls*	
Toasted cheese sandwiches or Angels on Horseback*	
Whole wheat bread	
Mulligan* or	
Barbecued corn*	

Angels on Horseback.—Each person needs:

¾-inch cube of American cheese
2 thin slices of bacon
1 bun and lettuce

Wrap bacon both ways around cheese and place on green, pointed roasting stick. Brown well over coals and press between a bun and lettuce. Eat while hot.

Kabobs.—Cut round steak into 2-inch cubes, allowing 3 cubes for each kabob. Cut slices of potato and onions ¼-inch thick. Push meat, potato, and onion onto a pointed green stick in layers with meat at each end. Wrap a slice of bacon around this and fasten with a toothpick. Cook slowly over hot coals, turning the stick often.

Lettuce Rolls.—Place a filling of chopped cabbage or celery, cream cheese, and salad dressing on a lettuce leaf. Roll and fasten with a toothpick.

Mulligan.—Mix equal parts of canned corn, peas, and tomatoes. Cook 5 minutes and serve on toast. Partly cooked ground beef or pieces of bacon may be added if desired.

Barbecued Corn.—Husk fresh sweet corn. Wrap each ear with slices of bacon and fasten with a toothpick. Cook slowly over fork or green stick, turning often. When bacon is brown and crisp, corn is done.

Somors.—Each person needs:

2 graham crackers
1 marshmallow
1 small plain candy bar—
(thin sweet chocolate)

Roast the marshmallow. Put one half the chocolate on a graham cracker, next the marshmallow, then the other half of chocolate and the second graham cracker. Press together as a sandwich and eat while hot.

FOOD PREPARATION SUGGESTIONS

There are so many excellent recipes available that making new dishes and using new methods are always interesting to try. There are some rules, however, that hold good in cooking, and a few are given here.

Cereals

Cereals may be served for breakfast with cream or milk and a small amount of sugar. One-half to three-fourths cup of cereal is considered a good serving. Cereals may also be used as a foundation for a baked dish or dessert. Try this method for cooking cereals.

1. Use scant ½ teaspoon salt per cup of water.
2. Pour cereal slowly into boiling, salted water, stirring to prevent lumping.

3. Cook over direct heat until it thickens (about 5 minutes).

4. Finish cooking over hot water. Long cooking improves flavor.

Eggs

Eggs are body-building foods and are easily digested when prepared properly. High temperatures toughen eggs; this is the reason eggs should be cooked below the boiling point. Low temperatures are also used when cooking dishes that contain many eggs.

Cheese

Cheese is also a body-building food, but it must be cooked properly if it is to be tasty and easily digested. It will become lumpy, stringy, and tough if long cooking or a high temperature is used.

Vegetables

Vegetables that are cooked in water should be prepared in a way which conserves nutrients, flavor, color, and shape.

1. Cook in large pieces to avoid having the large number of cut surfaces that occur when smaller pieces are used. The larger the number of cut surfaces, the greater the loss of food nutrients. Cook root vegetables such as carrots in skins whenever possible.

2. Do not use more water than is necessary.

3. Avoid overcooking. Cook only until the vegetable is tender when pierced with a fork.

4. Bright colored vegetables such as cabbage and greens retain more color if cooked in an uncovered vessel.

Root vegetables such as potatoes, carrots, and rutabagas retain most of

their food value if baked. A longer cooking time is required.

Vegetables Cooked in Milk.—Potatoes, onions, carrots, corn, cabbage, and many other vegetables may be cooked in milk. Vegetables such as asparagus and some varieties of peas and string beans may curdle the milk but, in such cases, the essential food value still remains even if the food appears less attractive.

Bring the milk to the boiling point in a heavy kettle such as a good grade of aluminum. Add the raw vegetables, cut small for quick cooking. Boil slowly to avoid boiling over or scorching. Pour off the excess milk when the vegetables are tender, and save it for soup, cream sauce, or gravy. Add the seasoning the last thing. A half teaspoon of butter added during the cooking often reduces foaming over.

When cooking vegetables in milk, low heat must be used to prevent boiling over and scorching. When milk is the liquid used for cooking, there is no temptation to drain it into the sink, thus wasting minerals, vitamins, and other water-soluble food values. This can represent a serious loss, not always important in terms of money, but very important in terms of family health.

Vegetable Plates.—Vegetable plates make a delicious main dish of a meal if the combination of vegetables is carefully selected. Some suggested combinations are:

1. Stuffed baked potato, creamed onion, buttered string beans, sliced tomato.

2. Creamed potato, buttered lima beans, buttered cabbage, carrot sticks (raw).

3. Scalloped cabbage and cheese, baked potato, harvard beets, buttered string beans.

4. Scalloped potato, buttered spinach, baked tomato, buttered lima beans.

Raw vegetables make a very attractive dish when carefully selected and arranged. Such a plate of vegetables would take the place of an individual salad and add variety. They should be carefully washed and served cold and crisp.

With crisp lettuce as the foundation three or more of the following foods might be selected for a raw vegetable plate. Crisp celery (part of the celery stalks could be stuffed with cottage or creamed cheese and pimienta), radishes, slices or strips of cucumber, carrot sticks (carrots cut lengthwise into ¼-inch strips), small whole tomatoes, small pieces of cauliflower, and olives. Salad dressing may be served with such a plate.

Milk Dishes.—Many milk dishes may be made with a white sauce. In these proportions for each of the three different white sauces **one cup of milk** is used:

Flour	Fat	Use
1	1	Cream soups
2	2	Creamed vegetables
3	3	Scalloped vegetables and croquettes

Method of preparation.—Melt fat, stir in the flour, add the heated liquid gradually. Stir until thick. Cook 20 minutes in a double boiler or 5 minutes directly over the flame.

Meat

The meal often centers around meat because of its excellent food value and its appeal to the appetite. Less tender cuts of meat are as good food as the more expensive ones. If cooked in water or some other liquid, either in large or small amounts, such as brais-



FIG. 4. BAKED HAM PROVIDES AN APPETIZING DISH

ing, stewing, in soups, or with a boiled dinner, less expensive cuts can be made tender and tasty. For the more tender cuts of meat, roasting, broiling, and panbroiling may be used. For these, no liquid or fat is added to the meat, and the pan is left uncovered.

Baked Ham

Smoked whole or half ham
1 cup strained honey
½ cup chopped maraschino cherries

Place ham fat side up on a rack in an open, flat roasting pan. Do not cover and do not add water. Place in a slow oven (300° F.) and bake until done. Allow 35 minutes per pound for a whole ham and 30 minutes per pound for a half ham. Many hams now sold require about one fourth less cooking time. Cooking directions come with such hams and should be followed.

If you have a meat thermometer, put it in the center of the largest muscle before placing ham in oven. Be sure that the bulb of the thermometer does not rest on either fat or bone. Smoked ham is done when the meat thermometer registers 170° F.

Just before ham is done, take off rind. Mix honey and cherries and pour over ham. Replace in oven to finish baking and glaze.

Pork Chops Baked in Milk.—Select thick pork chops and wipe with a damp cloth. Place close together in a baking pan or casserole. Cover them with scalded milk. Bake in a moderate oven, 300° F., for about 2¼ hours, or until the chops are thoroughly tender and browned on top. One-half hour before done, sprinkle with salt. Do not turn them over.

This is a useful recipe when you are to be gone for a time and wish to find your meal cooked upon your return. Try it for Sunday dinner.

Smothered Chicken.—Clean and cut up a chicken as for frying. Brown in hot butter or drippings, keeping the heat low so that the fat does not burn. Place the browned chicken in a casserole. In the pan which was used for browning, make a gravy by blending 5 level tablespoons of flour with about 5 tablespoons of the fat and drippings left in the pan. After this has cooked about 3 minutes, slowly add 3 cups of milk and stir until it thickens. Add 2 level teaspoons of salt, or more to taste. Pour this hot gravy over the browned chicken, place in the oven at 350° F., and bake approximately 3 hours, longer if the chicken is not very tender.

Note.—If you do not have help, this recipe eliminates the last-minute task of making gravy. It is also desirable as a way of tenderizing what might otherwise be tough poultry. It is an especially good way to cook pheasants or other game birds when you are uncertain as to their tenderness.

Dessert

Apple Crisp Pudding

- 4 cups sliced apples
- ½ cup water (use less if apples are juicy)
- 1 tsp. cinnamon
- 1 cup sugar
- ½ cup butter
- ¾ cup flour

Butter a casserole and add apples, water, and cinnamon mixed. Work together butter, sugar, and flour until crumbly. Sprinkle over apple mixture and bake uncovered in hot oven (400° F.) for 30-40 minutes. Serve hot with whipped cream or plain cream. Serves four to six.

RECIPES—THE FOUNDATION OF GOOD COOKING

With the 4-H family meal work, the club member will collect many tested, favorite recipes well worth keeping. A notebook might serve well during the "collecting" period but a recipe file of 4x6 inch cards will prove to be more practical and easier to use later on. The cards cost very little and any wooden or cardboard box of the right size might be used to hold the cards. Recipes may be written or typewritten or clippings may be pasted onto the cards.

A recipe should tell:

1. Accurate measurements of each ingredient.

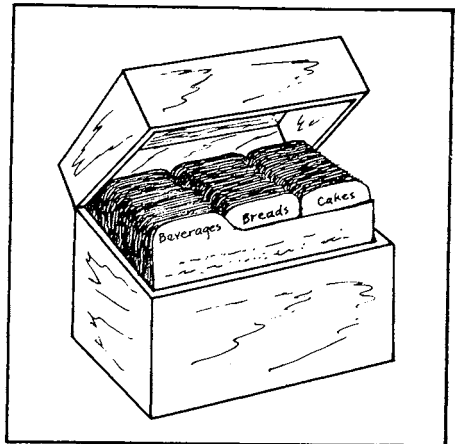


FIG. 5. RECIPE FILE

2. Time and temperature for baking or cooking.
3. Amount or number of servings.
4. Directions for combining ingredients or preparing the dish. (Precautions should be included.)

An index is necessary. Cardboard dividers may be purchased or made with these headings:

Appetizers	Main dishes
Beverages	Marketing
Breads	Meats
Cakes, icings	Menus
Candy	Milk
Canning	Pastry, pies
Cereals	Parties
Cheese	Recipes to be tried
Cookies	Salads
Desserts	Salad dressings,
Eggs	sauces
Fish	Sandwiches
Fruit	Soups
Honey, molasses	Table setting
Jellies, jams	Time tables
Kitchen equipment,	Vegetables
care	

MEAL MANAGEMENT

In getting a meal it is well to keep every step of the preparation in mind. List the work in the order it is to be done.

1. What foods require the longest time to cook?
2. What foods must be cooked and then cooled before serving?

3. What can be done while foods are cooking? Setting table, warming dishes, preparing sauces or quick bread, tidying up self, washing preparation dishes.

4. What must be done just before the meal is served?

5. Plan to go from one step to another without loss of time or effort.

6. Collect all materials and tools needed before starting. In baking a cake, have ingredients and utensils together before starting to mix.

7. Use the right tool. A brush cleans a grater better than does a cloth.

8. Use good tools and keep them in good condition. A dull knife or an egg-beater which skips beats wastes time and energy and does a poor job.

9. Continue one kind of motion until finished, if possible, before changing to another. Stack all dishes before beginning to wash; gather the day's garden products in the morning; prepare the day's meals in the morning as far as possible.

10. Study the motions made in doing a piece of work in the hope of reducing and simplifying them.

Meals planned in advance require less time and effort in preparation by:

1. Having one preparation serve as two as in the double-duty dishes listed below:

DOUBLE-DUTY DISHES

Served first day as:	Served second day as:
Apple sauce dessert.....	Apple sauce with pork chops
Clear soup broth.....	Vegetable soup
Buttered carrots.....	Creamed carrots
Corn on the cob.....	Scalloped corn, green peppers, and bacon
Boiled or baked potatoes.....	Salad or creamed potatoes
Mashed potatoes.....	Potato patties
Lemon pie—make extra filling for.....	Lemon pudding
Baked chicken.....	Creamed chicken and peas on toast
Creamed eggs on toast.....	Egg sandwiches or deviled eggs
Salad dressing prepared to last a week	
Several pie crusts can be made at one time and kept until needed.	



2. Preparing one-dish meals when possible. They save time in preparation, cooking or baking, serving, and dishwashing.

3. Saving fuel by planning oven meals or meals cooked entirely on top of the stove.

TABLE SETTING AND SERVICE

Have the dining room well ventilated and lighted.

Chairs are placed at the table so that the front edge of the chair is in line with the hanging edge of the tablecloth.

Good manners are habits. The only way to acquire good table manners is by constant practice.

Discuss pleasant things of interest to all during meals.

Watch your posture. Be natural.

Most of the rules for serving are made for the comfort, convenience, and greatest enjoyment of everyone concerned.

Have dishes and hot foods *hot*, and cold foods *cold*.

Fill water glasses and place butter and relishes on table just before the family is seated for meal. Refill water glasses as often as necessary.

In serving food on special occasions, stand at the person's left, except for beverage. Milk or coffee is placed at the right beside the spoon. Avoid

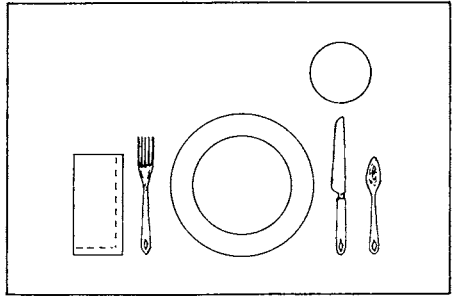


FIG. 6. CORRECT SETTING FOR ONE COVER

reaching in front of a person. Covers are cleared from the left except for the dishes which can be more easily removed from the right.

To serve food attractively:

1. Use simple, natural garnishes. Paprika, lettuce, green peppers, celery tops, cranberries or other small colorful fruits, nuts, and whipped cream are good.

2. Fill serving dishes only full enough to look well and serve individuals according to capacities and attractiveness of the plate.

3. Wipe smears of food off serving dishes.

4. Cut bread in half-inch slices or thinner. If slices are large, cut them in half.

5. Drain fat off bacon and fried foods before serving.

6. Wash fresh or dried fruit before serving.

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