



Gifts from the Kitchen



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Marais des Cygnes Extension District, Paola Office

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Instructors:

Marais des Cygnes District Master Food Volunteers

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Gifts from the Kitchen

Gifts of good taste: Homemade gifts are always treasured. Mixes are unique, personalized gifts that take little time to make and are appreciated.

Family holiday fun: Children enjoy having a part in preparing gifts, so let them help measure and stir ingredients and package mixes for gift giving.

As a gift-giver, make a favorite family recipe into a mix that will bring back memories for the recipient.

Ingredients:

Mixes will be only as good as their ingredients - make sure everything, including herbs and spices, are fresh and of high quality.

Ingredients need to be mixed well when making the mix and when using. All ingredients should be lump free. Stir the mix before measuring to redistribute the ingredients.

Mixes for your health: Another reason for making mixes at home is that you control the ingredients. You can substitute whole wheat flour for part or all of the all-purpose flour. Or you have the option of decreasing the amount of sugar or salt added to a mix.

For those who are concerned about food additives and preservatives, homemade mixes offer the convenience of commercial mixes without the extra ingredients.

Keep in mind, however, that without additives to retard spoilage or increase shelf-life, homemade mixes will not keep as long as their commercial counterparts.

Homemade mixes offer convenience and savings in time without sacrificing the homemade touch. Any changes made in ingredients can affect quality. If you wish to experiment, make smaller batches to avoid wasting time and money.

Storage:

Storage conditions are just as important to the quality of convenience mixes as are the ingredients. If stored in airtight containers in a cool, dry location, dry mixes will stay fresh for several months.

The shelf-life of mixes can be extended by packaging in moisture, vapor-proof containers and refrigerating or freezing.

Mixes may be stored in large canister containers and the amount needed for a recipe measured out when ready to prepare. Or, store in pre-measured amounts for later use.

Suitable Storage containers include: glass jars, food-grade plastic containers, zip-lock bags made for freezer use (they are stronger than regular zip-lock bags) and heavy-duty aluminum foil (it tears less easily than regular foil).

Refrigerating or freezing helps maintain freshness of homemade mixes when certain ingredients are used. For example, mixes containing whole wheat flour must be refrigerated to prevent flavor changes due to higher level of fat in the whole wheat flour.

Labeling:

Before storing, label all mixes with:

* name of product	* use- by date
* date prepared	*source of recipe
* other information you will need to use the mix	

Presenting the Gift

The way the gift is presented can be almost as important as the food itself. In some cases it is nice to use a container that will be used after the food in or on it has disappeared. Flea markets and yard sales are great places to shop for these kinds of giveaway containers. Here are a few suggestions: A loaf of bread tied to a cutting board accompanied by a bread knife.

- Tea or coffee blend in a bright canister or in a tea or coffee cup. -
- Jams, jellies, and other spreads in a reusable container with a spoon or spreader attached.
- Anything wrapped in a tea towel.
- Unusually shaped cookies packed with their cutters.

Snowman Cookie

(For each snowman you need)

3 white chocolate covered Oreos

2 M&M candies (buttons)

1 piece orange slice or 1 red hot (nose)

2 edible eyes or mini chocolate chips

1 ½ inch piece rope licorice (smile)

White frosting (for blue)

Pretzel sack

Ribbon



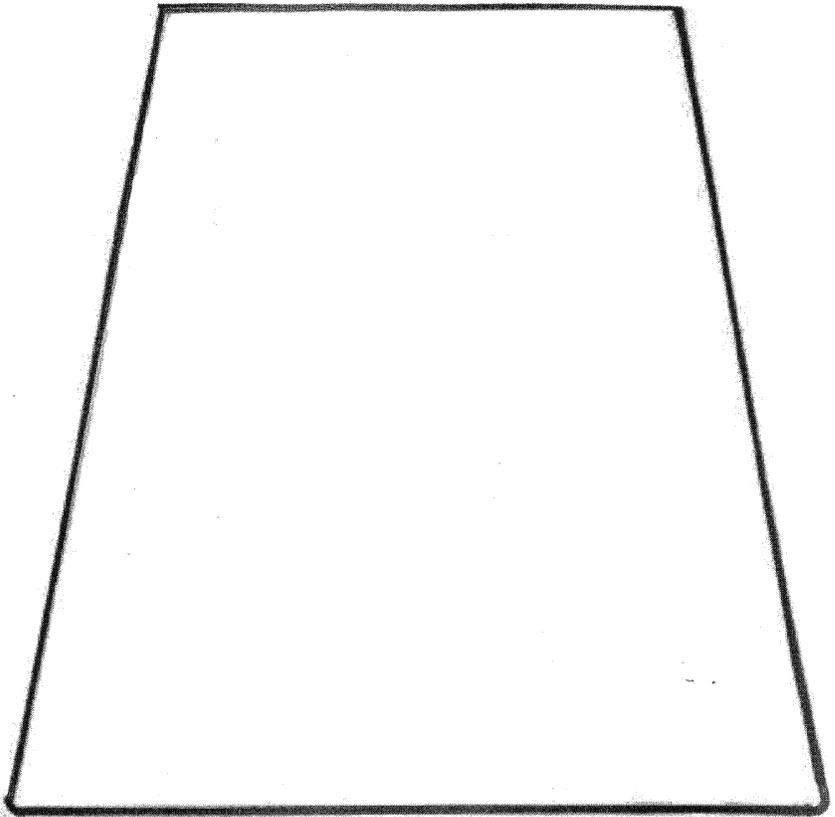
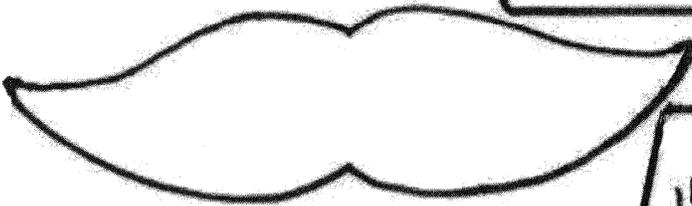
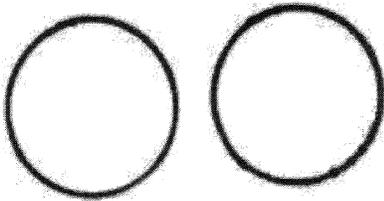
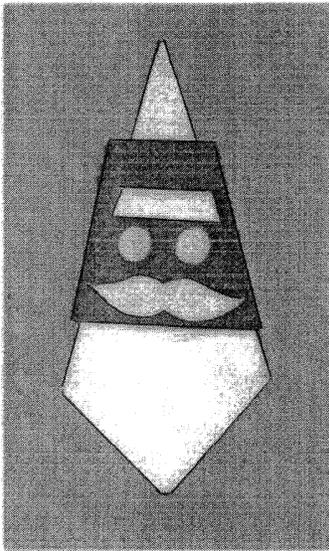
Directions for Dipping Oreo Cookies

1. Melt vanilla flavored almond bark on 50% power in microwave for 1 ½ - 2 minutes. Stir. Repeat if necessary until smooth.

2. Add 1 Tablespoon or more of solid vegetable shortening to thin chocolate. Stir until blended. If needed, put mixture back in microwave for 15 seconds on 50% power.

3. Place an Oreo in the melted almond bark. Flip it using a large fork. Ensure the cookie is completely coated. Keeping the fork tines level, gently tap the handle of the fork on the rim of the bowl. Use a straight up and down motion so the cookie doesn't slide off of the fork. This will give a nice smooth coating on top of the cookie. Place the cookie on a piece of wax paper or parchment paper.

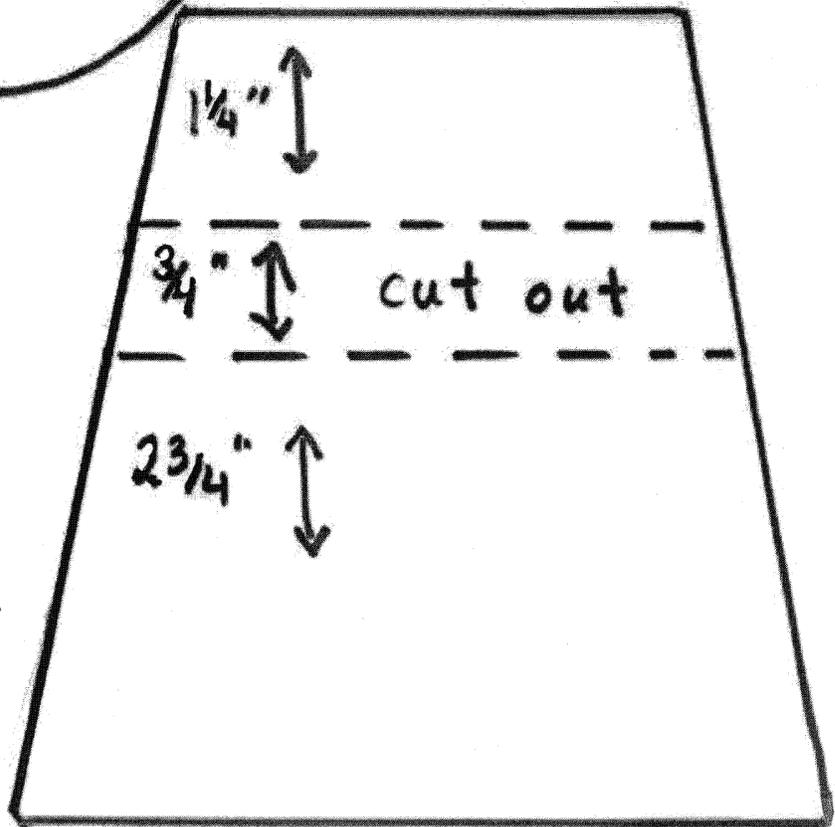
1 ½ pounds of Almond Bark will coat approximately 50 cookies.



Santa Napkins

Directions:

1. Cut 2 red felt face pieces.
2. Cut 1 of the face pieces into 2 pieces.
3. Sew red face pieces together.
4. Cut white felt eyes and moustache.
5. Glue on eyes and moustache.
6. Fold white dinner napkin.
7. Insert napkin between face pieces.



ENERGY BITES

1 cup quick oats
1/2 cup ground flaxseed
1/2 cup mini chocolate chips
1/3 cup honey
2/3 cup creamy peanut butter

Mix together and shape into walnut size balls. Store in a tightly covered container (and hide so you don't eat them all)

TOILET PAPER TUBE WRAPS

Cut a piece of paper approximately 7" x 11". Put candy, small cookies, etc. into a pretzel bag or wrap in plastic wrap and slide into tube. Wrap with wrapping paper, taping in the middle. Twist ends if paper is heavy or tie with ribbon.

DECORATIVE ZIPLOC® BAGS

Cut a piece of wrapping paper or scrapbooking paper to fit into a Ziploc bag. Place cookies or other treats inside bag (be sure frosting is dry or otherwise not sticky). You can also wrap ribbon around outside of bag and secure with a Christmas tag.

MODGEPODGE® TRAYS OR PLATES

Cut strips of paper the width of an inexpensive tray or plate. Using the Modgepodge, attach strips to the tray in a pattern of your choosing. Coat the top of the strips and tray with the Modgepodge to seal; let dry.

CHOCOLATE BOWLS

Melt semisweet chocolate chips in microwave safe bowl in the microwave-15 seconds at a time and then stir. Don't burn. Either dip small inflated balloon (clean and dry) into the chocolate or paint it on the bottom of the balloon. Place balloon right side up in a large glass to dry. When dry, pop balloon and it will peel off and you have a nice edible bowl to serve fresh fruit, pudding, whipped cream, ice cream or some other soft treat in. You can also make a layer of chocolate and let dry and then make another layer of white chocolate and dip again. Do not make bowl more than a day ahead as they don't keep well and are fragile.

Doughnut Muffin Mix

½ cup granulated sugar
1/3 cup brown sugar
1 ½ teaspoons baking powder
¼ teaspoon baking soda
1 teaspoon ground nutmeg
¾ teaspoon salt
2 2/3 cups all-purpose flour
3 Tablespoons cinnamon sugar

Place granulated and brown sugar in sandwich size plastic storage bag.
Place baking powder, baking soda, nutmeg, salt and flour in quart size storage bag.
Place cinnamon sugar in snack size storage bag for topping.
Place the three bags in a decorative container and attach a copy of the recipe.

Doughnut Muffins

(Note to attach to the Jar)

Container of Doughnut Mix

Additional ingredients:

¼ cup butter, softened
¼ cup vegetable oil
2 large eggs
1 teaspoon vanilla extract
1 cup milk
3 Tablespoons melted butter (for topping)

Preheat oven to 425 degrees. Grease or spray a standard muffin pan or line with 12 paper cups. Beat together contents of sugar bag, butter, and oil until smooth. Add eggs and vanilla and mix. Add contents of quart bag alternately with milk, beginning and ending with flour. Mix until thoroughly combined. Spoon into prepared pan. Bake the muffins for 15 to 17 minutes until golden brown. Remove from oven, cool 2 minutes, and remove from pan. Brush tops with melted butter and sprinkle or dip tops in the cinnamon sugar. Serve warm

Canned Condensed Soups – Substitution

2 cups nonfat dry milk	1 teaspoon dried, crushed thyme (optional)
¾ cup cornstarch	1 teaspoon dried basil, crushed (optional)
¼ cup instant chicken bouillon	½ teaspoon pepper
2 Tablespoons dried onion flakes (optional)	

1. Combine all ingredients and store in an air-tight container.
2. To use as a substitute for one can condensed soup, mix ¼ to 1/3 cup of the dry mix with 1¼ cups water in a saucepan and cook and stir until thickened.

This recipe for homemade sauce mix can be substituted for cream of mushroom, cream of celery, cream of chicken called for in many recipes.

Mix makes approximately 9 ~~6~~ cans+of soup

Celery soup . Boil ¼ cup diced celery in the 1 ¼ cup water and then add the soup mix.

Mushroom soup . One small can of mushrooms (undrained) and enough water to make 1 ¼ cups. Boil mushrooms in this liquid and then add the soup mix.

Below is a comparison of commercial condensed soup and the homemade substitute.

10 ½ oz can Mushroom Soup

330 calories
23.8 grams fat
2370 mg sodium

Homemade Sauce Mix

95 calories
0.2 grams fat
710 mg sodium

Individual “bags” of soup mix for Gifts

½ cup dry milk
3 Tablespoon cornstarch
1 Tablespoon instant chicken bouillon
1 ½ teaspoon dried onion flakes
¼ teaspoon. Dried thyme, crushed
¼ teaspoon dried basil, crushed
1/8 teaspoon pepper

Yield . approximately 3 ~~6~~ cans+of soup

Southwestern Rice Mix (Makes 1 (1 pint) Jar)

1 Tablespoon dehydrated chopped chives
1 Tablespoon dehydrated chopped parsley
½ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon black pepper
1 1/3 cups instant rice
1/3 cup roasted chili-flavored pumpkin seeds or 1/3 cup roasted pumpkin seeds
plus 1/4 teaspoon chili powder
¼ cup finely chopped sun-dried tomatoes (not packed in oil)

Combine chives, parsley, cumin, salt and pepper in small bowl. Pour into 1-pint wide-mouth jar with tight-fitting lid. Layer remaining ingredients attractively. Pack down lightly before adding each layer. Seal jar.

Cover top of jar with fabric. Attach gift tag/recipe with raffia or ribbon.

Southwestern Rice (Makes 4 servings)

1 Tablespoon canola oil
1 large shallot, minced
1 medium jalapeno pepper, cored, seeded and minced*
1 jar Southwestern Rice Mix
¼ teaspoon salt (optional)

*Jalapeno peppers can sting and irritate the skin, so wear rubber gloves when handling peppers and so not touch eyes.

1. Heat oil in medium skillet. Add shallot and jalapeno. Cook over medium heat 3 minutes or until tender, stirring occasionally. Add 1 ½ cups water and bring to a boil over medium heat.
2. Stir in rice mix. Return to a boil. Cover and reduce heat to low. Simmer 6 to 8 minutes or until tomatoes are tender and liquid is absorbed. Season with salt, if desired.



How to spice up your HOT CHOCOLATE

1 Peppermint



1 CUP WHOLE MILK + 1/2 CUP CHOCOLATE CHIPS + 1 TSP. PEPPERMINT EXTRACT

2 Orange



1 CUP MILK + 1/2 TBS. SUGAR + 1/2 TBS. GRATED ORANGE ZEST + 2 OZ DARK CHOCOLATE

3 Vegan



1 CUP VANILLA ALMOND MILK + 1-1/2 TBS. UNSWEETENED COCOA POWDER + 2 TSP. COCONUT PALM SUGAR

4 Aztec



1 CUP MILK + 5 OZ. CHOPPED DARK CHOCOLATE + 1/4 TSP. CINNAMON + TINY PINCH CAYENNE

5 Peanut Butter



1 CUP SKIM MILK + 1/2 CUP HEAVY CREAM + 4 OZ. MILK CHOCOLATE, CHOPPED + 1/4 CUP CREAMY PEANUT BUTTER

6 Pumpkin Spice



1 TSP. MAPLE SYRUP + 1/2 TSP. PUMPKIN PIE SPICE + 1 CUP WHOLE MILK + 1 TSP. UNSWEETENED DARK COCOA

7 Nutella



1 CUP WHOLE MILK + 2 TBS. NUTELLA + 1 TSP. COCOA + PINCH SALT

8 Caramel



1/2 CUP MILK + 5 OZ. MILK CHOCOLATE, CHOPPED + 1/4 CUP HEAVY CREAM + 3 TBS. CARAMEL SAUCE

9 Lavender White



1 CUP WHOLE MILK + 1/4 TSP. LAVENDER BUDS + 1/2 CUP WHITE CHOCOLATE CHIPS

10 Irish



1 CUP MILK + 1/2 CUP CHOCOLATE CHIPS + 2 OZ BAILEY'S IRISH CREAM



TOP IT OFF:

Marshmallows, whipped cream,
cinnamon stick, caramel

BROUGHT TO YOU BY sheknows

COCOA BLOCKS

Fudge on a stick? Swirl these blocks into a mug of hot milk and enjoy luscious hot chocolate. In need of a creamy chocolate fix? Nibble the chocolate blocks directly from the stick.

Ingredients

- ½ cup heavy cream
 - 14-ounce can sweetened condensed milk (1 ¼ cups)
 - 3 cups semisweet or bittersweet chocolate (chopped chocolate bars or chips)
 - ¾ cup unsweetened baking chocolate
 - wooden sticks
-

Instructions

Line an 8" x 8" pan with parchment paper or aluminum foil. Heat the cream and condensed milk over low heat until steaming. Remove from the heat and add the chocolate; allow it to gently melt. After about 10 minutes, return the chocolate mixture to low heat to completely melt the chocolate. Whisk vigorously until the mixture is thick and shiny. Add a few drops of flavoring oil if you like; hazelnut, coffee, or vanilla are popular flavors. Pour the chocolate mixture into the pan; shake the pan gently to level. Sprinkle with cocoa, if desired. Set aside overnight to slowly set up. Run a knife around the edge of the pan and turn out onto a clean cutting surface. Slice into 1 ¼" cubes. Heat a knife in hot water and wipe dry before each cut, for smoothest cuts. Stick a wooden stick into the center of each block. Roll in cocoa or crushed peppermint candy, if desired. Wrap in waxed paper, parchment, or plastic wrap to store.

Yield: about 3 dozen blocks (I would cut smaller pieces unless you have a LOT of milk)

CHOCOLATE PEPPERMINT BARK

6 ounces white baking chocolate, chopped
1 cup (6 ounces) semisweet chocolate chips
1 cup crushed peppermint candy

Directions

In a microwave safe bowl, melt white chocolate at 70 % power: stir until smooth.

In another bowl melt semisweet chocolate chips. Stir 6 tablespoons of crushed peppermint candy into each bowl. Drop white chocolate and semisweet chocolate in alternating spoonfuls onto a wax paper-lined baking sheet.

With a metal spatula, cut through chocolate to swirl, spreading to ¼ inch thickness.

Sprinkle with remaining crushed candy. Chill until firm. Break into pieces.

Store in air-tight container in refrigerator. Yield: about 1 pound.

Recipe submitted by Royce Collins, MFV

CRANBERRY NUT BREAD

2 cups all-purpose flour	1 egg, beaten
1 cup sugar	1 cup orange juice
1 Tablespoon baking powder	¼ cup cooking oil
½ teaspoon salt	¾ cup chopped pecans or walnuts
2 teaspoons finely grated orange peel	1 cup coarsely chopped cranberries

1. Preheat oven to 350 degrees. Grease the bottoms and ½ inch up the sides of a 9 x5x3 inch loaf pan or 3 each 4 ½ x 2 ½ x 1 ½ inch loaf pans. In a large bowl stir together flour, sugar, baking powder, salt, and grated orange peel.

2. In medium bowl combine the egg, orange juice, and oil. Add mixture, all at once to flour mixture. Stir until just moistened. Fold in nuts and cranberries.

3. Bake 55 to 75 minutes for large loaf or 30 to 35 minutes for small loaves or until toothpick inserted near center comes out clean. Cool in pan or a wire rack for 10 minutes. Remove from pan. Cool completely. Wrap and store overnight before slicing. Makes 14 slices.

Recipe submitted by Royce Collins, MFV

ANGELIC MACAROONS

1 package (16 ounces) angel food cake mix
½ cup cold water
1 teaspoon almond extract
14 ounces sweetened flaked coconut, divided
½ cup slivered almonds, coarsely chopped

1. Preheat oven to 325 degrees. Line cookie sheets with parchment paper.

2. Beat cake mix, water and almond extract in large bowl with electric mixer at medium until well blended. Add half of coconut beat until blended. Add remaining coconut and almonds; beat until well blended. Drop dough by tablespoons about 2 inches apart onto prepared cookie sheets.

3. Bake 22 to 25 minutes until golden brown. Cool cookies 3 minutes on cookie sheets. Remove to wire racks to cool completely. Makes 40 cookies.

Nutrition facts: 1 cookie is 94 calories, 4 gram Fat, 2 gram protein, 14 grams carbohydrate.

Recipe submitted by Royce Collins, MFV

DIVINITY

3 cups sugar	2 egg whites
½ cup white corn syrup	1 teaspoon vanilla
½ cup cold water	½ or 1 cup nuts
Dash of salt	

Using a double boiler, boil sugar, corn syrup, water and salt on heat. Stir only until sugar is dissolved. Cook on low heat to soft ball stage, 234 degrees. Beat egg whites until stiff. Pour ½ syrup mixture into egg whites while beating. Return mixture to double boiler; beat this until it reaches hard ball stage, 280 degrees. Add remaining syrup mixture. Beat until candy is thick enough to drop from a spoon. Add vanilla and nuts (if desired). Drop onto buttered cookie sheet. Allow to cool.

This recipe is included in this handout because it was a favorite recipe of Audrey Tate, MFV. Audrey enjoyed making and sharing her divinity with family and friends.

Peanut Clusters

2 lbs Ghirardelli white melting wafers

2 lbs Ghirardelli dark melting wafers

6 ozs. semi sweet chocolate chips

52 oz can extra large Virginia Peanuts

Microwave chocolates for 3 ½ minutes at 80% power.

Stir to mix chocolates. Add nuts and stir.

Use a cookie dipper to drop clusters onto waxed paper.

Let harden overnight. Store in airtight container.



Rachel's Chicken Enchiladas

4 cups cubed cooked chicken or 1 lg. (tomato juice size) can chicken from Sam's

1 can cream of mushroom soup

1 can cream of chicken soup

1 sm. can chopped green chilies

8 oz green taco sauce (Wmt has 12 oz size, Price Chopper 8 oz size)

1/2 stick oleo

1 chopped onion

2 cups shredded cheddar cheese (divided)

Medium bag of tortilla chips

Cook chicken and cube. Sauté onion in oleo. Add soups, chilies, taco sauce. Stir in chicken and heat through. Line bottom for 9x13 pan with crunched chips (don't crush fine). Top chips with 1/2 chicken mixture, 1 cup cheese, more chips, chicken mixture and end with 1 cup cheese. Bake at 350 for 30-40 minutes. Serve with extra chips, green taco sauce and/or salsa.