

KNOWLEDGE@NOON GIFTS FROM THE KITCHEN

Wednesday, November 16th
Paola Extension Office

*Choose a
session:*

9-10:30am or

12-1:30pm

**SPACE IS
LIMITED AND
RSVP IS
REQUIRED.
PLEASE PREPAY
\$5 TO HOLD
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Master Food Volunteer
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Preserve It Fresh, Preserve It Safe

Volume 8, Issue 6
November/December 2022



Holiday Food Preserved Gifts



The holidays are a common time for food items to be used for gift exchanges. However, is this really a good idea for a gift? What should you do if you receive a home-processed food item?

It is always best to err on the side of caution, even if you know the person giving the food item. While some recipes such as jams and jellies present less of a risk due to their high sugar content and acidity levels; others like your friend's famous chunky thick salsa processed in a jar could be harmful for consumption. Salsa on its own merit is not a reason for concern, but when processed in conditions that you do not know creates a reason for concern. Was the product acidified? How long was it processed? The mixture of some low-acid ingredients can create a perfect environment for *Clostridium*

botulinum. And, if it is a thick salsa, chances are it was not processed long enough to destroy spoilage microorganisms.

You may receive a home-processed food item that you know was processed properly and feel safe consuming it.

Even in these cases, it is important to watch for spoilage that might occur. As always, if in doubt, throw it out. Just because a food item is sealed in a jar, does not mean that it is safe for consumption.

The act of giving homemade gifts is not something that should be shied away from, rather consider how you accept and present homemade gifts. In some cases, an unpreserved food item is the safest gift. Reduced risk means there will be more time for holiday festivities!

Receive this newsletter electronically by signing up at <https://extension.missouri.edu/programs/food-preservation/>

Local contact information:

Paola Office -
913-294-4306

Mound City Office -
913-795-2829

Franny Eastwood,
FCS Agent
fmeastwo@ksu.edu

NORTH CENTRAL REGION FOOD SAFETY



Using Salt in Canning

In-home canning, salt is primarily for flavor in plain vegetables, tomato products, poultry and meat. Therefore, salt can be left out of these products to reduce the sodium content. In vinegar-based pickles, salt contributes to the flavor. For fermented foods, salt is needed for safety and flavor.

There are many types of salt available. The type to use in canning is a common question. Let's look at some choices.

Canning and pickling salt is highly recommended for any canning, pickling or fermentation. In canning recipes, when salt is listed as an ingredient, this is the best choice.

Table salt is safe for canning, but it contains anticaking ingredients that do not dissolve and cause cloudiness. The iodine in iodized salt can cause pickles to darken, discolor or be spotty. Iodine can cause cauliflower to turn pink or purple.

Salt substitutes are primarily potassium chloride which can

cause metallic flavors. These are not recommended for canning.

Kosher salt and sea salt can measure differently from canning and pickling salt. Sea salt contains various minerals which can cause discoloration or off-flavors. Do not use these for pickling or fermentation.

Never use rock salt, ice cream salt or water softener salt as they are not for human consumption.

Source: PennState Extension, extension.psu.edu/lets-preserve-ingredients-used-in-home-food-preservation



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There are a number of ways to decorate your Gifts in a Jar.

- Paint a Design on your Jar before filling it.
- Layer the ingredients in the Jar like Sand Art
- Wrap the entire Jar in Tulle or Fabric
- Attach a Tag using ribbons or Raffia
- Wrap the entire Jar with Colored Cellophane or Fabric
- Simply add a finish tag & Pretty Label
- Place several different size mixes in a Themed gift basket
- Purchase odd shaped jars at dollar stores & fill them
- Attach small whisks, wooden spoons, mini garden trowel, jute, etc to spruce up your jar
- Decoupage photos to your jar, or pieces of Tissue paper for a stained glass effect
- Attach a cookie cutter with some ribbons or raffia
- Use hot-glue to add Flowers, spice ornaments.
- If making a jar for a grandparent, let the kids use different colors of paint and "Handprint" the jar
- Decorate with stickers
- Make your jar sparkle with Glitter Paints
- Use Baby food Jars for Dip mixes & Single serving "Mug" Mixes
- Create a Raffia Bundle by cutting 6" pieces, bundle the center with a twisty tie. Fluff it out a bit & attach to jar with hot glue
- Create a Victorian "feel" to your jar by attaching dried flowers and a drapery tassel
- Top jar with a doily & paint the lid, glue on a fabric heart, bat, Christmas tree etc
- For western theme, wrap bandana around jar & attach mini straw hat
- Decorate jar or bottle with natural materials such as mini pine cones

source: Washington State Extension



Magic Reindeer Food

Magic Reindeer Food lays a glittering path to guide the reindeer on Christmas Eve. Using sugar crystals is safe for animals.

½ cup	oatmeal
½ cup	sugar
¼ cup	red or green sugar crystals (for cake decorating)

Mix all ingredients in a zipper sandwich bag or plastic shaker container.

Add this poem:

**Be sure to take this magic food and sprinkle on the lawn,
On Christmas, Santa's reindeer travel miles before the dawn.
The smell of oats and glitter path will guide them on their way
And you'll wake up to Santa's gifts next morn on Christmas day!**

TIPS FOR PLANNING TO ENTERTAIN

Healthy Baking substitutions

Replace 1 cup of white flour in...

Any baking recipe: 1 cup of whole-wheat flour
 Brownies: 1 cup pureed black beans
 Cakes, cookies, sweet breads: 1 cup nut flour
 Cakes, cookies, pancakes: ½ cup coconut flour plus 1 extra egg

Replace 1 cup sugar in...

Any baking recipe: 1 cup unsweetened applesauce
 Cakes, cookies, sweet breads: 1 teaspoon liquid stevia, or 2 tablespoons stevia powder plus ½ cup mashed fruit

Replace 1 cup vegetable oil...

Cakes, cookies: 1 cup mashed banana
 Dark baked goods: ¾ cup prunes plus ¼ cup boiling water, blended together
 Brownies, chocolate cookies: 1 cup pureed avocado
 Muffins, sweet breads: 1 cup applesauce

Here is a no-fail strategy when planning for food for a party; use the 5-4-3-2-1 formula invented by Elizabeth Scokin, whose company throws hundreds of events each year.

(from an article in the Nov 30, 2015 issue of First magazine)

Plan on:

- 5 pieces of hors d'oeuvres per person
- A 4 ounce serving per person of a side dish
- 3 cups of nuts to snack on for every 10 guests
- 2 cookies per person
- 1 pound of crudites per every 10 guests

For Drinks: plan on 3 drinks per person for two-hour event or 2 drinks per person for the first hour and one drink per person per hour after that.

source: Washington State Extension



BASIC FOOD SAFETY FOR FALL GATHERINGS

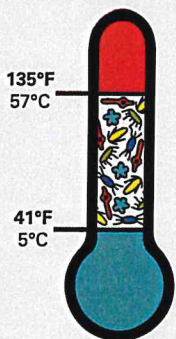
During the holidays, many people plan and prepare meals to feed more than just their own family. Feeding a crowd can raise the risk of foodborne illness from pathogens that you can't see, smell or taste. Consider these tips on how to safely prepare, cook and serve meals to keep those at your table safe from foodborne illness.

Temperature Danger Zone

Harmful bacteria grow fastest between 41°F and 135°F. Minimizing time in this range, called the temperature danger zone, reduces growth of these harmful bacteria.

Foods that can support the growth of harmful bacteria should not be left in this temperature range for more than 4 hours.

Examples: cooked vegetables, pasta and rice; cooked and raw meat, poultry and fish; cut melons, tomatoes and leafy greens.



Personal Hygiene

- Wear clean clothes and aprons when cooking and serving
- Cover cuts and sores with water proof bandages
- Do not prepare or handle food if you have had diarrhea or vomited in the last 48 hours
- Wash hands thoroughly and often when preparing food

Cleaning and Sanitizing

- Clean dishes and prep equipment by washing them in a dishwasher or hot soapy water
- To sanitize dishes, equipment and surfaces that do not go in a dishwasher dip them a bleach solution, or another sanitizer approved for food surfaces
 - To make a bleach solution mix 1 tablespoon of bleach in 1 gallon of water
- Be sure to follow all manufacturers' directions and never mix chemicals together

Handling Leftovers

- Refrigerate perishable leftovers as soon as the meal is over
- Throw away/compost perishable food left at room temperature for 4 hours or more
- Place foods in shallow containers before refrigerating for quicker cooling
- Eat leftovers within 7 days

Hot and Cold Holding

Hold hot foods at 135°F or higher with chafing dishes, warming trays or slow cookers. Hold cold at 41°F or lower by placing serving dishes in or on larger dishes filled with ice.

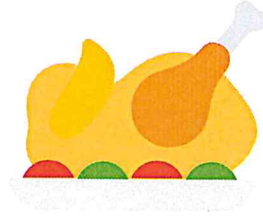
Cooking Food Safely

Check food temperatures with a calibrated digital thermometer. Measure at the thickest spot and stir liquid-based foods before checking temperature. For products that have a hold time longer than <1 second, ensure the food maintains the appropriate temperature or hotter for the entire duration.

Food	Cook Temperature and Time
Roast beef	130°F for 112 min., 145°F for 4 min.
Beef, pork, veal and lamb, fish and shellfish	145°F for 15 sec.
Ground meat, sausage, fish sticks	158°F < 1 sec., 155°F for 17 sec.
Stuffed pasta or casseroles	165°F < 1 sec.
Poultry and wild game animals	165°F < 1 sec.
Reheated food to be held hot for serving	165°F < 1 sec.



Turkey Tips



→ Buying Turkey

- Buy 1 pound of turkey per person

→ Thawing

There are different ways to safely thaw a turkey. Do not thaw a turkey at room temperature because bacteria will multiply quickly and make you sick.

- Refrigeration
 - The fridge temperature should be at or below 40°F.
 - Keep the turkey in its original wrapping then place it into a large pan or container to prevent juices from getting on to other foods.
 - Plan a few days ahead. Allow approximately 24 hours for every 4-5 pounds of turkey.
 - For example if you bought a 12-pound turkey, allow 3 days for the turkey to thaw completely.
- Microwave
 - Remove all the wrapping before putting it in the microwave.
 - Cook the turkey immediately after it is thawed.
 - Do not put it back in the refrigerator.
- Fast Thaw Method
 - Keep the turkey in its original wrapping and put it in an ice chest or in a clean sink.
 - Do not put the turkey in a bathtub.
 - Cover the turkey with cold water.
 - After it has thawed completely, refrigerate or cook.

→ Preparation

- Remove the wrapping, but do not wash the thawed turkey.
- Wash your hands in warm soapy water for 20 seconds before and after touching the raw turkey.
 - Sanitize the area where you are preparing the turkey.
- Remove the turkey's insides (neck and giblets) from within the body cavity.
- The "pop-up" tool should be placed into the thickest part of the breast before going into the oven.

→ Cooking & Temperature

- The oven should not be below 325°F.
 - Bacteria can survive at lower temperatures.
- Place the turkey on a clean tray or pan to catch the juices lost when cooking.
- The internal temperature must reach 165°F in order to be safe to eat.
 - Use a meat thermometer to check the internal temperature.
 - Insert the thermometer into the thickest part of the breast.
 - The “pop-up” tool is not always accurate.
- The amount of time to cook the turkey depends on the size.
- The chart states the approximate amount of time it takes for the turkey to cook.
 - There are many factors that can change the amount of cooking time.
 - Your turkey may take longer than the times below.



Weight of Turkey (Pounds)	Amount of Time for Unstuffed Turkey (Hours)
8 - 12	2 hr 45 min - 3 hr
12 - 14	3 hr - 3 hr 45 min
14 - 18	3 hr 45 min - 4 hr 15 min
18 - 20	4 hr 15 min - 4 hr 30 min
20 - 24	4 hr 30 min - 5 hr

→ Storing Leftovers

- Any leftover turkey should be refrigerated within 2 hour of serving.
 - Place into shallow containers to stop bacterial growth.
- All leftovers should be eaten within 3-4 days.
- The turkey can also be stored in the freezer for up to 2-6 months in sealed containers.

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Brownie Mix

1 cup sugar
½ cup flour
⅓ cup baking cocoa
¼ teaspoon salt
¼ teaspoon baking powder
Mix together well with a fork

Add

2 egg
½ cup vegetable oil
1 teaspoon vanilla

Stir with spoon until well mixed. Spray an 8 X 8 baking dish and put batter in the dish. Bake at 350 degrees for 20 to 25 minutes.

Serves 9

Submitted by: Debi
Doering, M.F.V.

Nutrition Facts

Serving size: slices
Servings: 9

Amount per serving

Calories **238**

% Daily Value*

Total Fat 13.6g	17%
Saturated Fat 3g	15%
Cholesterol 36mg	12%
Sodium 81mg	4%
Total Carbohydrate 29.5g	11%
Dietary Fiber 1.3g	4%
Total Sugars 22.4g	
Protein 2.6g	
Vitamin D 3mcg	17%
Calcium 16mg	1%
Iron 1mg	5%
Potassium 84mg	2%

Christmas Coffee Cake

- 1/2 cup butter softened
- 1 cup sugar
- 4 eggs
- 2 cups flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 can cherry pie filling (you can also use blackberry or apple)

Icing

- 1 cup powdered sugar
- 1 teaspoon vanilla
- 2 teaspoons milk (or until moistened to extra thick syrup consistency)

Cream butter and sugar. Add eggs one at a time, beating thoroughly. Add flour, baking powder and salt. Mix well. Pour batter into a greased 9 X 13 baking dish. Pour pie filling over cake batter and swirl with a knife. Bake at 350 for 50 to 60 minutes. Test cake for doneness as it may require more time. Cool slightly. Mix powdered sugar, vanilla and milk. Stream ribbons of icing across the cake.

Serves 12

Submitted by: Debi Doering, MFV

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Christmas Coffee Cake

Nutrition Facts

Serving size: slices
Servings: 12

Amount per serving

Calories

327

% Daily Value*

Total Fat 9.4g 12%

Saturated Fat 5.4g 27%

Cholesterol 75mg 25%

Sodium 182mg 8%

Total Carbohydrate 57.2g 21%

Dietary Fiber 0.9g 3%

Total Sugars 26.7g

Protein 4.3g

Vitamin D 10mcg 52%

Calcium 29mg 2%

Iron 1mg 8%

Potassium 121mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Brunch Torte

- 1 package pie crusts
- 2 to 3 cups shredded cheese of your choice (depends on how much you like)
- $\frac{3}{4}$ pound diced ham
- 1 $\frac{1}{2}$ cups shredded hash browns
- 1 medium onion chopped
- 1 package 10 oz frozen spinach thawed and well drained
- 1 egg
- 1 tablespoon water

Allow crusts to stand at room temperature 15 to 20 minutes. Place the baking sheet in a 375 degree oven to heat. Press 1 crust in bottom and up sides of a 9 in springform pan or a 10 inch deep dish pie plate. Sprinkle $\frac{1}{3}$ of the cheese on the bottom crust. Top with half the ham, half the hash browns and half the onion. Distribute spinach evenly over the onion. Top with $\frac{1}{3}$ of the cheese and remaining ham, hashbrown and onion. Sprinkle the remaining cheese over the onion. Gently press mixture all around. Top with second crust, fold top crust over edge of bottom crust and pinch to seal edges. Cut slits in the top crust to vent. In a small bowl combine egg and water, mix well. Brush top crust with egg mixture. Place torte on a hot cookie sheet. Bake 375 for 50 to 60 minutes or until the crust is deep golden brown and the filling is thoroughly heated. Serves 8.

Make ahead: Assemble the night before, cover and refrigerate overnight. Bake in 375 oven 55 to 70 minutes or until crust is golden brown and filling is thoroughly heated

Submitted by: Debi Doering, MFV



Brunch Torte. Photo Credit: Charlie Cloud, Johnson County Master Food Volunteer

Brunch Torte
Nutrition Facts

Servings: 8

Amount per serving

Calories **458**

% Daily Value*

Total Fat 29.9g 38%

Saturated Fat 12.9g 64%

Cholesterol 89mg 30%

Sodium 1076mg 47%

Total Carbohydrate 25.7g 9%

Dietary Fiber 2.9g 11%

Total Sugars 1.5g

Protein 21.8g

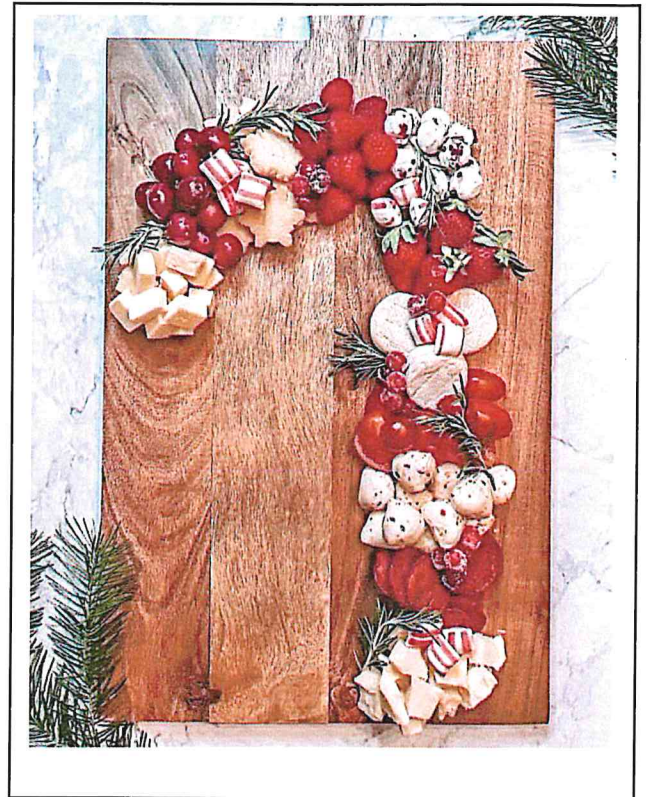
Vitamin D 7mcg 35%

Calcium 363mg 28%

Iron 3mg 15%

Potassium 572mg 10%

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Submitted by Debi Doering, MFV

Herb Veggie Dip Mix

Ingredients:

¼ cup dried parsley flakes
¼ cup dried thyme leaves
2 tablespoons dried tarragon leaves
2 tablespoons dried onion flakes
3 teaspoons garlic powder
½ teaspoon salt
½ teaspoon coarsely ground black pepper

Measure all into a ziploc baggie & seal until ready to use.

Nutrition Facts for 1 Tbsp: 8 calories, .1 g fat, 0 mg cholesterol, 79 mg sodium, 1.7 g carb, .3 g protein

Herb Mix Dip

Ingredients:

1 tablespoon mix
¾ cup sour cream
¼ cup mayonnaise
1 teaspoon lemon juice

Mix and serve with assorted fresh vegetables. **Yield:** 1 cup dip

Nutrition Facts for 2 Tbsp: 75 calories, 7 g fat, 11 mg cholesterol, 64 mg sodium, 2.7 g carb, .8 g protein

Cranberry Scone Mix

Ingredients:

2 cups flour
½ cup sugar
1 tablespoon baking powder
½ teaspoon salt
½ cup dried cranberries

Directions:

In bowl mix all ingredients except cranberries. Place in plastic storage bag. Place cranberries in separate small plastic bag. Place in a decorative container and attach a copy of the recipe card.

Recipes submitted by Jerri Hefling, MFV

Cranberry Scones

Ingredients:

Container of Cranberry Scone Mix (see recipe above)
1 stick cold butter, diced
1 beaten egg
¼ cup milk
sugar for sprinkling on top

Directions:

Preheat oven to 375°F. Prepare baking sheet by lining with parchment paper or greasing lightly. Pour scone mix into bowl. Set cranberries to the side for now. Cut in diced butter using pastry blender or 2 forks. Add egg and milk, stir until blended. Stir in cranberries. Shape into a ½ inch thick disk on baking sheet; score into wedges. Brush with milk and sprinkle with sugar. Bake 25 minutes until golden brown. Cool slightly before serving.

Nutrition Facts: 6 servings: 372 calories, 16.6 g fat, 69 mg cholesterol, 320 mg sodium, 51 g carbs, 5.7 g protein

Recipe submitted by Jerri Hefling, MFV

Holiday Tree-Shaped Cheese Ball

Ingredients:

2- 8 ounce packages cream cheese softened
1- 4½ ounce package dried beef, chopped
½ cup finely chopped green onions
1 teaspoon prepared horseradish
½ teaspoon garlic powder

Directions:

Mix cheese ball ingredients and refrigerate about 4 hours or until firm enough to shape. Place cheese mixture on cookie sheet. Shape into cone shape to look like a pine tree. Just before serving, roll tree in parsley, pressing it evenly into tree. Press pine nuts into tree in string form for garland. Press bell pepper pieces onto tree for ornaments. Top tree with star shape cut from lemon peel. Place the tree in the middle of a platter covered with a cloth napkin 'tree skirt', and surround it with crackers of all shapes and sizes for the 'gifts'.

Nutrition Facts: 12 servings: 152 calories, 13.7 g fat, 51 mg cholesterol, 563 mg sodium, 1.8g carbs, 6 g protein

Recipe submitted by Royce Collins, former MFV

Confetti Bean Soup

Ingredients:

- 1- 16 ounce package dry black beans
- 1- 16 ounce package dry great northern beans
- 1- 16 ounce package dry red kidney beans
- 1- 16 ounce package dry pinto beans
- 1- 16 ounce package dry green split peas

Up to a month before using:

In a large bowl, mix beans; spoon mixture into four 4-cup containers, placing about 3 rounded cups in each container. Prepare seasoning bags (see recipe below).

Place 1 seasoning bag in each container. If giving mix as gifts, include Confetti Bean Soup recipe (below) with each gift.

Seasoning Bags:

Cut four 6-inch squares plastic wrap. Onto each square place 3 beef-flavor bouillon cubes, 3 tablespoons dried chopped chives, 1 teaspoon salt, 1 teaspoon dried savory, ½ teaspoon ground cumin, ½ teaspoon coarsely ground black pepper, 1 bay leaf. Gather plastic & tie with string or ribbon.

Confetti Bean Soup

Rinse beans from 1 container of soup mix & place in 5-quart Dutch oven. Add 9 cups water. Bring to boil for 3 minutes. Remove from heat, cover and let stand 1 hour, drain & rinse beans.

Return beans to Dutch oven; add contents of seasoning bag and 5 cups water. Heat to boiling, reduce heat to simmer, cover & simmer 1½ hours or until beans are tender. Stir occasionally.

Add one 14½ to 16 ounce can stewed tomatoes with its liquid. Bring to boil, reduce heat to low and cook, uncovered for 15 minutes. Stir to break up tomatoes. Discard bay leaf.

Makes 12 first-course servings. Each serving: About 160 calories, 1g fat, 0mg cholesterol, 530mg sodium.

Recipe from Jerri Hefling, MFV

Turkey Noodle Soup Mix

A welcome gift during the holiday season, when there is usually plenty of leftover turkey meat on hand.

¼ cup red lentils
2 tablespoons dried onion
1½ tablespoons chicken-flavored bouillon granules
1½ teaspoons dried dill weed
⅛ teaspoon ground celery
⅛ teaspoon garlic powder
1 small bay leaf
1 cup uncooked medium egg noodles

Layer ingredients in the order given in a glass jar.

Pretty packaging:

Cover the lid with a round or square of fabric that is cut 2½ inches larger in diameter than the top of jar. Fasten with a rubber band; tie with ribbon to cover rubber band.

Gift tag greeting: “This makes about 10 cups of good, hot soup perfect for a cold night. Here’s how to make it.”

Turkey Noodle Soup

8 cups water
1 jar turkey-noodle soup mix (see recipe above)
1- 10 ounce package frozen mixed vegetables
2 cups cooked, diced turkey or chicken

Directions:

Bring water to boil in large saucepan over high heat; stir in soup mix. Reduce heat to medium-low; cover and simmer 15 minutes. Stir in frozen mixed vegetables and cooked turkey. Cook 5 minutes longer or until noodles and vegetables are tender.

Nutrition Facts; for 1 cup: 180 calories, 1.5 g fat, 17 mg cholesterol, 109 mg sodium, 19.2 g carbs, 12.2 g protein.

Recipe from Barbara Farner, Extension Educator, Nutrition and Wellness, University of Illinois Extension.

Triple Chocolate Cookie Mix

Ingredients:

2¼ cup all-purpose flour, divided – (1¼ cup & 1 cup)
1 tablespoon baking powder
½ teaspoon salt
½ baking soda
½ cup baking cocoa
1 cup packed brown sugar
½ cup sugar
¾ semisweet chocolate chips
¾ white baking chips

Additional Ingredients: (needed for when baking cookies)

¾ cup butter, melted & cooled
3 eggs
3 tablespoons vanilla extract

To make mix:

In small bowl whisk 1¼ cups flour, baking powder, salt & baking soda. In another bowl whisk cocoa & remaining flour. In an airtight container, layer half of flour mixture & half of cocoa mixer; repeat. Layer sugars & chips in order listed. Cover & store in cool dry place up to 3 months. Makes about 5 cups.

To prepare cookies:

Preheat oven to 350°F. In large bowl beat butter, eggs & vanilla until well blended. Add cookie mix & mix well. Drop dough by tablespoons 2 inches apart on ungreased cookie sheet. Bake 12-14 minutes or until firm. Store in airtight container.

Makes about 5 dozen.

Nutrition Facts: 1 cookie: 97 calories, 3.6 g fat, 14 mg cholesterol, 51 mg sodium, 15 g carbs, 1.6 g protein

TOH Christmas 2014 Submitted by Jerri Hefling, MFV

Spice Oatmeal Cookie Mix

Ingredients:

1 cup all-purpose flour
1 teaspoon cinnamon
¾ teaspoon baking soda
¼ teaspoon salt
⅛ teaspoon ground nutmeg
½ cup brown sugar
½ cup sugar
1 cup old-fashioned oats
½ cup milk chocolate chips
½ cup butterscotch chips
½ cup sweetened shredded coconut

Additional Ingredients: (needed for when baking cookies)

½ cup butter, softened
1 large egg, room temperature
¾ teaspoon vanilla extract

To make mix:

In small bowl combine first 5 ingredients. In quart jar, layer flour mixture, brown sugar, sugar, oats, chips & coconut. Pack well between layers. Store in cool dry place for up to 6 months. **Yield:** 1 batch (4 cups)

To prepare cookies:

Preheat oven to 350°F. In a large bowl, beat butter, egg & vanilla. Add cookie mix & mix well. Drop by rounded teaspoonful 2 inches apart on ungreased cookie sheet. Bake 9-11 minutes or until golden brown. Cool 2 minutes, then move to wire rack.

Makes 3½ dozen. **1 cookie:** 90 calories, 4g fat, 11mg cholesterol, 6mg sodium, 12g carbohydrates, 8g sugar, 0 fiber, 1g protein.

TOH October/November 2020, Submitted by Jerri Hefling, MFV

Clovia's Famous Coffeecake

2 1/2 c. sifted flour	1/2 t. baking soda
1 1/2 c. brown sugar	1/2 t. cinnamon
1/2 t. salt	1/2 t. nutmeg
2/3 c. shortening	1 1/3 c. buttermilk
2 t. baking powder	2 beaten eggs

In a med. bowl, combine flour, brown sugar, and salt. Cut in shortening until mixture resembles coarse crumbs; set aside 1/2 c. Stir baking powder, soda, cinnamon, and nutmeg into remaining crumb mixture. In another bowl, combine eggs and buttermilk. Add egg mixture all at once to flour mixture and mix. Spoon batter into 9 x 13 inch prepared pan. Sprinkle crumb mixture over batter. Bake at 350 degrees for 30 - 35 in. or until toothpick inserted near the center comes out clean.

Nutrition Facts: 12 servings: 215 calories, 12.4 g fat, 28 mg cholesterol, 194 mg sodium, 24.4 g carbs, 2.5 g protein

Cinnamon Roll Cake

3 c. flour	1/2 t. salt
1 c. sugar	4 t. baking powder
1 1/2 c. milk	2 eggs
2 t. vanilla	1/2 c. butter, melted
3/4 c. butter, softened	1 c. brown sugar
2 T. flour	1 T. cinnamon

Glaze:

2 c. powdered sugar	5 T. milk
1 t. vanilla	

Mix flour, salt, sugar, baking powder, milk, eggs, and vanilla together. Stir in melted butter slowly. Pour into greased 9x13 pan. Mix topping ingredients (3/4 c. softened butter, brown sugar, flour and cinnamon.) Drop over cake mixture evenly. Swirl your topping and cake mixture with a knife going up and down the length of the pan, but only inserting it in the cake mix a little. Bake at 350 degrees for 28-32 minutes. Top with the glaze. Drizzle over the cake while it is still warm.

Nutrition Facts: 12 servings: 423 calories, 21 g fat, 81 mg cholesterol, 263 mg sodium, 55 g carbs, 5.4 g protein

Recipes submitted by Gayle Plummer, MFV

HOT CHOCOLATE ON A STICK

3 c. semi-sweet chocolate chips

14 oz can sweetened condensed milk

1 ½ c mini marshmallows or other toppings

1 gal. whole milk

4 oz bittersweet baking bar broken into small pieces

½ c. heavy cream

28-30 lollipop sticks

Instructions: Place silicone molds (2 with 15 squares 1 ½ in on all edges of cube space) onto a rimmed baking sheet. Set aside. In a large bowl, add the chocolate chips and the broken up pieces of the bittersweet baking bar. Set aside. In a medium saucepan, on medium heat, add the condensed milk and heavy cream. Heat the mixture until it reaches about 120°-130° F, about 3-4 minutes. Pour the milk mixture into the large bowl with the chocolate. The chocolate should be completely covered by the hot milk mixture. Allow this to sit, undisturbed, for 3-4 minutes before whisking it to completely incorporate the hot milk and chocolate to make a smooth sauce. Transfer the chocolate sauce to a large piping bag or zip lock plastic bag with a corner snipped off. You will want to keep the open tip facing up until you are ready to pipe the sauce into the silicone molds. Pipe the melted chocolate into each of the square openings about ¾ full. You will want to leave some space to top each of your squares with 4-5 mini marshmallows, gently pressing them down. If you choose to omit a garnish topping then you can fill your squares all the way full. Place 1 stick into the center of each chocolate square. Place the tray of hot chocolate squares into the refrigerator to chill and firm, for 3 hours up to overnight. Once the hot chocolate squares are firm, you will remove 2 individual squares from the silicone mold to make 1 mug of hot chocolate. To make the hot chocolate, place the 2 hot chocolate cubes on a stick into a large 10-12 oz mug. In a microwave safe 2 cup measuring cup, add 1 cup of milk and heat on high for 2 – 2 ½ minutes. This will scald, not boil, your milk so it is hot enough to melt your chocolate cubes. Use the sticks to stick until completely melted.

Notes: Use good quality chocolate. Semi-sweet chips will work better than milk chocolate chips. You can use milk chocolate rather than bittersweet however. Whole milk or 2% works best. Other toppings could be candy cane pieces, mini M&Ms, holiday sprinkles, toffee bits, candy bar bits. Whatever you use, press them in slightly. Check the sticks after a bit once in the refrigerator to see if they are standing straight up.

Nutrition Facts: for 28 servings: 316 calories, 15.5 g fat, 27 mg cholesterol, 98 mg sodium, 37 g carbs, 8 g protein

CHRISTMAS CRUNCH (WHITE CHOCOLATE POPCORN)

½ c. unpopped popcorn kernels

1 ½ c. baby pretzels or broken pretzels

Christmas sprinkles

12 oz bag vanilla candy melts or vanilla almond bark

10 oz bag green and red M&Ms

Pop the popcorn. Remove any unpopped kernels. Add pretzels and M&Ms and mix. Melt candy melts in microwave at 50% power in 30 second intervals until melted and smooth. Drizzle half over popcorn mixture, stir, tossing gently with rubber spatula, then drizzle the remaining half of the melted chips over the popcorn. Stir gently until evenly coated. Don't over stir or sprinkles won't stick. Pour into a single layer onto wax paper. Sprinkle entire mixture with sprinkles before vanilla chips set. Allow to cool and harden, then gently break into pieces and store in an airtight container. Should be eaten within a few days or popcorn will go stale.

Nutrition Facts: for 25 servings: 196 calories, 6.5 g fat, 1 mg cholesterol, 209 mg sodium, 33 g carbs, 3.6 g protein

Recipes submitted by Beverly Burke, MFV