

Gifts from the Kitchen



Wednesday, November 14, 2018

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Gifts from the Kitchen

A gift from the kitchen is twice blessed; it gives pleasure to the giver as well as to the receiver.

Many holidays are so commercialized that much of the true meaning of the holiday has been lost. While it is nice to give money or fancy gifts, no gift is more appreciated than those that are homemade or handmade. Those are the special gifts that come from the heart and take extra time and thought. Gifts created in your kitchen are a special way to share a little of yourself.

Food Gift Ideas

A gift from the kitchen does not need to be elaborate or be made of costly ingredients. It should be a bit out of the ordinary and something the receiver is not likely to make.

Try to match the gift of food to the food likes of the person who will receive it. When thinking about what you might give as a gift, think about something

- You enjoy making;
- You and your children or grandchildren could make together;
- The recipient would not make for themselves; or
- That is your specialty.

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

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.

Slow Cooker Breakfast Tacos

1 dozen eggs

1 30 oz. bag frozen shredded hash browns

1 lb. cooked and crumbled; bacon, ham or sausage

3 cups shredded Mexican blend cheese

1 medium chopped onion

1 red bell pepper, chopped

1 lb. mushrooms sliced

1 can Green chilies

18 soft taco shells

Extra cheese and salsa for garnish

Mix the eggs in a bowl (add a little milk to make them fluffy). Layer hash browns, egg mixture, then meat, then vegetables, then cheese. Repeat layers ending with cheese on top. Cook overnight in a slow cooker on low for 9 to 10 hours. Spoon into taco shells and serve. Serve with salsa and extra cheese for garnishing.

Makes 18 tacos.

Wheat, Corn, Soy Pancakes

Dry Ingredients:

½ cup all-purpose flour
½ cup whole wheat flour
½ cup cornmeal
1 Tablespoon baking powder
½ teaspoon salt

Wet Ingredients:

1 large egg
1 ½ cups soy or regular milk
1 Tablespoon corn oil
3 Tablespoons honey
½ teaspoon vanilla

1. In a large bowl, stir together dry ingredients.
 2. Combine wet ingredients and mix well.
 3. Add wet ingredients to dry all at once. Whisk until blended and still a little lumpy.
 4. Pour batter onto a hot, lightly greased frying pan or griddle.
Flip when pancake has bubbly surface and slightly dry edges.
 5. When cooked through, remove pancake. Serve with butter, maple syrup, jelly or as desired.
- Enjoy! *Recipe submitted by Gayle Plummer, MFV.*

Sunrise Muffins

Mix for Jar:

2 cups flour	½ cup light brown sugar
1 Tablespoon baking powder	½ cup golden raisins
½ teaspoon salt	½ cup diced dried pineapple
½ teaspoon nutmeg	½ cup shredded coconut
½ teaspoon cinnamon	½ cup sliced almonds

To prepare muffins, Add:

1 cup milk
¼ cup vegetable oil
1 large egg, slightly beaten

Layering Dry Mix:

Combine flour, baking powder, salt, nutmeg, cinnamon. Put into wide mouth quart jar. Pack light brown sugar in jar. Combine raisins, dried pineapple; layer into jar. Combine coconut and almonds, layer in jar. Adjust cap.

To Prepare: Prepare muffin tin with light coating of vegetable shortening or muffin papers. Combine milk, vegetable oil, egg in medium bowl. Add jar of muffin mix. Stir until dry ingredients are moist. Fill Muffin cups half-full with batter. Bake at 400 degrees F. for 20 -25 minutes. Makes 14 muffins. Recipe from Ball Idea Book, 2003.

Cinnamon Sugar Muffin in a Mug

1 (12 to 16 oz) Mug, sprayed with nonstick cooking spray

4 teaspoon granulated sugar	¼ teaspoon vanilla extract
½ teaspoon ground cinnamon	¼ cup all-purpose flour
1 tablespoon butter	¼ teaspoon baking powder
2 tablespoons milk	Pinch of salt
2 tablespoons beaten egg	

1. In a small bowl or cup, combine sugar and cinnamon until blended
2. In the mug, microwave butter on High for 15 to 30 seconds or until melted. Using a fork whisk in egg, milk, vanilla and half of the cinnamon sugar. Still using the fork, beat in flour, baking powder and salt until smooth. Sprinkle batter with remaining cinnamon sugar.
3. Microwave on High for 1 to 2 minutes (checking at 1) or until center is just set. Let cool slightly or entirely in mug. Eat directly from mug or gently remove to a small plate.

VARIATIONS: Blueberry Muffin: Add 6 to 8 blueberries to the batter after mixing.

Cranberry Orange Muffin: Add 1 ½ Tablespoon dried cranberries and ½ teaspoon grated orange zest with the egg.

Gluten-Free Cinnamon Sugar Muffin: Use almond flour in place of the all-purpose flour. Make sure the baking powder is gluten free.

TIPS: To measure the egg, whisk 1 large egg in a small airtight container. Measure 2 Tablespoons into the mug as directed. Cover and refrigerate the remaining egg (about 2 Tbsp) for up to 2 days.

One small egg can be used in place of the 2 Tbsp. beaten egg.

Try replacing the cinnamon with pumpkin pie spice.

STORAGE TIP: The muffin can be made in advance. Remove from mug and let cool completely, then tightly wrap in plastic wrap, parchment paper or foil, or store in an airtight container. Store at room temperature for up to 1 day or in the refrigerator for up to 2 days.

Recipe from '250 Meals in a Mug'.

Breakfast Muffins

1/3 cup shortening	1/4 teaspoon nutmeg
1/2 cup sugar	1/2 cup milk
1 egg	1/2 cup sugar
1 1/2 cups flour	1 teaspoon cinnamon
1/2 teaspoon salt	1/2 cup oleo margarine

Heat oven to 350 degrees. Grease 15 med. muffin cups. Mix thoroughly shortening, 1/2 c. sugar, and egg. Stir in flour, baking powder, salt, nutmeg, and milk. Fill muffin cups 2/3 full. Bake 20-25 min. Mix 1/2 c. sugar and the cinnamon. Immediately after baking, roll in melted oleo, then in cinnamon-sugar mixture. Serve hot.

This recipe is in the first Block Cookbook. I've made it several times and is really good!

Lemony Snack Mix

5 cups Rice Chex
4 cups Corn Chex
1 ½ cups White Baking Chips
4 teaspoons grated Lemon zest
2 Tablespoons Lemon Juice
¼ cup Butter, softened
1 ½ cups Confectioners' Sugar

Place cereals in a large bowl. In top of a double boiler or a metal bowl over hot water, melt baking chips with lemon zest and juice, stir until smooth. Stir in butter until blended. Pour over cereal, toss to coat. Add the confectioners' sugar. Spread mix onto waxed paper to cool. Store in airtight containers. Makes 2 ¾ quarts.
(11 - 1 cup servings)

Santa's Snack Mix

2 cups Honey Nut Cheerios
2 cups Chow Mein Noodles
2 cups mini Pretzels
1 cup honey roasted Peanuts
½ cup Raisins
½ cup holiday milk chocolate M&M's
½ cup Vanilla or White Chips

In two wide mouth quart jars, layer all ingredients. Cover jars. Decorate with fabric and ribbon. To serve, pour into a bowl and stir to combine.

Yield : 8 cups (16 ½ cup servings)

Cranberry Coffee Cake

1/2 cup butter, softened
1 cup white sugar
2 eggs
1 teaspoon almond extract
2 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup sour cream
1 (14ounce) can whole berry cranberry sauce, stirred
For Icing:
1 cup powdered sugar
1/2 teaspoon vanilla
4 teaspoons milk

1. Preheat oven to 350 degrees. Grease and flour one 10 inch Bundt pan.
2. Cream together butter and sugar in a large bowl until light and fluffy. Beat in eggs 1 at a time, then beat in almond extract. Whisk together flour, baking powder, baking soda, and salt . Beat into butter mixture alternately with sour cream.
3. Spoon 1/3 of batter into prepared pan. Spoon 1/2 cup cranberry sauce on top and swirl into batter with thin knife. repeat with another 1/3 of batter and 1/2 cup of sauce. Top with remaining batter. Bake 45 minutes or until tests done with tooth pick. Let cool on rack for 10 minutes.

Remove from pan and let cool

1 hour. Stir together ingredients for icing and drizzle over cooled cake. Puree remaining cranberry sauce to serve with cake if desired.

Makes 14 servings: 297 calories, 10 gm fat,3 gm protein,47 gm Carbohydrates, 280 gm sodium.
This beautiful moist cake is prefect as a gift, of for serving at a family Brunch or Lunch or taking to a Pot Luck Meal. *Recipe Submitted by Royce Collins.*

Cheese Ball

8 oz. Velveeta Cheese (room temperature)

8 oz. cream cheese (room temperature)

4 oz. grated cheddar cheese

¼ cup mayonnaise

2 teaspoons Worcestershire

1 Tablespoon grated onion

1 teaspoon garlic salt

¼ teaspoon Tabasco

½ Tablespoon horseradish

Mix all together with mixer. Shape into balls, wrap in parchment paper or waxed paper and refrigerate at least overnight. Roll in parsley flakes or chopped nuts. Serve with crackers.

Recipe submitted by Debi Doering, MFV

Crock Pot Chocolate Peanuts

1 – 16 oz. jar salted peanuts

1 – 16 oz. jar unsalted peanuts

1 – 12 oz. bag semi-sweet chocolate chips

1 – 12 oz. bag milk chocolate chips

2 - 10 oz. bags peanut butter chips

2 packages white almond bark

Layer in crock pot in order of recipe. Cover and cook on low for 2 hours. Stir and mix well. Cover and cook on low an additional 30 minutes. Stir again and drop on parchment paper with a teaspoon and let set. *Recipe submitted by Debi Doering, MFV*

Spiced Nuts

1 egg white

2 cups mixed nuts

½ cup sugar

1 tablespoon cinnamon

1/8 teaspoon ground cloves

1/8 teaspoon nutmeg

1 cup raisins, dried cranberries or other small dried fruit

½ teaspoon salt (optional)

1. Preheat oven to 325 degrees. Line a large baking sheet with parchment paper.

2. Beat egg white using a whisk or mixer until frothy. Stir in nuts. Mix together sugar, cinnamon, cloves, and nutmeg in a small bowl; stir into nut mixture. Spread evenly over prepared pan.

3. Bake 20 minutes, stirring occasionally. Remove from oven and stir in fruit and salt if using. Let cool before serving. Nuts keep up to 2 days in an airtight container.

Per ¼ cup serving: 153 calories, 9 gm. Fat, 4 gm. Protein, 15 gm carbohydrates , 78 mg sodium.

Place in a decorative tin or jar for gift giving. *Recipe Submitted by Royce Collins.*

Chocolate Mint Coffee Creamer

Makes 3¾ cups creamer

- 1 cup nondairy powdered creamer
- 1 cup chocolate-flavored Nesquik
- ¾ cup finely crushed peppermints
- ½ cup instant nonfat dry milk powder
- ½ cup confectioners' sugar

Garnish: chocolate-dipped peppermint sticks

- ✦ In a medium bowl, combine creamer, Nesquik, peppermints, milk powder, and sugar. Spoon mixture into gift jars of choice.
- ✦ To serve, stir 1 tablespoon creamer into 1 cup hot coffee. Garnish with chocolate-dipped peppermint sticks, if desired.

Almond-Flavored Coffee Creamer

Makes about 3½ cups creamer

- 1 cup nondairy powdered creamer
 - 1 cup instant nonfat dry milk powder
 - ¾ cup confectioners' sugar
 - ½ cup sweet ground chocolate
 - 3 tablespoons almond extract powder
- Garnish: toasted almonds, whipped cream**

- ✦ In a medium bowl, combine creamer, milk powder, sugar, chocolate, and almond extract powder. Spoon mixture into gift jars of choice.
- ✦ To serve, stir 1 tablespoon creamer into 1 cup hot coffee. Garnish with toasted almonds and whipped cream, if desired.
- ✦ Note: We used Adams Best Almond Extract Powder, adamsextract.com.

Malted Coffee Creamer

Makes 3½ cups creamer

- 1 cup nondairy powdered creamer
 - 1 cup malted milk powder
 - 1 cup instant nonfat dry milk powder
 - ½ cup confectioners' sugar
- Garnish: whipped cream, crushed malted milk balls**

- ✦ In a medium bowl, combine creamer, malted milk powder, dry milk powder, and sugar. Spoon mixture into gift jars of choice.
- ✦ To serve, stir 1 tablespoon creamer into 1 cup hot coffee. Garnish with whipped cream and crushed malted milk balls, if desired.

Chai Coffee Creamer

Makes about 3¼ cups creamer

- 1½ cups nondairy powdered creamer
- 1 cup confectioners' sugar
- ½ cup instant nonfat dry milk powder
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- ½ teaspoon ground cardamom
- ½ teaspoon ground white pepper
- ¼ teaspoon ground cloves
- ¼ teaspoon ground allspice

Garnish: cinnamon sticks

- ✦ In a medium bowl, combine creamer, sugar, milk powder, cinnamon, ginger, cardamom, pepper, cloves, and allspice. Spoon mixture into gift jars of choice.
- ✦ To serve, stir 1 tablespoon creamer into 1 cup hot coffee. Garnish with cinnamon sticks, if desired.

“Flavored creamers are an easy and welcome gift for all your coffee-loving friends. Make up batches, and fill decorative glass jars. Then, just tie them up with ribbons.”

Easy Dollar Bill Origami, by John Montroll

Start with a crisp dollar bill with the black-side facing up. Orient the money vertically (up and down direction).



Step 1: Fold and unfold the dollar bill in half lengthwise.



Step 2: Fold and unfold the dollar bill in half crosswise.



Step 3: Fold up the bottom-right side of the dollar bill.



Step 4: Fold the corner of the dollar bill

Start the fold from the halfway mark along the bottom-edge and extend it to the halfway mark at the right-edge of the dollar bill.

towards the right as shown.



Step 5: Repeat steps 3 & 4 on the bottom-left side of the dollar bill. Fold from halfway mark to halfway mark as shown.



Step 6: As before, fold the corner to the left.



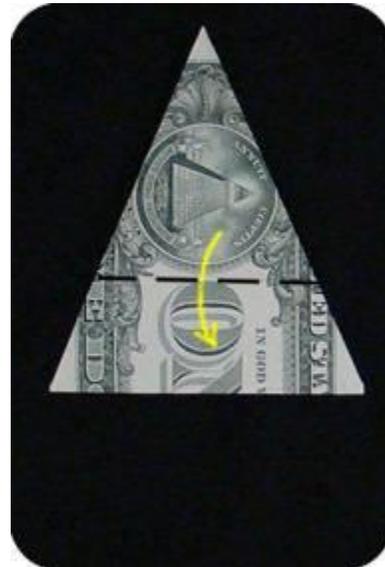
Step 7: Repeat steps 3 & 4 on the top-right side of the dollar bill.



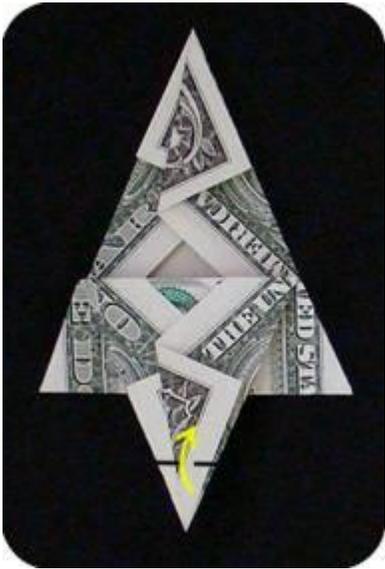
Step 8: Repeat one last time on the top-left side of the dollar bill.



Step 9: Fold the model in half (bottom to top).



Step 10: Fold the top layer back down. The location of the fold is up to personal taste. One option is to have the fold at the O in the word ONE.



Step 11: Fold the tip of the model back up, again the location of the fold may vary.



Step 12: Turn the model over and the tree is done.

Easiest \$Tree ever!

Dollar Bill Thanksgiving Turkey Origami



Directions:

1. Begin by "fan-folding" the end of your dollar bill into pleats, to form the tail, as shown.



2. Fold tail in half, lengthwise, as shown.



3. Secure the tail closed by folding the ends together several times, as shown.



4. Fold corner of dollar diagonally, as shown. Repeat on the other side, to form the body.



5. Fold body up towards tail, as shown.



6. Fold tip of body down, as shown, to form head.

