



You Asked It!

Tips From the Rapid Response Center

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE

December 2022



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The Cost of Holiday Cooking and Baking



Happy Holidays!

Photo: Canva.com

It is no secret that the price of groceries has increased this year. In fact, the cost of food at home has increased 13 percent from this time last year. Reasons include production disruption by Mother Nature to supply/demand.

The recent Avian Influenza infection in poultry has led to the loss of at least 49 million commercially raised poultry. Therefore, eggs for baking and holiday turkeys will be more expensive.

Consumers are using more butter because of the desire to use natural foods. Butter is used in many baked goods so be prepared to pay the price as it has almost doubled from last year.

Will the higher costs dampen your holiday spirit? Be a smart shopper to help save some money. Study grocery ads for sale prices and buy a few extra if you can. Share those savings with others who may not have the time to shop.

For holiday meals, share the expense by asking guests to provide a menu item. Plan the menu now to take advantage of sale prices. Consider a progressive meal as a group and travel to each others homes for different stages of the meal. And the holidays don't always have to be a full meal. Keep it simple with other activities and less food for a cost savings and less stress.

Sources: www.bls.gov/news.release/pdf/cpi.pdf and University of Minnesota Extension

Prepared Turkey Dinner Safety Tips

Save time and stress by ordering a prepared holiday dinner. Here some tips.

- If picked up or delivered hot, keep the temperature above 140°F and eat within two hours.
- If holding turkey longer than two hours, remove stuffing from turkey cavity, cut into smaller pieces and refrigerate. Reheat to 165°F.
- If it is cooked and chilled, keep it cold.

Serve within two days. If buying a whole turkey, divide it, keep cold, then follow directions to reheat. Do not reheat a whole turkey.

Go to the USDA <u>Turkey</u> <u>from Farm to Table</u> website for more information.



What is Listeria monocytogenes?

A recent food recall tied to deli meat and cheese has identified *Listeria monocytogenes* as the bacteria causing illness in 16 people and one death. So what is this bacteria?

Listeriosis is a serious infection caused by *L. monocytogenes*. It primarily affects pregnant women, newborns, older adults, and people with weakened immune systems.

In pregnant women, symptoms can be fever and flu-like symptoms. Infections have led to miscarriage, stillbirth, premature delivery, or life-threatening infection in the newborn. In other people, symptoms include headache, stiff neck, confusion, loss of balance, and convulsions.

Symptoms typically appear 1 to 4 weeks after eating a contaminated

food and even up to 70 days after exposure.

Other associated foods include hot dogs, deli salads, unpasteurized dairy products and fresh fruits and vegetables. Prevention tips include cooking foods to safe temperatures, using pasteurized dairy products, preventing cross contamination and keeping surfaces and utensils clean.



L. monocytogenes can grow within a temperature range of 34-113°F. Photo: CDC



Farmers Market Workshops

Save the date!

February 6-10, 2023 Noon-1:00pm It is time to starting planning for the next season of farmers markets in Kansas!

Save the dates for the 2023 Farmers Market workshops to be held February 6-10, 2023.

These will be held via Zoom from Noon to 1:00pm each day. Many topics are on the schedule to help you with many aspects of a farmers market.

Details will be coming

soon and registration. Look for this information, and view the 2022 workshops, on the <u>From the</u> <u>Land of Kansas</u> website.

Can I Can My Favorite Soup Recipe?

<u>Vegetable soups</u> with or without meat or meat broth may be safely canned using the process time that takes the longest time as an individual ingredient. Most soups will take 60 to 90 minutes to process in a pressure canner depending upon size (pints or quarts) and ingredients. **Never can soup in half-gallon containers.**

Use caution to avoid packing ingredients into the jars. For vegetable soup, fill the jars half full of solids, add broth allowing 1 inch headspace and process in a pressure canner. Space is needed for the hot liquid to circulate between the food particles. Pieces of cooked beef or chicken can be added to the vegetables to make a vegetable meat soup.

There are no instructions for canning creamed soup or adding any flour, cornstarch, rice, pasta or cream.



Source: http://nchfp.uga.edu/publications/nchfp/factsheets/soups.html





Photo: USDA ARS

Bake It, Then Taste It!

One holiday tradition is making cookies to share. It is important to handle cookie dough safely to not spoil holiday fun.

Many cookies are shaped with your hands. Resist the temptation to lick your fingers or sample the cookie dough! Risks from <u>eating raw eggs and uncooked flour</u>, can increase your risk of getting a foodborne illness. Regardless of the brand or source of flour or eggs, the risk of foodborne illness is present when consumed raw.

Be sure hard surfaces to roll out cookie dough are <u>clean and sanitized</u> before and after dough has been in contact with the surface.

Wash your hands before and after handling cookie dough or any raw foods. Follow recipe instructions for baking cookies at proper temperatures and specified times.

For more information, see:

www.fda.gov/ForConsumers/ConsumerUpdates/ucm508450.htm



No Recommendations for Canning Bacon

There are no sciencebased recommendations for canning cured, brined or corned meat. This includes ham and bacon.

Canning these forms of meat has not been in any USDA recommendations for decades. The texture of these meats can be

firmer which slows heat penetration during canning. That would change the processing time. The canning procedures that are available are for fresh meat only and should not be used for any other form of meat.

The best method to pre-

serve bacon, or other cured meat, is to freeze it for later use.

Bacon should not be added to vegetables, such as green beans, when canning.

Source: <u>Clemson Cooperative</u> <u>Extension</u> Instructions for canning fresh meat, poultry and seafood can be found at the National Center for Home food Preservation.



Use Care with Stuffing!

Use these tips for preparing stuffing.

- All stuffing and dressing must be cooked to 165°F.
- Add stuffing to the turkey just before cooking the turkey.
- Stuff turkey cavity loosely to allow heat to reach inside faster. Use 3/4 cup stuffing per pound of turkey.
- As an alternative, bake the stuffing in a casserole dish.

<u>Food Safety Tips for Healthy Holidays</u> can help guide you with easy tips for a food safe meal.



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Knowledge ^{for}Life

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Removing Odors from Refrigerators and Freezers



Monitor temperatures with an appliance thermometer in the refrigerator and freezer. Photo: USDA Flickr

As winter approaches, so does the possibility of power outages. Refrigerators and freezers can hold cold temperatures for a short amount of time. But if power outages linger, food can become unsafe, spoil and can leave residual odors.

Food odors can be hard to remove. Dispose any spoiled or questionable food. Remove shelves, drawers, and ice trays to wash in hot soapy water. Rinse with a bleach sanitizer of one tablespoon bleach per gallon water. Wash the appliance interior with a mix of hot water and baking soda, then sanitize. Leave the door open to air dry. These steps may need to be repeated several times. Some other tips to remove odors are on the USDA website.

If meat juice or spoiled food has lingered in an appliance, it may have seeped into the insulation. At this point, the appliance may need to be discarded. Remove the door, if possible, or lock it in some manner to make it child proof.



Karen Blakeslee, M.S.





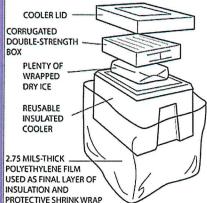
On the Web at www.rrc.ksu.edu



Mailing Food Gifts Safely

Receiving food gifts can be a treat during the holidays. But

"MINIATURE DEEP-FREEZE" PACKAGING not if they



are not safe to eat.

Many food businesses ship food, including perishable food, and should be done overnight if possible. These foods must be kept cold. If there is any evidence of tampering, the temperature of the food is above 40°F, or anything else suspicious, do not consume and contact the company.

Shipping food yourself? Use a sturdy box, frozen gel pack or dry ice, label clearly, and be sure to notify the recipient it is on the way.

Many other tips can be found at <u>Mail Order Food Safety</u> from the U.S. Department of Agriculture.

Apple Oatmeal Cookies

1 Pkg Yellow cake mix

½ C Packed brown sugar

11/2 C Quick Cooking oatmeal

2 tsp Cinnamon

1/3 C Unsweetened Applesauce

1 C Finely chopped, peeled apples

½ C Raisins

1/3 C Melted butter

1 Egg

In a large bowl combine cake mix, sugar, oatmeal, cinnamon.

In small bowl combine applesauce, apples, raisins, butter & egg. Add to first mixture & mix well. Drop by heaping teaspoon on 2 inch centers on a greased cookie sheet. Bake at 350*F for 12-15 Minutes or until golden brown.

Let stand 2 minutes then remove to cooling rack.

Makes 5 dozen

Toota of IIoma

Source: Taste of Home Submitted by: Jerr: Hefling, MFV

Apple Datment Cookies

Nutrition Facts

Serving size: cookies

Servings: 60

Amount	per	serving

67
% Daily Value*
3%
4%
2%
3%
4%
2%
5%
1%
2%
1%

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

(5)

Chocolate Surprise Cookies

1 3/4 cup flour1/2 tsp. Salt.1/2 tsp. Soda.1/2 cup dry cocoa.

Sift these together in small bowl.

Cream together:

1/2 cup shortening1 cup sugar1 eggWhen light and fluffy add 1 tsp vanilla

Then add dry ingredients alternately with 1/4 cup milk.

When mixed thoroughly, drop by teaspoon full on parchment lined cookie sheet. Bake in 350 degree prepared oven for 8 minutes. Remove from oven and place 3 miniature marshmallows on each cookie. Return to oven and cook 2 minutes longer. When cooled, frost with your favorite chocolate frosting. Makes approximately 36 cookies.

Submitted by Mary Ann Maisch, Master Food Volunteer

Amount per serving Calories % Daily Value* Total Fat 3.2g Saturated Fat 1g Saturated Fat 1g Cholesterol 5mg Sodium 50mg Total Carbohydrate 11g Protal Carbohydrate 11g Protal Sugars 5.7g Protein 1.1g Vitamin D 0mcg Calcium 5mg Vitamin D 0mcg Salium 5mg Vitamin D 0mcg Salium 5mg Iron 0mg *The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day, is used for general nutrition advice.	Chocolete Surprise Cookies Nutrition Facts Serving size: cookies Servings: 36	
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ydrate 11g r 0.5g s 5.7g ng d serving contributes to a daily ie a day, is used for general	Sodium 50mg	2%
r 0.5g 5.7g sg nlue (DV) tells you how much a d serving contributes to a daily ie a day, is used for general	Total Carbohydrate 11g	4%
sg ng d serving contributes to a daily ie a day, is used for general	Dietary Fiber 0.5g	2%
sg ng alue (DV) tells you how much a d serving contributes to a daily ie a day, is used for general	Total Sugars 5.7g	
rg ng alue (DV) tells you how much a d serving contributes to a daily ie a day, is used for general	Protein 1.1g	
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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

12 oz bag vanilla candy melts or vanilla almond bark

1 ½ c. baby pretzels or broken pretzels

10 oz bag green and red M&Ms

Christmas sprinkles

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



Slow Cooker Chocolate Covered Peanuts

1(16 oz.) jars salted dry roasted peanuts 2 (12 oz.) packages mild chocolate chips

1 (24 oz.) package chocolate almond bark

Place peanuts, chips and almond bark into slow cooker. Do not stir. Cook on low for 3 hours. Do not lift slow cooker lid until 3 hours are up. Stir. Spoon chocolate covered peanuts onto waxed paper. Makes 100 chocolate covered peanut mounds.

Submitted by: Cheryl Sigel, Master Food Volunteer

Amount per serving Calories	134
	% Daily Value*
Total Fat 7.9g	10%
Saturated Fat 2.3g	12%
Cholesterol 1mg	0%
Sodium 78mg	3%
Total Carbohydrate 13.2g	5%
Dietary Fiber 1g	4%
Total Sugars 5g	
Protein 2.9g	
Vitamin D 0mcg	0%
Calcium 16mg	1%
Iron 1mg	5%
Potassium 56mg	1%
*The % Daily Value (DV) tells you he nutrient in a food serving contributed diet. 2,000 calorie a day is used for nutrition advice.	es to a daily

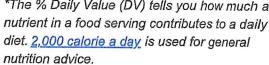
Monster Cookies

1 1/2 C Brown Sugar 1 C white sugar 1 1/3 C peanut butter 1/2 C butter 3 eggs 3/4 tsp vanilla 1 tsp karo white syrup 1 tsp baking soda 4 1/2 C oatmeal 1/4 # chocolate chips 1/4 /# M&Ms

Mix in order. Chill dough 1-2 hrs. twelve cookies to cookie sheet with large dipper. Bake at 350 degrees for 12 minutes. Yields about 3 doz cookies.

Submitted by Barbara Wilson, MFV

Serving size: cookies Servings: 36	
Amount per serving	
Calories	200
	% Daily Value
Total Fat 10g	13%
Saturated Fat 3.9g	20%
Cholesterol 22mg	7%
Sodium 110mg	5%
Total Carbohydrate 24.6g	9%
Dietary Fiber 1.8g	6%
Total Sugars 16.1g	
Protein 4.6g	
Vitamin D 3mcg	15%
Calcium 23mg	2%
Iron 2mg	9%
Potassium 133mg	3%





Sugar Coated Pecans

1 egg white (whipped)
1 T water
1 pound pecan halves
1 cup white sugar
3/4 tsp salt
1/2 t ground cinnamon

Heat oven to 250, cover baking sheets with parchment paper. Whip together egg white and water until frothy. In a separate bowl mix together sugar, salt and cinnamon. Add pecans to egg white and stir to coat evenly, remove nuts and toss them in sugar mixture until coated. Spread nuts on the prepared baking sheet. Bake at 250 for 1 hour and stir every 15 minutes.

Submitted by Debi Doering, MIV

Oreo Cookie Balls

- 1 pkg Double Stuff Oreos
- 18 oz pkg cream cheese
- 1 pkg chocolate or white almond bark (your preference)

Crush cookies with a food chopper or processor. Add cream cheese and mix well. Put it in the refrigerator and let it set up for a few hours until it is hard and easy to roll. Roll into balls. Put it back in the refrigerator and let balls harden. Melt almond bark according to package directions and dip balls in almond bark. Place on parchment paper to set up.

Holly Leaves

1 stick butter

40 large marshmallows or 4 cups mini marshmallows Melt together and add;

1 1/2 tsp green food coloring

1 tsp vanilla

Mix together and pour over

4 cups of cornflakes

Drop by tsp on parchment paper and decorate with red hots

Submitted by Debi Doering, MFV



Nutrition Facts: Holly Leaves

Servings: 36

Amount per serving	*
Calories	43
	% Daily Value*
Total Fat 2.6g	3%
Saturated Fat 1.6g	8%
Cholesterol 7mg	2%
Sodium 41mg	2%
Total Carbohydrate 4.8g	2%
Dietary Fiber 0.1g	0%
Total Sugars 1.4g	н
Protein 0.3g	
Vitamin D 2mcg	9%
Calcium 1mg	0%
Iron 1mg	5%
Potassium 6mg	0%
*The % Daily Value (DV) tells a nutrient in a food serving condaily diet. 2,000 calorie a day is u general nutrition advice.	ntributes to a

Nutrition Facts: Sugar Coated Pecans

Servings: 15

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Amount per serving	
Calories	262
	% Daily Value*
Total Fat 21.6g	28%
Saturated Fat 2.2g	11%
Cholesterol 0mg	0%
Sodium 119mg	5%
Total Carbohydrate 17.7g	6%
Dietary Fiber 3.3g	12%
Total Sugars 14.4g	
Protein 3.5g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	4%
Potassium 129mg	3%
*The % Daily Value (DV) tells a nutrient in a food serving co daily diet. <u>2,000 calorie a day</u> is u	ntributes to a

general nutrition advice.

Chocolate Covered Peanuts

½ package chocolate almond bark 1 16 oz. jar salted peanuts

Melt almond bark according to package instructions. Stir in the peanuts and drop teaspoon full on parchment paper.

Submitted by Debi Doering, MFV

134
% Daily Value*
15%
9%
0%
0%
2%
7%
0%
2%
6%
3%
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Nutrition Facts: Oreo Balls Servings: 12	
Amount per serving	
Calories	457
9/	% Daily Value*
Total Fat 26.3g	34%
Saturated Fat 10g	50%
Cholesterol 21mg	7%
Sodium 311mg	14%
Total Carbohydrate 58.2g	21%
Dietary Fiber 2.8g	10%
Total Sugars 36.2g	
Protein 4.4g	
Vitamin D 0mcg	0%
Calcium 18mg	1%
Iron 2mg	12%
Potassium 116mg	2%
*The % Daily Value (DV) tells a nutrient in a food serving co- daily diet. 2,000 calorie a day is u general nutrition	ntributes to a

Nutrition Facts: Oreo Balls



CHRISTMAS COOKIE BARS serves 16

Ingredients:

½ c. butter, softened

¼ c. sugar

½ t. vanilla extract

¼ t. baking powder

1 ½ c. flour

1 ½ c. Christmas sprinkles

½ c. light brown sugar, packed

1 large egg, room temperature

½ t. baking soda

¼ t. kosher salt

2 c. red and green M & Ms, mini

1 c. semi-sweet chocolate chips

Instructions:

Preheat oven to 375° and line a 9 x 9 inch baking pan with parchment paper. Using a mixer, cream together the butter, sugars, egg, and vanilla until combined. In a large bowl, whisk together the flour, baking soda, baking powder, and salt until combined. Gradually whisk the dry ingredients into the butter and sugar mixture until combined. Fold in the chocolate chips, the M&Ms, and the sprinkles. Press dough into the baking pan. Bake for 20-25 minutes or until lightly brown. Remove and allow to cool completely before cutting into bars.

Notes: I found the amount of the M&Ms and sprinkles to be too much so I reduced them but still used the amount of chocolate chips called for. I think mini chocolate chips would perhaps be better. You could also use about ¾ of the 'decorations' while mixing and then put the rest of the top and press in. I thought there was enough that you saw some of each but if you want a prettier bar you might take the time to do that. If you want to make the recipe in a 9x13 inch pan, use half again as much of each ingredient. Yes, that's an egg and a half but you can do it! It would make 24 bar cookies. I baked all mine in a 9x13 pan and used ½ bag of mini M&Ms for each pan which is a lot less than the 3 cups that would be called for in the recipe but it seemed like plenty to me.

Amount per serving Calories % Daily Value* Total Fat 15.7g Saturated Fat 9.7g Cholesterol 31mg Cholesterol 31mg Cholesterol 31mg Sodium 136mg Total Carbohydrate 63.1g Protal Carbohydrate 63.1g Protal Sugars 45.7g Protein 3.8g Colium 40mg Two 1mg The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily liet. 2,000 calorie a day is used for general	Nutrition Facts Servings: 16	
	Amount per serving	403
		% Daily Value*
	Total Fat 15.7g	20%
	Saturated Fat 9.7g	48%
8 8	Cholesterol 31mg	10%
	Sodium 136mg	% 9
8	Total Carbohydrate 63.1g	23%
	Dietary Fiber 1.1g	4%
	Total Sugars 45.7g	
	Protein 3.8g	
_	Vitamin D 5mcg	25%
	alcium 40mg	3%
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The % Daily Value (DV) tells you how much a utrient in a food serving contributes to a daily et. 2,000 calorie a day is used for general	otassium 101mg	2%
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(IL)

Dominick the Donkey Frosty the Snowman Holly Jolly Christmas Away in a Manger Choir of the Bells

Little Drummer Boy Jingle Bell Rock Little St Nick Let it Snow Jingle Bells

O Holy Night Santa Baby Silent Nigh Silver Bells Rudolph

The Christmas Song Winter Wonderland The First Noel

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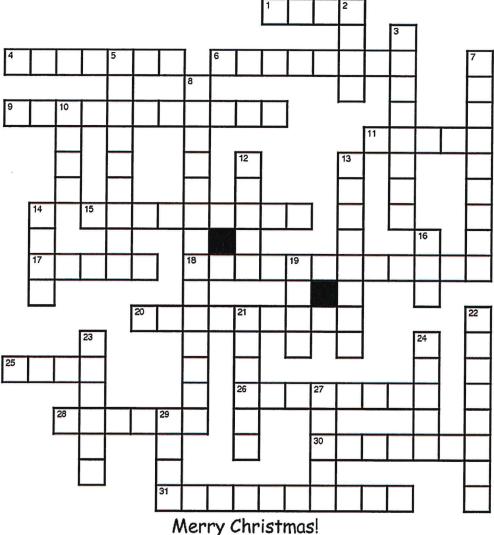
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Chicken Scratch NY



Christmas Crossword





Down

- 2. Something people decorate.
- 3. What people give each other.
- 5. Where Santa's workshop is located.
- 7. A striped Christmas treat.
- 8. Drink and food left for Santa.
- 10. Something people send to each other to say 'Merry Christmas'.
- 12. The presents are usually _____ the tree.
- 13. The month of Christmas.

- **14.** Look at a present before you should.
- 16. The color of Santa's suit.
- 19. A common decoration for the top of the tree.
- **21.** A famous snowman.
- 22. The place where Santa makes toys.
- 23. Santa's car?
- 24. A common decoration for the top of the tree.
- **27.** A Christmas song.
- 29. What Santa gives to good girls and boys.

Across

- 1. Another word for present.
- 4. Santa's door?
- 6. Animals that pull Santa's sleigh.
- 9. What people put on their Christmas tree.
- 11. Something on Santa's
- 15. The day after Christmas.
- 17. Santa's helpers.
- 18. The day before Christmas.
- 20. A piece of snow.
- 25. What Santa gives to bad girls and boys.
- 26. A sock that hangs by the chimney.
- 28. People put these bright things on there house.
- 30. A reindeer with a red nose.
- 31. A jolly man in a red suit with a beard.

