

4-H Cooks

(Continued from page 17)

following Recipe:

4-H WHITE BREAD

1 cake yeast or
1 package granular yeast
1 cup lukewarm water
2 cups milk
2 tablespoons sugar
1 tablespoon butter or other fat
2 teaspoons salt
About 6 cups flour

Mix yeast with lukewarm water. Scald milk; add sugar, butter and salt. Cool milk mixture. When lukewarm, add 2 cups of flour and beat. Stir in softened yeast and beat. Gradually add enough flour to make a thick batter. Beat thoroughly to incorporate air and develop the gluten. Gradually stir in more flour until the dough is too stiff to stir well with a spoon. Turn dough on a lightly floured board. Knead to mix and add more flour until dough is smooth, well blended, and tends to spring back when lightly pressed with the fingers. Dough which contains enough flour does not flatten when left on the board for a few minutes. Kneading may take five to eight minutes.

Swirl dough around in a lightly greased bowl. Let rise until doubled in bulk. If softer flour is used, it should not be quite double. Test dough with fingers. If dough does not spring back into place, it has risen enough.

Turn dough out on a very lightly floured board and knead lightly to distribute the bubbles. Shape into loaves. Place in greased pans (about 8 1/2" x 4 1/2" x 2 1/2") and let rise until about double in size. Bake in a hot oven (about 425 degrees F.) about 15 minutes; then reduce temperature to about 375 degrees F. and turn pans around. Bake for 45 to 60 minutes.

Top may be lightly rubbed with fat. Turn out of pans to cool before storing.

4-H BAKING POWDER BISCUITS

2 cups flour
3 teaspoons baking powder
1 teaspoon salt
2-4 tablespoons shortening or 2 cups prepared flour instead of dry ingredients

About 2-3 to 3-4 cup liquid (milk, milk and water or all water); amount of liquid depends on flour. Sift dry ingredients. Cut in shortening and add milk gradually. Roll and cut. Place on pan and bake in quick oven or reflector (425 degrees F.) about 15 minutes; then add a very little more liquid and drop by spoonfuls onto the greased pan.

Bake in a hot oven at 425 degrees F. 10 to 12 minutes or in reflector until a golden brown. Or, if desired, flour your hands and take up a piece of dough and wrap the dough around the greased end of a long stick one inch in diameter. Grease the dough and hold over a bed of coals, turning frequently until brown and well baked.

What could be more fun than these?

4-H KABOBS

Prepare long sticks with a pointed end. Cut beefsteak in pieces about 2 inches each way. Put a piece of bacon, then a piece of steak, a second piece of bacon, and a second piece of steak on the pointed end of the stick. Hold over a bed of coals, turning often until the meat is cooked.

4-H PIG IN A POKE

Wash and core out the centers of medium sized potatoes; put a small link pork sausage or half a frankfurter in each and close ends with potato. Wrap in several layers of wet leaves and bake in ashes about 60 minutes.

For an introduction to these recipes, visit the Spring Fair today, tomorrow and Saturday, and examine the results of junior cooks with the recipes.

CHIVES

Give steamed rice a new touch by combining it with chopped rice olives. This adds a texture and flavor contrast that is particularly elegant if the rice is to accompany Swedish meat balls.

Take it from me girls... stay Smart and Healthy

By BESSY, The Basin Bossy
You kitchen gals know as well as I do what your best kitchen pal is—and it isn't the lid lifter or soup-snooper, either. No sir, it is the cook book.

And the book's been bolstering our kitchen egos for a long, long time. A fellow named Baptista Platina printed the first known one way back in 1480. He called it "de Honestas et Valitudine."

It contained some 300 remedies. It also contained medical advice and prescriptions... in case the recipes weren't what they were cracked up to be, no doubt.

Baptista's cook book also contained suggestions for exercises to keep fit. Naturally exercises helps conditioning, but it takes little off in weight and won't trim the figure alone.

Now, that's where you folks really have never had it so good. For reducing you have milk. It actually works for knocking off weight by diet. It has the necessary proteins to help burn off that excess energy. And it has the vitamins and minerals to bolster the health.

Try it.

Here's a quickie recipe for clam-tomato soup:

Combine a can of condensed tomato soup with the liquor from a can of minced clams. Mix enough milk to measure one soup can. Heat to boiling, add the minced clams and one-half a large avocado cut into fine cubes. Serve immediately.

Drink up and trim down. Milk can answer many of your figure problems.



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