



WASHINGTON COUNTY

Home & Community Education

CREATE & PACKAGE
HOLIDAY FOOD GIFTS

MEMBER MATERIALS

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Extension

EQUIPMENT AND PROCEDURES

Adapted from MAKE-A-MIX COOKERY

You probably already have all the equipment you need for measuring, mixing and storing the ingredients. The procedures for combining ingredients will be slightly different than cooking "from scratch." You will spend a little extra time preparing your mixes, but you'll save much more time in the final preparation of recipes. Make up several mixes at a time. Because you're working mainly with dry ingredients, the cleanup will be minimal.

Measuring – Accuracy in measuring ingredients is necessary to ensure satisfactory results in your cooking. You should have:

- ◆ a set of dry measuring cups
- ◆ a liquid measuring cup with pouring spout
- ◆ a set of measuring spoons
- ◆ a straight-edged spatula or knife
- ◆ a rubber scraper

Dry ingredients should be measured in a cup with a flush rim for leveling. Lightly spoon ingredients into the cup and level with a straight-edged spatula or knife.

Liquid ingredients require a transparent measuring cup with markings and a pouring spout. Measure liquid ingredients at eye-level.

Moist ingredients such as brown sugar, soft bread crumbs, grated cheese, coconut or raisins should be firmly packed so they hold the shape of the cup when turned out.

Solid ingredients such as vegetable shortening should be pressed firmly into the measuring cup or spoon so no air pockets remain. Level with a straight-edged spatula or knife. Use a rubber scraper to get all the shortening out of the measure.

Mixing – You will definitely need an extra-large mixing bowl to combine mixes. If you do not have a large bowl, use a clean dishpan or roaster.

Storing – For maximum freshness, the best way to store your mixes is in airtight containers placed in a cool, dry and dark place. Lightweight plastic bags and cottage cheese cartons are not suitable for freezer use. You will want to consider these methods of storing dry mixes, depending on your needs:

★ **Large canister storage** lets you store your mixes in one or several large containers. You can use large coffee cans lined with heavy plastic bags, large screw-top jars or airtight plastic containers or canisters you have on hand. Powder mixes can be stored in a plastic bag with a twist tie or recloseable top and tucked into a pretty tin.

★ **Plastic containers** such as margarine tubs, drink mix cans, or shortening cans with lids.

★ **Chip canisters or resealable oatmeal containers** can be decorated with wrapping paper. Store seasoning mixes in aluminum foil packets folded and wrapped tightly to keep out air. Your storage equipment can be as creative as your imagination.

Labeling – Before you place a mix on the shelf or in the freezer, make sure it's properly labeled! Resist the urge to store a mix when you plan to label it later, because later the mixes may all look alike! On each container, write the name of the mix and the date by which it should be used. (In most instances the mixes can be stored longer than the specified time, but it may be at the risk of loss in flavor, texture and nutrients.) Also, write down the amount of mix in each container and the mixing directions for the food gift, if any.

BEVERAGES – HOT

Hot Cocoa Mix (4 Varieties)

Version 1

1 cup non-dairy creamer (*see note below)
1 cup non-fat dry milk
¼ cup sugar (or more – up to 1 cup)
½ cup unsweetened cocoa

Version 2 – Minted Cocoa

Use above ingredients
ADD: 6 peppermint candies, crushed

Version 3 – Mocha Coffee

Use above ingredients
ADD: ¼ cup instant coffee

Version 4 – Mexican Coffee

Use above ingredients
ADD: 1 tsp ground cinnamon
¼ cup instant coffee

Combine all ingredients in large bowl. Mix well.
Store in an airtight container.

To serve, spoon 3 T. or more of mix into cup or mug.
Fill with boiling water and stir to blend.

Adapted from <http://soar.Berkeley.EDU/recipes/mixes>

Raspberry Tea Mix

6 T. instant tea (dry)
2 pkgs (5 oz each) Raspberry
sugar-sweetened soft drink mix

Mix tea and drink mix (dry). Store in tightly covered
container. For each serving, place one tablespoon
mix in cup for hot tea or glass for cold tea. Fill cup
with boiling water or glass with cold water. Stir.
Makes about 1½ cups mix. (24 servings)

Source: Betty Crocker's "Glorious Holidays"

Hot Buttered Rum Mix

3 cups brown sugar (1½ pounds)
½ cup butter (1 stick)
2 T. honey
1 T. vanilla
1 T. rum extract
1 tsp ground cinnamon
½ tsp ground allspice
½ tsp ground nutmeg

Combine brown sugar, butter, honey, flavorings and
spices. Beat with an electric mixer at medium speed
until smooth. Put in jar with a tight lid. Store in
refrigerator and use within 3 months. To make larger
amounts just multiply ingredient amounts.

Yield: About 3 cups (12 servings)

For one serving:

1 cup hot water
1 jigger of rum
1 tsp Hot Buttered Rum Mix

Combine the hot water and rum and stir in about a tsp
of the mix.

To make a non-alcoholic drink, stir a tsp of mix into
other hot beverages: apple juice, hot milk, hot milk
mixed with coffee, or plain coffee or tea.

Source: The Cook's Book of Uncommon Recipes

BEVERAGES – COLD

Fruit Slush Mix

4 cups sugar
1 (6 oz) can frozen orange juice concentrate
1 (46 oz) can pineapple juice
4 cups water
½ cup lemon juice

Combine sugar and water in a medium saucepan. Heat
until sugar is dissolved. Add orange juice concentrate,
lemon juice, and pineapple juice. Fill 6 or 7 ice cube
trays with mixture. Freeze until firm. Remove cubes
from freezer trays and store in plastic bags or a large
plastic resealable ice cream bucket. Use within 6
months. Makes about 100 small cubes.

Variation: Add 5-6 mashed bananas to mixture
before freezing.

Fruit Slush: Fill a glass with Fruit
Slush Mix cubes. Add ginger ale or
citrus soda to cover. Let stand 15
minutes and stir and serve. Makes one
serving.

Source: Meal-Master Database



(*Note for Hot Cocoa Mix: Choose a heart-healthy creamer, one
made with mostly or all polyunsaturated fats.)

SNACKS

Caramel Fruit Dip

Rich and creamy, this dip is an indulgent way to dress up fruit.

Preparation time – 15 minutes

Cooking time – 12 minutes

Ingredients:

- ½ cup butter
- 1 (14 oz) pkg caramels, unwrapped
- ¼ chopped pecans
- 1 T. milk
- 1 T. rum*

Microwave directions: In medium bowl microwave butter and caramels on HIGH, stirring twice during time, until caramels are melted (3-4 minutes). Stir in pecans, milk and rum. Stir vigorously to incorporate butter. Serve as directed above.

* Substitute 1 tsp rum extract

Yield: 1½ cups

Source: Ozaukee County's HCE Newsletter

Cinnamon Glazed Nuts

4 cups pecans, shelled (or other nuts)

- 1 tsp water
- 1 egg white
- 1 tsp cinnamon
- ½ cup sugar
- 1 tsp salt

Combine egg white and water. Whip together until foamy. In a separate bowl, combine cinnamon, sugar and salt. Pour pecans into egg white mixture, then into the cinnamon mixture. Stir until coated. Place on ungreased cookie sheet and bake in a 225 degree oven for one hour. Remove pecans from cookie sheet, and place them on a new, clean brown paper bag to cool. Nuts may need to be broken apart when they are cool to the touch. Store in airtight container.



Chocolate House Chocolate Spoons

- 1 cup semisweet chocolate pieces
- 2/3 cup milk chocolate pieces
(or white or mint chocolate pieces)
- 20 plastic spoons

Place a piece of waxed paper on a large cookie sheet. Place chocolate pieces in a bowl. Cover with plastic wrap & microwave at 50% power (medium) for 2½-4 minutes until chocolate is shiny & soft. Stir until smooth. Dip spoons into chocolate, tapping handle of spoon against the side of pan to remove excess. Place spoons on waxed paper. Refrigerate for 30 minutes or until set.

Microwave additional chocolate of choice as above in a bowl. Stir until smooth. Place melted chocolate in a small, heavy, self-sealing bag. Using scissors, make a small cut in the corner of the bag; drizzle on one or both sides of the covered spoons, making a decorative pattern (small dots, zigzag lines, etc.). Refrigerate spoons to set chocolate. Wrap each spoon separately in clear or colored plastic wrap. Use ribbon to tie. Store in cool dry place for 2-3 weeks until ready to give as gifts.

Place chocolate covered spoons in a new coffee mug and give along with homemade muffins, scones, biscuits, cookies, etc.

Pizza Party Mix

- ¼ cup Parmesan cheese
- 3 tsp dry spaghetti sauce mix
- 2 tsp basil
- 2 tsp oregano
- 2 tsp garlic powder
- 8 cups Crispix cereal squares
- 4 cups pretzel nuggets
- 1 T. oil

Combine Parmesan, spaghetti sauce mix, and seasonings. Combine cereal and pretzels in a large plastic bag. Pour oil over cereal and toss gently to coat. Add seasoning mix and toss gently, until thoroughly coated. Store in an airtight container.

Source: Cookworks for Meal-Master

Pizzazz Mix

- 2½ cups Oyster crackers
- 1½ cups bite-size Shredded Wheat biscuits
- 1 cup round toasted oat cereal
- ½ cup cooking oil
- ¼ tsp garlic salt
- ¼ tsp dried oregano – crushed
- ¼ tsp dried basil – crushed
- 3 drops bottled hot pepper sauce
- 2 T. grated Parmesan cheese

In an ungreased 15½ x 10½ x 2" baking pan, combine oyster crackers, wheat biscuits, and oat cereal. Set cereal mixture aside.

In a small saucepan combine oil, garlic salt, oregano, basil, and hot pepper sauce. Heat over low heat for 2 minutes. Stir oil mixture till well blended. Drizzle over cereal mixture and toss gently to coat cereal evenly. Bake in a 300 F oven for 20 minutes. Stir once and bake for 20 minutes more. Sprinkle with Parmesan cheese and toss gently to coat cereal.

Cool mixture, stirring occasionally. Store in an airtight container in a cool, dry place. Makes 12 (½ cup) servings.

Source: MasterCook, <http://soar.Berkeley.EDU/recipes/>

DIPS & SPREADABLES

Sesame-Cheese Dip Mix

1 T. grated Parmesan cheese
½ tsp salt
dash pepper
2 tsp toasted sesame seeds *
½ tsp celery seed
⅛ tsp garlic powder

Combine all ingredients in a small bowl; blend well. Spoon mixture onto a 6" square of aluminum foil and fold to make airtight. Label as Sesame Cheese Dip Mix. Store in a cool, dry place and use within 4 months. Makes about 2 T. of mix. This recipe can be increased to make more packages.

To make dip: Combine 1 cup of sour cream, low fat sour cream, or yogurt with 1 package of mix. Chill at least 1 hour before serving. Yield: 1 cup

*Toast sesame seeds over medium-low heat in a dry frying pan, watching closely. Stir occasionally. Remove from heat when seeds are golden brown.

Onion-Cheese Dip Mix

1 T. dried minced onion flakes
½ tsp instant beef bouillon
1 T. grated Parmesan cheese
¼ tsp garlic salt

Combine all ingredients in a small bowl; blend well. Spoon mixture onto a 6" square of aluminum foil and fold to make airtight. Label as Onion-Cheese Dip Mix. Store in a cool dry place and use within 3 to 4 months. Makes about 3 T. of mix. This recipe may be increased to make more packages of mix.

To make dip: Combine 1 cup sour cream with 1 package of mix. Chill at least 1 hour before serving. Makes about 1 cup of dip.

Variation: Substitute 1 cup blended cottage cheese or 1 (8 oz) package of softened cream cheese for sour cream.

Above two recipes: Source:
<http://soar.Berkeley.EDU/recipes/mixes>



Cheese Spread

8 oz (1/2 lb) mild cheddar or Colby
1/3 cup milk
3 T. finely grated onion
½ tsp garlic powder

In a saucepan, melt cheese and milk over **low heat**. Heat, stirring occasionally until smooth. Add onion and garlic powder and stir well. Pour into small container or crock and refrigerate. Serve with crackers.

Herbed Butters

Blend one stick of butter in a food processor until a smooth consistency. Whip 2-3 tablespoons of herbs into butter and blend just a second or two. Over-blending will cause color bleeding. Some herbs to use: chives, lemon balm, purple basil, sage, thyme, oregano, and combinations of herbs, etc. Form into a ball shape on paper or foam plate covered with plastic wrap. Wrap and refrigerate. Give as a gift with crackers or breadsticks. Keep refrigerated.

Source: HGTV.com

Lemon Dill Butter

4 tsp minced shallots
1 T. fresh dill weed, or ½ tsp dried
4 tsp lemon juice
6 T. unsalted butter, softened

Gently simmer the chopped shallots and dill weed in the lemon juice until most of the liquid has evaporated. Remove from the heat and cool to room temperature. Whip the butter until it is light and fluffy. Fold in the cooled shallot-dill mixture. Serve this with baked or broiled fish.

Source: Gifts in Good Taste

Italian Butter

½ cup butter (1 stick), softened
2 T. grated Parmesan cheese
½ tsp Italian seasoning
⅛ tsp garlic powder

Blend in all ingredients until light and fluffy. Refrigerate or serve at once. If refrigerated, let soften at room temperature before serving. Use with crusty breads, baked chicken, zucchini or pasta.

Source: Wisconsin Milk Marketing Board

SAUCES

Homemade sauces make marvelous Christmas presents because they can be used so many different ways – over ice cream, pound cake, canned pears, or over cream puffs. Use as a dip for chunks of fresh fruit. Try garnishing individual servings with crushed peppermint candy, sprinkles, whipped cream, nuts or a few fresh berries.

This sauce tastes wonderful over a rich dark chocolate ice cream. Be sure to use the best white chocolate you can find. No imitations please.

White Chocolate Sauce w/Toasted Hazelnuts

½ pound white chocolate, broken into chunks
¾ cup heavy cream
½ cup sugar
pinch of salt, optional
2 T. unsalted butter
½ cup toasted, skinned and
coarsely chopped hazelnuts, optional *
a little hazelnut liqueur (such as Frangelico), optional



Working in small batches, grate the white chocolate in a blender. When all the chocolate has been grated, return all batches to the blender. Combine the cream with the sugar, the optional salt and the butter in a small heavy saucepan. Set the mixture over low heat and heat it, stirring until the sugar and butter have melted and the mixture is piping hot.

Start the blender motor and pour the hot liquid through the opening in the cover. Blend the sauce until it is thick and smooth, stopping the motor once or twice and scraping down the sides of the beaker. Scrape the sauce into a bowl. If you like, stir in a tablespoon or two of hazelnut liqueur. Transfer the sauce to a decorative jar for gift giving. Store the sauce, covered, in the refrigerator.

This recipe will make about two cups of sauce. It can be stored for two months or more in the refrigerator.

*NOTE: To prepare the nuts, toast whole hazelnuts in a shallow pan in a 350 degree oven until their skins are crisp and the nuts smell rich and toasty, eight to ten minutes. Shake the pan occasionally. Rub the nuts in a towel to remove as much of the brown skin as possible. When nuts are cool, chop them.

Directions to include with your food gift:

TO SERVE: Let the sauce return to room temperature, or warm it slightly by setting the container in quite warm water; stir the sauce once or twice as it warms. If it seems too thick, add a little more cream.

Source: Christmas Countdown 1989, Evening Sun

HERBALS & SPICES

Barbecue Sauces

- Sweet Table Sauce:**
one (15 oz) can tomato sauce
½ cup honey
¼ cup brown mustard
½ cup cider vinegar
3 T. Cajun seasoning

In a bowl, combine tomato sauce, honey and mustard. Add in the vinegar and Cajun seasoning and mix. Place in a jar, and shake up further to blend everything together. Yield: 2 pints. Keep refrigerated up to 4 weeks.

- Firehouse Mustard Sauce:**
6 oz. mustard
1 cup apple-cider vinegar
1½ oz. chili powder
2 T. salt
¼ cup water

In a bowl, combine mustard, cider vinegar, chili powder and salt. After that has been mixed, stir in the water. Place in a jar, shake to blend, and store overnight. Yield: 2 pints. Keep refrigerated up to 4 weeks.

- Kansas City-style Sauce:**
1 chopped medium onion
2 T. butter
2 cups ketchup
¼ cup Worcestershire sauce
1 T. mustard
1 T. molasses
¼ cup cider vinegar
½ tsp ground cumin

Sauté the onion in butter over medium heat until clear. Add the ketchup, Worcestershire sauce and mustard. Then add molasses, cider vinegar and cumin. Simmer for 20 to 25 minutes over low heat. Yield: 2 pints. Keep refrigerated up to 4 weeks.

Source for above 3 sauces: HGTV.com

SOUPS

Bean & Brown Rice Soup Mix

¼ cup minced dried onion flakes
2 T. dried celery flakes
½ cup dried parsley flakes
3 T. dried basil
3 T. dried oregano
2 tsp garlic powder
2 tsp coarsely ground pepper
2 jars (2¼ oz each) beef-flavored bouillon granules
1 pound dried black-eyed peas
1 pound dried kidney beans
1 pound dried navy beans
4 cups brown rice

Directions for Six Batches of Soup Mix:

Bean layers: Pick out debris from dried peas and beans. Clean each type of bean separately by placing bean or pea in colander. Rinse under running water. Pat dry. Leave the beans out on towel to dry overnight. Layer 1 cup each of black-eyed peas, kidney beans, and then navy beans into a 1 quart canning jar. Make 5 other batches the same way.

Herb Mix: Combine first 7 ingredients in a bowl. Divide evenly into 6 portions. Place each portion on top of an aluminum foil square, which measures about 9" each. To each foil square, add 2 T. plus ¼ tsp bouillon granules. Fold each foil square into an airtight packet. Label "Herb Mix."

Brown Rice: Bag ¾ cup brown rice in plastic or fabric bag. Make 5 other batches the same way.

To assemble: Place Brown Rice bag over beans in jar. Place Herb Mix packet on top. Screw on jar lid, and enclose food gift recipe card. Decorate jar, if desired.

Variations: Use pearl barley in place of brown rice. Follow all other directions the same.

One pound uncooked small shell pasta may also be a substitute. Divide into 6 bags. Pasta must be added during the last 20 minutes of cooking. Alphabet macaroni would make a fun soup for a family with children.

To make the Bean & Brown Rice SOUP:

To quick-soak the beans – place beans in a Dutch oven. Fill to allow 2" of water above beans. Bring to a boil. Remove from heat, cover, and let stand one hour. Drain.

For stove top method, combine soaked beans, 3 quarts water, herb mix, 1 carrot, chopped, ¾ cup chopped cooked ham, and brown rice in Dutch oven. Bring to a boil, then reduce heat. Cover and simmer 1½ hours, stirring occasionally. Add brown rice, and simmer with cover on for another hour. Add one (14 oz) can diced tomatoes, undrained. Heat through and serve.

For a 5 quart crock pot, combine soaked beans, 3 quarts water, herb mix, 1 carrot, chopped, ¾ cup chopped cooked ham, brown rice, and one (14 oz) can diced tomatoes, undrained in a crock pot. Cover and simmer on low for 8-10 hours.

Yield: about 9 cups per batch

Source: <http://soar.Berkeley.EDU/recipes/mixes>



Mashed Potato Soup Mix

1 cup plus 2 T. instant mashed potato flakes
¼ tsp salt
2 T. dried minced onion flakes
¾ cup non-fat dry milk powder

Directions: Mix all together well. Place in plastic bag or jar that holds about two cups.

To Make Soup:

Pour 3 cups water into saucepan. Bring to boil. Add 2 T. margarine and entire soup mix. Combine well over medium heat. Add 1 cup grated extra sharp cheddar cheese. Blend and continue to stir till smooth. Add 1 cup cooked vegetables (leftovers OK) and heat through. Makes six servings.

Variation: Add leftover meat, cut into bite size pieces, or canned tuna, drained.

HERBALS & SPICES (cont.)

International Spice Blends

(All spice blends should be kept in air tight containers in a dark location)

1. Herbs de Provence (France)

One part each:

Dried thyme
Bay leaves
Rosemary
Summer Savory
Lavender
Cloves
Orange zest

Use on salads, in cooked vegetables and meat dishes.

2. Mexican Chili Seasoning

3 T. ground roasted chili powder
3 T. cumin
1 tsp oregano
1 tsp coriander
1 tsp garlic
1 tsp black pepper
1 tsp cayenne pepper
½ tsp ground cloves

Use in chili or other Mexican dishes.

3. Italian Seasoning

1 T. dried rosemary
1 T. dried basil
1 T. dried oregano
2 tsp dried sage
2 tsp thyme
2 tsp marjoram
1 tsp ground garlic

Use in spaghetti sauce or other Italian sauces or dishes.

4. Greek Spice Mixture

1 T. dried oregano
1 T. dried rosemary
1 T. dill
1 T. mint
2 T. Kosher salt
2 tsp pepper
2 tsp ground garlic
2 tsp lemon zest
2 bay leaves

Use on chicken or lamb or in dishes with green vegetables, chicken or lamb.

5. Caribbean Spice Rub

½ T. cumin seeds, ground
½ T. black pepper
½ T. brown sugar
1 tsp coriander seeds
1 tsp ground ginger
1 tsp cinnamon
1 tsp salt
¼ tsp whole cloves
¼ tsp hot pepper or cayenne powder
Use on ribs or chicken before grilling.

6. Creole Spice Mix

2 tsp. chili powder
½ tsp salt
cayenne pepper to taste
1 tsp black pepper
Mix together. Coat fish, chicken or meat with spice mix. Sauté or bake, depending on type of fish fillet or meat and its thickness.

7. Blackening Spice Mix

1 T. ground sassafras
½ tsp cumin
1 T. granulated garlic
1 tsp ground thyme
1 ¼ tsp ground ginger
pinch of mace
2 T. paprika
¼ tsp cayenne pepper
½ tsp allspice
Mix spice ingredients together.

Preparation: Slowly melt ½ cup unsalted butter at a low temperature (or in microwave) to separate the milk solids from the golden liquids on the surface. Skim any foam off the top, and pour or skim the clear (clarified) butter off the milky residue. Because the milk solids have been removed, clarified butter may be stored longer than regular butter.

Coat fish, steak, or chicken (enough for at least 2 servings) with clarified butter. Pat blackened spice mixture onto meat or fish. Place in pre-heated cast-iron skillet for 3-6 minutes on each side, depending on thickness.



8. Poultry Spice Rub

- ¼ cup paprika
- ¼ cup black pepper
- ¼ cup salt
- ¼ cup sugar
- 2 T. celery salt
- 2 T. onion powder
- 1 T. cayenne pepper or to taste
- 1 T. dry mustard or to taste
- 1 T. lemon zest

Mix all ingredients.

Poultry preparation: 1 whole fryer or chicken pieces. Clean chicken and pat dry. Rub spice mixture over poultry. Completely cover. Smoke or cook chicken for about 5 hours over grill at approximately 180-200 degrees. Yield: 4 servings

9. Spice Rub for Grilled Salmon

- 1 T. ground coriander
- 2 tsp mustard seed
- ½ tsp ground cumin
- ½ tsp coarsely ground black pepper
- 1 T. brown sugar
- pinch of salt

Combine spices and store in air tight container.

Preparation: Rub mixture over 2 (6 oz) salmon fillets, skin intact. Cover and refrigerate for at least one hour or up to eight hours. Heat grill to medium heat and place fish skin-side down on grill. Place mixture of red, green, yellow peppers, quartered on grill. Cook fish 5 to 6 minutes, then carefully flip over. Cook peppers until charred, but still firm. When fish is cooked, transfer serving to plate and garnish with grilled peppers. Yield: 2 servings.

Source for above 9 recipes: HGTV.com

10. Dessert Spice Blend

A spicy concoction to use in cakes and cookies or to sprinkle on toast.

- 2 tsp ground cinnamon
- 2 tsp ground nutmeg
- 1 tsp ground ginger
- ½ tsp ground allspice
- ½ tsp ground cardamon
- ¼ tsp ground cloves

Mix ingredients together and store in shaker bottle for toast. Substitute mixture for spices in your favorite cookie or cake recipe. Yield: ½ cup

Source: "Cooking a la Heart"

Spice Bundles

Cut neat squares of muslin (cheesecloth) and place the spices in the middle. Gather the corners of the muslin together and tie the bundle tightly to seal in the spices. Pack several bundles of the same spice or spice mixture in a plastic bag. Extract as much air as possible from the bag and close it with a wire twist-tie. Label it with a list of the spices it contains and their uses. Include an appropriate recipe using the spices. Tie the bag up with ribbon.

1. Fruit Spice Mix

One cinnamon stick, 6 cloves and 1 tablespoon coarsely crushed allspice. This may be used for flavoring syrup in which to poach fruit, such as pears or peaches.

2. Rice Pudding Spice Mix

One cinnamon stick, 3 tablespoons sultanas (golden raisins) and a nutmeg. The cinnamon and sultanas are added to the pudding, some of the nutmeg is grated over the top.

3. Mulling Spice Mix

Four cloves, 1 cinnamon stick, 6 allspice berries and a strip of dried orange peel. This may be used for mulling red wine or apple cider and the bundle may be tied to a miniature bottle of brandy.

4. Grog Spice Mix

Six cloves, 1 cinnamon stick, 3 tablespoons raisins and ¼ cup shelled almonds. Tie the bundle to a miniature bottle of brandy or rum.

Source: "Spices-Sweet"



COOKIES & MUFFINS

Cowboy Cookie Mix

Since half the fun of cookies is baking them, I give this merry-making mix as a gift. The ingredients look so pretty in a jar...and the cookies smell terrific coming out of the oven!

1 1/2 cups quick-cooking oats
1 1/2 cups flour *
1 tsp baking powder
1 tsp baking soda
1/4 tsp salt
1/2 cup chopped pecans
1 cup (6 oz) semisweet chocolate chips
1/2 cup packed brown sugar
1/2 cup sugar

ADDITIONAL INGREDIENTS:

1/2 cup butter or margarine, melted
1 egg, lightly beaten
1 tsp vanilla extract

Pour oats into a wide-mouth 1 quart glass container with a tight fitting lid. Combine the flour, baking powder, baking soda and salt; place on top of oats. Layer with pecans, chocolate chips, brown sugar and sugar, packing each layer tightly (do not mix). Cover and store in a cool dry place for up to 6 months.

To prepare cookies: Pour cookie mix into a large mixing bowl; stir to combine ingredients. Beat in butter, egg and vanilla. Cover and refrigerate for 30 minutes. Roll into 1-inch balls. Place 2 inches apart on greased baking sheets. Bake at 350 degrees for 11-13 minutes or until set. Remove to wire racks to cool. Yield: about 3 1/2 dozen.

Source: Country Woman Christmas 2000

Sugar Cookie Mix

1 cup softened butter
1/2 cup shortening
6 cups flour *
1 T. baking powder
1 T. salt
Colored sugar

In a small mixing bowl, combine butter and shortening. In a large bowl, combine remaining cookie ingredients. Using a pastry blender, two knives or a food processor, cut shortening mixture into flour mixture until it's like a fine meal. Store in airtight container in fridge until gift giving.

(* Health tip! Use whole wheat flour in place of half of the white flour in any recipe on this page. Remember to refrigerate mix.)

Attach these mixing directions with your food gift:

Combine 2 cups of mix with 2/3 cup sugar, 1 tsp of vanilla, 2 T. of milk and 1 egg. Roll on floured surface with floured rolling pin to 1/8" thickness. Cut shapes and bake at 400 degrees on a lightly greased cookie sheet for 5-8 minutes, or until the edges are lightly browned. Sprinkle with colored sugar before baking if desired or frost and decorate when cooled. 3 1/2 dozen cookies.

Ideas for gift giving: Put mix in a plain, gallon-size food storage bag. Tie with ribbon or raffia. Add a wooden spoon, and cookie cutters in basket, lined with a linen napkin. Or, buy tiny jars and fill with different colored sugars, and throw in cookie cutters for the holiday season.



Triple Muffin Mix

6 cups flour *
2 T. cinnamon
1 T. baking powder
1 T. baking soda
1 1/2 cups raisins, dried cranberries or dried apple bits
1 1/2 tsp salt
1 tsp nutmeg
1 tsp allspice
1 tsp cloves
1 1/2 cups sugar
1 1/2 cups brown sugar

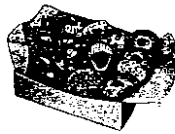
Combine all dry ingredients. Stir in raisins. Keep in ziplock bag or sealed plastic container in the fridge.

For 6 muffins: (double this for 12)

Combine 1 egg, 1/4 cup vegetable oil, and ONE of the following: 1/4 cup mashed bananas, OR 1/4 cup applesauce, OR 1/2 cup pumpkin mixed with 1/4 cup water. Stir in 1 1/2 cup muffin mix only until moistened. Spoon into greased muffin cups. Bake at 350 for 20-25 minutes. (**Option:** 1/4 cup canned crushed pineapple can be added with good results)

Source: <http://soar.Berkeley.EDU/recipes/mixes>

CANDIES



Quick Chocolate Candies

With the Chocolate Chip Coating, you can make a variety of quick and simple candies. Use it to dip large nuts, marshmallows, chocolate sandwich cookies, pretzels, animal crackers or other small cookies. Use 2 forks for easy dipping. If the coating sets up while dipping, microwave 10 to 20 seconds to re-melt. Refrigerate candies for faster setting.

Turtlettes

4 dozen large pecans, halved lengthwise
2 dozen large pecans, halved crosswise
2 dozen caramel candies
1 recipe Chocolate Chip Coating

Makes 2 dozen

Chocolate Chip Coating

Place 1 cup chips and 2 tablespoons vegetable shortening (not butter) or ½ cup chips and 1 tablespoon shortening in bowl. Cover with plastic wrap. Microwave at 50% power (medium) 2½ to 4 minutes until most of the chips are shiny and soft. Stir well. Use to frost cookies or dip candies.



Arrange pecans on a sheet of wax paper with 4 long halves for legs and 1 short half for head of each Turtlette. Do 6 Turtlettes at a time.



Butter a pie plate well. Arrange 6 caramels evenly around edge. Microwave at High 15 to 30 seconds, until soft but not melted on bottom. Cover with wax paper to keep warm.



Press caramel down firmly over nuts. Quickly, form into turtle shape with fingers. If caramels become hard, microwave 5 to 10 seconds.



Frost with Chocolate Chip Coating. Or, using 2 forks, dip Turtlette in chocolate. Place on wax paper. Cool until set.

Source: Basic Microwaving

Cereal Mallow Wreaths

8 cups corn flakes
40 large marshmallows
¼ cup butter or margarine
½ tsp salt
green food coloring
small red cinnamon candies

Measure cereal in buttered bowl. Combine marshmallows, butter or margarine and salt in large heavy saucepan. Place over low heat. Stir constantly until marshmallows are melted and mixture is smooth. Add a few drops of green food coloring to make a medium green. Pour over cereal. Mix gently to coat. On wax paper, form small wreaths (about 3-4" in diameter) Dot with red cinnamon candies to form berries. Allow to harden.

Source: Cereal Institute, Inc.

Honey Milk Balls — Unbaked

Quick, easy and inexpensive. Pre-schoolers enjoy making and eating these highly nutritious snacks. Roll in toasted sesame seeds or chopped nuts for an added taste treat.

½ cup honey
½ cup peanut butter
1 cup low-fat dry milk powder
1 cup rolled oats or 1½ cups graham cracker crumbs
1 tsp vanilla
¼ cup toasted sesame seeds or chopped nuts (optional)

In a mixing bowl, combine honey, peanut butter, milk powder and oats or graham crumbs. Knead by hand until thoroughly blended. Shape into small balls and roll in sesame seeds or nuts, if desired.

Yield: 2 dozen balls

Source: Cooking à la Heart

IT'S A WRAP!

Decorative jars and bottles, which many products are sold in today, can come in handy in the kitchen after they're emptied. One great use for quart-size and narrow-neck bottles with screw tops is to store dry ingredients like sugar, cornmeal or salt. Wash the bottle and dry completely before filling. If the contents become lumpy, simply shake the bottle.



Gift Bags

Fan-Top Bag

Supplies: Brown lunch bags, or white gift bags, stapler, stickers, doilies, paint, buttons, Elmers glue.

1. Fill bag with potpourri, gift, cookies, etc. Decorate bag with various items.
2. Put seam of bag in the back. Accordion fold the top half of bag, back and forth. **Start the folding toward the back so the top rough edges are facing the back of bag.**
3. Fold ends up toward center to create fan. Staple together (not necessary, but it helps to keep ends closed).
4. Add final ribbon if desired. See example on next page.

Doily Bag

Supplies: 8½ inch gold doily, gold curly ribbon, brown lunch bag, paper punch, scissors, Elmers glue.

1. Cut sides off doily (see picture). Cut in half.
2. Fold down top of bag (remember to put seams and rough edges in the back).
3. Glue half of doily just underneath top fold of bag. Set other half of doily on top of fold and paper punch two holes. One of the side pieces of doily can be put on the back of the bag to add extra lace. Thread ribbon through holes and tie in front.

Festive Foam Tags Tie on Good Cheer

The merry tie-ons will wrap up everything from jars of treats to evergreen boughs and wrapped packages with style.

Materials needed (for all):

Patterns on next page

Tracing paper and pencil

Plastic craft foam :

¼ inch square of brown 1½" square of flesh
5"x 8" piece of green 3"x 6" piece of red
4" square of white 1¼" square of yellow
Two 7mm glue-on wiggle eyes, ¼" round hole punch
⅛" wide satin ribbon, ½ yd of yellow and 1 yd of red
Low temperature glue gun & glue sticks
Black fine-point **permanent** marker and scissors

Finished Sizes: Santa is 4½" tall & 2½" wide. Tree is 4½" tall & 3¼" wide. Wreath is about 3½" across.

DIRECTIONS: Trace individual pattern pieces onto tracing paper as directed on patterns. Cut out shapes on traced lines. Use pencil to trace outlines of each onto back of craft foam. Cut out shapes on traced lines.

Santa: Glue white beard to bottom edge of hat. Do not overlap pieces. When dry, glue hat and beard over 1 ½" flesh square for Santa's face. Glue pom-pom to top of hat and hatband over joined hat and beard where shown on pattern.

Use hole punch to make two holes in top of hat as shown on pattern. Keep one punched red circle for Santa's nose. Glue nose and wiggle eyes to Santa's face where indicated on pattern. Thread ends of an 18" length of red ribbon from front to back through holes in Santa's hat.

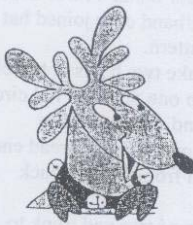
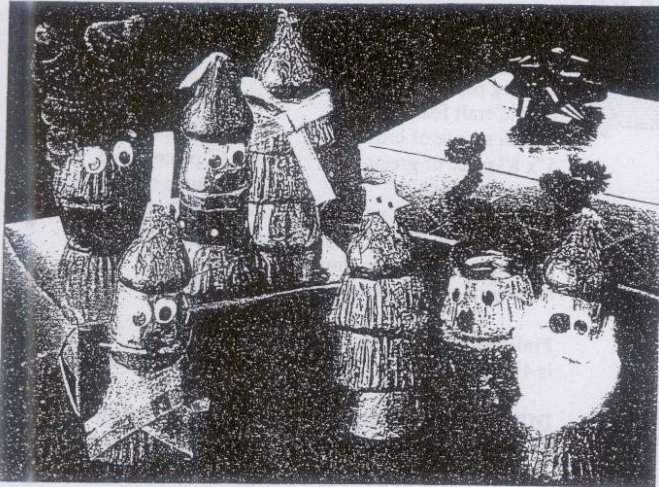
Tree: Glue star to top of tree and trunk to bottom as shown on patterns. Use hole punch to make holes in star where indicated on pattern. Also punch 7 circles from scraps of red foam. Glue circles to tree for trims. Thread ends of yellow ribbon from front to back through holes in star.

Wreath: Glue red bow to top of wreath where indicated on pattern. Use hole punch to make holes in bow where indicated on pattern. Also make 7 additional red circles from scraps of foam for berries and glue to wreath. Thread ends of an 18" length of red ribbon from back to front through holes in bow. Tie ends in a bow on front of wreath.

FINISHING: Use marker to write "To:" and "From:" on back of each gift tag. Tie tags onto your gifts.

CANDIES (cont.)

Candy Figures into Yule Flavor



Materials Needed (for all):

Christmas foil-wrapped candies—
Reese's Miniature Peanut
Butter Cups, Hershey's Chocolate
Kisses and Hershey's Rolos
Double-coated tape with permanent
adhesive on both sides
Scissors

Materials Needed (for each tree):

One gold foil-wrapped Rolo
Two green foil-wrapped peanut
butter cups
One green foil-wrapped
chocolate kiss
Treetop trim—1/2-inch star button or 8

inches of 1/8-inch-wide or 1/4-inch-
wide satin ribbon.

Materials Needed (for each reindeer):

Two gold or red foil-wrapped peanut
butter cups
One green or brown pipe cleaner
(chenille stem)
Two 7mm flat-backed wiggle eyes
One 1/8-inch red pom-pom

Materials Needed (for each Santa):

One red foil-wrapped peanut butter cup
Two gold foil-wrapped Rolos
One red foil-wrapped chocolate kiss
Two 7mm flat-backed wiggle eyes
One 1/4-inch red pom-pom
Two cotton balls

Materials Needed (for each elf):

One red or green foil-wrapped
peanut butter cup
Two gold foil-wrapped Rolos
One red or green foil-wrapped
chocolate kiss
Two 7mm flat-backed wiggle eyes

One 1/4-inch red pom-pom
3/8-inch-wide x 6-inch-long piece of
red or green Christmas print fabric

HOW SWEET! These clever characters will enliven your table and serve as tasty tidbits, too. And most delicious of all, they are super quick and easy to make!

Finished Size: Each candy character is about 3 inches tall x 1-1/2 inches wide.

Directions:

TREE: Using a small piece of double-coated tape, attach the flat end of the chocolate kiss to narrow end of the peanut butter cup.

Add another peanut butter cup with narrow end up to bottom of first peanut butter cup in the same way. Tape second peanut butter cup to narrow end of Rolo to make tree shape.

Tape star button to top of tree. Or tie ribbon into a small bow and tape it to tree as shown in photo.

REINDEER: Tape the wide ends of two peanut butter cups together with the edges matching.

Cut pipe cleaner in half and wrap each piece around a pencil, making a coil about 1-1/2 in. long. Remove pipe cleaner from pencil. Fasten coiled pipe cleaners to top peanut butter cup for antlers as shown in photo.

Use small pieces of tape to adhere wiggle eyes and pom-pom nose to top peanut butter cup.

SANTA: Using small pieces of double-coated tape, adhere the wide ends of two Rolos together with edges matching. Center and tape the narrow end of a peanut butter cup to narrow end of one Rolo for bottom of Santa. Tape a chocolate kiss to the top Rolo for Santa's hat.

Use small pieces of tape to attach wiggle eyes and pom-pom nose to top Rolo as shown in photo.

Shape cotton ball into a beard and mustache as shown in photo. Use small pieces of tape to attach to head.

ELF: Assemble candies as instructed for Santa.

Add wiggle eyes and pom-pom nose.

Wrap fabric strip around candies as shown in photo. Make 1/2-in.-long cuts 1/8 in. apart at each end of fabric strip for fringe. Secure the ends with double-coated tape.

Tuck the festive figures on a table or in a stocking! ☆

Source: Country Women Christmas 2000

HOLIDAY FUN

Christ's birthday
How He died for us
Redeemed us from all sin
Christ was born on this day
Shepherds were very joyful
Today is a special day
Mary was His mother
Always with us
Songs of joyful praise on this day

Tyler Gudex, Holy Angels School

CANDY
HOLIDAY
FRIENDS
COOKIES
PRESENTS
TREE
MIDNIGHT MASS
SANTA
SNOW

Dan Halwas, Holy Angels School

The Spirit of Christmas

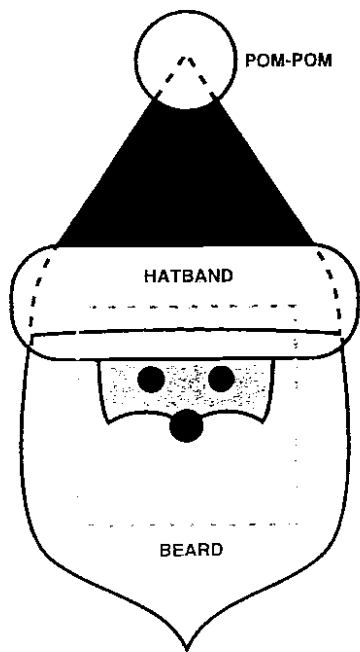
The Spirit of Christmas
Is very much in me.
It starts around Thanksgiving,
And ends around the New Year.
Carols play on the radio,
The snow starts to fall,
And Christmas decorations,
Are displayed at the mall.
Christmas lights are blinking,
All over roofs and trees,
And the crisp, freshness of Winter,
Is felt in the breeze.
And all during Christmas,
There are gifts and songs and fun,
Because the Christmas Spirit,
Is in each and every one.

Dan Halwas, Holy Angels School

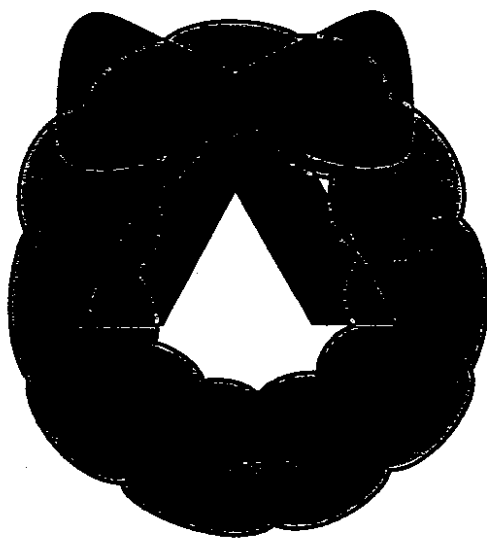
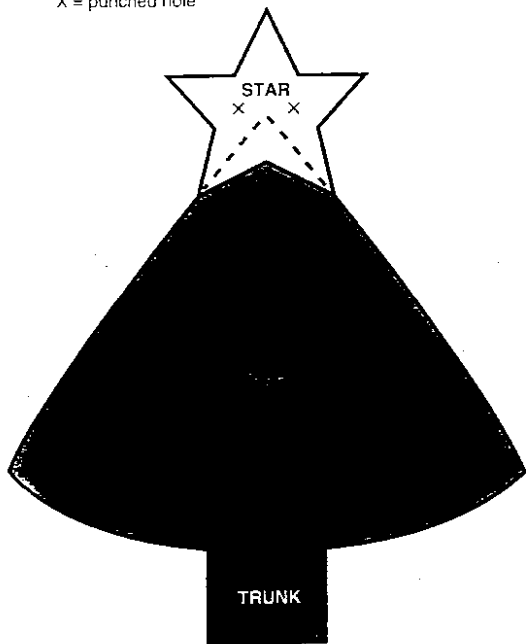
Fan-Top Bags



Festive Foam Tags

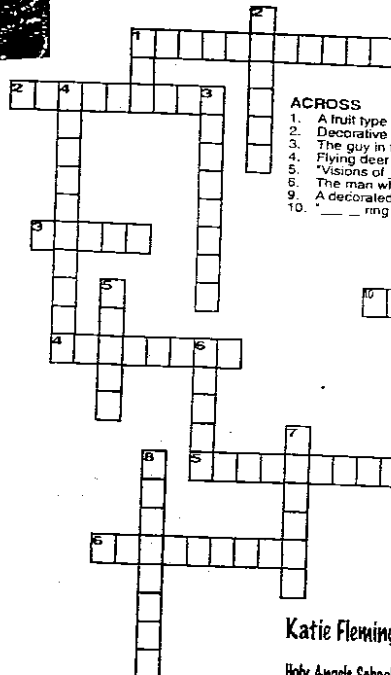
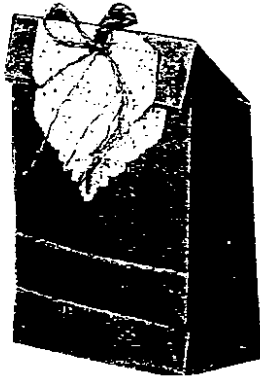


Trace 1 each piece—tracing paper
 Cut 1 each piece—color of craft foam shown
 X = punched hole



Note: Dashed lines indicate that piece is overlapped by another piece.

HOLIDAY FUN



- ACROSS**
1. A fruit type
 2. Decorative red ball
 3. The guy in the red suit
 4. Flying deer
 5. "Visions of _____ danced in their heads"
 6. The man who brings frost
 9. A decorated evergreen
 10. "_____ ring are you listenin'?"

- DOWN**
1. A pastry with a filling of fruit or meat
 2. A large, ugly bird
 3. A sock
 4. A wooden doll to crack nuts; a ballet
 5. The color of snow
 6. Tiny santa helpers
 7. The snowman who was alive
 8. Married to santa
 9. "_____ roasting on an open fire"

A CHRISTMAS CELEBRATION PUZZLE

Katie Fleming
Holy Angels School

Puzzle Key

A	Z	N	V	T	W	O											
D	C	X	U	T	R	P	L	X	R	P	M	E	L				
E	C	W	E	E	E	M	C	Q	D	E	L	L					
K	F	V	Q	S	M	O	B	D	U	A	I	J					
M	K	Z	E	K	K	I	J	D	K	J							
P	G	N	I	E	J	G	Z	C	F	D	K						
T	L	N	O	F	R	H	J	F	S	J							
Q	R	S	O	H	A	G	L	W	X	I	T						
V	R	M	W	A	X	B	M	Y	Z	A	U	S					
R	C	Q	E	Y	O	J	G	O	F	P							
H	L	M	K														
L	E	Z	N	X	A	C	V	R	O								
U	E	P	Z	O	T	S	W					G					
F	W	O	X	Q	V	J	U	K	T	L	Y	S	C	B	R		
N	B														A	P	Z

HISTORY OF CHOCOLATE

Year 600 – Using Your Bean

The cocoa bean is considered the ultimate status symbol in the Mayan and Aztec cultures. They use the beans as currency and those wealthy enough to have an excess of beans use them to make a chocolate drink that gives them “wisdom and power.”

1502 – Money Grows on Trees

Columbus is the first European to discover cocoa beans and chocolate. But it is the Conquistadors that realize the value of “money that grows on trees.” Hernando de Oviedo y Valdez writes home to tell of how he was able to purchase a slave for 100 cocoa beans. Later Hernando Cortez builds a cocoa plantation for the express purpose of growing money in the name of Spain.

1528 – How Sweet It Is

Cortez returns to Spain with cocoa beans and the tools needed to make chocolate. He is said to personally have found the drink distasteful, probably because the Aztec method of preparation called for flavoring the drink with spices, including lots of chili. Spanish cooks quickly remedy that by changing the recipe, replacing the peppers with sugar.

1606 – He Spilled the Beans

It is an Italian merchant, Antonio Carletti, who you might say “spilled the cocoa beans” and puts in motion the process that breaks the Spanish monopoly of the chocolate trade.

1657 – The Elite Meet

England’s first chocolate house opens in London. It’s a big hit with the upper class and soon becomes the place where the elite meet to sip. Prices eventually drop and more chocolate houses begin to appear throughout the country, challenging the primacy of coffee and tea rooms and even pubs.

1671 – The Accidental Confectioner

The personal chef to the Duke of Plesslis-Praslin in France watches as a panful of burnt sugar spills over a bowlful of almonds. One taste and the Duke is decidedly pleased. He’s so pleased, in fact, that he lends his name to this new confection and so, the “praslin” or “praline” comes into being. But it took Belgian chocolatiers to perfect this particular treat. Eventually, the word praline becomes synonymous with a particular type of Belgian confection featuring

a molded shell of chocolate that is filled with creams, caramels, light ganache and, of course, praline.

1674 – The First Bite

Enterprising bakers in England begin adding cocoa to their cake recipes making chocolate widely available in solid form for the first time.

1697 – The Swiss Eat It Up

Belgium is already established as one of Europe’s premier centers for the production of chocolate. When the mayor of Zurich pays a visit to Brussels, he’s so taken with the taste he returns home with news of the savory concoction, the inspiration for a new Swiss industry.

1712 – America Loves It Too

By the turn of the 18th Century, chocolate makes its way back to North America. In little more than a decade, Boston apothecary shops are advertising and selling chocolate imported from Europe. Soon, Massachusetts sea captains are bringing back cargoes of cocoa beans, and the chocolate trade blossoms.

1765 – American Ingenuity

American colonists crave chocolate and the demand prompts James Baker and John Hannon to start their own industrial revolution by building a chocolate factory that uses water power to mechanize the production process. Their company, today known as the Walter Baker Company, is one of the oldest still operating in the U.S.

1815 – Dutch Treat

Dutch chemist Johannes Van Houten begins experiments that result in the discovery of a new kind of powdered chocolate with a very low fat content – what we now know as cocoa. Van Houten also builds an hydraulic press that makes possible for the first time mass production of chocolate both in an easy-to-use powdered form and in solid form.

1847 – A New Taste Sensation

If J. S. Fry & Sons of Bristol, founded in 1728, is not the oldest chocolate factory in England, it certainly is its most enduring and innovative by adopting Van Houten’s process and press and discovering a way to combine cocoa powder, sugar and cocoa butter to make the first real chocolate bars.

1879 – Milking the Process

Once they get started, the Swiss quickly show the world just how much they love their chocolate. They are the first to add powdered milk to the process and introduce a “conching” machine that gives chocolate confections a smooth, creamy texture.

1895 – Now Everybody Can Have Some

America’s love affair with chocolate heats up when Milton S. Hershey sells his first Hershey Bar in Pennsylvania using modern, mass-production techniques that make the product less expensive and, thus, available for mass consumption.

1926 – Lady Godiva

Mass production of chocolate serves to create a universal appetite for the confection, in all its forms. But it also spurs a growing demand for “luxury” chocolates. The Draps family begins a chocolate-making “atelier” in Brussels and names it after Lady Godiva.

1972 – Oh Kid, What a Candy Store

Fifth Avenue becomes just a little more glamorous when Godiva opens its first U. S. boutique in New York City. The store is located halfway between Tiffany & Company to the north and Cartier to the south.

Source: www.godiva.com

CREATE AND PACKAGE HOLIDAY FOOD GIFTS
November, 2000
Leader's Guide for Association of
Home & Community Education Clubs

Speakers: **Marma Jean McIntee,**
 Washington Co. Family Living Educator

Renee Vertin,
 Washington Co. Nutrition Education Coordinator

I. Objectives

- ◆ Learn to create inexpensive holiday food gifts
- ◆ Identify short cuts and food safety techniques when preparing food gifts
- ◆ Learn to package holiday food gifts in creative ways
- ◆ Enjoy bits of holiday fun

II. Introduction: To create the festive holiday mood start the meeting with a poem or game from the "Holiday Fun and Hints Just For You" section. Example: using the words "Happy Holidays", Santa and Elves", or "Merry Christmas" have each member take a letter of the word and name a symbol of the holidays. M=Mother Mary, E=Eating great food, R=Red berries, etc. Or read a favorite holiday poem, or sing a Christmas Carol.

III. Equipment, procedures and Safety

Activity—Share some of the additional important tips given at the leader training meeting.
Have each member share a tip they have learned about preparing or sharing holiday food gifts.

Notes from Leader Training Meeting:

(OVER)

- IV. **Holiday Food Gift Recipes**—share with members some of the highlights of the recipes.
Select an activity to do at your club meeting.

Activity—Prepare any of the gift recipes and package it as a door prize for the evening.

Activity—Select a simple item to prepare at the meeting.

Examples: Peanut Butter Cup Reindeer, or Christmas Tree, or have members prepare one of the beverage mixes and one of the cheese spreads or herbed butters and serve with crackers as a treat for the evening.

Notes from the Leader Training Meeting:

- V. **"It's a Wrap"**

Share with members tips about create ways to package Holiday Food Gifts and do an activity.
Select an activity to do at your club meeting.

Activity—Bring brown lunch bags and various decorative items to the meeting (ribbons, buttons, stickers, rubber stamps & ink, raffia, fabric, glue, scissors, etc. Have each member make a gift bag.

Activity—Bring several pieces of craft foam, ribbon, glue, scissors, etc. Have each member make a jar decoration.

Notes from Leader Training Meeting:

- VI. **Closing:** Select another activity that you did not do from the "Introduction" to close your meeting.