

Name \_\_\_\_\_

Club \_\_\_\_\_



*4-H*

*BAKE*

*SHOP*



UNIT - 1  
Member's Manual  
And  
Record Book



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Basic 4

I Pledge .....

My head to clearer thinking  
My heart to greater loyalty  
My hands to larger service  
My health to better living  
For my club, my community,  
my country and my world.

Motto:

**“To Make The Best Better”**

### MEASURING ABBREVIATIONS

Tsp. or t.	=	teaspoon
Tbsp. or T.	=	tablespoon
c. or C	=	cup
pt.	=	pint
qt.	=	quart
lb.	=	pound
oz.	=	ounce



### MEASURING EQUIVALENTS

3 teaspoons	=	1 tablespoon
4 tablespoons	=	1/4 cup
16 tablespoons	=	1 cup
2 cups	=	1 pint
2 pints	=	1 quart
4 cups	=	1 quart
1 square chocolate	=	1 ounce
1/2 cup shortening	=	1/4 pound or 1 stick
1 cup shortening	=	1/2 pound or 2 sticks
2 cups shortening	=	1 pound or 4 sticks
1 pound flour	=	4 cups
1 pound sugar	=	4 cups



### ADDITIONAL ACTIVITIES - JUST FOR FUN

- Learn the metric system of measuring ingredients and compare it with our present system of cups, ounces, quarts, teaspoons, tablespoons, etc.
- Do a demonstration on the metric system
- Bake some cookies using the metric system. You might have to check out a foreign cookbook from the library to find recipes. The Food Section of the Wednesday "Hollywood SunTattler" newspaper always has an article on cooking with metrics.

## PROJECT REQUIREMENTS

To complete this project you must:

- Make cookie confections at least twice, using two different recipes.
- Bake bars or squares, dropped, rolled, shaped or molded, pressed and refrigerated cookies at least twice, using two different recipes for each type.
- Give a club or county demonstration on one aspect of cookie baking
- Bake and enter cookies in a fair or other contest.
- Bake cookies for a club or county 4-H program or fundraising.
- Bake and mail cookies to a friend.

## **AN INTRODUCTION TO THE WONDERFUL WORLD OF COOKIES . . . .**

No one can resist golden brown cookies, warm and fragrant from the oven and in this project you will learn how to bake many different cookies that are sure to please your cookie loving family and friends.

Cookies are small, sweet, flat, or slightly raised cakes. No one knows where cookies originated, but we do know that their name comes from the Dutch word "koekje" which means "little cake". Cookies are made from the same basic ingredients used in cakes, but they are formed by different methods into assorted attractive shapes. It is believed that the first cookies were really tiny test cakes baked to make sure that the oven temperature and the consistency and flavor of the cake batter were just right for baking.

Some of the first known cookie bakers were the pagans of northern Europe. They imprinted small pieces of dough with animal shapes which had been carved into wooden blocks or molds. These baked tokens were used in pagan holiday celebrations. From these crude beginnings came the beautiful molded and pressed cookies such as springerle and spritz which are popular today as Christmas cookies.

Cookies are enjoyed in almost every country in the world and many cookies have a distinctive national character. The cookies of Spain are thin and spicy. French cookies are dainty and fancy. German cookies may be thin and dainty or large and hearty with plenty of fruits and nuts. In Scandinavia, the cookies are rich and buttery and specially shaped. In England, cookies are called biscuits and are usually thin, wafer tea biscuits and not as sweet as those from most countries. The Italians also prefer less sweet cookies and often use anise (licorice) as a flavoring.

When our forefathers came to America from the Old World, they brought along their treasured cookie recipes. It wasn't long, however, before the new environment and some ingenious uses of local ingredients produced new varieties of cookies.

Early cookbooks may have called for butter in their cookie recipes, but the frontier housewife often only had lard, suet, or even bear fat to use as shortening. She improvised by flavoring her cookies with spices and sweetening them with honey or molasses. Her family happily munched the results of her efforts, so that keeping the cookie jar filled was as difficult for her as it is for the modern homemaker.

Throughout the years American homemakers have contributed much to the international cookie jar. New England bakers provided snicker-doodles, tangle breeches, and other home-style goodies whose remarkable names were seemingly bestowed just because they were fun to say. Chocolate Chip Cookies are a classic example of an American cookie invention. They were

developed by a Massachusetts home economist who cut up chocolate and added it to her cookie dough when she discovered she was out of raisins.

The cookies caught on at once and skyrocketed to popularity across the country. More recently, brownies and sliced refrigerator cookies came into being. Today the homemaker may also choose to do her baking from a wide assortment of mixes and ready-to-bake frozen or refrigerated cookies and dough.

Cookies are favorite treats with which to end a meal or to nibble in-between meals. They come in all shapes, sizes, and flavor combinations; however, they are usually classified according to the way in which the dough is shaped. The six classifications are:

1 - Bars and Squares

2 - Drop Cookies

3 - Rolled Cookies

4 - Pressed Cookies

5 - Molded or Shaped Cookies

6 - Refrigerator Cookies

Their food value is primarily to provide calories for energy, however they also provide B-vitamins, iron, and some protein if made with enriched flour.

“The British call it, biscuit  
And it’s koekje to the Dutch  
But no matter what you call it  
All cookies please us much”.

- old, anonymous American jingle

#### HOW DID YOU DO?

Did you learn:

Where we get the word “cookie”?

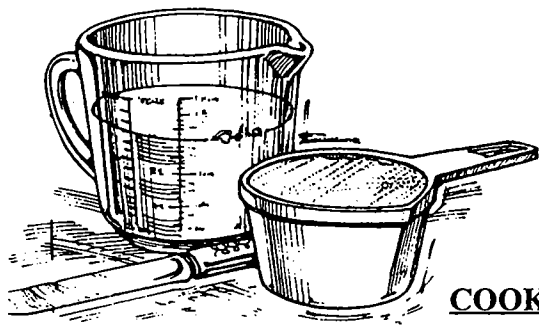
Types of cookies which are popular in other countries?

Some of the cookies which originated in America?

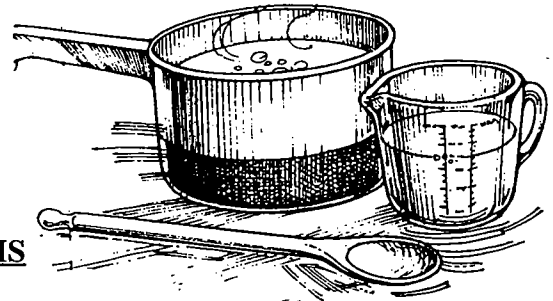
The six basic types of cookies?

#### EXTRA ACTIVITIES - JUST FOR FUN

- Find out which country or countries your family came from and do some research to find out what types of cookies are popular there.
- Begin a collection of your family’s favorite cookie recipes and/or international cookie recipes.



## COOKING TERMS



Before you can learn to bake, there are certain cooking terms that you will need to know in order to be able to follow a recipe.

**BAKE** - to cook in the oven.

**BEAT** - to make mixture smooth by mixing fast with a spoon or beater.

**BLEND** - to mix the ingredients until smooth and uniform.

**BOIL** - to heat a liquid until bubbles keep rising and breaking on the surface.

**CHILL** - to place in the refrigerator to lower the temperature.

**COMBINE** - to mix ingredients.

**COOL** - to allow to come to room temperature.

**CREAM** - to beat until smooth, soft, and fluffy.

**CUT-IN** - to mix shortening with dry ingredients, using a pastry blender or two knives.

**DICE** - to cut food into small cubes of the same size and shape.

**DOT** - to drop bits of butter here and there, such as on top of a bar cookie.

**DROP** - to push a rounded spoonful of dough off of a spoon (usually a teaspoon).

**FLOUR** - to coat with flour.

**FOLD** - to mix ingredients gently with a rubber spatula, whisk, or spoon. Cut down thru the mixture, go across the bottom of bowl, then up and over, close to the surface of the mixture.

**GARNISH** - to decorate a finished food with another colorful food to make it look pretty, such as garnishing frosted cookies with candy sprinkles.

**GRATE** - to rub food on a grater to break it up into tiny pieces.

**GREASE** - to spread the bottom and sides of a pan with shortening to prevent food from sticking.

**MIX** - to stir ingredients together.

**MELT** - to make liquid by heating.

**PARE OR PEEL** - to remove the outer skin.

**PIT** - to take out the seeds.

**REFRIGERATE** - to place in the refrigerator.

**ROLL OUT** - to flatten and spread with a rolling pin.

**SCALD** - to heat milk just below the boiling point. Tiny bubbles will form around the edge.

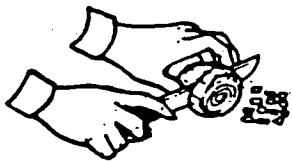
**SHRED** - to cut into thin strips using a shredder.

**SIFT** - to put dry ingredients through a sifter or sieve.

**STIR** - to mix with a circular or figure-8 motion with a spoon or fork.

**TOSS** - to mix foods lightly.

**WELL** - a hole made in dry ingredients into which liquid is poured.



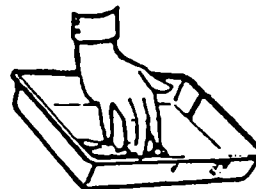
CHOP



CUT IN



ROLL OUT



GREASE

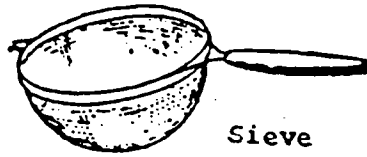


ROLL OUT

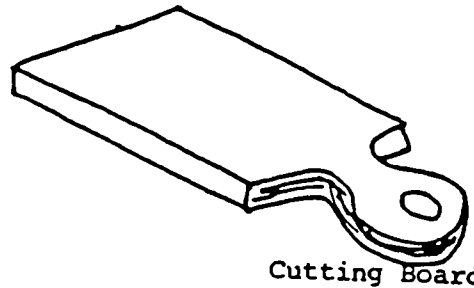


STIR

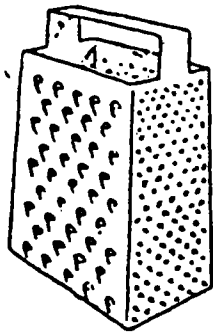
# Utensils You Should Have



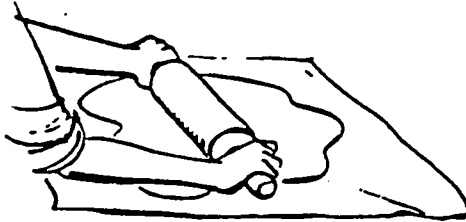
Sieve



Cutting Board



Grater

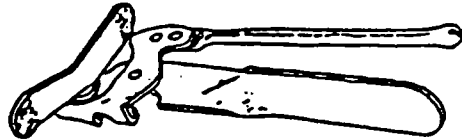


Covered Rolling Pin  
& Board

## For Preparation



Timer



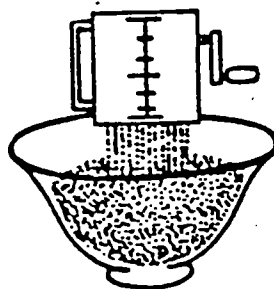
Can Opener



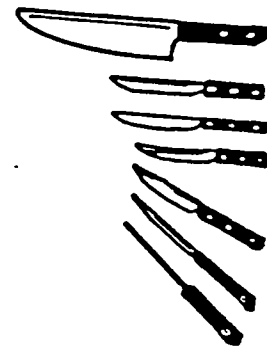
Cookie Cutter



Fruit Juicer



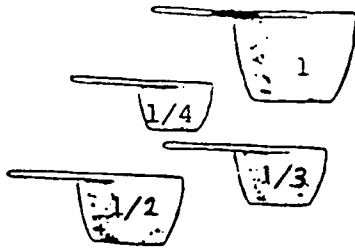
Sifter



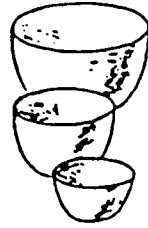
Knives



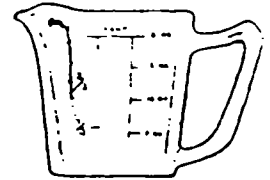
Ruler



Dry Measuring Cups

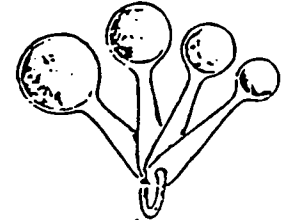


Custard Cups



Liquid Measuring Cup

## For Measuring



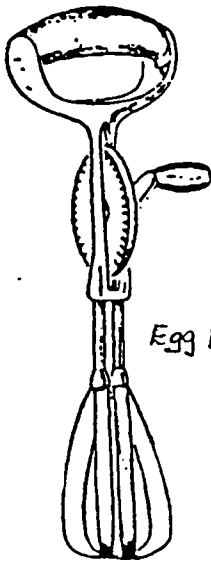
Measuring Spoons  
(1/4, 1/2, 1 tsp, 1 tbs.)



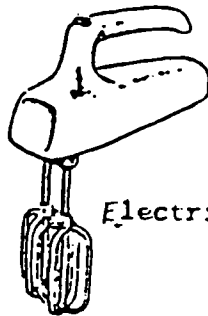
Rubber Scraper



Metal Spatula or Table Knife



Egg Beater

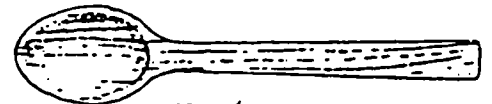


Electric Mixer



Rubber Scraper

## For Mixing



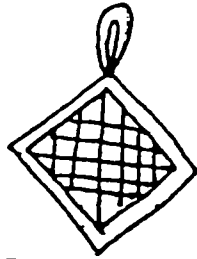
Wooden Spoon



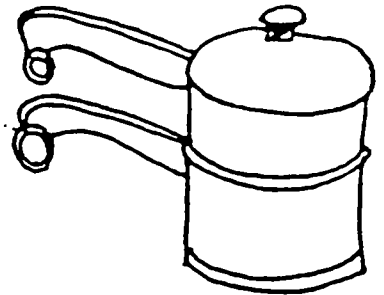
Mixing Bowls



Pastry Blender

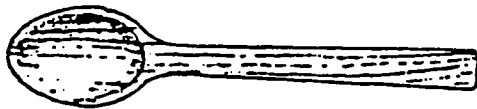


Pot Holders

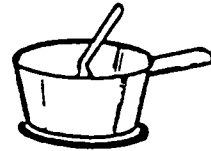


Double Boiler

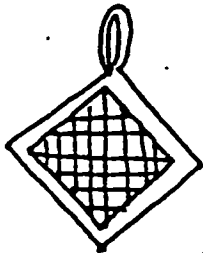
## For Top-of-Range Cooking



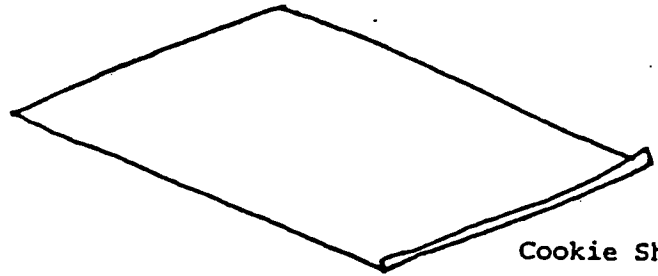
Wooden Spoon



Sauce Pan

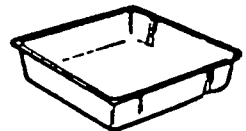


Pot Holders

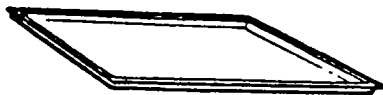


Cookie Sheet

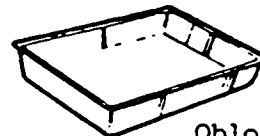
## For Baking



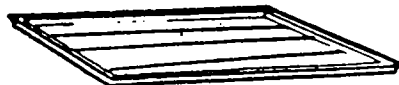
Square Baking Pans  
(8X8X2 and 9X9X2)



Jelly Roll Pan (15½ X 10½ X 1)



Oblong Baking Pans  
(13 X 9 X 2)



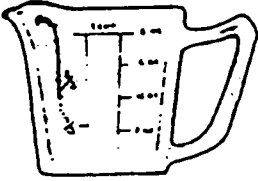
Wire Cooking Rack



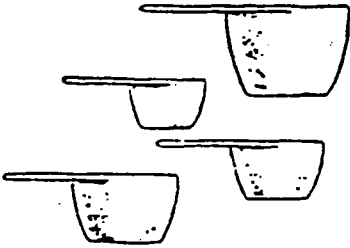
Pancake Turner

## MEASURING UP TO GOOD BAKERS

Successful baking adventures depend on correct measuring. It pays to be accurate. Always use special measuring spoons and cups - not the kind you use when you eat.



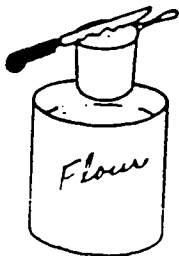
**LIQUIDS** - Liquids should be measured in a glass or plastic see-thru measuring cup with a lip. To measure, place the cup on the counter; pour in liquid while bending down to check the correct amount at eye level. When measuring honey or molasses first grease the cup lightly. The honey or molasses will then pour right out.



**SHORTENING AND PEANUT BUTTER** - Use a measuring cup or spoon that holds the amount the recipe calls for. Pack shortening or peanut butter firmly, leaving no air bubbles. Level off the ingredient with a straight edge of the knife or metal spatula. Use a rubber spatula to remove out of the cup.



**BUTTER OR MARGARINE** - Butter and margarine usually come wrapped in paper with the measurements marked on it. Use a knife to cut off the amount needed.

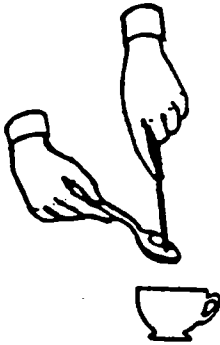


**FLOUR** - Dip from canister with dry measuring cup. Level with a metal spatula or the back of a knife. If the recipe calls for sifted flour, carefully spoon sifted flour into cup until overflowing; then level.



**SUGAR** - Measure like flour. If lumpy, sift powdered sugar before measuring. Brown sugar is packed into a dry measuring cup, then leveled. It should be packed hard enough that it retains its shape when poured out.

**BAKING POWDER** - Dip and fill measuring spoon. Level with a metal spatula or knife. Measure baking soda, salt, cream of tartar, and spices in same way.



**VANILLA AND OTHER EXTRACTS** - Pour into measuring spoon held over custard cup or small bowl to catch any overflow.

**NUTS AND FRUITS** - Pack chopped nuts, shredded coconut, raisins, candied fruits, etc. lightly into a dry measuring cup until level.



**EGGS** - Crack eggs one at a time into a custard cup or small bowl before adding to the rest of the ingredients. This prevents egg shells from getting into the batter.



# SAFETY

# SCORE SHEET

- ALWAYS** wash your hands with soap and water before you start to cook and tie your hair if it's long.
- BEFORE** you use a sharp knife, can opener, oven, or electric mixer, be sure someone older is in the kitchen to help you.
- TURN** the handles of saucepans on the range away from you so they don't catch on anything and tip over (and be sure they are not over another burner).
- DRY** your hands after washing them to avoid slippery fingers and shocks from electrical outlets.
- WIPE** up any spills right away to avoid slippery floors.
- USE** thick, dry potholders to avoid burns.
- ALWAYS** turn the sharp edge of a knife or vegetable parer away from you and your hand when you chop or pare foods.
- USE** sharp knives, not dull ones.
- TURN** off the mixer before you scrape the sides of the bowl so the scraper won't be caught in the blades. Also, be sure to turn it off before lifting up the beaters to avoid splashing batter all over the kitchen.
- NEVER** disconnect an appliance by pulling the cord. Pull the plug instead.
- NEVER** drop knives into dish water to soak. You might forget they are there and cut yourself when you stick your hands in. Be careful of the blade when washing.
- MAKE** sure you turn off the oven and range when you are finished.

# COOK'S CHECK LIST

- **ALWAYS** check with your mom before using the kitchen.
- **WEAR** a clean apron.
- **READ** the recipe all the way through before beginning.
- **GET** out all of the ingredients and utensils you will need and place them on a tray. Add ingredients in the order listed.
- **CLEAN** up as you go along. As you use a utensil (except knives) drop it into warm, soapy water to soak.
- **RINSE** dishes that have had egg or milk in them in cold water first, then in warm water.
- **FINISH** washing and drying utensils and put them away.
- **WIPE** off counters and range surface. Leave kitchen neat and clean.

# COOKIE CONFECTIONS

Cookie confections are the easiest of all cookies to make. You don't bake them. So, get out a saucepan, stirring spoon, and your measuring equipment and stir up a batch of cookies in a jiffy. We predict that you'll have beginner's luck with them - that means good luck:

## TIPS FOR MAKING COOKIE CONFECTIONS:

1. When using a saucepan or skillet always turn the handle to the back of the range this prevents someone from accidentally knocking it off as they walk by.
2. Never leave an un-attended pot on the stove.
3. Use a pot holder.
4. Be sure to turn off the stove when you are finished.
5. When dropping or spreading cookie confections work quickly, otherwise they will cool in the pan before you finish.
6. Drop on waxed paper unless the recipe specifies otherwise.

### CHOCOLATE OATIES

2 cups	Sugar	3 cups	Quick-cooking rolled oats
½ cup	Milk	½ cup	Flaked or shredded coconut
¼ cup	Butter or Oleo	½ cup	Peanut Butter
⅓ cup	Cocoa	1 tsp.	Vanilla

Combine sugar, milk, butter and cocoa in saucepan. Boil 1 minute. Remove from heat. Mix in rest of ingredients. Drop by spoonfuls onto waxed paper. Chill. Makes 30.

### PEANUT BUTTER RAISIN TREATS

Not only do you have to bake these delicious cookies, but you do not have to do any cooking to prepare them. Make them for yourself for an after school snack or make a batch of them for the whole family.

1 tablespoon	Syrup or Honey
1 tablespoon	Peanut Butter (Plain or Chunky)
2 tablespoons	Dried Milk
1 ½ teaspoons	Raisins
	Graham Cracker, or crushed cereal crumbs

Mix all ingredients except crumbs. Mix until smooth and oily. Shape as desired. Roll in crumbs. Makes 4 cookies.

To make 50 cookies use the following ingredients:

1 cup	Corn Syrup	½ cup	Raisins
1 cup	Peanut Butter	1 cup	Graham Cracker
2 cups	Dried Milk		or cereal crumbs

### BREAKFAST BARS

These cookies are so nutritious that mom probably won't mind if you eat them for breakfast with a glass of milk.

½ cup	Butter or Oleo
32	Marshmallows or 3 cups Miniature Marshmallows
½ cup	Peanut Butter
½ cup	Non-fat Dry Milk
1/4 cup	Orange-Flavored Instant Breakfast Drink
1 cup	Raisins
4 cups	Cheerio cereal

Butter baking pan, 9 X 9 X 2 inches. In large saucepan, melt butter and marshmallows over low heat, stirring constantly. Stir in peanut butter until melted. Stir in milk and breakfast drink. Remove from heat; fold in raisins and cereal, stirring until evenly coated. Turn into pan. With buttered hands, pat evenly in pan. Cool thoroughly. Cut into bars. 1 dozen bars.

