



Cooperative Extension • Monterey County

Favorite Family Food

Season of Sharing



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Rich in the Things That Count

In hard times, people gather more closely together with their families. We find joy in the little things. We give more freely of our time. We join with friends - not to buy, or consume, but to create celebrations together.

In times like these we rediscover the cherished home-made gift. Last year a rural northern California family's gifts brought smiles to every face. The wild-berry jam - the dried mushrooms gathered from forests - and the jars of honey were all enjoyed throughout the year.

So in *this* holiday season, put your home-made jellies in a gift basket with confidence. Get together with your friends to make delicious cereal snacks (p5). Make enough for your family and to put in decorative jars and give as gifts. Bring something tasty (and healthful to the Cookie Exchange (p 4). Compliment the young chef who's just made his first chili for the family (p 3).

When you enjoy that sweet juicy tang of fresh tangerines, think of our grandmothers in the Great Depression. A fresh orange was a special holiday treat then - now we just reach up and pick one off the tree. Truly, we *are* rich, in the things that count.

En tiempos difíciles, las personas se acercan más a sus familias. Nos alegran en las cosas pequeñas. Damos más libremente nuestro tiempo. Nos juntamos con amigos - no para hacer compras, sino para crear fiestas juntos.

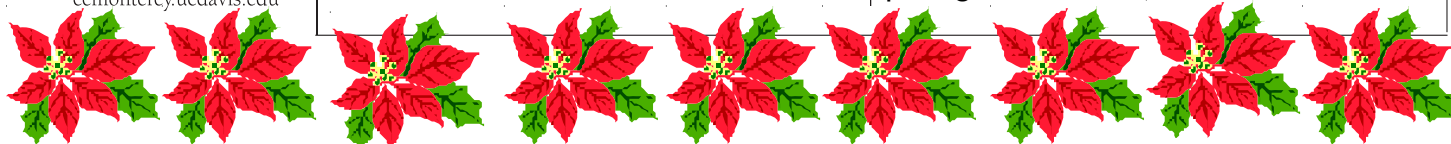
En tiempos como estos, nosotros redescubramos que el regalo hecho en casa es el regalo máspreciado.

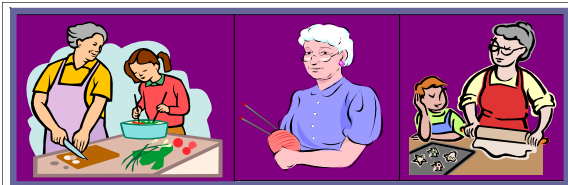
En el año pasado, los regalos de una familia del norte rural de California hacían sonrisas en todas las caras. La mermelada de moras silvestres - los hongos secos recogidos de bosques de pinos - los

tarros de miel - todos se habían disfrutado durante el año.

Así que, en esta estación festiva, ponga su mermeladas hecho a mano en una canasta de regalos con confianza. Júntense con sus amigas para preparar bocadillos deliciosos de granos integrales: una parte para su familia y la otra para regalos. (p5)

Traiga algunas galletas sabrosas y saludables al Intercambio de Galletas (p4). Felicite al cocinero joven que ha preparado la primera olla de chile para la familia (p3). Y cuando disfruta el mandarino dulce y jugoso, recuerde las abuelas que eran jóvenes en los tiempos difíciles en los 1930s. Una naranja fresca era un gusto festival muy especial - y nosotros ahora nomas estiramos y arrancamos uno del árbol. De veras, somos ricos - en las cosas que significan.





HABLAN LAS ABUELITAS

UCCE's
Favorite
Family
Food
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"Este dicho es de mucho valor..."

En los días de antaño cerca de la Navidad, nuestras abuelas preparaban un ponche delicioso, usando blanquillos crudos.

Por cierto, aunque esta bebida es cremosa y dulce, ahora sabemos que no podemos comer blanquillos crudos en cualquier forma, porque hay un riesgo de enfermedad.

Afortunadamente, aquí está una receta para ponche seguro (los blanquillos están cocidos). Es tan cremoso y delicioso como recordamos- y nuestras abuelas hubieran aprobado.

Cocine 6 yemas de blanquillos grandes,

½ taza de azúcar,

2 tazas de leche (1%) y

1 cucharadita de vainilla en un tazón encima de agua hirviendo hasta que la mezcla esté espesa y el color de limón.

Quítela de la estufa y ponga el tazón encima de hielo, revolviéndola hasta que esté frío.

Agregue 1 taza leche evaporada (2%) y 1 taza leche evaporada (sin grasa).

Calienté las 6 claras,

¼ cucharadita de sal y

4 cucharadas de azúcar encima de agua hirviendo, revolviéndola constantemente, hasta que la mezcla esté 160F grados.

Quítela de la estufa y **bátela** con la batidora a punto de nieve.

Entonces, **incorpore** las claras con la otra mezcla.

Enfríela para una hora y **espolvorée con moscada** antes de servirla. ¡Que rico!



THE GRANDMOTHERS SPEAK... and what they say has value today.

In the Old Days, around the holidays, our grandmothers made delicious eggnog- using raw eggs! For sure, even though the drink is creamy and sweet, we now know that we can't eat or drink raw eggs in any form, because of the risk of food-borne illness.

Fortunately, there's a recipe for "Safe Eggnog" (using cooked eggs). It's just as creamy and delicious as we remember - and our grandmothers would approve!

Cook in a double boiler until thick and lemon colored:

6 large egg yolks ½ cup sugar

2 cups 1% milk 1-tsp vanilla

Remove from heat and place over ice to chill quickly.

Add 1 cup (2%) evaporated milk and 1 cup (fat free) evaporated milk

Heat the 6 egg whites ¼ tsp salt 4-TBS sugar

over boiling water, stirring constantly, until mix is 160F.

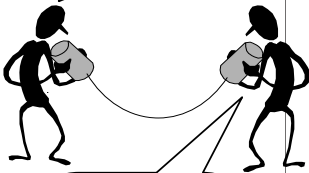
Remove from heat and beat with a mixer until soft peaks form.

Fold this meringue with the other egg mix and chill for 1 hour.

Sprinkle with **nutmeg** before serving. Mmm- rich and creamy!



Handwashing is the
FIRST cooking step
in **ANY** recipe!



I know -
I know!

(this step is one
of the secrets to
excellent chili!)

*Note:
To remove nearly all
the grease, try
carefully dragging a
paper towel over the
top of the chili- it will
pick up the grease
and you can throw
it away. Repeat as
often as needed. An
adult will definitely
have to do this step.*



COOKING with YOUR CHILD

Chili is a good beginner's dish. It's nutrient dense (that means there's lots of nutrition in every bite) and it's easy to make. You can freeze it in portions. You can make it with meat or without.

For company, you can fancy it up with lots of add-ins like **chopped green onion, grated cheese, light sour cream, fresh salsa-zowie!** It's as spicy as you want it to be! Here are the secrets to



A GREAT BOWL OF CHILI

1. Brown $\frac{3}{4}$ -lb **lean ground beef well in heavy pot** in a TBS of oil. Child of 7 or older can carefully stir browning meat under close supervision.
2. Drain off excess grease into a can to dispose of in the trash (adult should do this)
3. Add **6 cloves of garlic (mashed), 1 medium onion (chopped) 1 large carrot (shredded) (1 sweet bell pepper, chopped - this is optional)** and stir and fry for 1-2 minutes till veggies are soft.
4. Add spices (**2-TBS chili powder, 1-tsp whole dry oregano, $\frac{1}{2}$ tsp ground cumin, $\frac{1}{2}$ tsp black pepper**) and stir and fry for 1-2 minutes more
5. Add **2-cups beef broth and tomato substance (a fresh diced tomato, 1-TBS tomato paste or 1/3 cup of tomato sauce)** & bring to a boil.
6. Add **4 $\frac{1}{2}$ cups beans** (3 cans, drained & rinsed - could be pinto beans, black beans or kidney beans), reduce heat and simmer 20-30 minutes.
8. Stir in **$\frac{1}{2}$ cup of corn kernels**
9. Take a little to the side to taste-test and add salt – not quite as much as you'd like (so folks can add to their own taste). Serves 6 deliciously!

Child can:

- * Stir browning meat
- * Mash garlic
- * Shred carrot
- * Measure spices into dish before adding
- * Measure broth & tomato into dish
- * Stir in corn
- * Help put together "fixins"

Adult should:

- * Drain excess grease
- * Chop onions & peppers
- * Open bean cans; discard tops
- * Sprinkle spices into hot mix
- * Add broth & tomato to mix
- * De-grease chili w/ paper towel
- * Supervise young cook carefully

These Cookies Can Go to School!

Here's a delicious cookie that can go to a Holiday Cookie Exchange and make you proud - it's that tasty. Your child can even take them to a school party, because they meet the nutrition standards of most wellness policies. Each 2-ounce cookie has 148 calories, 24% of which are from fat; 18% from carbs, and less than 1% from saturated fat. Yum!

*UCCE's
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Food
4*

Dance fast

Do crunches

Hula hoop
as long as
you can

Try yoga

Walk up
and down
the back
stairs as
long as
you can

Sweep
outside -
with a real
broom

See if you
can keep
up with one
of those
dancercise
videos from
the '80s

DIANA'S OATMEAL COOKIES

1+1/3 cups sugar 1 stick real butter
2 whole eggs 1-tsp vanilla
2-cups flour 2-cups chopped
1-tsp baking soda oats
1+1/3 cups chopped dried fruit

- 1) Cream butter + sugar till very light
- 2) Beat in eggs, one by one; mix till very light
- 3) Add vanilla; mix well
- 4) Mix dry ingredients well: add to bowl
- 5) Add dried fruit, blending thoroughly
- 6) Drop dough by spoons onto greased pan
- 7) Bake at 350F for 12-15 minutes
- 8) Remove from pan immediately
- 9) Serve 2 cookies, with a glass of (1%) milk



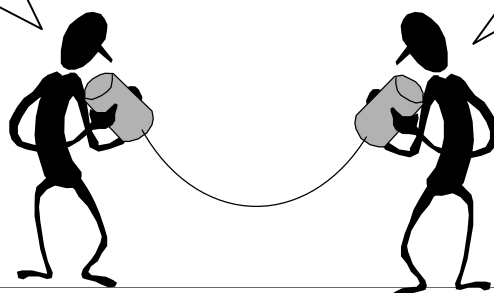
GALLETAS DE AVENA

1+1/3 tazas de azúcar
4 onzas de mantequilla
2 blanquillos
1 cucharadita vainilla
2tazas harina de trigo
2 tazas avena cruda, picada
1 cucharadita soda hornada
¼ cucharadita sal
1+1/3 tazas de frutas secas, picadas

1. En un tazón mediano, bate el azúcar y la mantequilla hasta que la mezcla esté mullido.
2. Agregue los blanquillos (uno por uno), mezclando bien.
3. Agregue la vainilla, mezclando bien.
4. Mezcle los ingredientes secos y agréguelos a la mezcla cremosa.
5. Agregue las frutas secas, mezclando bien.
6. Ponga la masa – por cucharadas – en un sartén engrasado
7. Hornéenlas a 350° F
8. Quite del sartén inmediatamente
9. Sirve 2 galletas, con una taza de 1% leche

Well I don't see anything about fitness in this issue- so I guess that means we can just spend the winter months eating - right?

Don't you just wish! Try any of the indoor exercises you see to the right- and walk with the family every chance you get!



La página para los padres

Reúnese con algunas de sus amigas para preparar este receta para súper cereal de granos mezclados. Es fácil. Cada persona puede traer un ingrediente. También traiga una recipiente (1 galón). Todos pueden hacer una visita agradable. Entonces regresa a casa con algo delicioso para la familia.

Esta receta hace 14 cuartos.

1. Caliente **1 taza de margarina de canola, 1 taza de miel, y 1 cucharadita de canela.** Mezcle bien.
2. Eche esta mezcla encima de **1 caja de avena, y 2 tazas de almendras** (cortados). Mezcle muy bien.
3. Horneé la avena a 350°F en un sartén de galletas. Muévela muchas veces. Cocine hasta que el color esté de oro.
4. Mientras tanto, mezcle **3 cajas de tipos diferentes de cereales "chex"** en un tazón grande.
5. Agregue **2 tazas de pasas.** Agregue **2 tazas de otras frutas secas,** cortado. Use su preferencia.
6. Agregue la avena tostada. Mezcle todos bien. Divídela en porciones iguales, una por cada persona. ¡Disfrútela!



A Holiday Cooking Party

Get together with a few friends and make this easy multi-grain super cereal. Everyone bring one ingredient and a half-gallon sized container with lid. Work together - you'll have a fun visit. Then, go home with something good for your family.

This recipe makes about 14 quarts.

1. Heat **1 cup canola margarine, 1 cup honey, + 1 TBS cinnamon.** Mix well.
2. Pour it over : **1 lg box old-fashioned oats + 2 cups chopped nuts.** Mix well.
3. Toast this mix on a lightly oiled cookie sheet at 350 F, stirring often, till golden brown.
4. Meanwhile mix **3 large boxes of different kinds of chex cereal (wheat, rice, corn).**
5. Add **2 cups raisins + 2 cups your choice dried fruit (cherries, cranberries, chopped apricots, apples, pears).**
6. Add toasted oat-nut mix to cereal fruit mix. Toss to mix thoroughly. Divide into airtight containers.

Enjoy this very healthful and delicious cereal with your family throughout the holiday season- or put some in a fancy tin and give it as a welcome gift from your kitchen.



The parents' page

Turkey Basics:

Safe Cooking and Roasting Instructions

Set oven at 325 °F. Do not preheat the oven.
Put turkey on a rack in a roasting pan.

It is much safer to cook stuffing separately in a baking pan. Check to see that the inside of the stuffing is at least 165 °F (use a food thermometer).

If you *do* stuff the turkey, you must check the inside of the turkey and the stuffing. The inside of the turkey thigh must be at least 165 °F. The middle of the stuffing must also be 165 °F. If it is *not* keep cooking the turkey.

Do these checks with a thermometer, even if the turkey has a pop-up temperature button. Cooking only a turkey breast? 165 °F is still the magic number

Many things can change the roasting time of a whole turkey. See sidebar on right of page for some of these factors.

For best quality, you can set the turkey aside for 20 minutes. Then take out the stuffing and slice the turkey.

APPROXIMATE COOKING TIMES

These charts are for fresh or thawed turkeys right out of the refrigerator. It is better not to try to cook a frozen turkey. It will take nearly twice as long to cook. These cooking times are just guides. You should always use a food thermometer to make sure the turkey is safely cooked and done.

UNSTUFFED

8 to 12 lbs.....2 3/4 to 3 hrs.
12 to 14 lbs.....3 to 3 3/4 hrs.
14 to 18 lbs.....3 3/4 to 4 1/4 hrs.
18 to 20 lbs.....4 1/4 to 4 1/2 hrs
20 to 24 lbs.....4 1/2 to 5 hrs

STUFFED

8 to 12 lbs.....3 to 3 1/2 hrs
12 to 14 lbs.....3 1/2 to 4 hrs.
14 to 18 lbs.....4 to 4 1/4 hrs.
18 to 20 lbs.....4 1/4 to 4 3/4 hrs.
20 to 24 lbs.....4 3/4 to 5 1/4 hrs

Bread crumbs,
chopped onion, fresh
sage, figs, chicken
livers, minced
jalapeños, oysters...



*UCCE's
Favorite
Family
Food
6*

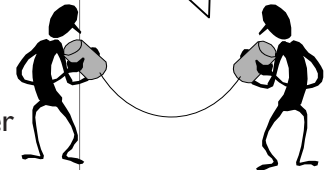
A frozen or partly frozen turkey takes longer to cook than a completely thawed turkey.

A turkey will cook faster in a dark roasting pan.

Putting foil on top of the turkey for the whole time will slow down cooking.

If you put foil on top of that turkey for the whole time, it'll take longer to cook!

But a lid speeds it up? Huh?



Putting a lid on the roasting pan speeds up cooking.

An oven-cooking bag will shorten cooking time.

A stuffed turkey will take longer to cook than an unstuffed turkey.

Ovens may heat unevenly.





¡El Día de Gracias!
Qué bueno que el
domingo pasado, yo me
recordé de quitar este
pavo para descongelarlo
en el refrigerador .

El pavo se cuece más rápido en una fuente de asar de color oscuro.

El uso de papel de aluminio encima del pavo durante todo el tiempo de cocinamiento hace que el cocer demore más.

El mantener cubierta la fuente de hornear con una tapa, acelera la cocimiento.

Un pavo relleno toma más tiempo para cocinarse que un pavo sin relleno.

Los hornos pueden calentar en forma desigual.

Principios Básicos del Pavo

Cocinar Correctamente y Instrucciones para Asar

Gradúe la temperatura del horno a 325 °F. No precaliente el horno. Coloque el pavo en la fuente de asar sobre una rejilla. Es **mucho** más seguro si cocine el relleno en un recipiente separado. Compruebe que la temperatura interna del relleno está por lo menos a 165 °F. **Use un termómetro para alimentos.**

Si va a rellenar el pavo, **usted debe** comprobar la temperatura interna del pavo y del relleno. La temperatura interna del muslo debe alcanzar por lo menos 165 °. El centro del relleno debe alcanzar por lo menos 165 °F. Si el relleno no ha alcanzado los 165 °F, continúe asando el pavo.

Compruebe esto con un termómetro de alimentos, **aunque el pavo venga con un indicador de temperatura "saltador"**. ¿Cocina la pechuga por separado? La temperatura interna de ésta debe de alcanzar 165°F.

Muchas cosas pueden cambiar el tiempo de cocimiento de un pavo entero. Mira a la izquierda para mirarlas.

Para lograr una mejor calidad, puede dejar reposar el pavo por unos 20 minutos antes de sacar el relleno de la cavidad y empezar a cortar.

Tiempos de Cocimiento, Aproximados

Las tablas de tiempo están basadas en pavos frescos o que se hayan descongelado completamente, recién del refrigerador. Es mejor que no trate de cocinar un pavo congelado. El tiempo de cocinar será casi doble. Estos tiempos de cocimiento son simplemente pautas. Siempre debe usar un termómetro para alimentos para determinar si el pavo está bien cocido.

Relleno		Sin Rellenar	
8 a 12 lbs -	3 - 3½ horas	8 a 12 lbs -	2 horas ¾ a 3 horas
12 a 14 lbs	3½ - 4 horas	12 a 14 lbs -	3 horas a 3 horas ¾
14 a 18 lbs	4 - 4 ¼ horas	14 a 18 lbs -	3¾ a 4¼ horas
18 a 20 lbs	4 ¼ - 4 ¾ horas	18 a 20 lbs -	4 ¼ - 4 ½ horas
20 a 24 lbs	4 ¾ - 5¼ horas	20 a 24 lbs -	4 ½ - 5 horas

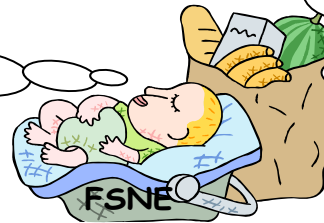


The Last Word

FSNE Families learn how to EAT RIGHT to STAY WELL. On a budget? You can do it!

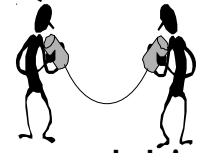
I just have to have a chocolate dessert at least once a week!

I noticed!



The USDA Food Stamp Program

helps participants to purchase healthful foods for better diet and funds this newsletter.



Everyone help!

Make "shopping day" a "cooking day" -do prep for the week ahead.

What'll We Have For Dinner?

Fall to Winter Food Stamp Menus:

Sunday: Slow-Cooked Pork Butt (brown off; brown off a little carrot + onion too, put in slow cooker w/1/2 cup apple cider and about 1 cup water. Cook 7-8 hours - add a little salt + pepper at the end. Remove meat; thoroughly degrease broth and "boil it up" on stove to reduce it by half). Steam 4 cups peeled, seeded **acorn squash** + mash with a teensy dab of butter. Put cooked **Pasta** in soup plate; cover with cooking broth; lay slices of pork on top, + squash topped with raw **apple slices**. Add **WW roll; Gingerbread** (while the oven is on, bake flat rounds of pie dough for pot pie tops for Monday).

Monday: EZ Chicken Pot Pie (Put chicken pieces; some carrot + celery chunks and a little onion in the slow cooker. Just cover with water. Cook on high till you go to work, then on low till you return. Add a can of cream of chicken soup and half a cup of frozen green peas. Turn cooker to high till all is hot and peas are ready. Serve in bowl with the pastry lid you baked yesterday). **Deep Green Salad; Baked Pear w/Walnuts** + a dab of Brown Sugar

Tuesday: Giant Burritos de "Carnitas" (leftover pork from Sunday, shredded and sauteed till a little brown and crisp) **with the works - beans, rice, shredded part-skim mozzarella, low-fat sour cream + salsa. Mexican Style Coleslaw; Baked Custard.**

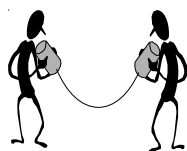
Wednesday: Family Top-Your-Own-Home-Baked Pizza Night; Finger Veggies (carrot sticks + crunchy green beans); **Lemon Tapioca Pudding**

Thursday: Pasta w/ White Beans + Tuna, Deep Green Salad, WW Rolls, Apple Crunch

Friday: Roast Chicken Leg w/BBQ Glaze; Baked Wedge Potatoes (Russets + Yams), Rainbow Chard; Oatmeal Cookie

Saturday: Young Chef Chili Bowl w/the works (chopped green onions & red bell peppers, shredded cheese, light sour cream); **Cherry Tomatoes, Romaine Dippers + Ranch; Garlic Bread + Chocolate Pudding**

What? No chocolate dessert?



It's getting cool in the evening - that makes me want to eat bread pudding and custard!

Cook veggies ahead - Twice a week, steam green vegetables, clean salad greens, etc. Store in frig for quick meals during the work week.

Plan meals around seasonal foods - let the Farmer's Market guide your food choices!

Plan on pasta once a week. - A family pleaser!

Time to eat more of your veggies in soup. EZ: place clean, chopped vegetables in slow cooker. Just cover w/chicken or veggie broth (canned ok). Cook till veggies soft. Mash 'em up, add evaporated milk, pepper & salt

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