

Family and Consumer Sciences



Beatrice Middle School—7th Grade

Tell Me a Favorite Family Food Story . . .

What's your favorite food? Why do you serve certain foods for that special holiday, but your friends pick something very different? What eating habits did your parents have when they were teenagers? Seventh grade students found out the answers to these questions. Usually people only think that hunger and taste are reasons why we make food choices. But after viewing a video and some discussion, students found out that we also select foods because of family and culture, religion, friends, emotions, advertising, convenience, geography and healthy lifestyles. Even the temperature outside has an influence on our food choices. With this information in mind, students selected a favorite adult relative, asked them about their eating habits and traditions when they were teens and together selected a favorite recipe to share

with the class.

Bonus points were earned if the food was shared with the rest of the class. Students shared their completed assignments, often selecting to earn bonus points. The following recipes are some of the favorites selected by each team from this third session. It's also a continued sneak preview of what will be in the 2011-2012 FCS cookbooks!

Hopefully, you can find one you would like to try this winter!



Bonus Day— December 2010

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So turn the page and see which recipes we selected for this sessions favorites . . .



Appetizer Favorites—Jalapeño Cheese Dip by Tyler

- 2 packages of cream cheese
 - 4 ounces of chopped green chilies
 - 6 ounces chopped Jalapeno chilies
 - ½ cup Italian/mozzarella cheese
 - 2 Tablespoons real mayonnaise
2. Serve with chips.
 3. It takes about 1 hour.
- Yield: about 20 servings

Directions:

1. Mix all ingredients in a crock pot. Put the crock pot on high and let the ingredients melt. Then turn to low.

Interview: “I interviewed my mom, Carrie. Some eating habits she had as a teen included eating cereal every morning before school – the healthy whole grain kind. For lunch she would make the easy stuff like macaroni and cheese. For dinner every Thursday night my grandma would make lasagna as a traditional meal that has been passed down in my family. We still eat lasagna every Thursday night for dinner.”



Main Dish Favorites— Egg Noodles by Carter



- 2 cups flour
- 1/8 teaspoon baking powder
- 1 teaspoon salt
- 3 egg yolks
- 1 egg
- 1/8 teaspoon oil
- ½ cup water

Directions:

1. Measure dry ingredients into bowl; make a well in the center and add egg yolks, whole egg, and oil.
2. Thoroughly mix eggs and oil into flour mixture with your hands.
3. Add water, 1 tablespoon at a time. Mix thoroughly after each additions. Add only enough water to form dough into a ball.

4. Turn dough onto well floured board; knead until smooth and elastic. About 10 minutes.
5. Cover and let rest for 10 minutes.
6. Roll dough onto floured surface into paper-thin rectangle.
7. Start at one end and roll up the dough.
8. Cut dough into ¼ inch strips.
9. Unroll the noodles and put into pan of boiling water. Cook for 5-7 minutes.

Yield: 6-8 servings



Interview: “I interviewed my grandma Millie. Their primary source of food was a big garden and fruit trees. Some of her favorite foods included homemade fudge with popcorn – always had to have together, macaroni and cheese, homemade egg noodles, and her mom’s canned food. She said some traditions included dumplings with vegetable beef soup and homemade noodles for chicken noodle soup with sandwiches or cheese and crackers. They always had turkey for Thanksgiving and ham for Christmas. My family eats a lot of what my Grandma Millie had as a child growing up.”

Main Dish — Valentino's Home-made Pizza by Ashley

Dough Ingredients

- 1 and 1/8 cups water
- ¼ ounce yeast
- 2 teaspoon sugar
- 4 Tablespoons oil
- 2 teaspoons salt
- 4 cups flour

Sauce Ingredients

- 1(8-ounce) can tomato sauce
- 1 (6-ounce) can tomato paste
- 1/4 teaspoon thyme
- ¼ teaspoon oregano
- ¼ to ½ teaspoon caraway seed
- ¼ teaspoon rosemary
- 1 clove of garlic, minced (about 1 teaspoon)
- 1 bay leaf



Mixing Directions:

1. Dough – Fill a liquid measuring cup with 1 and 1/8 cups of HOT water, pour into bowl. Add ¼ ounces of yeast into water, mix until bubbly.
2. Add 2 teaspoons sugar, stir, add 4 tablespoons oil, stir, add 2 teaspoons salt, stir.
3. Add 4 cups flour – one cup at a time. Stir after each cup is added. The mixture should be the consistency of dough. Knead dough and form into a ball. Pour some oil into your hands and spread it all over the ball. Place in bowl and cover with a lid or towel. Let rise in a warm space for 2 hours.
4. Sauce – Mix all sauce ingredients together and heat in sauce pan on top of stove. Make sure you take the bay leaf out before eating. It's too sharp to eat.
5. Next spread oil over a 12-inch round pizza pan. Spread dough to cover the pan. Spread sauce

over pizza. Add toppings of your choice. (I used 1 pound browned hamburger.) Cover with American cheese slices. Bake in the oven at 425 degrees F. for about 10 minutes.

6. It takes about 2 and ½ hours for the whole process.

Yield: 2 pizzas

Interview: "I interviewed my mom. Every Sunday my mom her 5 brothers and sisters, and her parents gathered in the kitchen and devoured this delicious dish. The recipe was given to my mom's family by someone who worked at Valentino's Pizza. One of my mom's habits was to ride a bike to town and hang out with her friends. They would eat M&M's."



Main Dish: Porcupine Balls by Trenten



- ¼ cup milk
- ½ cup uncooked rice
- 1 teaspoon chili powder
- 1 ½ teaspoon salt

Sauce Ingredients

- 1 can tomato soup (10-3/4 ounce can)
- 1 medium onion, chopped
- 1 and ½ cups water
- ½ teaspoon chili powder

Directions:

1. Preheat oven to 350 degrees. Mix sauce ingredients and put

in 1 quart pan. Bring to boil. Then let mixture simmer for 45 minutes.

2. Mix together all the meatball ingredients, make sure ingredients are evenly mixed. Shape into meatballs. Place in a 9 X 13 – inch baking pan.
3. After sauce mixture has simmered, pour over meatballs. Bake for 1 hour or until meatballs are cooked and rice is soft.

Yield: 4-6 servings

Interview: "My favorite cook is my grandma, because she is an awesome cook. Her favorite foods as a teenager were chicken and dumplings and Christmas cookies."

Meatball Ingredients

- 1 pound hamburger
- 1 egg

Main Dish Favorites—Main Dish: Rice Meat Balls by Hunter

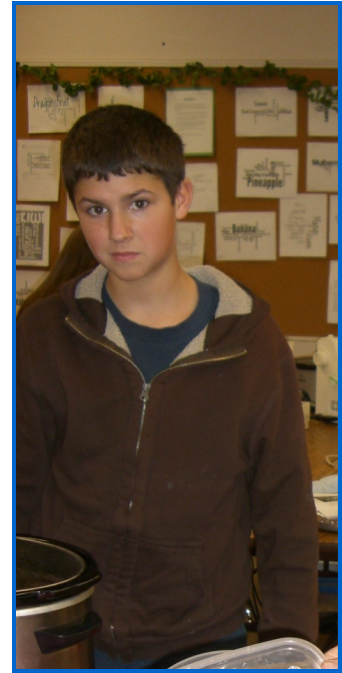
1 cup Minute Rice
 1 pound ground beef
 1 egg beaten slightly
 2 Tablespoons grated onion
 2 teaspoons salt
 Dash of pepper
 2 and 1/2 cups tomato juice
 1/2 Tablespoon sugar

onions and salt and pepper.

2. Add 1/2 of the tomato juice and beaten egg.
3. Shape into balls. Place in skillet.
4. Add remaining tomato juice with sugar over meat balls. Bring to a boil. Reduce heat and simmer covered for 15 minutes or until meat and rice is thoroughly cooked.

Yield: 4-6 servings

1. Mix together rice, ground beef,



Interview: “Well, I figured that I would interview my grandma Loni. We decided to make her Spanish meatballs. She said this was a very good main dish for lunch or dinner.”



Dessert Favorites—Chocolate Chip Brownies by Logan

Brownie Ingredients

1/2 cup (1 stick) butter or margarine, softened
 1 cup sugar
 1-1/2 cups HERSHEY'S Syrup* (One 16-ounce can= 1 ½ cups syrup)

4 eggs

1-1/4 cups all-purpose flour

Optional: 1 cup HERSHEY'S SPECIAL DARK Chocolate Chips or HERSHEY'S Semi-Sweet Chocolate Chips

2. Beat butter and sugar in large bowl. Add syrup, eggs and flour; beat well. Stir in chocolate chips. Pour batter into prepared pan.

3. Bake 30 to 35 minutes or until brownies begin to pull away from sides of pan. Cool completely in pan on wire rack.

4. Frosting: Combine all ingredients except chocolate in saucepan over medium high heat. Stir constantly until melted. Bring to a boil for 1 minute, still stirring. Remove from heat. Add in chips and stir until completely melted. Spread on cooled cake.

Yield: About 36 brownies

Frosting Ingredients

1-1/3 cup sugar

2 tablespoons butter

2 Tablespoons milk

2/3 cup chocolate chips

1. Heat oven to 350°F. Grease 13x9x2-inch baking pan.



Interview: “My mom helped me with this. She used to eat this for special events, like birthdays or holidays. My mom loved it, so she decided to get the recipe from my grandma.”

Dessert Favorites —Chocolate Sheet Cake by Austin

Cake Ingredients

- 2 cups sugar
- 2 cups flour
- 1/2 cup butter
- 4 Tablespoons cocoa
- 1/2 cup shortening
- 1 cup water
- 1/2 cup buttermilk
- 2 eggs, slightly beaten
- 1 teaspoon vanilla
- 1 teaspoon soda

Frosting Ingredients

- 1/2 cup margarine (or butter)
- 4 teaspoons cocoa
- 6 Tablespoons milk
- 4 cups powdered sugar
- ¼ teaspoon vanilla

Directions:

1. Sift sugar and flour together in a large bowl. Set aside.
2. In a saucepan bring to a boil – butter, cocoa, shortening and water. Mix with sugar and flour.
3. Add buttermilk, eggs, vanilla and soda. Blend well. Pour into a greased 11 X 17 X ¾ - inch baking sheet. Bake 20 minutes at 400 degrees F.
4. Frosting: Melt oleo, cocoa, and milk together. Bring to a rolling boil. Remove from heat and add powdered sugar and vanilla. Spread over hot cake.
5. Yield: 24-30 pieces



Interview: “I interviewed my grandpa. He told me that he never had an after school snack, because he lived on a farm and had to do chores. A family tradition is that they always got together on major holidays. They had a big meal each time. He said his favorite meal was roast beef, potatoes and gravy.”



Dessert Favorites—Goof Balls by Dylan

- 1/2 cup butter
- 20 caramels
- 1/2 cup condensed milk
- 3 dozen large marshmallows
- 1 Box Rice Krispies

Directions:

1. Melt butter and caramels.
2. Add milk and stir.
3. Dip each large marshmallow in caramel mixture. Shake a little, and roll in Rice Krispies.
4. Lay on wax paper.

Yield: Approximately 3 dozen

Interview: “In order to find out if I eat differently than what my family members did, I interviewed my Dad, Glen. He came from a farming background. When he was a teen, he had about five meals a day, which was normal if you were a farmer. You had breakfast, morning lunch, dinner, afternoon lunch and finally supper. My dad’s favorite way of preparing meat for dinner and supper was grilling. He said his mom did a lot of baking. A family tradition was having duck for Thanksgiving, because they raised their own ducks. A treat for birthdays and holidays was Goof Balls. We still eat many of these same foods, but more processed foods.”



Dessert Favorites—Jiffy Devil's Food Cake by Zach

Cake Ingredients

1 and 1/2 cups flour
 1 cup sugar
 3 Tablespoon unsweetened cocoa powder
 1 teaspoon baking soda
 1/2 teaspoon salt
 1/3 cup canola oil or melted shortening
 1 Tablespoon white vinegar
 1 teaspoon vanilla
 1 cup cold water

Vanilla Cream Frosting Ingredients

2 Tablespoons shortening
 1 Tablespoon butter
 1 teaspoon vanilla
 ¼ teaspoon salt
 ½ cup sugar
 5 Tablespoons half and half

1. Measure flour, sugar, cocoa, soda and salt into a sifter. Sift twice – last time into an ungreased 9 - inch square baking dish.
2. Make three holes in the dry ingredients. Pour oil in one, vinegar in another and vanilla in the other. Pour water over all and mix thoroughly with a fork to moisten. You can pick up the dish and look at it from underneath to see if all of the flour has been moistened.
3. Bake 30 minutes at 350 degree F. or until a toothpick inserted in the center comes out clean.
4. Frosting: Blend shortening, butter, vanilla and salt. Beat in ½ cup sugar and cream. The cream and sugar should be added alternately. Thoroughly mix. Spread on cooled cake.

Yields: 9 large squares

Interview: “My mom’s teenage daily eating habits included Carnation Instant breakfast, a school cafeteria lunch favorite – bierocks (similar to Runza’s) and mock filets and green beans for supper. Gathering at the table was an important part of growing up. My mom’s paternal grandmother was a farm wife who loved to cook and feed her family. Some of the best memories of family gatherings happened around the big old farm table. Grandma Mehl would make my mom her favorite choices for her birthday, which usually included lasagna and strawberries. My mom’s mom would make her favorite cake – Jiffy Devil’s Food Cake.”



Dessert Favorites—Homemade Oreo Cookies by Kait

2 boxes Devil’s Food cake mix
 4 large eggs
 1 cup Crisco oil
 2 containers cream cheese frosting

1. Preheat oven to 350 degrees F.
2. Mix eggs and oil together in a large mixing bowl.
3. Add cake mix and mix on medium-high speed until completely mixed together.
4. Form dough into an EVEN number of ping-pong sized balls.
5. Bake about 8 balls on a cookie sheet for 8 minutes.

6. Once cooled, frost one and put another on top of it. Have flat sides on the inside. Store in a cool place where the frosting won’t melt.

Yield: about 38 frosted cookies

Interview: “My mom is my favorite cook. Whenever I cook, she always tells me to make sure I clean up along the way. When I interviewed her, she said her favorite dessert was and still is Homemade Oreo Cookies.”



Dessert Favorites—Peanut Butter Rice Crispies by Hannah

- 6 cups crisp rice cereal
 - 1 cup white sugar
 - 1 cup light corn syrup
 - 1 cup peanut butter (cream or crunchy)
 - 1 cup butterscotch chocolate chips
 - 1 cup milky chocolate chips
1. Generously butter a 9x13 inch baking pan. Put rice crispies in the pan. Set aside.
 2. In a large pot, mix together sugar and corn syrup. Cook over medium heat, stirring until it boils. Remove from heat, and stir in peanut butter. Once the peanut butter is thoroughly mixed, pour over rice cereal.

1. Mix together so that all the rice crispies are covered. Let it cool. You may need to use your hands or a large spoon to pat down.
2. In a medium saucepan, over medium low heat, melt chocolate chips and butterscotch chips until smooth. Spread over top of bars and let bars cool. You may melt each of these in the microwave. Cut into squares.

Yield: 12-15 Bars



Interview: "My mom, Janice, is the person I interviewed. As a teen she ate lots of fruits, vegetables, and meat, but not much grains or dairy products. A family eating tradition included eating mostly soup around Christmas time – usually Chili. Her favorite food was roast beef with mashed potatoes."

Tell Me a Favorite Family Food Story . . .

Many family recipes and stories were shared by session three. The bonus day turned out to be very tasty as students brought in samples of their work. Thanks to all parents and grandparents that helped out with this assignment! Remember that all the recipes will become part of next year's cook-books. So be sure to get a copy!



Bonus Day— December 2010

