



Stirring pancakes
This 4-H'er is learning how to make pancakes during a recent cooking class held at the Hoke Extension office.

4-H'ers Hold Cooking Study

A 4-H foods workshop was held for youth July 26, 27, and 28. The workshop was sponsored by the Agricultural Extension Service. The thirteen youth who participated studied nutritional needs and cooked foods from the basic four food groups. They got a chance to prepare the following dishes from the food groups:

- Bread Group** - drop biscuits, cheese biscuits, and cut biscuits, blueberry muffins, yellow cake layer, chocolate cake layer, waffles and griddlecakes (all of these items were made from basic biscuit mix that the youth prepared).
- Meat Group** - omelets, boiled egg, and baked eggs. The youth made a collection of recipes from the class to take home.
- Milk Group** - puddings and sauces.

Lower Sodium Soups Are Easy To Prepare

by Rebecca C. Smith
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When reducing the sodium content of your diet, you may find the preparation of soups and sauces one of your biggest challenges. This is especially true since canned, dried and frozen soups or soup mixes are among the saltiest convenience foods available. However, there are tasty alternatives.

Broths or soups should be prepared without adding salt, regular bouillon cubes or prepared flavoring packets. Instead, use unsalted bouillon cubes or the following recipe.

You can remove the fat from homemade soup by preparing it a day in advance and chilling it overnight in the refrigerator. When you do this, you are allowing the fat to rise to the top and harden, making it easy to remove.

If you can't prepare the broth in advance, the next best technique is to skim off as much fat as possible with a large spoon. Remove the remaining fat by floating a paper towel on top of the hot soup and removing it when the fat is absorbed. Then you may add vegetables, macaroni, or rice to the broth.

You can make cream soups, chowders and sauces from a basic white sauce of flour, margarine and skim milk, omitting salt. Many kinds of soups may be prepared by adding pureed or chopped vegetables, seafood and your favorite herbs and spices to the basic white sauce.

Soup can be topped with lemon slices, low-fat yogurt, chopped onions or chives or a sprinkle of herbs. Soup can also be accompanied by soda crackers without salt sprinkled on top, unsalted pretzels or toast strips.

For tomato sauces, you may wish to use the following recipe or you can use fresh or canned tomatoes, unsalted tomato paste or unsalted tomato puree as a base with other seasonings in place of salt.

- Beef Broth** - makes 3 cups, 10 calories per cup, 1 tablespoon oil, 1 pound boneless, lean beef shank, well-trimmed, 1 quart water, 1 small onion, chopped, 1 bay leaf, 4 peppercorns, 4 whole cloves, 1/2 teaspoon garlic powder, 1/8 teaspoon thyme, 1/8 teaspoon marjoram. Heat oil in large saucepan. Brown meat lightly and pour off fat. Add remaining ingredients. Bring to a boil. Cover, reduce heat and simmer 2-2 1/2 hours or until meat is tender. Remove meat from broth.

refrigerate and use in another recipe. Strain and measure broth. Adjust yield to 3 cups either by adding water or boiling down excess broth. Refrigerate broth. When ready to use, remove and discard hardened fat from surface of broth. Heat.

Variation: Beef Vegetable Soup - Add 1/4-1/2 cup of any or all of the following chopped, fresh vegetables to broth: cabbage, carrots, celery, onion, green beans and tomatoes. Simmer 20-30 minutes. Cut half of meat into bite-size pieces and add to vegetable soup. Use remaining meat for sandwiches or other recipes.

Barbecue Sauce - makes 1 quart, 60 calories per 1/4 cup, 2 cans (6 ounces each) unsalted tomato paste, 2 cups water, 1/2 cup unsalted catsup, 1/4 cup packed brown sugar, 2 tablespoons lemon juice, 1/4 cup chopped onion, 1 garlic clove, minced, 2 tablespoons chili powder, 2 tablespoons vinegar, 2 tablespoons oil, 1 tablespoon chopped parsley, 1 teaspoon dry mustard powder, 1 teaspoon paprika, 1/8 teaspoon pepper, dash Tabasco sauce, optional. Combine all ingredients in a sauce pan and mix well. Simmer uncovered over low heat 20 minutes. May be stored in refrigerator for one month. For longer storage, freeze in small quantities for use as needed.

Tomato Sauce - makes 1 quart, 20 calories per 1/4 cup, 2 cans (6 ounces each) unsalted tomato paste, 3 cups water, 1/4 cup finely-chopped onion, 1 garlic clove, minced, 2 tablespoons lemon juice, dash Tabasco sauce, 1/4 teaspoon basil, 1/8 teaspoon pepper.

Combine all ingredients and mix well. Simmer over low heat for 30 minutes. Stir occasionally. Use in any recipe requiring unsalted tomato sauce. May be stored in refrigerator for one week. For longer storage, freezer in small quantities for use as needed.

Cooking Without Your Salt Shaker may be purchased from the American Heart Association, P.O. Box 2636, Chapel Hill, N.C. 27514. Price: \$4.50. Editor's note: Reproduced with permission, from *Cooking Without Your Salt Shaker*, Copyright 1978 by the American Heart Association, Northeast Ohio Affiliate, Inc.

On The Front Burner

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PREPARE CHILDREN FOR KINDERGARTEN

Children enter kindergarten with feelings that range all the way from sheer excitement to absolute fear. But children who are prepared for school have a better change of working through these feelings and gaining self-confidence than do children who haven't been prepared. So do all you can to help

your child get ready for kindergarten.

Keep in mind that when your youngster goes to school, he'll take all of his experiences with him. So give him opportunities for gaining self-confidence, learning new ideas, trying new activities, and listening and sharing.

Also encourage your pre-kindergartener to accept mistakes

and disappointments. This is an important part of growing up and learning to be with other children.

One of the important things your child can learn during the early years is that he's OK. It's only when your child learns to accept himself that he will learn to accept others.

There are some additional things you can do to help your child get

ready for his kindergarten experiences:

You can take your child on a visit to the school, school grounds and play yard.

Also let him spend some time with an adult relative or neighbor. That way he can get used to doing some things without having you nearby.

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