TERMS USED IN COOKING

Au gratin: Topped with crumbs and/or cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables, i.e. carrots, broccoli, mushrooms, served as an hors d'oeuvre often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator, so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinade: To allow food to stand in a liquid to tenderize or to add flavor.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop or cut food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Saute: To cook and/or brown food in a small quantity of hot oil.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Toss: To combine ingredients with a lifting motion.

Whip: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

COOKING TIPS

- After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks–it will have twice the flavor.
- To slice meat into thin strips, as for Chinese dishes–partially freeze and it will slice easily.
- A roast with the bone in will cook faster than a boneless roast–the bone carries the heat to the inside of the roast quicker.
- Never cook a roast cold–let stand for a least an hour at room temperature. Brush with oil before and during roasting–the oil will seal in the juices.
- For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- To keep cauliflower white while cooking–add a little milk to the water.
- When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- To ripen tomatoes–put them in a brown paper bag in a dark pantry and they will ripen overnight.
- Do not use soda to keep vegetables green. It destroys Vitamin C.
- When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of French fried potatoes.
- Use greased muffin tins as molds when baking stuffed green peppers.
- A few drops of lemon juice in the water will whiten boiled potatoes.
- Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.
- Do not use metal bowls when mixing salads. Use wooden, glass or china.
- Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- To keep celery crisp–stand it up in a pitcher of cold, salted water and refrigerate.
- Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.

CALORIE COUNTER

Beverages

Apple juice, 6 oz. 90
Coffee (black/unsw.) 0
Cola type, 12 oz. 115
Cranberry juice, 6 oz. 115
Ginger ale, 12 oz. 115
Grape juice, (prepared from frozen concentrate), 6 oz. 142
Lemonade (prepared from frozen concentrate), 6 oz. 85
Milk
- protein fortified, 1 c. 105
- skim, 1 c. 90
- whole, 1 c. 160

Orange juice, 6 oz. 85
Pineapple juice, unsweetened, 6 oz....95
Root beer, 12 oz. 150
Tonic (quinine water), 12 oz. 132

Breads

Corn Bread, 1 small square 130
Dumplings, 1 med. 70
French Toast, 1 slice 135
Muffins
- bran, 1 muffin 106
- blueberry, 1 muffin 110
- corn, 1 muffin 125
- English, 1 muffin 280

Melba Toast, 1 slice 25
Pancakes, 1-4 in. 60
Pumpernickel, 1 slice 75
Rye, 1 slice 60
Waffles, 1 216
White, 1 slice 60-70
Whole wheat, 1 slice 55-65

Cereals

Corn Flakes, 1 cup. 105
Cream of Wheat, 1 cup 120
Oatmeal, 1 cup 148
Rice Flakes, 1 cup 105
Shredded Wheat, 1 biscuit 100
Sugar Krisps, 3/4 cup 110

Crackers

Graham, 1 cracker 15-30
Rye Crisp, 1 cracker 35
Saltine, 1 cracker 17-20
Wheat Thins, 1 cracker 9

Dairy Products

Butter or Margarine, 1 T 100
Cheese
- American Cheese, 1 oz. 100
- Camembert, 1 oz. 85
- Cheddar, 1 oz. 115
- Cottage Cheese, 1 oz. 30
- Mozzarella, 1 oz. 90
- Parmesan, 1 oz. 130
- Ricotta, 1 oz. 50
- Roquefort, 1 oz. 105
- Swiss, 1 oz. 105

Cream
- Light, 1 T 30
- Heavy, 1 T. 55
- Sour, 1 T 45

Hot chocolate, with milk, 1 c. 277
Milk chocolate, 1 oz. 145-155
Yogurt
- made w/ whole milk, 1 c. 150-165
- made w/ skimmed milk, 1 c. 125

Eggs

Fried, 1 large 100
Poached or boiled, 1 large 75-80
Scrambled or in omelet, 1 large..110-130

Fish and Seafood

Bass, 4 oz. 105
Salmon, broiled or baked, 3 oz. 155
Sardines canned in oil, 3 oz. 170
Trout, fried, 3 1/2 oz. 220
Tuna, in oil, 3 oz. 170
Tuna, in water, 3 oz. 110

EQUIVALENCY CHART

FOOD	QUANTITY	YIELD
unsifted flour	3 3/4 cups	1 pound
sifted flour	4 cups	1 pound
sifted cake flour	4 1/2 cups	1 pound
rye flour	5 cups	1 pound
flour	1 pound	4 cups
baking powder	5 1/2 ounces	1 cup
cornmeal	3 cups	1 pound
cornstarch	3 cups	1 pound
lemon	1 medium	3 tablespoons juice
apple	1 medium	1 cup
orange	3-4 medium	1 cup juice
onion	1 medium	1/2 cup
unshelled walnuts	1 pound	1 1/2 to 1 3/4 cups
sugar	2 cups	1 pound
powdered sugar	3 1/2 cups	1 pound
brown sugar	2 1/2 cups	1 pound
spaghetti	7 ounces	4 cups cooked
noodles (uncooked)	4 ounces (1 1/2 - 2 cups)	2-3 cups cooked
macaroni (uncooked)	4 ounces (1 1/4 cups)	2 1/4 cups cooked
macaroni (cooked)	6 cups	8-ounce package
noodles (cooked)	7 cups	8-ounce package
long-grain rice (uncooked)	1 cup	3-4 cups cooked
saltine crackers	28 crackers	1 cup fine crumbs
butter	1 stick or 1/4 lb.	1/2 cup
cocoa	4 cups	1 pound
chocolate (bitter)	1 ounce	1 square
coconut	2 2/3 cups	1 1/2 pound carton
marshmallows	16	1/4 pound
graham crackers	14 squares	1 cup fine crumbs
vanilla wafers	22	1 cup fine crumbs
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
egg whites	8-10	1 cup
egg yolks	10-12	1 cup
egg	4-5 whole	1 cup
flavored gelatin	3 1/4 ounces	1/2 cup
unflavored gelatin	1/4 ounce	1 tablespoon
nuts (chopped)	1 cup	1/4 pound
almonds	3 1/2 cups	1 pound
walnuts (broken)	3 cups	1 pound
raisins	1 pound	3 1/2 cups
rice	2 1/3 cups	1 pound
American cheese (grated)	5 cups	1 pound
American cheese (cubed)	2 2/3 cups	1 pound
cream cheese	6 2/3 tablespoons	3-ounce package
zwieback (crumbled)	4	1 cup
banana (mashed)	1 medium	1/3 cup
coffee (ground)	5 cups	1 pound
evaporated milk	1 cup	3 cups whipped

Food Quantities for Serving 25, 50, and 100 People

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 (1-lb.) loaves	100 slices or 6 (1-lb.) loaves	200 slices or 12 (1-lb.) loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Hot dogs (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or Chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steak	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	1 1/4 gallons	4 1/4 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12" x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10" x 12" sheet cake 2 8" layer cakes	1 12" x 20" sheet cakes 3 10" layer cakes	2 12" x 20" sheet cakes 6 10" layer cakes
Whipping Cream	1 pint	1 quart	2 quarts

Calorie Counter, Continued

Fruits

Apple, 1 medium 80-100
Applesauce, sweetened, 1/2 c. 90-115
Applesauce, unsweetened, 1/2 c. 50
Banana, 1 medium 85
Blueberries, 1/2 c. 45
Cantaloupe melon, 1/2 c. 24
Cherries (pitted), raw, 1/2 c. 40
Grapefruit, 1/2 medium 55
Grapes, 1/2 c. .....35 - 55
Honeydew melon, 1/2 c. 55
Mango, 1 medium 90
Orange, 1 medium 65-75
Peach, 1 medium 35
Pear, 1 medium 60-100
Pineapple, fresh, 1/2 c. 40
Pineapple, canned in syrup, 1/2 c. 95
Plum, 1 medium 30
Strawberries, fresh, 1/2 c. 30
Strawberries, frozen and sweetened, 1/2 c. 120-140
Tangerine, 1 large 39
Watermelon, 1/2 c. 42

Meat and Poultry

Beef, ground (lean), 3 oz. 185
Beef, roast, 3 oz. 185
Chicken, broiled, 3 oz. 115
Lamb chop (lean), 3 oz. 175-200
Sirloin steak, 3 oz. 175
Tenderloin steak, 3 oz. 174
Top round steak, 3 oz. 162
Turkey, dark meat, 3 oz. 175
Turkey, white meat, 3 oz. 150
Veal cutlet, 3 oz. 156
Veal, roast, 3 oz. 176

Nuts

Almonds, 2 T. 105
Cashews, 2 T. 100
Peanuts, 2 T. 105
Peanut butter, 1 T. 95
Pecans, 2 T. 95
Pistachios, 2 T. 92
Walnuts, 2 T. 80

Pasta

Macaroni or spaghetti, 3/4 c. cooked 115

Salad Dressings

Blue cheese, 1 T. 70
French, 1 T. 65
Italian, 1 T. 80
Mayonnaise, 1 T. 100
Olive oil, 1 T. 124
Russian, 1 T. 70
Salad oil, 1 T. 120

Soups

Bean, 1 c. 130-180
Beef noodle, 1 c. 70
Bouillon and consomme, 1 c. 30
Chicken noodle, 1 c. 65
Chicken with rice, 1 c. 50
Minestrone, 1 c. 80-150
Split pea, 1 c. 145-170
Tomato with milk, 1 c. 170
Vegetable, 1 c. 80-100

Vegetables

Asparagus, 1 c. 35
Broccoli, cooked, 1/2 c. 25
Cabbage, cooked, 1/2 c. 15-20
Carrots, cooked, 1/2 c. 25-30
Cauliflower, 1/2 c. 10-15
Corn (kernels), 1/2 c. 70
Green Beans, 1 c. 30
Lettuce, shredded, 1/2 c. 5
Mushrooms, canned, 1/2 c. 20
Onions, cooked, 1/2 c. 30
Peas, green, cooked, 1/2 c. 60
Potato
- baked, 1 medium 90
- chips, 8-10 100
- mashed, with milk and butter, 1 c. 200-300

Spinach, 1 cup 40
Tomato
- raw, 1 medium 25
- cooked, 1/2 c. 30

MEASUREMENTS & SUBSTITUTIONS

Measurements

a pinch .....1/8 teaspoon or less
3 teaspoons ..... 1 tablespoon
4 tablespoons.....1/4 cup
8 tablespoons .....1/2 cup
12 tablespoons .....3/4 cup
16 tablespoons .....1 cup
2 cups ..... 1 pint
4 cups ..... 1 quart
4 quarts ..... 1 gallon
8 quarts ..... 1 peck
4 pecks ..... 1 bushel
16 ounces .....1 pound
32 ounces ..... 1 quart
8 ounces liquid ..... 1 cup
1 ounce liquid ..... 2 tablespoons

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

Substitutions

Ingredient	Quantity	Substitute
self rising flour	1 cup	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
sour milk	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes).
whole milk	1 cup	1/2 c. evaporated milk plus 1/2 c. water
cracker crumbs	3/4 cup	1 c. bread crumbs
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter*
fresh herbs	1 tablespoon	1 tsp. dried herbs
fresh onion	1 small	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon	1 T. prepared mustard
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking).
dates	1 lb.	1 1/2 c. dates, pitted and cut
bananas	3 medium	1 c. mashed
min. marshmallows	10	1 lg. marshmallow

***In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.**
Brown and White Sugars: Usually may be used interchangeably.

BAKING PERFECT DESSERTS

For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last roll. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

For Perfect Pies and Cakes

- A pie crust will be more easily made and better if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.
- Cakes should not be frosted until thoroughly cool.
- To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Temperature Chart

Food	Temperature	Time
Butter Cake, loaf	300° - 350°	50 - 80 min.
Butter Cake, layer	350° - 375°	25 - 35 min.
Cake, angel	350° - 375°	35 - 50 min.
Cake, sponge	350° - 375°	12 - 40 min.
Cake, fruit	250° - 275°	3 - 4 hours
Cookies, rolled	375° - 400°	6 - 12 min.
Cookies, drop	350° - 400°	8 - 15 min.
Cream Puffs	300° - 350°	45 - 60 min.
Meringue	300° - 350°	12 - 15 min.
Pie Crust (shell)	400° - 450°	10 - 12 min.

BAKING PERFECT BREADS

Proportions

Biscuits	To 1 c. flour use 1 1/4 tsp. Baking Powder
Muffins	To 1 c. flour use 1 1/2 tsp. Baking Powder
Popovers	To 1 c. flour use 1 1/4 tsp. Baking Powder
Waffles	To 1 c. flour use 1 1/4 tsp. Baking Powder
Cake with oil	To 1 c. flour use 1 tsp. Baking Powder

Rules for Use of Leavening Agents

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

Proportions for Batters and Dough

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour

Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

Oven Temperature Chart

Breads	Minutes	Temperature
Loaf	45 - 60	350° - 400°
Rolls	15 - 30	350° - 425°
Biscuits	10 - 15	400° - 450°
Muffins	15 - 25	400° - 425°
Cornbread	20 - 25	400° - 425°
Nut Bread	60 - 75	350°
Gingerbread	35 - 50	350° - 375°

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45-60 seconds.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping…a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard–perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. A crusty coating of chopped walnuts surrounding many microwave cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
16. Do not salt foods on the surface as it causes dehydration and toughens the food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
17. Heat left-over custard and use it as frosting for a cake.
18. Melt marshmallow cream in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
19. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Basil Sweet warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

Bay Leaves A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.

Caraway Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.

Chives Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.

Curry Powder A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.

Dill Both seeds and leaves of dill are flavorful. Leaves may be used to garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.

Fennel Both seeds and leaves are used. It has a sweet hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

Ginger A pungent root, this aromatic spice is sold fresh, dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.

BUYING GUIDE
Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white–they are more tender. Use asparagus soon–it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each cup of fruit
Figs	About 30 minutes	1 T. for each cup of fruit
Peaches	About 45 minutes	1/4 c. for each cup of fruit
Prunes	About 45 minutes	2 T. for each cup of fruit

VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled	10-15 minutes
Artichokes, French	Boiled	40 minutes
	Steamed	45-60 minutes
Beans, Lima	Boiled	20-40 minutes
	Steamed	60 minutes
Beans, String	Boiled	15-35 minutes
	Steamed	60 minutes
Beets, young with skin	Boiled	30 minutes
	Steamed	60 minutes
	Baked	70-90 minutes
Beets, old	Boiled or Steamed	1-2 hours
Broccoli, flowerets	Boiled	5-10 minutes
Broccoli, stems	Boiled	20-30 minutes
Brussel Sprouts	Boiled	20-30 minutes
Cabbage, chopped	Boiled	10-20 minutes
	Steamed	25 minutes
Cauliflower, stem down	Boiled	20-30 minutes
Cauliflower, flowerets	Boiled	8-10 minutes
Carrots, cut across	Boiled	8-10 minutes
	Steamed	40 minutes
Corn, green, tender	Boiled	5-10 minutes
	Steamed	15 minutes
	Baked	20 minutes
Corn on the cob	Boiled	8-10 minutes
	Steamed	15 minutes
Eggplant, whole	Boiled	30 minutes
	Steamed	40 minutes
	Baked	45 minutes
Parsnips	Boiled	25-40 minutes
	Steamed	60 minutes
	Baked	60-75 minutes
Peas, green	Boiled or Steamed	5-15 minutes
Potatoes	Boiled	20-40 minutes
	Steamed	60 minutes
	Baked	45-60 minutes
Pumpkin or Squash	Boiled	20-40 minutes
	Steamed	45 minutes
	Baked	60 minutes
Tomatoes	Boiled	5-15 minutes
Turnips	Boiled	25-40 minutes

Herbs & Spices

Marjoram May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

Mint Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.

Oregano Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

Paprika A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.

Parsley Best when used fresh but can be used dry. Use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

Rosemary Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.

Saffron Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.

Sage Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.

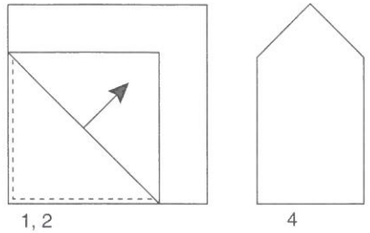
Tarragon Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.

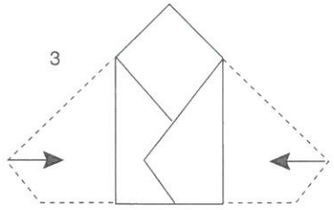
NAPKIN FOLDING

General Tips:
Use linen napkins if possible, well starched.
For the more complicated folds, 24 inch napkins work best.
Practice the folds with newspapers.
Children can help. Once they learn the folds, they will have fun!

Shield

This fold is easy. Elegant with Monogram in Corner.



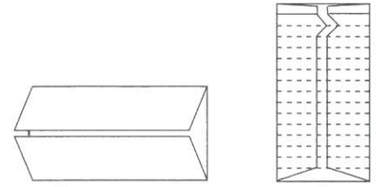


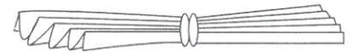
Instructions:
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

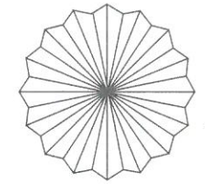
Rosette

Elegant on Plate.

Instructions:
1. Fold top and bottom edges to the center, leaving 1/2" opening along the center.
2. Pleat firmly from the left edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.





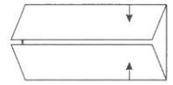


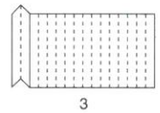
NAPKIN FOLDING

Fan

Pretty in Napkin Ring, or Top of Plate.

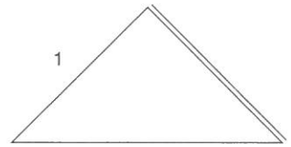
Instructions:
1. Fold top and bottom edges to the center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with a hot iron.
4. Spread out fan. Balance flat folds on each side on table. Well-starched napkins will hold the shape.

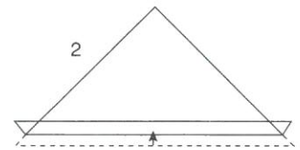


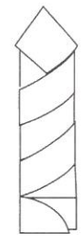


Candle

Easy to do; can be decorated.

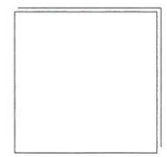
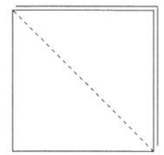
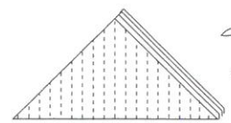
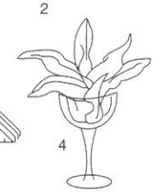






Instructions:
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Lily

Effective and Pretty on Table.

Instructions:
1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.) Pleat.
4. Place closed end in glass. Pull down two points on each side and shape.