

TV KiTChEN FuN

with
GRETChEN SCHWENSEN



**TUESDAYS
THURSDAYS
11:00 a.m.**

KPHO
CHANNEL



Dear Friend:

I'm your hostess for TV Kitchen Fun Classes. I will have a young guest on each program and I invite you to learn to cook with us. We'll be preparing good tasting foods for family meals and party-time too.

This booklet includes all the recipes we'll be doing in the television class. I hope you'll try them at home. It also includes a dictionary of cooking terms you'll want to know, and some suggestions to help you use the appliances in your kitchen.

Cooking can be lots of fun and your mother will be pleased with the good foods you learn to prepare. She'll be very proud of you as you learn good safety habits, and the importance of cleanliness in food preparation and kitchen clean-up.

Tune in Channel 5 Tuesday and Thursday at 11 o'clock for TV Kitchen Fun.

Sincerely,


Gretchen Schwensen

GS:fss

PLAY IT SAFE IN THE KITCHEN

1. Learn how to correctly use the oven and the surface of your range. Have your mother teach you the proper way to light the flame and control the heat. Don't guess!
2. Learn how to properly use the small electric appliances such as the mixer, blender, electric skillet and others. Don't guess!
3. Use a dry pot holder for pan handles, racks, and to remove foods from the oven and the broiler.
4. Always turn pan handles toward back of the range so that the pan can't be accidently tipped or pulled over.
5. Stir hot foods with a wooden spoon.
6. Always disconnect all portable electric appliances from the wall outlet before you begin to clean them.

BASIC RECIPE FOR ALL COOKS

1. Read the recipe first. Be sure you have all the needed ingredients before you start.
2. Wash hands in soap and very warm water.
3. Get out all ingredients for the recipe.
4. Get out all the utensils you will need, the right pan, the spoons and bowls.
5. Measure carefully. That way the recipes turn out right every time.
6. Do everything just as the recipe says to do it. Don't substitute or change.
7. Clean up the kitchen and all utensils used so that your mother will be happy to let you cook another day.

COOKING DICTIONARY

- Recipe: The list of ingredients and directions for combining them and cooking if necessary.
- Ingredients: All foods that are to be included in a recipe.
- Utensils: Any dish, pot, pan, spoon, cup, sifter, mixer or other objects used to complete a recipe.
- Blend: To combine or mix together two or more ingredients until very smooth.
- Stir: To keep ingredients moving with a spoon or fork.
- Beat: To mix ingredients very well. Mixture becomes light or fluffy because beating tends to put air into it.
- Whip: Vigorous beating using a wire whip, an egg beater, or an electric mixer.
- Fold: To add an ingredient to a mixture by gently folding over from bottom to top.
- Cream: To mix shortening with other ingredients until they are very soft and creamy.
- Cut In: To mix ingredients together with cutting or chopping strokes by crossing two knives or using a pastry blender. Used in biscuit dough and pastries.
- Bake: To cook in the oven with the door closed. Refers to cookies, pies, cakes and casseroles.
- Roast: To cook in the oven with the door closed. Refers to meats.
- Broil: To cook foods under direct heat of burner in the broiler compartment of the range.
- Pan-Broil: To cook meats quickly in a skillet draining fat away.

- Fry: To cook in fat over direct heat on range surface; may be shallow fat or deep fat.
- Boil: To cook in water over enough direct heat to make water bubble on the top.
- Steam: To cook in small amount of water in a covered utensil with enough heat to create steam.
- Simmer: To cook slowly in liquid over very low heat; usually in a covered utensil.
- Saute': To cook gently in a small amount of fat.
- Pre-heat: A warming up process during which the oven reaches the selected temperature, usually takes 8 - 10 minutes.
- Melt: To turn to a liquid by heating.

You may want to add others in this space as you learn them.

T.V. KITCHEN FUN RECIPES

CHEESE TV SNACKS

5 tablespoons butter or margarine
5 tablespoons grated Parmesan cheese
4 cups mixed cereal pieces
salt

Mix butter, remove from heat. Stir in grated cheese. Pour over cereal in large bowl. Add salt to taste and mix well by tossing with two forks.

QUICK ORANGE COFFEE CAKE

Preheat oven to 425°

2 cups flour, sifted
4 teaspoons baking powder
1 teaspoon salt
1/4 cup shortening
2/3 cup milk
1/2 cup melted butter or margarine
1 cup orange marmalade or other preserves

Combine flour, baking powder and salt in a bowl. Cut shortening into flour mixture using two knives or a pastry blender until mixture is coarse and crumbly. Add milk, stirring just enough to moisten all dry ingredients.

Turn out onto floured pastry cloth. Knead about 10 times. Pat out to thickness of one inch. Cut 10 circles with biscuit cutter.

Spread orange marmalade in bottom of well greased nine inch round layer cake pan or pie tin. Dip each biscuit in melted butter. Arrange in pan on top of marmalade. Bake at 425° for 20 minutes. Let stand a few minutes to cool then turn out on serving plate. Serves 6.

APPLE CRUMB CAKE

Preheat oven to 375°

Cake

1/2 cup sugar
3 tablespoons shortening
1 egg
1 cup sifted all-purpose flour
1-1/2 teaspoons baking powder
1/4 teaspoon salt
1/4 cup milk

Filling

2 cups canned apple sauce
1/4 cup brown sugar
1 teaspoon lemon juice
1/2 teaspoon cinnamon
1/8 teaspoon ground cloves

Crumb Topping

1/2 cup sifted all-purpose flour
1/3 cup brown sugar
3 tablespoons butter
1/2 cup chopped pecans or walnuts

Cake

Cream together sugar and shortening; add egg. Beat well. Sift together flour, baking powder and salt; add alternately with milk to creamed mixture. Pour into greased pan (8" x 8" x 2").

Filling

Combine apple sauce, brown sugar, lemon juice, cinnamon and cloves; mix well. Pour over cake batter.

Topping

Mix together until crumbly, flour, brown sugar, butter and pecans. Sprinkle evenly over apple sauce mixture. Bake in moderately hot oven 375° 45-50 minutes. Serve warm, or cold as a dessert with whipped cream.

ORANGE-OATMEAL COOKIES

2 cups sifted flour
1 teaspoon baking soda
3/4 teaspoon salt
2 cups rolled oats
1 cup butter
2 cups brown sugar, sifted and packed (12 ounces)
2 eggs
2 tablespoons grated orange rind
3 tablespoons orange juice
1 cup raisins
1/2 cup chopped pecans

Mix and sift flour, soda and salt; add rolled oats and mix. Cream butter, add sugar gradually and cream until fluffy. Add well-beaten eggs, orange rind and juice and mix. Add raisins and nuts and mix. Add flour mixture gradually and mix. Drop by spoonfuls on ungreased baking sheets. Bake in a preheated 350° oven about 12 minutes. Store in air-tight container. Approximate yield: 5 1/2 dozen.

COCONUT PEANUT BUTTER STICKS

1 cup sifted flour
1 teaspoon baking powder
1/4 teaspoon salt
1/4 cup butter
1/2 cup peanut butter
1 cup sugar
2 eggs
1/2 teaspoon vanilla extract
1 cup shredded coconut

Mix and sift flour, baking powder and salt. Cream butter and peanut butter, add sugar gradually and cream until fluffy. Add well-beaten eggs and mix; add extract and coconut and mix. Add sifted dry ingredients gradually and mix. Pat evenly in a greased pan (9" x 13"). Bake in a preheated 350° oven about 22 minutes. While warm, cut into bars. Remove to wire cooling racks to cool thoroughly. Store in air-tight container. Yield: 2-2/3 dozen.

TUNA SURPRISE CASSEROLE

2 tablespoons butter
1/4 cup chopped onion
3 cups chopped celery
1 can (7 ounces) tuna fish, rinsed, drained and flaked
1 can (10 1/2 ounces) condensed cream of mushroom soup
1 can (10 1/2 ounces) condensed cream of celery soup
3 tablespoons milk
1 tablespoon soy sauce
1 can (4 ounces) chow mein noodles
1/2 cup broken cashew nuts (if desired)

Melt butter in saucepan, add onion and celery and cook until tender (about 10 minutes). Add tuna fish, soups, milk and soy sauce. Add 1/2 of the noodles and nuts. Put into a greased 1 1/2 quart casserole. Cover with remaining noodles and nuts. Bake, uncovered, in a pre-heated 350° oven about 25 minutes. Yield: 6 servings.

Note: If desired, use 1 to 2 cups cut cooked chicken or veal instead of tuna fish.

ONE-DISH SPAGHETTI

3/4 pound ground beef
2 tablespoons shortening or oil
1 No. 2 1/2 can whole tomatoes
1/2 cup catsup
1/3 cup finely chopped onion
1/3 cup finely chopped green pepper
1 teaspoon salt
1/2 teaspoon pepper
6 ounces thin spaghetti, broken in 1 inch pieces

Brown meat in shortening or oil in a 10 inch skillet over medium heat. Add other ingredients in order, stir well and bring to a boil. Reduce heat, cover and cook 30 minutes. Stir occasionally. Serves 4-5. (Serve with garlic toast, tossed green salad and a tasty dessert for a complete meal.)

SCRAMBLED EGGS

6 eggs
4 tablespoons milk
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons butter or margarine

Break eggs into a bowl. Add milk and seasonings. Beat so white and yellow are mixed. Heat butter in a skillet over medium heat. Pour egg mixture into skillet. Reduce heat to low. Cook slowly, turning gently as mixture sets at bottom and sides of skillet. Avoid constant stirring. When cooked but still moist (5-8 minutes), remove to warmed plate. Serve at once. 4 servings.

BEEFWICHES

1 pound ground beef
1 teaspoon salt
1/4 teaspoon pepper
1 medium-sized onion, sliced thin
1 medium-sized tomato, sliced thin
1 slice processed American cheese, cut in fourths.
Melted butter
4 Sandwich buns

Remove broiler pan. Preheat broiler about 5 minutes. Mix meat, salt and pepper and shape into 8 thin meat patties. Place a slice each of onion and tomato and 1 small square cheese on each of 4 patties. Top with remaining patties and press edges together; brush with melted butter. Place on greased broiler pan and broil until as brown as desired (about 6 minutes). Turn and broil about 4 minutes longer. Serve immediately on buns. Yield: 4 servings.

BAKED BEAN SANDWICHES

6 slices white bread
1 can baked beans
6 slices American Cheese
1/2 cup chopped onions
12 slices bacon (partially cooked)

Spread bread with a thick layer of baked beans and sprinkle with chopped onions. Top with a slice of cheese and criss-cross bacon over the cheese. Broil 5 inches from heat 8-10 minutes.

LAZY DAISY FROSTING

1/3 cup melted butter
2/3 cup brown sugar, sifted and packed (4 ounces)
1/3 cup cream
1 cup shredded coconut

Mix ingredients. Spread icing on any desired cake in a 9 inch square pan as soon as cake is removed from oven. Turn broiler burner key to give a low flame. Place cake about 2 inches below flame and broil until as brown as desired (about 5 minutes); the time depends on moistness of coconut.

QUICKIE VEGETABLE SALAD

1 - 8 ounce can diced carrots
1 - 8 ounce can sliced beets
1 - 8 ounce can cut green beans
1 - 8 ounce can peas
1 cup onion rings
1/2 cup French dressing

Chill all vegetables. Drain all vegetables. Toss lightly together with onion rings and French dressing. Serve on crisp lettuce leaves. 6 servings.

CRANBERRY BANANA MOLD

1 pkg. (3 oz) lemon flavored gelatin
1 1/4 cups hot water
1 can (1 lb) whole cranberry sauce
1/2 cup chopped pecans
2 medium size bananas, sliced
Salad greens
2 tablespoons mayonnaise
1 pkg. (3 oz) cream cheese

Dissolve gelatin in hot water. Add cranberry sauce and stir until blended. Chill until partially thickened. Add pecans and sliced bananas. Spoon into a square pan or individual molds; chill until firm. Cut into squares and serve on greens. Blend mayonnaise into softened cream cheese and serve with the salad. Six servings.

FRUIT SALAD

6 slices pineapple, drained
12 water melon balls
12 cantaloupe balls
12 honey dew balls
lettuce

Arrange lettuce on salad plate. Place a slice of pineapple and two each of melon balls. Serve with Honey Dressing. Serves 6.

HONEY DRESSING

1 cup salad dressing
1/4 cup honey

Combine salad dressing and honey; blend well.

CHOCOLATE SHAKE WITH BANANA

2 cups milk
1 banana, cut in pieces
1/4 cup chocolate syrup
dash of salt

Blend all ingredients in blender jar on low speed about 30 seconds.

CABBAGE PATCH SALAD

2 cups finely shredded cabbage
1/2 cup grated carrots
1/4 cup chopped green pepper
2 tablespoons green onion, chopped

Season with salt and pepper. Add your favorite French dressing. Toss lightly. Serve chilled on salad greens. (If possible, prepare the vegetables in the blender, then drain very well).

GRAHAM CRACKER CRUST

20 graham crackers, (rolled fine into crumbs or
crushed in the blender). (1 cup crumbs)
1/4 cup sugar
1/4 cup softened butter or margarine

Blend together crumbs (reserve 1/4 cup), sugar and softened butter or margarine; press remaining mixture firmly into an even layer against bottom and sides of a lightly buttered pie-plate. Chill.

INSTANT LEMON CHEESE PIE

1 pkg. (8oz) cream cheese, softened
2 cups milk
1 pkg. instant lemon pudding
1/2 teaspoon lemon extract
1 chilled graham cracker pie crust

Place softened cream cheese in mixer bowl or other large bowl. Using electric mixer on low speed, egg beater or spoon; blend in 1/2 cup milk until mixture is very smooth. Add remaining 1 1/2 cups milk, pudding mix and lemon extract. Beat just until well mixed, about 1 minute. (low speed on mixer). Pour into chilled graham cracker crust. Sprinkle with reserved 1/4 cup crumbs. Chill until set. 2-3 hours. 6-8 servings.

KIDNEY BEAN RAREBIT

2 tablespoons chopped onion
1 green pepper, chopped
2 tablespoons butter or margarine
2 cups cooked kidney beans or pinto beans
2 tablespoons catsup
1/2 teaspoon Worcestershire sauce
1/2 lb. processed American cheese, cut up
Salt, pepper, cayenne
Toast

Saute the chopped onion and green pepper in the butter or margarine. Add the well-drained beans, catsup, Worcestershire sauce, cheese and seasonings to taste. Cook over low heat stirring occasionally, until cheese is melted. Serve hot, on crisp toast. Makes 4 to 6 servings.

EGGS IN A FRAME

Cut center from slice of bread with 2 inch cutter or juice glass. Butter bread on both sides. Place in hot buttered skillet, toast on one side and turn. Drop egg in center of bread frame. Season. Baste with melted butter. Lift out with broad spatula.

ROTISSERIZED BOLOGNA ROLL WITH BEANS

2-3 lb. bologna roll (make short, diagonal gashes
in casing)
Prepared barbecue sauce
1 can (1 lb. -14 oz.) baked beans

Center meat roll on spit and fasten securely with prongs. Brush frequently with sauce. Rotisserie one hour. Place beans in broiler pan under meat for final 30 minutes to heat and flavor.

VEGETABLE GARNISHES OR PICK-UP SALAD

Cauliflower
Radishes
Carrots
Green Pepper
Cucumber
Celery

Wash the vegetables, using a brush to scrub carrots and radishes. Break the cauliflowerettes apart. Cut the carrots into thin slices or long strips. Slice ends from radishes and then cut part way down on each side to form a radish "rose". Cut celery into sticks. Cut the top from green pepper; remove center seeds and cut the pepper into rings by cutting crosswise. These vegetables may be used for color and garnish on the plate as well as for a quick salad.

SLOPPY JOE'S

1 lb. ground beef
1 tablespoon butter, fat or oil
1 cup finely chopped onion
1 cup finely chopped green pepper
1 tablespoon sugar
2 tablespoons prepared mustard
1 tablespoon vinegar
1 teaspoon salt
1 cup catsup

Brown meat slowly until crumbly but not crisp. Pour off excess fat. Add all other ingredients and mix together in skillet. Cover and simmer about 30 minutes. Serve on split, toasted bun. 6 - 8 servings.

BROILED DEVILED BEEF SANDWICHES

1 pound ground beef
1/3 cup chili sauce
1 1/2 teaspoons prepared mustard
1 tablespoon minced onion
1 1/2 teaspoons Worcestershire sauce
1 teaspoon salt
1/8 teaspoon pepper
1 French bread loaf, split in half length-wise
Melted butter

Combine beef, chili sauce, mustard and onion, Worcestershire sauce and seasoning and mix well; spread on buttered cut side of bread extending meat to edge of bread. Place sandwiches on broiler rack. Turn burner key on full. Place broiler rack so that tops of sandwiches are about 3 - 4 inches below flame. Broil sandwiches until as brown as desired (about 6 minutes). Yield: 8 servings.

GLAZED MEAT LOAF

Preheat oven to 350°

2/3 cup dry bread crumbs
1 cup milk
2 eggs
1 1/2 pounds ground beef
1/4 cup finely chopped onion

(continued)

GLAZED MEAT LOAF

(continued)

1/2 teaspoon sage
1 1/2 teaspoon salt
3 tablespoons brown sugar
4 tablespoons catsup
1 teaspoon dry mustard

Soak bread crumbs in milk; add eggs, meat, onion and seasoning. Pack lightly into a greased loaf pan or casserole. Combine brown sugar with catsup and mustard; pour over meat and bake at 350° for 60 minutes.

BUTTERSCOTCH COCONUT SUNDAES

TOASTED COCONUT CUPS

2 cups coconut, toasted*
1/4 cup melted butter

Combine toasted coconut and melted butter. Place 6 paper baking cups in muffin tin cups. Divide coconut mixture among them. Using back of spoon press mixture firmly onto bottom and sides of paper cups; chill until firm. To serve, tear paper off each coconut shell, fill with scoop of vanilla or butter-pecan ice cream. Top with butterscotch sauce.

* To toast coconut: Spread a thin layer of coconut in shallow pan and place in a 350° oven until lightly browned, stirring occasionally, about 10 minutes, watch closely.

BUTTERSCOTCH SAUCE

1 1/2 cup brown sugar
2/3 cup corn syrup
4 tablespoon butter
3/4 cup evaporated milk

Bring sugar and syrup to soft ball stage - takes about 6 minutes. Remove and partially cool. Add evaporated milk, stirring constantly. (Sauce will keep in the refrigerator in capped jar indefinitely.)

SHEET CAKE

Preheat oven to 425°

1 box cake mix

Mix according to directions on package. Pour into greased, wax-paper lined sheet cake pan (10" X 16"). Bake in preheated 425° oven for 15-18 minutes. Cool on rack, turn out on foil wrapped cardboard cut several inches larger than pan.

Frost and decorate in an appropriate manner for the particular occasion.

ORANGE BLOSSOM COOLER

2 - 6 oz. cans frozen lemonade
1 - 6 oz. can frozen orange juice
5 cups cold water
1 qt. chilled ginger ale
1 pt. pineapple or orange sherbet

Combine frozen juices and water. Place sherbet in bottom of punch bowl and break up into pieces. Add juice mixture. Add ginger ale just before serving. 25 servings.

CARE AND CLEANING OF MAJOR APPLIANCES

- Top of Range: A cloth dampened in warm soapy water is sufficient for daily care. Clean range top when it has cooled except for acid-type food spillage which should be wiped up immediately with paper toweling. Complete once a week cleaning will keep your range looking like new. Complete cleaning includes grids, drip pans, and trays.
- Oven: A clean oven bakes and roasts better. Don't re-heat the oven before cleaning any grease or spill-overs. Warm soapy water will usually do a good job. Special cleaners may sometimes be needed for difficult oven cleaning. Follow instructions on container and use with care.
- Broiler Pan: Cleaning is easy if you, immediately after use, sprinkle the rack and pan with detergent and cover with wet paper towels. Then wash as a skillet in hot soapy water.
- Refrigerators: Non-automatic refrigerators should be defrosted about every two weeks or when 1/4" frost has formed. A thorough washing of sides, shelves and containers is also important. Spills should be wiped up as they occur. It is wise to cover foods so that flavors are not mixed. Automatic defrosting refrigerators need no manual defrosting but must be kept clean at all times.

CARE AND CLEANING OF SMALL APPLIANCES

- Blender: Never immerse the blender base in water. After use, disconnect and wipe base with a damp cloth. The jar and blades may be washed in warm, soapy water in the sink. Keep your blender on the counter where it is always ready for use.
- Mixer: Store the mixer where it may be instantly put to use. Disconnect before removing the beaters and wiping with clean damp cloth. Never immerse the motor in water. Beaters are washable and should be placed correctly in position and locked before re-using. Never use a metal spoon or spatula during mixing. A rubber spatula is the only utensil that should be used with a mixer.

Rotisserie-
Broiler:

The spit, prongs, broiler pan and rack may be immersed for washing. Some doors are removable for washing in the sink. The body of the unit containing motor and heating element may be wiped clean with a damp cloth.

Electric Skillet
or
Buffet Server:

Remove food from skillet or server and disconnect cord from wall outlet. Wash with hot soapy water, rinse and dry. Fine steel wool may be used on stubborn spots. If appliance has a removable heat control, the pan may be immersed in water. (While you are eating, warm soapy water may be placed in pan to loosen grease.)

Electric
Griddle:

Remove food from griddle and disconnect cord from wall outlet. Wash with hot soapy water, rinse and dry. Fine steel wool may be used on stubborn spots. If appliance has removable heat control, the griddle may be immersed in water for easier washing. (While you are eating, detergent with wet paper towels may be placed on griddle to loosen grease and spots.)

