

CULINARY CREATIONS

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About this kit

This **kit** was created to assist you or your group in completing the 'Culinary Creations Patch Program'

Kits are books written to specifically meet the requirements for the patch program and help individuals earn the associated patch.

All of the information has been researched for you already and collected into one place.

Included are crafts, recipes, coloring sheets, and

other educational information. These materials can be reproduced and distributed to the individuals completing the program.

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Ordering and Contact Information

After completing the 'Culinary Creations Patch Program', you may order the patch through Patchwork Designs, Incorporated. You may place your order in one of the following ways:

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Checks and Money Order: Please send checks and money orders, payable to Patchwork Designs, Inc. to: Patchwork Designs, Inc. 8421 Churchside Drive Gainesville, VA 20155

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Requirements for Culinary Creations

Choose three of the following items to complete in order to earn the Culinary Creations Patch. Complete this patch program in a kitchen, attend a cooking event, or invite a cooking consultant to your home or group event. Choose simple projects for inexperienced chefs and more elaborate ideas for experienced chefs. To start this program choose a recipe that you are going to work on as a group or individually.

- 1. Identify kitchen tools-** Choose three kitchen tools to learn more about, you can do this in your kitchen, a store, restaurant tour, or presentation by a cooking expert. Have someone explain the item or demonstrate it. Examples are blender, mixer, cheese grater, chopper, fruit peeler, rolling pin, or cookie cutters. For extra have them use the tools.
- 2. Kitchen rules and care-** Learn 3 basic kitchen rules and how to care for the kitchen. Have the participants volunteer simple rules and then add to those rules according to the event. Examples are rules for washing hands, clean-up, sharp objects, appliance use, sharing, respect the area, aprons, and cooking utensils.
- 3. Reading a recipe-** When you prepare a dish you have to make sure that you understand the formula or recipe that is used. Choose a recipe and gather all the items you need to create your tasty food. If you do not have some of the items, you can substitute other items or make a list for the grocery store.
- 4. Measuring and separating-** When you are preparing your food you will need to have different items to measure or separate the items. Liquids are measured in cups, solids in scoops, and anything less than a $\frac{1}{4}$ of a cup is measured in spoons. Measure solids and liquids with the proper containers and find out what a dash is. For extra, demonstrate utensils that separate such as an egg separator, garlic press, or apple wedge.
- 4. Food that requires no cooking-** Create an edible snack, drink, or food that requires no cooking. Some examples are smoothies, jell-o, vegetable or fruit salad, sandwiches, trail mix, pudding, and pie.
- 5. Change it around-** Add a variation to a recipe by substituting something else or creating your own version of a recipe. Some examples include: using vanilla pudding instead of chocolate; make your own pizza; layer jell-O in different colors; bread or pies.
- 6. Sweets to eat-** Yummy, gooey, messy, sweet foods are fun to make and enjoyed by most everyone. Make a cake, ice cream sundae, cinnamon rolls, chocolate fondue, cookies, pie, or a creation of your own.
- 7. Appetizer and snacks-** These finger food creations can be quick and easy yet sometimes nutritional while you are waiting for the next meal. Create an appetizer or snack for your family or with your group. Examples are Pig in the blanket; chips and salsa; cereal snack mix; chicken wings; or vegetable platters with dip.
- 8 International food-** Experience a taste of the world. Choose a different country to learn about. Prepare or taste a food from that country.

9. **Mealtime-** Prepare a meal for your family or friends. Create a menu for the items you will serve, learn how to set the table properly, and clean up afterwards. Be sure to include, drinks, side foods, and items from all of the food groups. Meals can be as simple as pizza or pancakes or as detailed as a full course meal.
10. **Help Others-** Collect, prepare or donate food for those in need. Choose an organization to assist with your collection or food preparation. Examples are to assist at Homeless shelters, battered wives shelters, Ronald McDonald house, or donate food to the local food bank.
11. **Creative Fun** – Show your creative flare with table decoration or designs on food. Examples are themed cakes, holiday cookies, vegetables, pancakes, pizza, or ice cream.
12. **Careers-** Learn more about a career in the Culinary arts. You can visit a restaurant, cooking school, bakery, or ask a guest speaker to your event. Career examples are cake decorators, chefs, culinary teachers, caterers, waiters, cooks, or restaurant owners.
13. **Cooking Party-** Children of all ages love cooking and it is a great way for them to learn and have fun at the same time. Choose a theme or a potluck for your group and have participants bring items to the party according to the items you will be preparing. Suggested themes are chocolate, baking, pizza, holiday, ice cream, cookie exchange, and potluck.
14. **Health and food pyramid-** A balanced diet is eating foods from all the food groups. This means eating more of some foods and less of others. View the food pyramid and write down the items that you ate today. For extra, talk about exercise and eating the proper foods.

Sweet to Eat

Orange Mandarin Fluffy Cake

Grandma's Magic Cookie Bars

Almond Cookies

Date Balls

Pumpkin Chiffon Pie

Light Lalani Bars

Grandma's Strawberry Jello

Doughnuts

Banana Nut Bread

Pineapple Upside Down Cake

Snickerdoodles

Orange Mandarin Fluffy Cake- Special Thanks to Mae Hershberger of Spencer, WV for this recipe.

1 package of yellow cake mix
 4 eggs
 1 cup vegetable oil
 1 (11 ounce) can mandarin orange segments with juice
 1 (8 ounce) container frozen whipped topping, thawed
 1 (20 ounce) can crushed pineapple with juice
 1 (3.5 ounce) package instant vanilla pudding mix
 1/2 cup of walnut pieces
 toothpicks

Preheat oven to 350 degrees. Combine cake mix, oil, eggs and un-drained mandarin oranges in mixer bowl. Mix well. Spoon into two greased and floured 9-inch cake pans. *If you use three 9 inch cake pans, then you do not have to slice the cakes in half after baking.* Bake as directed according to the box. Let cool on cooling racks. After the cakes are cooled. Carefully slice each cake in half, creating 4 layers of cake. You may wish to place toothpicks slightly into the cake around the perimeter to make sure you are cutting evenly across the middle of the cake. Combine whipped topping, pudding mix and pineapple in bowl; mix well. Spread mixture between layers, sides and on top of cake. Sprinkle the walnuts on the top of the cake for decoration. Store, covered in the refrigerator. Chill overnight to enhance flavor.

Grandma's Magic Cookie Bars- Special thanks to Matthew and Rodney Oandasan for this submission. First place award in the scout bake-off.

1/2 cup butter
 1 1/2 cups graham cracker crumbs
 1 cup chopped walnuts
 1 cup semisweet chocolate chips
 1 1/3 cups flaked coconut
 1 (14 ounce) can sweetened condensed milk

Preheat oven to 350 degrees F (180 degrees C). While the oven is preheating place the stick of butter (1/2 cup) into bottom of the 9 x1 3 pan and place inside the oven to melt. Gather the remaining of your ingredients. Remove the pan from the oven and sprinkle crumbs evenly over the melted butter. Pat the crumbs down to absorb the butter and create a crust. Pour the condensed milk over the crust and spread it evenly with a spatula. Top with chocolate chips, sprinkling evenly over the milk layer. Next, add the coconut. Make sure the nuts are chopped into small pieces and sprinkle them over the coconut. Bake for 25 minutes or until lightly browned on top. Cool 15 minutes before cutting into yummy bars.

Other additions or substitutions to this cookie recipe:

Peanut butter chips
 Pecans instead of walnuts
 Butterscotch chips
 M & M's , mini or actual size
 Marshmallows
 Chopped up cookies
 Chopped up candy bars
 Peppermint candies crushed and added for decorations

Almond Cookies- Special thanks to Carol Oandasan for this recipe.

1 cup of shortening
 1 cup of sugar
 1 egg
 1 tsp almond extract
 3 cups of flour
 3/4 tsp baking soda
 Almond slices

Sift flour and soda together, three times. Cream shortening and sugar. Add egg and the rest of the ingredients. Optional, place an almond slice on the top of each cookie. Cook at 350 degrees or until golden brown.

Date Balls

1 stick of butter
 1 cup of sugar
 1 beaten egg
 1 pound of chopped dates
 1 tsp of vanilla
 3 cups rice krispies
 Coconut or chopped macadamia nuts to roll balls in

Place butter, sugar, beaten egg, and chopped dates in a saucepan on low heat, stirring to prevent burning. After it comes to a boil, remove and set aside. Add vanilla and stir well. Begin adding Rice Krispies one cup at a time, blending well. Shape into balls and roll into coconut or nuts. Place on serving platter.

Pumpkin Chiffon Pie- Special thanks to Carol Oandasan for this recipe.

3/4 cup brown sugar
 1 envelope of unflavored gelatin
 1/2 tsp of salt
 1 tsp cinnamon
 1/2 tsp of nutmeg
 1/4 tsp of ginger
 3 slightly beaten egg yolks
 3/4 cup milk
 1 1/4 cups of canned pumpkin
 3 egg whites
 1/3 cup granulated sugar
 1 9-inch pie crust (graham cracker or pastry)
 Whipped cream for garnish



In saucepan, combine sugar, gelatin, salt and spices. Combine egg yolk and milk; stir into brown-sugar mixture. Cook and stir until mixture comes to a boil, Remove from heat; stir in pumpkin. Chill until mixture mounds slightly when spooned. You will need to test this every 30 minutes to ensure it doesn't get too stiff. Beat egg whites until soft peaks form, gradually add granulated sugar, beat until stiff peaks form again. Fold pumpkin mixture thoroughly into egg whites. Spoon into prepared pie crust. Chill until firm. Garnish with whipped cream.

Light Lalani Bars-Thanks to Carol and Nicole Lalani Oandasan for this recipe.

1/2 cup butter
 1 1/2 cups of sugar
 4 eggs
 1 1/2 cups of all purpose flour
 1 tsp of salt
 1/2 tsp of baking soda
 1 can of 13 1/2 oz of crushed pineapples (drained)
 1/2 cup of chopped walnuts or macadamia nuts
 1/2 cup of shredded coconut



In a large bowl, cream butter and sugar until light. Add eggs one at a time, beat well. Sift flour, salt, and soda together. Blend into egg mixture. Stir in drained pineapples, nuts, and coconut. Spread in a 9 X13 pan. Bake at 350 degrees for 25 to 30 minutes. Cool in pan and cut into bars. Serve.

Grandma's Strawberry Jell-O- Special thanks to Carol and Ariel Oandasan, Gainesville, VA for this recipe. This is a traditional treat during the holidays. It is light and fluffy and just the right consistency to add to any meal.

2 (3-ounce) packages of Strawberry Jell-O
 1 (20-ounce) can of crushed pineapple., drained (reserve juice)
 2 tart apples, chopped
 Pinch of salt
 1/2 pint of whipped cream
 1/4 cup of sugar
 1 envelope of Knox gelatin



Dissolve Jell-o and gelatin in 2 cups of boiling water. Add 2 cups boiling water. Add 2 cups (pineapple juice plus water to make 2 cups). Chill until syrupy. Mix in fruit and fold in whipped cream. Chill until firm.

Doughnuts- Special thanks to Tara-Rose Saxon of Deltona, FL for this recipe.

1 can of home-style biscuits (make sure it's the canned kind!)
 3 cups of oil
 Sugar, cocoa, cinnamon, ext.

Heat oil up in a large pot. Once oil is heated (put 1 drop of water in it, if it starts to pop it's good) While oil is heating make a mixture of cinnamon and sugar or cocoa and sugar. Separate biscuits and make a small hole in each one. Place one or two biscuits in the oil and once golden brown flip over with tongs. Take doughnuts out of oil once both side are golden brown. Coat each doughnut. Enjoy!



Banana Nut Bread-Special thanks to Linda Hershberger for this recipe.

1 cup of sugar
1/2 cup butter, softened
2 eggs
3-4 ripe bananas
1 teaspoon of vanilla
2 cups of self rising flour

optional: 1/2 cup of nuts, chopped

Preheat oven to 350 degrees. Grease and flour loaf pan. Begin mashing up the bananas and set aside. Cream together sugar and softened butter. Add eggs to the mixture and cream together; add bananas and chopped nuts. Add flour gradually stirring while you are adding the flour. Pour banana bread batter into loaf pan. Bake for 1 hour or until a toothpick inserted in the center comes out clean. Cool completely before slicing.

Other Substitutions: Omit nuts and place 1/2 cup chocolate chips instead.
Omit nuts and place 1/2 cup of chopped up dried fruit instead.

Pineapple Upside Down Cake- Special thanks to Linda Hershberger for this recipe.

1 box of vanilla cake mix, items needed according to the box
2/3 cup of packed brown sugar
1-16oz can of sliced pineapples, drained
1/3 cup of butter

Heat oven according to cake mix package. Melt butter in a saucepan or microwave. Pour butter in the bottom of the cake pan, coating the sides and spreading the remainder on the bottom of the pan. Sprinkle brown sugar over the butter. Arrange the pineapple slices on the bottom of the pan. Prepare the cake mix according to the directions on the box. Pour the mixture over top of the pineapples and bake according to directions on the box or until a toothpick inserted in the center comes out clean. Serve warm.

Snickerdoodles-Special thanks to Ronna Raymond for this recipe.

3/4 cup of sugar
1/2 cup of butter
2 eggs
2 cups of flour
1/4 cup of sugar
1 tsp of vanilla

Cinnamon topping: 1/2 cup of sugar mixed with 2 teaspoons of cinnamon.

Preheat oven to 400 degrees. Mix 1/2 cup sugar and 2 teaspoons of cinnamon in a bowl, set aside. Soften butter in microwave or stovetop. Combine eggs, butter, and vanilla in a mixing bowl. Blend in 3/4 cup sugar. Gradually add flour, 1/2 cup at a time. Roll into 1 inch balls. Roll balls in the cinnamon sugar mixture. Place on ungreased baking sheet, 2 inches apart. Bake 8-10 minutes, or until golden brown. Remove from baking sheet and place on cooling racks.

International Foods

Brigadeiro (Chocolate Balls)- Brazil

***Crêpes* - France**

Empanaditas (em-pah-nah-dee-tahs)- Mexico

Fried Plantains-Ghana

Kufta-(Kuftat ras al-'asfur) -Egypt

Moon Cake- China

Parsley Potatoes (Salz Kartoffeln)-Germany

Shepard's Pie-England

Rabanadas (Mini French Toast)- The Bahamas

Spotted Dog- Ireland

***Tonkatsu*- Japan**

Biscochitos- Mexico

Brigadeiro (Chocolate Balls)- (Brazil)

1 (12 oz) can of condensed milk
 4 tablespoons of unsweetened cocoa
 1 tablespoon of butter
 1/4 teaspoon of salt
 1 cup of chocolate sprinkles
 wax paper
 small muffin papers



Combine condensed milk and chocolate powder in a saucepan. Stir constantly over low heat until the mixture pulls away from the sides of the pan. Add the butter and salt. Mix thoroughly over the heat about 2 minutes. Sprinkle a generous amount of sprinkles on wax paper. When the mixture is cool, grease your hands with butter and roll it into balls about 1 inch in diameter and gently roll it in the sprinkles. Place in small muffin papers for serving.

Crêpes - (France) A very thin small pancake, often stuffed and rolled up. You can also use a pancake batter mix, prepared thinner by adding more water.

1 cup all-purpose flour
 1 cup milk
 1 egg
 1 tsp salt

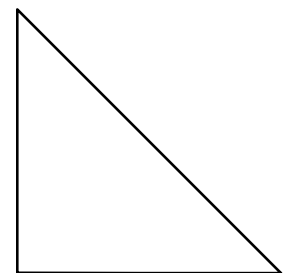


Let crepe mix stand in fridge for 10 minutes. Heat the frying pan/crepe pan (non stick works best) over medium heat. Pour about a third of a cup of batter in the pan, and make a circular motion as to just coat the pan, these are to be thin, they are not like pancakes. After about 2 minutes, just lift the edge of the crepe to see if it is brown, once it is browning, you want to flip the crepe over, and cook for about another minute, but watch it carefully so it does not burn. Repeat steps 2 and 3 for remaining crepes. These are usually served warm, you can add fruit topping, nutella, honey, powdered sugar, whip cream or jelly to the crepes.

Special thanks to Melissa Reynolds for this Crêpe recipe.

Empanaditas (em-pah-nah-dee-tahs)- (Mexico)

1 can crescent rolls (depending on the number of people serving)
 1 cup sugar
 1 tablespoon of cinnamon
 applesauce or jam



Preheat the oven to the temperature directed on the package. Cut the separate the crescent rolls into the precut triangles. Cut each triangle in half. Place a spoon full of applesauce or jam in the center, fold over, crimp the edges of the pastry with a fork. Bake in the oven as directed on the package. While the pastries are cooking mix the sugar and cinnamon in a small bowl. After they have baked and are still warm, sprinkle the pastries with the sugar mixture. Let cool.

Fried Plantains- (Ghana) You can make these or purchase them premade.

4 plantains, firm
 4 tsp lemon juice
 4 tsp ground ginger
 4 tsp cayenne pepper oil for frying
 paper towels



Slice the plantains about 1/2-inch thick. Place in a bowl and sprinkle with lemon juice. Stir the plantains until they are moisten. In a separate bowl, combine the ginger and pepper. Heat the skillet with about 1/4 inch of oil until hot. Test oil with water to make sure it is ready. Sprinkle water on oil, if it bubbles it is ready to cook the plantains. Take one plantain at a time and place it in the ginger mixture. Make sure the mixture covers the plantains completely before placing it in the skillet. Fry until outsides are crisp and golden. With a slotted spoon, remove plantains and place them on a plate with 2 layers of paper towels. Let cool slightly and serve.

Kufta-Kuftat ras al-'asfur - (Egypt) Minced meat with ground rice.

1 Pound of ground beef (hamburger)
 2 onions
 1/2 cup uncooked white rice
 2 cups tomato juice
 1 teaspoon vinegar
 1 teaspoon sugar
 cooking oil for pan
 salt & pepper for taste



Mince beef and one onion. Place together in a bowl. Add rice, salt and pepper and knead thoroughly. With wet hands, shape into small round balls. Warm up pan with cooking oil, fry the meatballs. Remove meatballs from pan and place on paper towels. Chop the second onion very fine and fry it in the same oil. Dissolve vinegar and sugar in tomato juice, pour over fried onions and cook for 10-15 minutes. Return meatballs to pot and cook for 10 minutes longer, gently shaking pot to keep the meatballs from sticking to the bottom.

Moon Cake- (China) This is an easy way for children to create moon cakes.

Rolls of 'ready to use' sugar cookie dough
 1 small jar of grape jam or bean paste
 Rolling pin
 2 inch circle shaped cookie cutter
 Cooling racks



Preheat the oven to 350. Roll the dough out to about 1/4" thickness. Cut into round circles with a cookie cutter. Place the circles on a cookie sheet. Prick the bottom of the cookies with a fork so they will bake evenly.

Bake until they are puffed or lightly browned. Place them on a cooling rack. When they have cooled remove them to the table or plate to place the jam or bean paste on them. Top the moon cake with another moon cake. If the moon cakes are thick, split them in half then spread jam or bean paste inside.

Parsley Potatoes -Germany (Salz Kartoffeln)- (Germany)

5 to 7 medium potatoes
 ½ teaspoon salt
 1 tablespoon butter or margarine
 2 tablespoons fresh chopped parsley



Peel the potatoes and cut in half. Place in a large saucepan, cover with water, and add salt. Bring to a boil over high heat. Reduce heat to medium-low and cover pan, leaving cover slightly ajar to let steam escape. Cook for about 15 to 20 minutes or until potatoes are tender. Remove from heat. Drain potatoes in a colander and return to pan. Add butter and parsley and toss until butter is melted.

Shepard's Pie- (England)

1 tbsp. shortening
 1 lb. hamburger
 1 onion
 2 tbsp. flour
 1 tsp. salt
 1/4 tsp. pepper
 1 cup beef broth or drippings
 1 cup carrots
 1/2 cup celery
 premade mashed potatoes



Prepare your mashed potatoes and set aside. Preheat oven to 350 degrees. Chop onion up into small pieces. In a skillet over medium heat, place hamburger and onion to cook. Drain fat from hamburger. In a small bowl; add flour, salt and pepper; mix well. Slowly add beef broth. Cook several minutes until slightly thickened. Slice carrots and celery. Pour mixture into a 9 x 12 inch casserole dish. Stir in carrots and celery Top with mashed potatoes. Bake for 30 minutes.

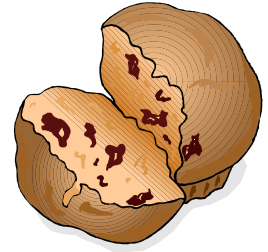
Rabanadas (Mini French Toast) They are eaten generally at Christmas time in the Bahamas.

10 slices of white bread
 2 cups of milk
 1/4 cup of sugar
 1 tablespoon of cinnamon
 Pinch of salt
 2 large eggs
 Butter for cooking in pan
 Papertowels

Begin by creating a cinnamon mixture in a bowl. Add the sugar and cinnamon in a bowl, stir together. In a separate bowl place one egg and one cup of milk, beat well. Cut each slice of bread in half diagonally. Place a saucepan on medium heat with two tablespoons of butter. Once the butter has melted and the pan is hot then dip the bread into the milk mixture, covering on both sides thoroughly with the mixture. Place it in the pan to cook until golden brown on each side. Place the bread on paper towels to drain and sprinkle the tops with the cinnamon sugar topping while warm. Serve them while they are warm. Continue to place bread in the mixture and then the pan, until all the bread is cooked. Add butter as needed for frying the toast.

Spotted Dog- (Ireland)

2 teaspoons of sugar
 4 cups of self rising flour
 1/2 cup of raisins
 1 1/4 cup of buttermilk
 1 egg

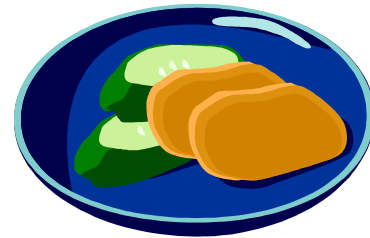
**Preheat the oven to 450 degrees.**

Blend together dry ingredients, mix well to work any clumps out. Add the raisins and blend well. Make a well in the middle. Add egg and most of the of the milk in the well. Slowly add the flour from the sides, blending well and adding more milk if necessary. The dough should be soft but not wet or sticky. When the dry ingredients are thoroughly mixed, place the dough on a floured surface. Knead the dough slightly, enough to make the dough smooth on the outside. Cut an 1 1/2 inches deep cross in the center of the loaf, to let the fairies out. Bake in oven for 15 minutes, **then turn down the oven to 400 degrees** and bake for a further 30 minutes or until done.

Tonkatsu- (Japan) (ton-n-kah-t-sue) A popular dish in Japanese restaurants around the world. You don't need to find special ingredients to make tonkatsu, so it's easy for everyone to cook it at home. Ton means pig/pork in Japanese, and tonkatsu is breaded deep fried pork. If you use chicken for this dish, it's called tori-katsu. You can also use beef, and make gyun-katsu.

Ingredients:

4 slices pork loin or fillet
 1 beaten egg
 1 cups panko (bread crumbs)
 1/4 cup flour
 vegetable oil for deep frying
 salt and pepper

**Cooking Tonkatsu:**

Put salt and pepper in the pork.
 Lightly coat the pork with flour and pat them.
 Dip the pork in the egg.
 Coat the pork with breadcrumbs firmly.
 Leave the breaded pork in the refrigerator for 30 min before cooking.
 Heat vegetable oil in a deep pan to 320F.
 Fry the pork slowly until golden brown.

Tonkatsu sauce

Tonkatsu sauce can be purchased at supermarkets or online stores. If it's not available, mix any steak sauce or Worcester sauce with some ketchup.

Garnish

Serve lot of thinly sliced cabbage on the plate. It's important to soak cabbage slices in cold water and drain well before serving. Lemon and karashi (Japanese mustard) usually accompany tonkatsu.

Special thanks to Nicole Oandasan for this recipe.

Biscochitos -Mexican Cookie made during Christmastime. Special thanks Carol Crowe for this submission.

1/2 cup lard
 2/3 cup sugar plus
 1/2 cup sugar
 1 egg
 1 tablespoon orange juice
 1 1/2 cups all-purpose flour
 1 teaspoon baking powder
 1 teaspoon anise seed
 1/4 teaspoon salt
 2 tablespoons ground cinnamon
 Preheat oven to 350 degrees F.



Beat lard in mixer until creamy. Add 2/3 cup sugar, beat until light and fluffy. Add the egg and rum and mix until blended. Add the flour, baking powder, anise seed and salt. Beat until a smooth dough is formed.

Roll dough on a lightly floured surface to a 1/4-inch thickness. Cut the dough into desired shapes. In a shallow bowl, combine cinnamon and remaining sugar. Dredge 1 side of cookie in cinnamon sugar mixture. Place cookie, sugared side up, on ungreased baking sheets. Bake for 8 to 10 minutes or until golden brown, rotating the baking sheets halfway through the cooking time. Allow cookies to cool on a cooling rack.

International Fruit Salad - You can use this for an international event or group project. Special thanks to Harriet Barone of Brodheadsville, PA for this submission.

Paper cups
 Large mixing bowl and spoon
 Cool Whip or whipped cream
 Bowl, plate or cup and spoon for each girl



Suggested Fruits: (Please check for food allergies) Fruit origins can be researched on the Internet or books. If you can not find some of the fruits, use something similar. Example: Japanese Citron sour oranges; use orange wedges. In addition the fruit does not have to have originated from that country, just consumed by people in the country.

http://www.tradewindsfruit.com/fruits_region_frameset.htm

shredded coconut-Tropical
 pineapple-Brazil
 apples- USA
 Star Fruit- Thailand or Vietnam

Papaya- Argentina/Brazil
 Avacodo- Southern Mexico



Have each person place a different fruit in the large bowl that represents a different country. For extra, they can say "I offer my fruit in the name of (insert country name)." Someone says "I mingle all these fruits so that each offering may touch each person around the world. (Stir fruit). Top it with the special joy of belonging. (Top with the whipped cream or cool whip). As you eat your international fruit salad think about all the different people around the world.

Creative Fun

Holiday or Special Event Cookies Without Cookie Cutters

Jack O' Lantern Cookies

Spider Web Cookies

Teddy Bear Cookies

Tiger Cookies

Peace Sign Cookies

Candy Cane Cookies

ABC Cookies

Snowman Cookies

Cobweb Cupcakes

Jack O' Lantern Cake

Dinosaur in the Tarpit Cupcakes

Pudding Surprise Tarts

Ice Cream Float

Homemade Ice Cream Pops

Chocolate Dipped Yummies

Holiday or Special Event Cookies-Decorate cookies and cut them out according to the holiday or event. Purchase prepackaged slice and bake sugar cookies and roll them out and cut with cookie cutters or slice and bake in circle shapes. You can also make sugar cookies from scratch. Below are some variations of cookies that can be created without cookie cutters.

1 package of slice and bake sugar cookies
 White frosting
 Chocolate frosting
 Food coloring
 Gel frosting for fine details
 Toothpick



Jack O' Lantern cookies- Slice cookies in circles. Use about ¼ inch of excess dough and pat it flat. Cut small squares with a butter knife and place it firmly at the top of the circle to create a pumpkin. Bake in the oven as directed, let cool. Decorate with WHITE icing dyed ORANGE. Use GREEN gel icing for details.

Spider Web Cookies-Slice cookies in circles. Bake in the oven as directed, let cool. Decorate with CHOCOLATE icing. Use WHITE gel icing for details. Begin drawing circles on the cookie like a bulls eye. Use a TOOTHPICK to pull the lines in the web.

Teddy Bear Cookies- Have a teddy bear picnic or tea and serve these themed cookies. Slice cookies in circles. Use about ¼ inch of excess dough and roll into small balls for the ears. Place one on each side of the cookie and press it down flat and firmly against the circle to create a bear. Bake in the oven as directed, let cool. Decorate with BROWN gel icing for details.

Tiger Cookies- Have a Safari Adventure with these wild themed cookies. Slice cookies in circles. Use about ¼ inch of excess dough and pat it flat. Cut into triangles with a butter knife. Place one on each side of the cookie and press it down flat and firmly against the circle to create ears for the tiger. Bake in the oven as directed, let cool. Decorate with WHITE icing dyed ORANGE. Use BLACK gel icing for details. For extra you can use BLACK LICORICE for whiskers.

Peace Sign Cookies- Have a groovy event or a peace themed event served up with these cookies. The participants will enjoy decorating them or eating pre-decorated cookies. Slice cookies in circles. Bake in the oven as directed, let cool. Decorate with WHITE icing, color with food coloring if you would like. Use a VARIETY of contrasting gel icing to create the peace sign. Feel free to draw other items on the cookies to match your event.

Candy Cane Cookies- Cut about an inch slice from cookie dough. Roll the dough the on the flat surface between your hands until it resembles a rope, about 6-7 inches long. Continue to create pieces of roped cookie dough until all the cookie dough is used. Take half the ropes and sprinkle them with RED SPRINKLES. Wrap the RED sprinkled rope and the plain rope together. Place it on the pan and shape it into a cane. Bake and serve.

Snowman Cookies-Have a winter fun or holiday event and serve these festive cookies. Slice cookies in circles. Place three slices together to form the shape of a snowman. Press them firmly together. Bake in the oven as directed, let cool. Decorate with WHITE icing in a tub. Use BLACK gel icing for details. (optional) Use ORANGE icing for carrot nose or use BLUE instead of black for details.

Cob Web Cupcakes

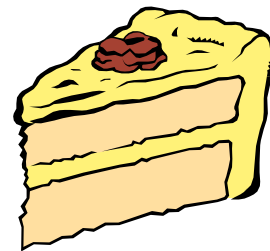
1 prepackaged box of cake mix
 (all ingredients needed per the box)
 Muffin pan
 Cupcake papers
 Chocolate icing in a tub
 White gel icing
 Toothpicks



Prepare the cake mix according to the directions on the package. Spoon them into the cupcake papers. Wait until the cupcakes are cooled and frost them with chocolate frosting. Begin drawing circles on the brownies like a bulls eye. Use the toothpick to pull the lines in the web. Other variations to try: Cookies, brownies, cake, or pie.

Jack O' Lantern Cake

2 boxes of prepackaged cake mix
 (all ingredients needed per the box)
 Bundt pan
 White icing in a tub
 Orange food coloring
 Black and green icing in a tube
 Cardboard to cover the hole at the top



You will need to create two cakes to make the Jack O Lantern cake. This works best if you have two bundt pans, but you can use just one. After the cake cools, frost the top of the FIRST bundt cake any color. Place the SECOND bundt cake upside down on the FIRST bundt cake. This creates the pumpkin shape. Spoon out the white frosting into a medium sized mixing bowl. Place orange food coloring in the icing until it reaches the color of orange that you desire. Begin frosting the outside of the cake being careful not to scrape the cake as you frost. Scraping the cake may cause unsightly crumbs in the frosting. If this happens, just go back over it when you have finished frosting the remainder of the cake. Begin drawing triangles for the eyes and nose with black icing. Finish with a Jack O' Lantern smile. Use the green icing to pipe on the top for stem and continue down the side with a vine pattern (optional)

Dinosaur in the Tarpit Cupcakes- Special thanks to Evelyn Barone of Brodheadsville, PA for this submission.

Chocolate Cupcakes
 Chocolate Frosting
 Dinosaurs (stencils, small dinosaur toys or candy pieces in the shape of a dinosaur)

Frost cupcakes. Stencil or place candy dinosaurs on top. Wash and dry the small dinosaur toys and sink them into the cupcake at dramatic angles. Note: Great for dinosaur lovers and when doing dino or fossil programs.



Surprise Pudding Tarts

1 package of premade graham cracker tart crusts
1 package of instant chocolate pudding
1 package of instant vanilla pudding
Milk needed according to package

Fun toppings: gel icing, candies, assorted items to represent your holiday or event.

Using separate mixing bowls, create the instant pudding as noted on the back of the box. Have each participant spoon out pudding into their tarts. Let them be creative, layering and swirling the pudding. Top with candies or sprinkles. Enjoy !

Ice Cream Float- A favorite childhood memory.

Favorite Soda pops (everyone can bring their own can)
2 scoops of vanilla ice cream per creation
Cup
Spoon or straw

Place two scoops of vanilla ice cream inside the glass. Slowly pour the soda over top of the ice cream. This will create a frothy cream effect. Add the spoon or straw and enjoy.

Homemade Ice Cream Pops - Now you can create your own unique Ice cream pop on a stick.

Ice cream
Paper cup
Wooden popsicle sticks (found in the craft section)

Fun additions: sprinkles, candies, chocolate chips, ice cream toppings.

Place one scoop of ice cream in the bottom of the cup. Use a spoon to press the ice cream down in the cup, so it will mold to the cup. In order for the candies to freeze with the ice cream, it will need to soften a little so the candy will sink into the ice cream. Then you can add syrups or other ice cream toppings. Add another scoop of ice cream and press down firmly with the spoon. Plant the popsicle stick in the center of the ice cream. Cover the top of cup with plastic wrap, to avoid freezer burn. Let freeze for about an hour and serve. You will need to squeeze the sides of the paper cup or tear the cup off of your creation. Enjoy !

Chocolate Dipped Yummies-Choose a variety of items to dip in yummy chocolate.

1 package of chocolate melts
Forks, kabob sticks, etc to use for dipping.
Pretzels, marshmallows, strawberries, and other items to dip in chocolate
Wax paper, paper plates
Optional: Little gift bags, boxes, ziploc bags to place items in.

Melt the chocolate according to the back of the package. Allow 2-3 people to dunk their items at a time. Give each participant a piece of wax paper, a utensil, and their selected items to dip in chocolate. Mark their name on the waxed paper with a permanent marker. Place the wax paper over the paper plate. This is where they will place their items as they dip them in the chocolate. No double dipping, finger licking etc. The items do not have to be completely covered with chocolate. As they dip each item, they place it on their plate and continue with the next item.

Appetizers and Snacks

Cucumber Sandwiches

Cheesy Spinach Dip and Chips

Fruit and Yogurt Dip

Easy Cracker Spread

Microwave S'mores

Mini Microwave Pizza

Trail Mix

Cheese and Bean Dip

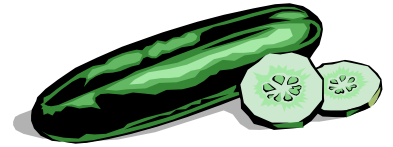
Tortilla and Bean Appetizer

Tortilla, Chicken, and Bean Appetizer

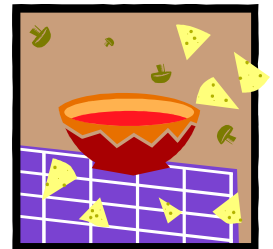
Cucumber Sandwiches- Special thanks to Harriet Barone for this recipe.

1 loaf white or wheat bread
 1 stick butter at room temperature
 3 or 4 cucumbers
 Cut crust off bread

Take 1 slice bread, spread cream cheese over the entire side. Peel the cucumber and slice in thin slices. Cover the bread with a layer of cucumbers. Top with the other slice of bread. Trim the crusts. Cut into quarters on the diagonal (so it makes triangles). Serve with tea and other treats.

**Cheesy Spinach Dip and Chips**

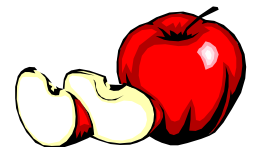
1- 10 oz package of frozen spinach, thawed and drained
 1 cup of sour cream
 1/3 cup of yogurt
 1/2 package of vegetable soup mix
 1/2 cup of cheddar cheese, grated
 1/2 cup of parmesan cheese, grated (not out of the can)
 1 clove of garlic, peeled and pressed
 Tortilla chips



Preheat oven to 350 degrees. Squeeze the liquid out of the spinach. Place on cutting board and chop. In mixing bowl, stir together spinach, sour cream, yogurt, soup mix, and cheeses, until thoroughly blended. Pour into a casserole dish. Bake 15 minutes. Serve with tortilla chips.

Fruit and Yogurt Dip

1 cup of vanilla yogurt or 8 oz of frozen cool whip
 1 can of crushed pineapples, with juice
 1 small package of instant vanilla pudding
 Fruit to dip: apple wedges, bananas, etc.



Combine all ingredients together in a small mixing bowl. Let chill and serve with a variety of fruit wedges.

Easy Cracker Spread

1 8 oz package of cream cheese, softened
 2 tablespoons of honey
 1/2 cup of chopped walnuts
 crackers



Let cream cheese soften. Add honey and walnuts and mix together thoroughly. Place in a small bowl and refrigerate for about an hour. Serve with a variety of crackers.

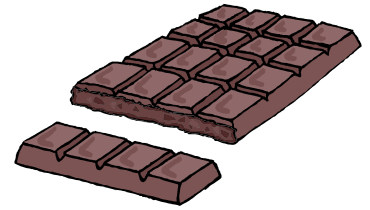
Microwave S'mores- Special thanks to Harriet Barone for this recipe.

Ingredients needed per person

2 Graham Crackers

1 Marshmallow

4 squares of Hershey chocolate bar



Place one graham cracker square on plate, 4 squares of chocolate bar, top with one marshmallow, top with the other half of the graham cracker square. Cook in microwave 10 seconds on high until marshmallow is partly melted. Take out, squish together and enjoy! If the s'mores is not melted enough, put in for another few seconds. Note: Microwaves vary, if yours is very powerful, start w/5 seconds and increase time until melted to your liking.

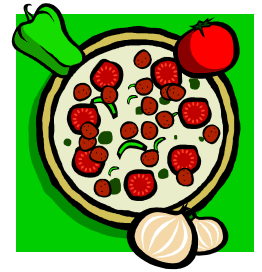
Mini Microwave Pizza- Special thanks to Harriet Barone for this recipe.

1 English muffin (per person)

1 jar pizza or tomato sauce

2 packages shredded cheese (mozzarella, 4 cheese, co-jack, etc. for variety)

Pizza toppings such as mushrooms and pepperoni



Assembly- each person assembles their own pizza:

Split muffins apart and put 1/2 on plate

Put on tomato sauce

Top with shredded cheese

Add toppings

Encourage kids to be creative and try new things.

Cook each mini-pizza for 1 minute on high or until cheese melts. Notes: You can do both halves (making 2 mini pizzas) together, adjust cook time. We did one at a time, so girls could see if they liked the first and make adjustments for the second.

Trail Mix - You will need 1/4 cup of each selection to create the mix.

Peanuts or mixed nuts

M & M's

Raisins

Dried fruit

Plastic ziploc® sandwich bags per person

Other Suggested items: marshmallows, chocolate chips, banana chips, mini pretzels, cereal, sunflower seeds, etc.



Place selection in a separate bowl. Have each person spoon out a handful of each and place it in their ziploc® bag. After they have added all the selections, seal the bag and shake up the mix. It is now ready to eat, take on a hike, or road trip.

Cheese and Bean Dip

1-15 oz of kidney beans, drained
 1/2 cup salsa
 1/4 teaspoon of chili powder
 1/2 cup of shredded cheddar cheese
 Tortilla chips
 Blender
optional: 1 tsp of cilantro and a tablespoon of sour cream.



Place all ingredients except cheese and cilantro in a blender. Blend on medium speed until smooth. Place in a 2 quart saucepan and cook over medium heat until hot. Place in serving bowl. Stir in cheese while the mixture is still warm. Sprinkle with cilantro and a spoonful of sour cream, serve with chips.

Tortilla and Bean Appetizer

6- 8 inch flour tortillas
 1 cup of refried beans
 1 tbsp of chili powder
 1/2 cup of shredded cheddar cheese
 Optional: 1 cup of sour cream, 3/4 cup of chopped tomatoes, chopped lettuce, salsa, and cilantro.



Place refried beans in a 2 quart saucepan and cook over medium heat until hot. You can also use a microwave for this. Add chili powder and stir thoroughly. Spread the beans and cheese over the tortilla. Top with the other tortilla to create a sandwich effect. Place in the oven until cheese is melted, about 5 minutes. Cut each tortilla into 8 wedges with a pizza cutter, like you are cutting a pie. Place toppings in between layers or top with tomato, shredded lettuce, salsa, cilantro, and sour cream.

Tortilla, Chicken, and Bean Appetizer - Using the above recipe adding Chicken.

6- 8 inch flour tortillas
 1 cup of refried beans
 1 tbsp of chili powder
 1/2 cup of shredded cheddar cheese
 Optional: 1 cup of sour cream, 3/4 cup of chopped tomatoes, chopped lettuce, salsa, and cilantro.
 1 package of stir fry chicken, found in frozen section OR 1 package of boneless chicken breast

If you are using frozen chicken defrost according to the label.

If you are cooking your chicken, slice the chicken into strips. Place about 1/4 inch of vegetable oil in bottom of a frying pan on medium heat. Cook chicken in oil about 10-15 minutes depending on the size of the chicken strips. Make sure you stir it constantly so it doesn't burn. Remove from heat and set aside to cool.

Place refried beans in a 2 quart saucepan and cook over medium heat until hot. You can also use a microwave for this. Add chili powder and stir thoroughly.

Spread the beans over the tortilla. Add chicken to top. Sprinkle with cheese. Top with the other tortilla to create a sandwich effect. Place in the oven until cheese is melted, about 5 minutes. Cut each tortilla into 8 wedges with a pizza cutter, like you are cutting a pie. Place toppings in between layers of tortillas or top with tomato, shredded lettuce, salsa, cilantro, and sour cream.

Mealtime

Pancakes

Aloha Pancakes

Coco Butter

Banana Nut Bash

Just Fruity

Crazy for Chocolate

French Toast

Spaghetti and Meatballs

Tacos

Fried Chicken

Buttermilk Chicken

Chicken Cordon Bleu

Vegetarian Manicotti

Homemade Pizza

Pancakes- Use a prepackaged pancake mix or the recipe below. Have a slumber party or fun event with pancake fun.

1 ¼ cup self rising flour
 1 tablespoon of sugar
 1 egg
 1 cup of milk
 2 tablespoons of oil
 Butter for cooking in pan

Mix egg, milk, sugar, and oil together in a mixing bowl. Add flour. Let set while the skillet is warming up and one tablespoon of butter is melting. Using a ladle or spoon drop the pancake mix on the hot pan. Turn pancake over when golden brown. You will be able to tell because bubbles will start forming on the top of the mix. Flip over with a spatula. Serve warm with syrup and other fun toppings. Make sure you don't make your pancakes too thick because they will be doughy inside.

Add special toppings to your pancakes and create a yummy treat or accent for a themed event.

Whipped cream and maple syrup are excellent to use with these creations.

Aloha Pancakes- Top pancakes with pineapple chunks, shredded coconut, and whipped cream.

Coco Butter- Spread peanut butter on top of pancake and top with chocolate chips.

Banana Nut Bash- Top with banana slices and walnut pieces.

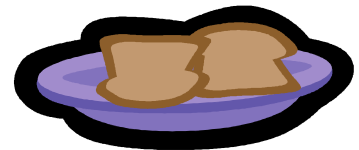
Just Fruity- Choose a can of your favorite fruit pie filling. Spoon it on top of the pancakes.

Crazy for Chocolate- Drizzle chocolate syrup over the pancakes. Top with chocolate chips, M &M's, chocolate pieces, drizzle and top with chocolate whipped cream.

If participants are creating their own toppings for pancakes make sure you control the portions.

French Toast- Add some of the special toppings to your French toast. Suggestions are given under the pancake recipe.

loaf of wheat or white bread
 egg
 milk
 butter
 syrup
 (optional) cinnamon and other toppings



Place a pat of butter in frying pan and wait for the pan to warm up. While the pan is warming up place one egg and 1/2 cup of milk in a bowl. Mix thoroughly with a whisk. Dip one slice of bread in the mixture and then place in frying pan. Turn over, making sure each side is browned.

Top with syrup and some of your favorite toppings.

Spaghetti and Meatballs- Ready in 30 minutes.

1 pound of lean ground beef or ground turkey
 1/2 cup of bread crumbs
 1 package of lipton onion soup mix
 1 egg
 3/4 cup of ketchup
 1 tablespoon of brown sugar
 1 dash of Worcestershire sauce
 Spaghetti noodle
 Spaghetti sauce in a jar



In a small mixing bowl, place ketchup, brown sugar and Worcestershire sauce, whisk together until thoroughly blended.

Preheat oven to 350 degrees.

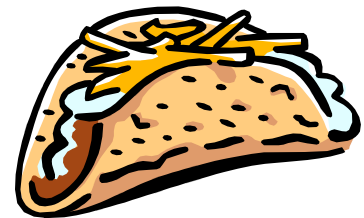
Place meat, bread crumbs, and soup mix in a large bowl. Mix together. Add beaten egg and mix thoroughly with your hands. Begin shaping into balls, about the size of a golf ball. Place them on the cookie sheet with sides. The sides on the cookie sheet will catch the grease from the meatballs. Wash your hands thoroughly. Begin spooning the sauce over top of the meatballs, thoroughly covering the top. Place in the oven and set timer for 30 minutes. Time will vary from oven to oven. To ensure they are completely cooked, cut in half to check. If center is no longer pink, they are done.

While meatballs are cooking begin boiling a pot of water for the spaghetti. When the water comes to a boil, add the noodles and cook as directed on the box. Warm the jar of spaghetti sauce on the stove until it comes to a boil.

Place strained pasta on a serving tray and toss with spaghetti sauce. Place meatballs on a separate dish, accent with bread or tossed salad.

Tacos

1 pound of lean ground beef or turkey
 1 package of seasoning mix
 1/2 cup water
 Taco shells
 Lettuce, chopped
 Cheddar cheese, shredded
 Optional items: tomatoes, salsa, sour cream, and refried beans



Chop lettuce, dice tomatoes, shred cheese etc and place each item in a separate serving dish.

Place meat in a saucepan over low heat, stirring constantly until it is browned. Add 1/2 cup water and seasoning packet to the meat. Stir until thoroughly mixed. Remove from heat and place in serving dish.

Warm up refried beans and place in serving dish. Have each person create their own unique taco.

Fried Chicken

1 package of chicken breasts
 1/2 cup all purpose flour
 1/2 tsp salt
 1/4 tsp pepper
 Vegetable oil
 Optional: Old Bay Spice and Paprika

Place about 1/4 inch of vegetable oil in bottom of a frying pan on medium heat. Mix flour, salt, pepper, old bay spice or paprika in medium mixing bowl. Begin coating chicken with the flour mixture and placing it in the preheated pan of vegetable oil. Cook chicken in oil about 10 minutes and or until lightly browned on both sides. Reduce heat, cover and let cook for about 30 minutes, turning once or twice, until juices from the chicken run clear, or the meat thermometer reads 160 degrees. Remove cover the last 5 minutes to re-crisp the chicken.

Buttermilk Chicken- alteration to Fried Chicken recipe

Use the above ingredients but add:
 1/2 cup all purpose flour = 1 cup total
 1 cup of buttermilk

Mix flour, salt, and pepper in medium mixing bowl. Dip chicken in buttermilk and then into the flour mixture. Cook as instructed in Fried Chicken recipe.

Chicken Cordon Bleu

1 package of boneless chicken breasts
 4 slices of ham from the deli
 4 slices of Swiss cheese
 1/4 cup all purpose flour
 1/2 tsp salt
 1/4 tsp pepper
 1 egg, slightly beaten
 1/2 cup of bread crumbs
 Toothpicks
 2 tbsp water
 Vegetable oil

When purchasing chicken try to find the thinnest chicken breasts available.

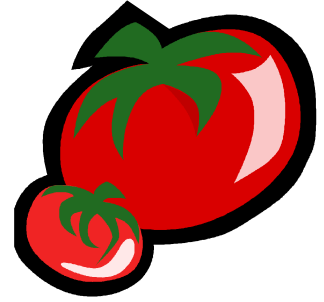
Place about 1/4 inch of vegetable oil in bottom of a frying pan on medium heat. Mix flour, salt, and pepper in medium mixing bowl and set aside. Beat one egg in a bowl and set aside. Place bread crumbs in a separate bowl and set aside.

Cut the chicken breasts in half. Flatten each half to 1/4 inch thickness between plastic wrap or waxed paper using a rolling pin. Place one slice of ham and one slice swiss cheese on each chicken breast. Roll up carefully, beginning at the narrow end. Secure with a wooden toothpick. Place chicken in flour mixture covering top and bottom. Dip into beaten egg, mix and roll into bread crumbs.



Vegetarian Manicotti

- 1 package of Manicotti noodles
- 1 - 15oz container of ricotta cheese
- 1 cup of mozzarella cheese
- 1 -28 oz jar of spaghetti sauce
- 1 can of mushrooms, drained
- 1 tub of cottage cheese
- 13X19 baking dish
- Optional:** 1 cup of shredded zucchini or carrots



Preheat oven to 350 degrees. Cook and drain the manicotti pasta shells as directed on package. While the pasta shells are cooling in the strainer, set aside about 1/2 cup of spaghetti sauce to place on top of the noodles after stuffing them.

Mix ricotta cheese, mushrooms, spaghetti sauce, and cottage cheese in a mixing bowl. Cover the bottom of the baking dish completely with this mixture. Fill each cooked shell with about 2 table-spoons of cheese mixture. The easiest way to do this is to hold the shell upright within the bowl and spoon the mixture in. Slide the spoon under the noodle and place in the pan.

Continue this process until all the shells are filled and in the pan. Spoon over the remainder of the cheese mix, drizzle the remaining spaghetti sauce over top, finish with the mozzarella cheese. Bake in the oven until the cheese melts on top. Usually about 30 minutes. Enjoy with a salad and bread.

Homemade Pizza- Directions for one pizza

- 1 can of pizza dough in a can (or use the homemade dough recipe below)
- 1 cup of sauce
- 1 1/2 cups of mozzarella cheese
- Optional toppings: pepperoni slices, mushrooms, olives, peppers, pineapples, ham, etc.



Place dough on a non stick pan or spray the pan with non grease spray. Spread the dough out evenly on the pan. Place the sauce on the dough and spread out evenly with a spoon. Begin piling on the toppings you chose and top with mozzarella cheese.

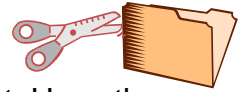
Homemade Dough- used for pizza, loaves or rolls

- 1 pkg. active dry yeast
- 1 cup warm water
- 1/4 teaspoon salt
- 2 teaspoons of cooking oil (olive oil is preferred)
- 2 cups of all-purpose flour

Dissolve yeast in warm water in warmed bowl. After the yeast dissolved, add salt, oil, and 1 cup of flour. Mix with spoon. Add remaining flour 1/2 cup at a time until dough forms a ball or clings to the sides of the bowl. Knead with your hands for 2 minutes. Place in greased bowl, turning to grease top and all sides. Cover and let rise in warm place until doubled -- about 1 hour. Push the dough down and divide it in half. Wrap in plastic wrap and allow to rest for 20 minutes.

Stretch or roll dough to desired thickness on board coated with flour. If you don't want to add flour then place parchment paper on top. Add sauce and toppings, bake at 400 degrees until golden brown.

Create a “CULINARY CREATIONS” book using a file folder

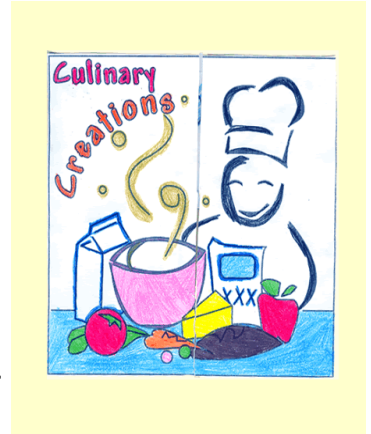


Step One: Prepare Copy all the templates and booklet pages for each participant. Have them color where needed and cut along the outside lines. Folding instructions are included on each page. **They should complete only one booklet at a time.**

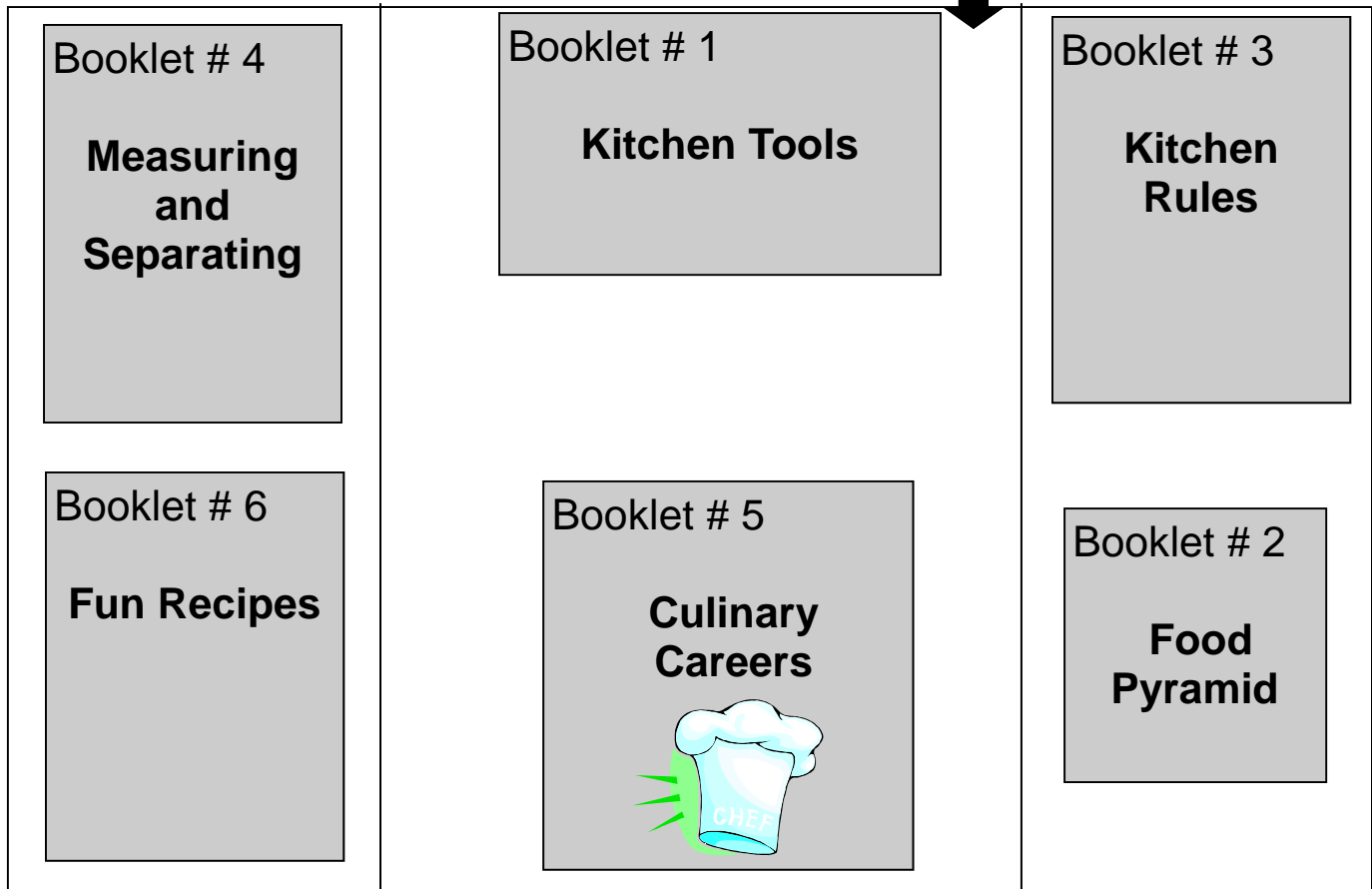
Step Two: Gather your supplies Participants will need glue sticks to mount the templates or booklets on the file folder. Younger participants may need assistance.

Step Three: Create the front cover Fold the file folder inwards (in thirds) to form a book (shown below). Using template # 1 and #2, they can place these items on the front cover or back of the book.

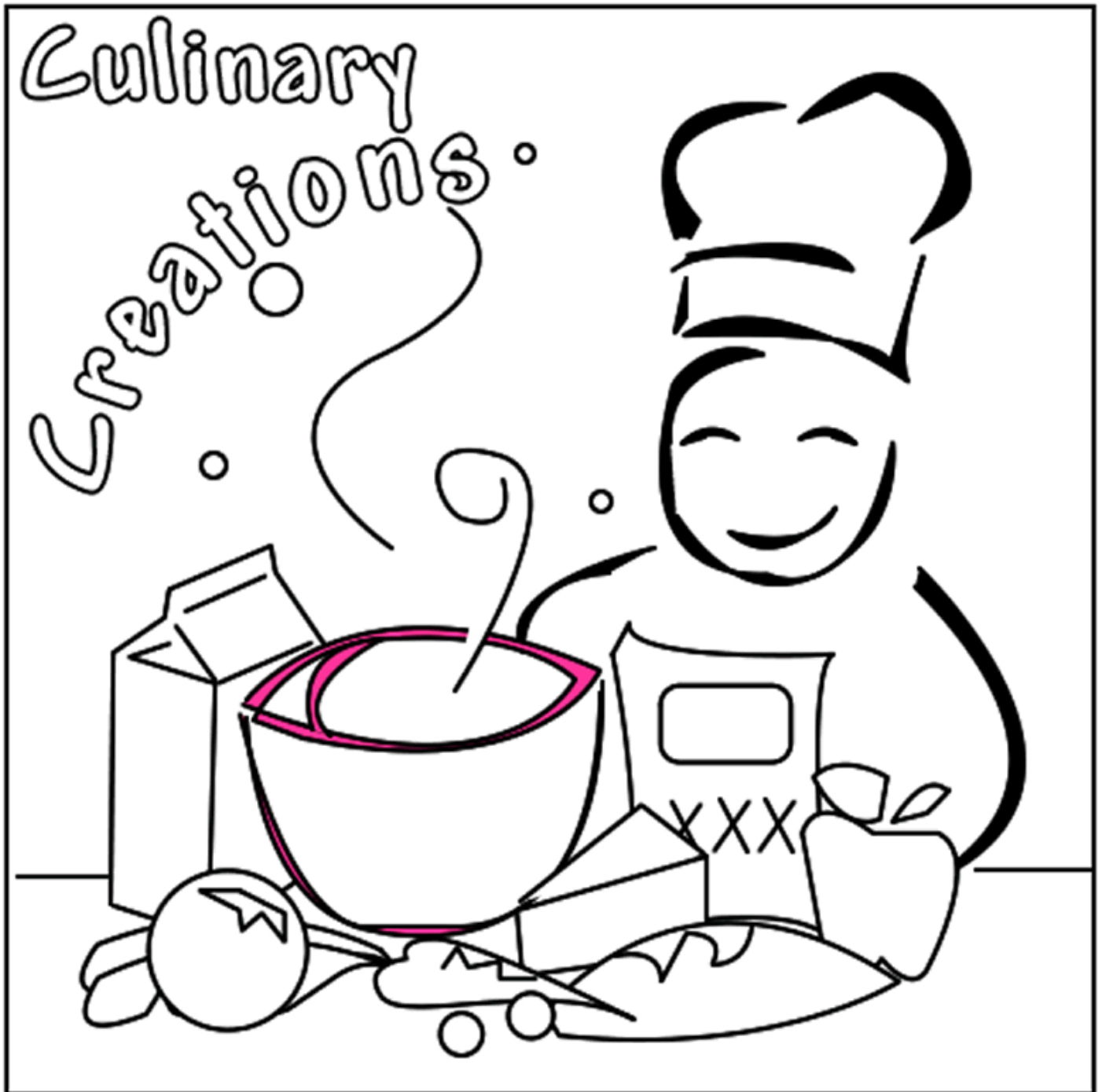
Step Four: Completing the inside Distribute the booklet patterns for the inside of the book. Make sure they color all areas prior to cutting them out. **They should complete only one booklet at a time.** The other booklets can be placed inside the folder for safe keeping until the first booklet is complete. This keeps the pages from getting lost or mixed up. **See the below picture of the inside of the book for placement.**



Layout of the booklets in the folder

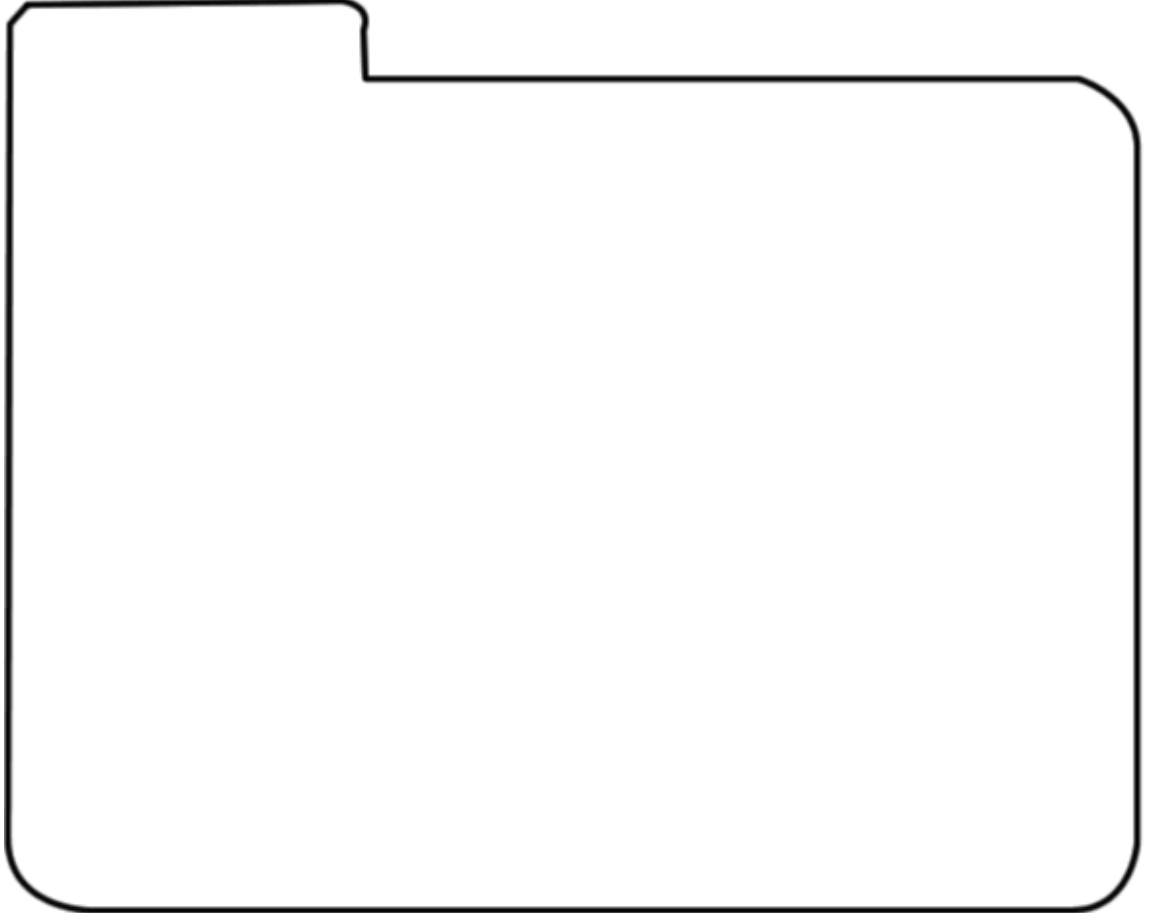
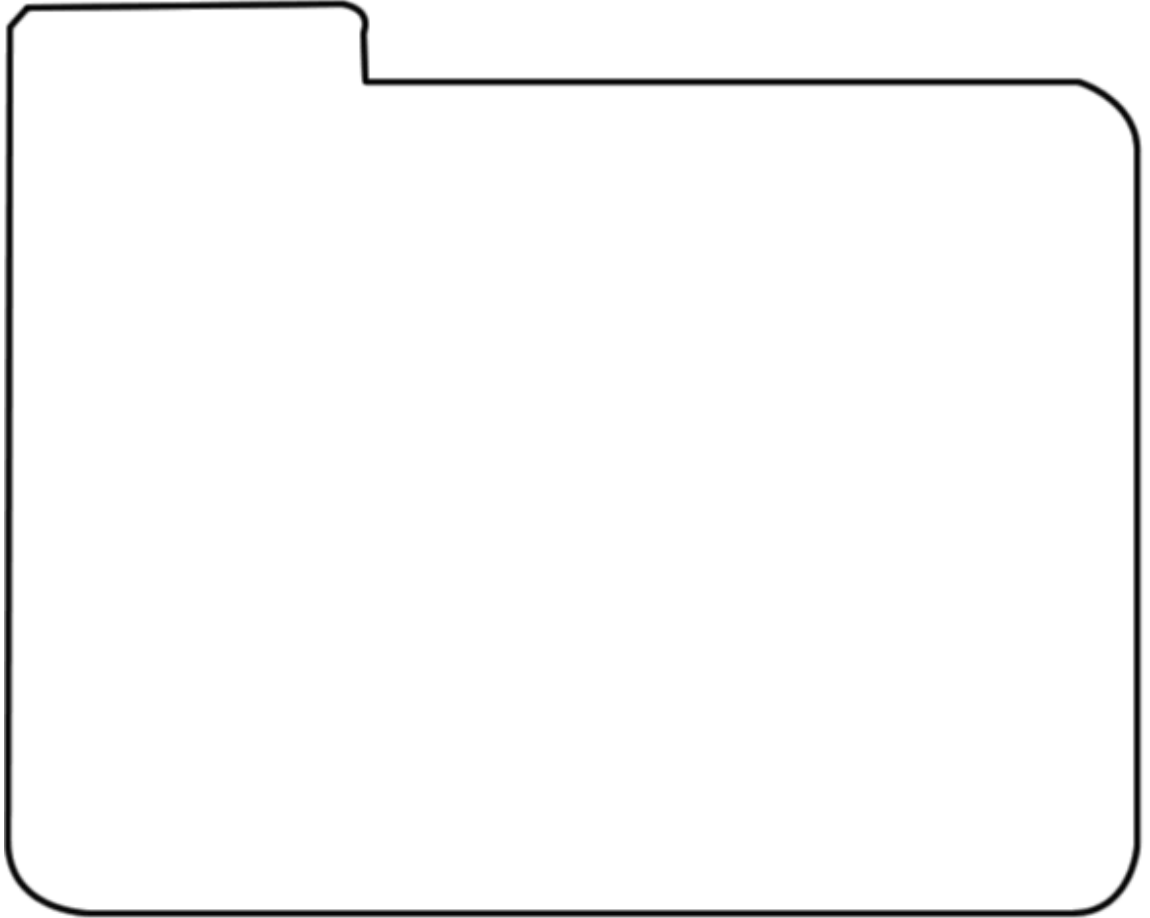


Use this template to decorate the outside of your book. Color the picture. Fold it in half and cut on the line. Glue each side on the cover so when it is closed it looks like a complete picture.



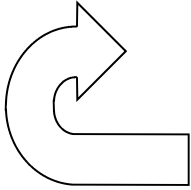
You can add these recipe cards to back of your book.

Write the name of your favorite recipe on the card or list several items that you like to eat or cook.

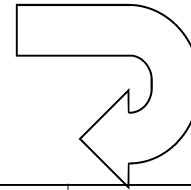


Cut along the rectangle and fold the flaps inward. Cut out the below boxes of lettering and glue them on the front of the book making sure not to cover the opening.

Covers Requirement #4



FOLD



Small Appliances



Blender-makes quick work when pureeing or mixing ingredients like soups or smoothies.



Food Processor-slices, dices, shreds, and chops large quantities of food.



Crockpot- Used for cooking meals slowly throughout the day such as soups and stews.



Mixer-smoothes out foods like cake mixes, potatoes, and desserts.

Basic Tools

Spreader

used for spreading pizza sauce, pie fillings, or decorating cakes.



Ladle-used to serve soup, chili, or other foods you need to scoop out of pans.

Spoon- used for mixing, stirring and spooning out food.

Used to mash cooked vegetables or potatoes to make them smooth.

Masher



Slotted spoon- used to drain your food before serving.

Pots and Pans- used to cook food on the stove.



Spatula square/round

Used to cook in a pan, flip over pancakes, press down on food to make it more compressed and to take items out of a pan or off a cooking sheet.

Whisk- make gravy, sauce, or dessert toppings smooth by whisking out the lumps.

Useful Tools



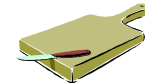
Rolling Pin-used to roll out dough flat.



Colander- used to wash and drain foods for meals.



Grater- used to grate and shred foods like cheese, chocolate or nuts.



Cutting Board- used for cutting and slicing food products.



Oven Mitt- used to protect hands and arms from oven heat and burns.

Cut along the outside of the rectangles only. Glue the inside of the book (left side with wording) inside the booklet # 2 cover. Make sure it is glued in the correct direction, so when you open the book you can read the words. Fold it in half on the line, and glue it inside your file folder. Color the items if desired.

BOOKLET # 2

Fun Healthy Foods to Eat

Fruity Drinks

Add fruit fresh or frozen to the blender. Top with yogurt and ice. Blend together. Sip with straw and enjoy your healthy fruit drink.



Veggie Dips

Cut up veggies and create a yummy dip. Use yogurt with a herb seasoning mixture. Ranch dressing is also a great alternative.



Easy Pizza for One

Use whole wheat baguette or pizza bread. Add tomato sauce, cheese, and various other toppings. Place in the oven to melt cheese.

Ants on a Log

Use celery or carrot sticks as the log and add peanut butter. Top with raisins.



On the Go Snack Mix

Start with a bowl and add in nuts, air popped popcorn, and dried fruits. Examples are almonds, pecans, walnuts, or sunflower seeds mixed with dried apples, apricots, and raisins. Pack in a sealed bag and enjoy when you are out and about.



Yogurt Creation

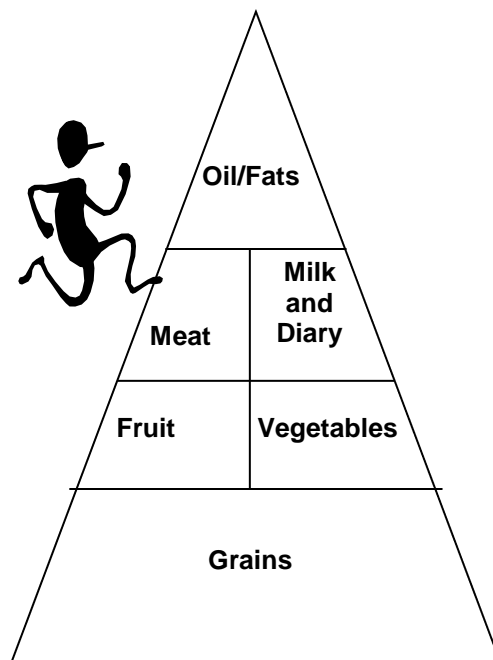
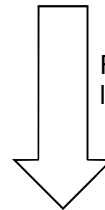
Start with a container of fruit or plain yogurt, add in nuts or dried fruit to make it your own creation.



BOOKLET # 3

Place glue on this side to adhere to the file folder.

Fold on this line



Cut along the outside of the rectangles only. Glue the inside of the book (left side with wording) inside the booklet # 3 cover. Make sure it is glued in the correct direction, so when you open the book you can read the words. Fold it in half on the line, and glue it inside your file folder. Color the items if desired.

Basic Rules

1. Wash your hands with soapy water before you begin.
2. Pull back your hair. Wear an apron if you have one.
3. Listen to any rules the adult may have about the kitchen and supplies.
4. Make sure you have your recipe and ingredients available.
5. Ask adults assistance before you use any sharp objects or appliances.
6. Share the kitchen tools with everyone and clean them before you pass them to the next person.
7. Respect the kitchen and ask before you go through cupboards or the refrigerator.
8. Never leave your sharp objects or a pan on the stove unattended.
9. Ask for adult assistance when needed. Hot oven, cutting, etc.
10. Clean-up the area. Sweep, wipe down, and scrub the kitchen area. Put away all food, tools, and aprons.



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Kitchen





Rules


Cut along the outside of the rectangles only. Glue the inside of the book (left side with wording) inside the booklet # 4 cover. Make sure it is glued in the correct direction, so when you open the book you can read the words. Fold it in half on the line, and glue it inside your file folder. Color the items if desired.

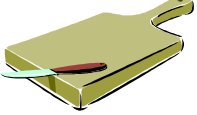
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A Measuring Cup is used for measuring liquids. 


Measuring Spoons are used for measuring amounts less than a 1/4 of a cup. 


Measuring scoops are used for measuring solids such as chocolate chips or peanut butter. The sizes of scoops are 1/3, 1/4, 1/2, and 1 cup. 


Cutting Board- used for cutting and slicing food products such as apples, carrots, and celery. 

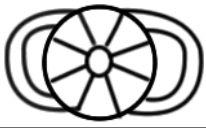
Grater- used to grate and shred foods like cheese, chocolate or nuts. 

Colander- used to wash and drain foods for meals. Such as pasta, vegetables and fruits. 

Rolling Pin-used to roll out dough flat for cookies, pies, pastries, and other sweet treats. 

Whisk- used to scramble eggs, make gravy, sauce, or dessert toppings. It helps blend the ingredients together into a smooth liquid. 

Garlic Press- used for separating the garlic from the peel while creating a paste of garlic. 

Apple Wedger -cores and separates apple into 

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Place glue on this side to adhere to the file folder.

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Measuring and Prepping Your FOOD

Measurement Chart

dash= a few sprinkles of item
 3 teaspoons=1 tablespoon
 8 tablespoons =stick of butter/ 1/2 cup
 1 pint= 2 cups of liquid
 1 quart=4 cups of liquid or 2 pints
 4 quarts=gallon



REQUIREMENT #12 Careers- Career descriptions are listed in the booklet for the participants to view. For extra, you can visit a restaurant, cooking school, bakery, or ask a guest speaker to your event. Cut around the edge of the booklet. Glue the information inside the cover so you can view it when you open the book.

BOOKLET # 5

Bakers -They mix and bake ingredients to produce breads, pastries, and other baked goods.

Chefs- They prepare and cook a wide range of foods in restaurants and other food services areas.

Kitchen Helpers- They assist the Chefs by cleaning the area, gathering the food, etc.

Restaurant Managers- They plan and direct the activities of places that serve food. Duties include overseeing staff, menus, paperwork etc.

Dietitians and Nutritionists-They plan healthy and tasty meals to help prevent and treat illnesses by promoting healthy eating habits. They also plan healthy diets for people to assist them in reducing their intake of sugar and fats.

Food Scientist- They maintain the safety of the Nation's food supply by testing and studying farms, crops, and animals and improving the quality of the product that is produced.

Grocery Clerk- They stock food items, weigh produce, and ring up purchases at grocery stores.

Cake Decorator-They decorate cakes and pastries of all shapes and sizes with a variety of colored icings, custards, and creams.

Caterer-They order, gather, and cook food for a coordinated event. On the day of the event, they deliver the food, supply the staff and the materials needed for serving the food.

Culinary



Careers

ORDER FORM

Please complete this form and mail it or fax it to:

Patchwork Designs, Inc.

8421 Churchside Drive
 Gainesville, VA 20155
 (703) 743-9948 PHONE
 (703) 743-9942 FAX

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone () _____ Referred By: _____
 Email Address: _____
 Discover/Mastercard/Visa# _____ - _____ - _____ or Check # _____
 Expiration Date: _____ Have you ordered before? _____

Item #	Description	Quantity	Unit Price	Total Price
CULINARY	Culinary Creations patch		\$1.75	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
SUBTOTAL				\$
Regular Shipping & Handling (view chart on the next page)				\$0.00
Special Shipping (next day, priority mail etc)				\$0.00
TOTAL				\$

Shipping Chart

If you would prefer Priority Mail, please add \$2.00 to the \$4.99 or above shipping category.

Next day service is an average cost of \$28.00 (USPS determines the pricing according to the zone and weight.)

Patches	
1-5	\$3.55
6-20	\$4.99
21-30	\$5.99
31-50	\$6.50
51-70	\$6.99
71-100	\$9.55
101-150	\$10.55
151-200	\$13.00
201-400	\$15.99
401-500	\$17.50
Over 500	Contact us for pricing

Kits or Manuals (shipped Priority Mail)	
1	\$6.99
2	\$9.25
3-5	\$10.75
6-8	\$12.75
10-12	\$15.75
13-20	\$22.25
21-23	\$24.00
Over 24	Contact us for pricing

Kits and manuals range from 30 to 62 pages in length (except the Patch Program Book, that is over 100). Therefore if you are ordering more than 2 kits or manuals, please use the above shipping chart. Patches, bracelet kits, and stamps can be added to any order falling within that price range. Otherwise, use the highest shipping amount on the chart according to the items ordered.