



Gifts from the Kitchen



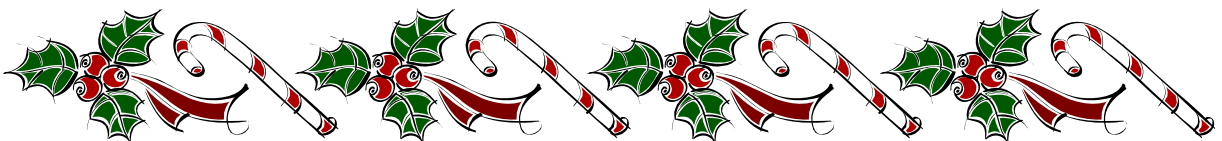
Wednesday, November 12, 2014

Marais des Cygnes Extension District, Paola Office
104 S. Brayman, Paola, KS

Instructors:

Marais des Cygnes District Master Food Volunteers

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Diane Burnett at 913-294-4306.



Homemade with Love - Gifts from the Kitchen

A gift from the kitchen is twice blessed; it gives pleasure to the giver as well as to the receiver. Many holidays are so commercialized that much of the true meaning of the holiday has been lost. While it is nice to give money or fancy gifts, no gift is more appreciated than those that are homemade or handmade. Those are the special gifts that come from the heart and take extra time and thought. Gifts created in your kitchen are a special way to share a little of yourself.

There are many reasons to make Christmas gifts of food. The gift is much more personal, you can save money and control nutrition for those on specialized diets, and you really do give a bit of your heart.

The recipes included in this booklet are gifts that can be given individually, or develop a theme and group a number of them in a large basket wrapped with cellophane paper and ribbons. If you're giving cookies, for instance, tie a big bow on a beautiful basket and include several kinds of cookies along with some cookie cutters, a few recipes, and a cookie mix in a jar.

Homemade gifts don't have to take much time, and are a wonderful expression of your love and creativity. For the "down home" cook, fill a basket with mixes, preserves or syrup and decorate a few wooden spoons tied with a bright Christmas bow.

Gift Ideas: Wrap up a few quick breads along with some beverage mixes, a few mugs, and a cutting board for a gift of breakfast in bed. Another great idea is giving a slow cooker filled with soup mixes and lots of different recipes.

Find decorative jars online and in specialty shops (make sure they are food safe) and antique stores. Purchase some holiday recipe cards for the recipes. And be sure to think about the recipient when making your gifts: do they enjoy baking or would they prefer a food gift that's ready to eat? Are they on a special diet or do they have food allergies? This kind of thoughtful touch is what makes these gifts so special.

Cookies, candies, and homemade breads are always welcome gifts, or prepare and give festive preserves, relishes, or sauces. Baking mixes or assorted beans and seasonings for soup in dressed-up pint or quart canning jars make great gifts for family or coworkers, or you could bake breads or cakes decorated for the holiday.

Preparation and Presentation Ideas - Gifts from the kitchen are definitely gifts from the heart. Nothing warms the heart quite like a homemade gift. Most of the foods require no cooking, only assembling a few ingredients. Each is a little slice of heaven to warm the heart.

Labeling gifts: Buy pretty decorative labels for your homemade gifts. Include with the name important information on storing and serving.

To clean empty bottles, fill them half full of water. Add 1 tablespoon baking soda and shake well. Let stand for 1 hour and then rinse thoroughly. Save empty wine, liqueur, vinegar, olive oil, chili sauce, pancake syrup, spaghetti sauce and salad dressing bottles throughout the year and fill them with your homemade versions for gift giving. Decorate by tying plaid or colored ribbon around the neck.

Homemade mixes offer convenience and savings in time without sacrificing the homemade touch. Any changes made in ingredients can affect quality. If you wish to experiment, make smaller batches to avoid wasting time and money.

Gifts of good taste: Homemade gifts are always treasured. Mixes are unique, personalized gifts that take little time to make and will be appreciated.

Family holiday fun: Children enjoy having a part in preparing gifts, so let them help measure and stir ingredients and package mixes for gift giving.

As a gift-giver, make a favorite family recipe into a mix that will bring back memories for the recipient.

Ingredients: Mixes will be only as good as their ingredients-make sure everything, including herbs and spices, is fresh and of high quality. Ingredients need to be mixed well when making the mix and when using. All ingredients should be lump free. Stir the mix before measuring to redistribute the ingredients.

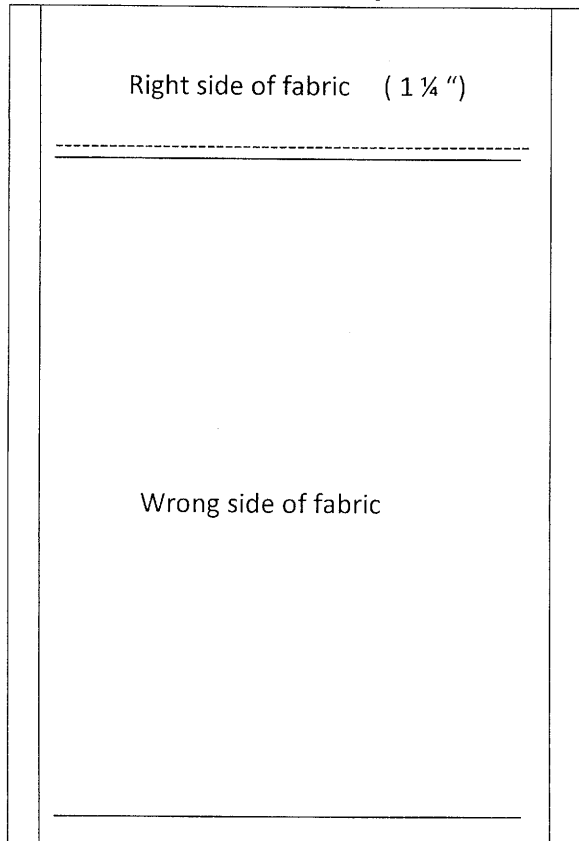
Storage: Storage conditions are just as important to the quality of convenience mixes as are the ingredients. If stored in airtight containers in a cool, dry location, dry mixes will stay fresh for several months. The shelf-life of mixes can be extended by packaging in moisture, vapor-proof containers and refrigerating or freezing. Mixes may be stored in large canister containers and the amount needed for a recipe measured out when ready to prepare. Or, store in pre-measured amounts for later use.

Suitable Storage containers include: glass jars, food-grade plastic containers, zip-lock bags made for freezer use (they are stronger than regular zip-lock bags) and heavy-duty aluminum foil (it tears less easily than regular foil).

Refrigerating or freezing helps maintain freshness of homemade mixes when certain ingredients are used. For example, mixes containing whole wheat flour must be refrigerated to prevent flavor changes due to higher level of fat in the whole wheat flour.

Labeling: Before storing, label all mixes with: * name of product * use- by date
 * date prepared *source of recipe * other information you will need to use the mix

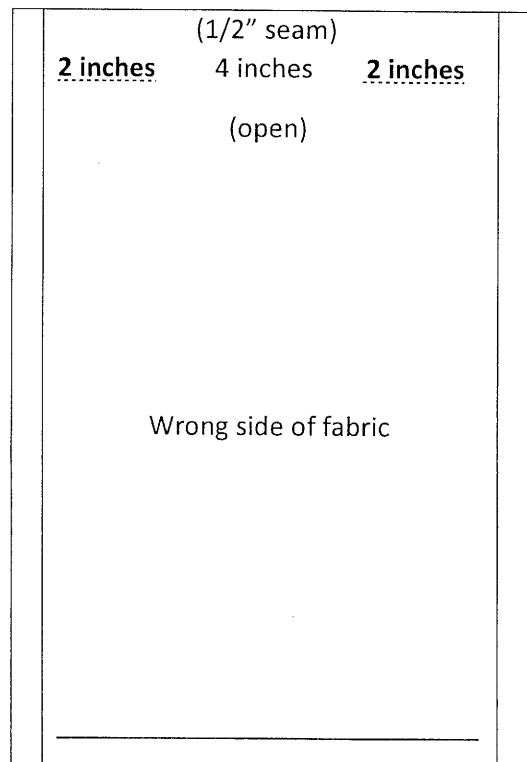
Toasty Bags - Fabric Layout



Cut fabric 8"x14"

Side and bottom seams are 1/4"

Finished bag will be 12 1/2" x 7 1/2"

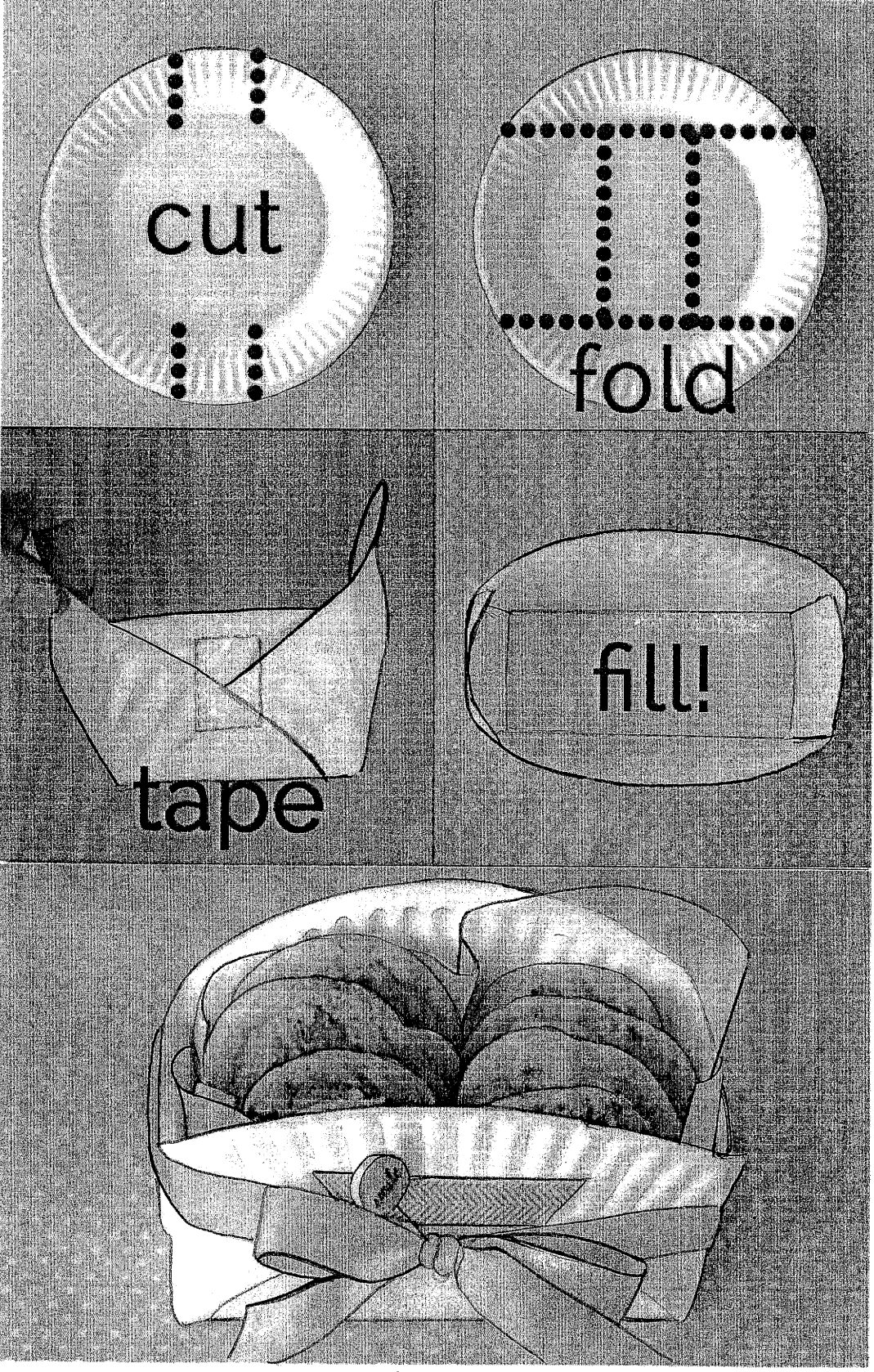


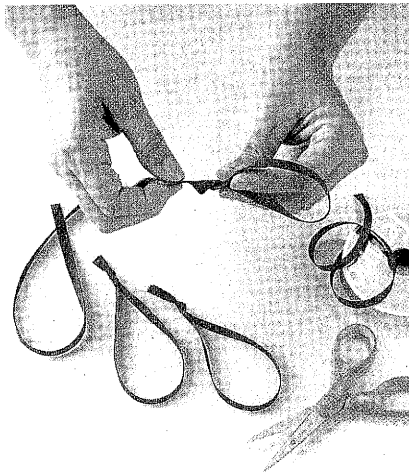
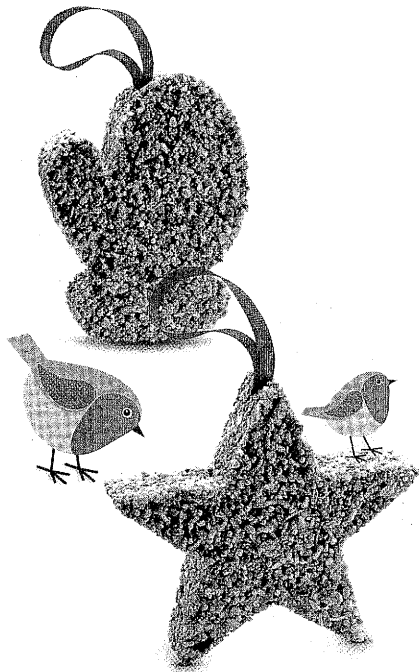
Cut fabric 8"x12"

Side and bottom seams are 1/4"

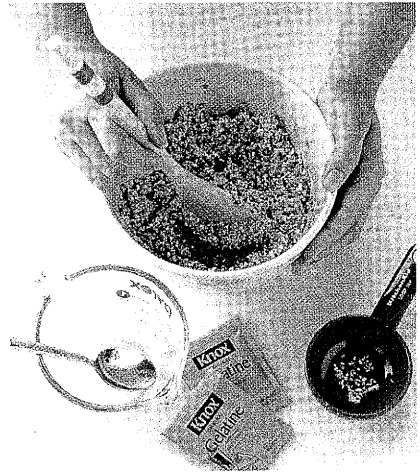
Finished bag will be 11 1/4" x 7 1/2"

Paper Plate Basket Folding Diagram





1. Go loopy Tie ends of each ribbon section together to form four loops for hanging. You'll need these later.



2. Stir away Mix gelatin with $\frac{1}{2}$ cup boiling water. Stir well to dissolve, then add to birdseed, continuing to stir well. If mixture is watery, add more seed until it's stiff but sticky.

FOOD ON THE FLY

Birdseed Ornaments

Deck out your yard—and wait for chirps of joy.



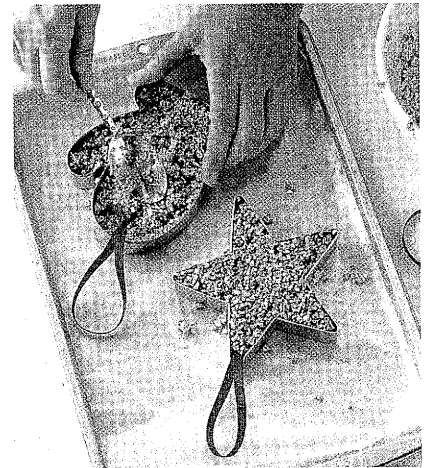
What You Need

- 4 ft. of $\frac{1}{4}$ -in.-wide ribbon, cut into 12-in.-long sections
- $\frac{1}{2}$ oz. unflavored gelatin powder (or 2 envelopes of Knox)
- $1\frac{1}{2}$ cups birdseed
- Baking sheet lined with waxed paper
- Four cookie cutters of any shape (roughly 4 in. x 4 in.)
- Cooking spray

Makes: About four 4-in.-square cookie-cutter ornaments.

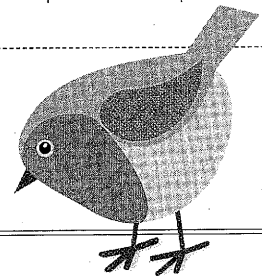


3. Make the mold Place cookie cutters an inch apart on the prepared baking sheet. Lightly coat each cutter with cooking spray. Fill each halfway with birdseed mix.



4. Press tight Place knotted end of each ribbon loop on top center of each cutter. Then fill with more mix until loop is secured. Firmly press the mix with back of spoon to compact.

5. Hang it up After a few hours, coax each birdseed ornament onto fresh waxed paper. Let dry, flipping every so often, for 72 hours or until hard. Hang ornaments outside in trees.



PRODUCTS TO TRY

Toasty Bags

Cut 2 pieces of fabric 8" x 12"

Cut 2 pieces of fabric 8" x 14"

Sew the 8 x 12 pieces together (wrong sides together) using a ¼" seam on 2 sides and the bottom. Then sew 2 inches across the top using a ½ inch seam, leave a 4" opening and sew 2 more inches across the top using a ½ inch seam.

Sew 3 sides of the 8 x 14 pieces together (wrong sides together) using a ¼" seam. Turn down the remaining short side 1 ¼ inches and stitch to finish so the bag looks like a pillowcase.

Using a canning funnel, fill the smaller bag with 3 1/3 - 4 cups of shelled corn* (NOT popcorn), dry cooking beans, rice or soy beans*. Sew the 4" opening shut! Put bag inside the pillow case bag to finish your toasty bag. Heat bag in the microwave 1-3 minutes and use for a bed, foot, neck (or whatever) warmer. I have used these to keep rolls, etc. warm also.

*If using shelled corn or soy beans, be sure to clean either one. They can be rinsed and then dried in the oven if they are very dirty. Then microwave each 4 cups for 2 minutes and let cool before filling a bag. This assures that any "critter's" eggs are dead!

Birdseed Ornaments

1 cup flour	Mixing bowl
½ cup boiling water	Cookie Cutters
2 pkgs. Knox unflavored gelatin	Non-stick spray
¼ cup corn syrup	Chopstick
4 cups bird seed	Parchment/wax paper
	Yarn/string

Directions:

1. Mix the flour, water, gelatin and corn syrup together in a large bowl.
2. Add the birdseed and make sure to stir well.
3. Spray the inside of a cookie cutter with nonstick spray and place it on your parchment paper.
4. Spoon the birdseed mixture into the cookie cutter and press it firmly down with your fingers.
(Cover the tips of your fingers with nonstick spray to keep the birdseed from sticking.)
5. Insert and remove a chopstick to create a hole.
6. Carefully remove the cookie cutter and repeat. (Respray every few uses.)
7. Let them dry overnight.
8. String yarn through the hole and hang it up on a tree for the birds to enjoy!

Triple Chocolate Cookie Mix

2 ¼ cup all-purpose flour, divided
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon baking soda
½ cup baking cocoa

1 cup packed brown sugar
½ cup sugar
¾ cup semisweet chocolate chips
¾ cup white baking chips

Additional ingredients

¾ cup butter, melted & cooled
3 eggs
3 teaspoons vanilla extract

In small bowl whisk 1 ¼ cup flour, baking powder, salt & baking soda. In another bowl whisk cocoa & remaining flour.

In an airtight container, layer half of flour mixture & half of cocoa mixture; repeat. Layer sugars & chips in order listed. Cover & store in cool dry place up to 3 months. Makes about 5 cups.

Preheat oven to 350°F. In large bowl beat butter, eggs & vanilla until well blended. Add cookie mix & mix well. Drop dough by tablespoons 2 inches apart on ungreased cookie sheet.

Bake 12 – 14 minutes or until firm. Store in airtight container. Makes about 5 dozen.

Recipe from TOH Christmas 2014

Holiday Eggnog Mix

6 2/3 cups nonfat dry milk powder
2 packages instant vanilla pudding mix (3.4 ounces each)
1 cup buttermilk blend powder
1 Tablespoon ground nutmeg

Additional ingredient for each batch

¾ cup cold whole milk

In a food processor, combine first four ingredients; cover & pulse until blended.

Store in airtight container in cool dry place for up to 6 months.

To prepare eggnog:

Place 1/3 cup mix in a glass. Stir in ¾ cup milk until blended.

Recipe from TOH Christmas 2013

Spicy Pear Sauce

5 pounds pears peeled and sliced
1 cup apple juice
1 teaspoon ground cinnamon

½ teaspoon ground allspice
½ teaspoon ginger

In Dutch oven, combine all ingredients & bring to a boil. Reduce heat; simmer, covered, 25 – 30 minutes or until pears are tender, stirring occasionally. Remove from heat; mash pears to desired consistency. Serve warm or cold. Can be frozen for later use.

Makes 8 cups.

Per 2/3 cup serving: 94 cal, 1g fat, 24 g carb, 0 chol., 1 mg sodium, 3 g fiber, trace pro.

Diabetic exchange: 1 ½ fruit *TOH Simple & Delicious Oct/Nov 2014 Modified Spicy Applesauce*

Granny's Sugar Cookies

½ cup butter	2 teaspoons baking powder
1 cup sugar	½ teaspoon salt
2 eggs, beaten	1 teaspoon vanilla
2 ¼ - 2 ¾ cups flour	

Directions:

Cream together butter and sugar. Blend in 2 eggs.

Sift together flour, baking powder and salt.

Stir flour mixture into creamed mixture, adding ¼ - ½ cup more flour if dough is too sticky.

Add vanilla.

Divide dough into two parts. Cover and chill 1-2 hours.

Roll out dough (one part at a time) on floured surface to ¼ inch thick. Cut with cookie cutters.

Bake on ungreased cookie sheet at 375 degrees about 8 minutes or until light brown on the edges. Frost if desired. *Recipe from Cheryl Sigel, MFV Volunteer*

Sugar Cookie Icing

1 cup confectioners' sugar	¼ teaspoon almond or vanilla extract
2 teaspoons milk	Assorted food coloring
2 teaspoons light corn syrup	

DIRECTIONS:

1. In a small bowl, stir together confectioners' sugar and milk until smooth. Beat in corn syrup and almond extract until icing is smooth and glossy. If icing is too thick, add more corn syrup.

2. Divide into separate bowls, and add food colorings to each to desired intensity. Dip cookies, or paint them with a brush.

Nutrition Information Servings Per Recipe: 12 servings; Calories: 43 Total Fat: 0g Cholesterol: < 1mg, Sodium: 1mg, Carbs: 10.9g. *Printed from Allrecipes.com 10/25/2014*

Dip Mix Ornaments

Fiesta Dip Mix

- 1½ teaspoon dried parsley
- 1½ teaspoon dried minced onion
- ¾ teaspoon dried chives
- 1½ teaspoon chili powder
- ¾ teaspoon ground cumin
- ¼ teaspoon salt

Additional Ingredients

- ½ cup sour cream or yogurt
- ½ cup mayonnaise

In a medium bowl combine the ingredients and whisk together. Refrigerate 2 - 4 hours before serving.

Dip Mix Ornaments (Continued)

Italian Dip Mix

- 1 Tablespoon Parmesan Cheese
- $\frac{3}{4}$ teaspoon Garlic Powder
- $\frac{3}{4}$ teaspoon Onion Powder
- $\frac{1}{3}$ teaspoon Paprika
- $\frac{1}{2}$ teaspoon Celery Seed
- $\frac{1}{4}$ teaspoon season salt

Additional Ingredients

$\frac{1}{2}$ cup sour cream

Combine the above ingredients with a hand-mixer until well-blended. Cover and refrigerate for at least 2 hours before serving. Serve with veggies, crackers or chips.

Bacon Dip Mix

- 1 Tablespoon Bacon Bits
(imitation unless storing in fridge)
- $\frac{1}{2}$ teaspoon Beef Bouillon Granules
- $\frac{1}{2}$ Tablespoon dried Minced Onion
- $\frac{1}{8}$ teaspoon dried Minced Garlic

Additional Ingredients

$\frac{1}{2}$ cup sour cream

Combine the above ingredients with a hand-mixer until well-blended. Cover and refrigerate for at least 1 hour before serving. Serve with veggies, crackers and chips.

Dill Dip Mix

- 1 teaspoon dill weed
- $\frac{1}{4}$ teaspoon season salt
- 1 teaspoon onion flakes
- 1 teaspoon parsley flakes

Additional Ingredients

$\frac{1}{2}$ cup sour cream

$\frac{1}{2}$ cup Miracle Whip

Mix everything in a small bowl. Refrigerate for at least 2 hours to allow the flavors to blend. This makes an excellent vegetable dip as well as one for chips.

Recipe by Bubbly Nature Creations at <http://bubblynaturecreations.com/2013/11/dip-mix-ornaments.html>

1. Directions for each different spice ornament mixture: Mix spices and place in ornament using a funnel. Before closing ornament wrap a small piece of foil at the opening and then put the ornament top back on. The metal wires will puncture through the foil, but should not leave a big hole to where the spices will come through. Shake each ornament a little to see if your foil has a hole... if the contents remain then you are good... if not then repeat the foil process.
2. Place a card with each ornament with the directions on how to make each dip.

Herb Veggie Dip Mix

¼ cup dried parsley flakes	3 teaspoons garlic powder
¼ cup dried thyme leaves	½ teaspoon salt
2 Tablespoons dried tarragon leaves	½ teaspoon coarsely ground black pepper
2 Tablespoons dried onion flakes	

Measure all into a ziploc baggie & seal until ready to use

Herb Mix Dip:

1 Tablespoon mix	¼ cup mayonnaise
¾ cup sour cream	1 teaspoon lemon juice

Serve with assorted fresh vegetables. Yield: 1 cup dip

Cranberry Scone Mix

2 cup flour	½ teaspoon salt
½ cup sugar	½ cup dried cranberries
1 Tablespoon baking powder	

In bowl mix all ingredients except cranberries. Place in plastic storage bag. Place cranberries in separate small plastic bag. Place in a decorative container and attach a copy of the recipe card.

Cranberry Scones

Container of Cranberry Scone Mix

Additional ingredients:

1 stick cold butter, diced
1 beaten egg
¼ cup milk
Additional sugar for sprinkling on top

Preheat oven to 375 degrees. Prepare baking sheet by lining with parchment paper or greasing lightly. Pour Scone mix into bowl. Set cranberries aside. Cut in diced butter using a pastry blender or 2 forks. Add egg and milk and stir until blended. Stir in cranberries. Shape into a ½ inch thick disk on baking sheet; score into 8 wedges. Brush with milk and sprinkle with additional sugar. Bake 25 minutes until golden brown. Cool slightly before serving.

Holiday Tree-Shaped Cheese Ball

2 packages (8 oz) cream cheese softened	1 teaspoon prepared horseradish
1 package (4 ½ oz.) dried beef, chopped	½ teaspoon garlic powder
½ cup finely chopped green onions	

Mix cheese ball ingredients and refrigerate about 4 hours or until firm enough to shape.

Place cheese mixture on cookie sheet. Shape into cone shape to look like a pine tree.

Just before serving, roll tree in parsley, pressing it evenly into tree. Press pine nuts into tree in string form for garland. Press bell pepper pieces onto tree for ornaments. Top tree with star shape cut from lemon peel. Place the tree in the middle of a platter covered with a cloth napkin 'tree skirt', and surround it with crackers of all shapes and sizes for the 'gifts'. *Recipe submitted by Royce Collins, MFV*

Chocolate Peppermint Bark

6 ounces white baking chocolate, chopped
1 cup (6 ounces) semisweet chocolate chips
1 cup crushed peppermint candy

Directions

In a microwave safe bowl, melt white chocolate at 70 % power: stir until smooth. In another bowl, melt semisweet chocolate chips. Stir 6 tablespoons of crushed peppermint candy into each bowl. Drop white chocolate and semisweet chocolate in alternating spoonfuls onto a wax paper-lined baking sheet. With a metal spatula, cut through chocolate to swirl, spreading to ¼ inch thickness. Sprinkle with remaining crushed candy. Chill until firm. Break into pieces. Store in air-tight container in refrigerator. Yield: about 1 pound. *Recipe submitted by Royce Collins, MFV.*

Angelic Macaroons

1 package (16 ounces) angel food cake mix
½ cup cold water
1 teaspoon almond extract
14 ounces sweetened flaked coconut, divided
½ cup slivered almonds, coarsely chopped

1. Preheat oven to 325 degrees. Line cookie sheets with parchment paper.
2. Beat cake mix, water and almond extract in large bowl with electric mixer at medium until well blended. Add half of coconut beat until blended. Add remaining coconut and almonds; beat until well blended. Drop dough by tablespoons about 2 inches apart onto prepared cookie sheets.
3. Bake 22 to 25 minutes until golden brown. Cool cookies 3 minutes on cookie sheets. Remove to wire racks to cool completely. Makes 40 cookies.

Nutrition facts: 1 cookie is 94 calories, 4 gram Fat, 2 gram protein, and 14 grams carbohydrate.

Cranberry-Orange Chex Mix

3 cups Corn Chex Cereal	¼ cup butter or margarine
3 cups Rice Chex Cereal	¼ cup packed brown sugar
3 cup Chocolate Chex Cereal	¼ cup corn syrup
1 cup sliced almonds	¼ cup (thawed) frozen orange juice concentrate
(substitute lightly salted peanuts, or other nut)	1 cup dried cranberries
	(substitute Cranberry Trail Mix)

Heat oven to 300 degrees F. In a large bowl, mix cereals and nuts.

In microwavable measuring cup, mix butter, brown sugar, corn syrup and juice concentrate.

Microwave uncovered on HIGH for 1 ½ - 2 minutes, until butter is melted and mixture bubbly.

Pour over cereal mixture, stirring until evenly coated. Pour into ungreased large pan.

Bake uncovered for 30 minutes, stirring after 15 minutes. Stir in cranberries. Cool completely, about 15 minutes. Store in airtight container.

[Note: You can use any combination of Chex Cereals, or Crispix works well also.]

(To and more color stir in M&M's)