

# Knowledge @ Noon

## *Gifts from the Kitchen*



*Wednesday, November 17, 2021*

*Session 1 - 9:00-10:30 a.m.*

*Session 2 - 12-1:30 p.m.*

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

Instructors:  
Marais des Cygnes Extension District Master Food Volunteers

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# Holiday DIY: Gifts from the kitchen



Posted by  
[Kristin Bogdonas](#)  
December 01, 2020

When I think about the holidays, I think about getting crafty in the kitchen. Making food-related gifts for friends and family is a fun way to share your creative side and put a personal touch on the holiday season. In the past I have gifted home-preserved cranberry-orange chutney, herb ornaments, limoncello and my famous homemade chocolate-dipped peppermint-orange marshmallows.

In this post, the focus is on sweet and savory ways you can incorporate herbs and spices into your holiday DIY creations. Think of these as "gifts from the kitchen" or as something you can make at home with your family to enjoy. If you don't have access to these herbs and spices locally, check online sources and order what you need. Buying in bulk can save you money in the long run, especially if you're making multiple gifts to give.

[Download and print all holiday DIY recipes](#)

## *Ideas for Spices*

Sweet, Savory and Holiday Spice Nuts- One of my favorite smells during the holidays. I have fond memories of walking through the mall as a teen with my mom and picking up a bag of roasted almonds or pecans from one of the many kiosks. The sweet, savory flavors and warmth of the freshly roasted nuts was a special treat during the holiday season. Consider making your own this year! This is a simple process that allows you to get creative with a variety of spice blends.

Pomander Balls- A fun holiday tradition for all ages. This homemade air refresher will last for months to come! The best part is that you only need two ingredients- oranges (or clementines) and whole cloves. The more cloves you use, the longer it will last. Simply poke the cloves into your orange to create a pattern and hang the pomander until it's dry. I still have the pomander ball that I made last year!

Masala Chai- Masala (spice) chai (tea) is easy to make at home with a few warming spices, ginger, black tea bags, milk and honey to taste. Make the chai spice bags ahead of time, and gift with black tea bags, or have on hand when you're in need of a warming beverage for those cold winter nights. This beverage would pair nicely with the spiced nuts for an afternoon treat.

Mulling Spices/Stove-top Potpourri- Similar spices can be used to make both mulled wine gift sets and simmering potpourri pouches. They smell wonderfully enticing when simmering on the stove. Common ingredients include cinnamon sticks, cloves, star anise, orange slices, cardamom, allspice and ginger root. Simply add your spice mix to a muslin bag with drawstrings for easy cleanup.

## *Ideas for Herbs*

Herbal Tea Bags- Create a variety of blends for sleep, energy, and cold season support. In addition to herbs, consider adding dried orange peels and ginger or loose-leaf teas. Some of my favorite combinations include holy basil + spearmint, lemon peel + chamomile, lemon verbena + ginger and rooibos + coconut flakes. Personalize each tea bag with a quote on the tag if you are giving these as gifts.

Infused Vinegars- Brighten up your meals by infusing vinegar with flavorful herbs and even fruit. These make great gifts for the foodies on your shopping list. Give yourself some time if you are going to make these since they take several weeks to infuse.

Salt-Free Seasoning Blends- Get creative in the kitchen by making herb and spice blends for all of your dipping, rubbing, roasting and sautéing needs. If you are wanting to reduce sodium in your diet, you will definitely want to have some seasoning blends on hand to enhance your meals' flavor. As with the herbal tea bags, the options are endless. Divide between fillable food-safe ornaments for unique party favors or stocking stuffers.

*Source: Kristin Bogdonas is the nutrition and wellness educator serving Henry, Mercer, Rock Island and Stark Counties.*

## *Sweet, Savory and Holiday Spice Nuts*

Each recipe calls for 1 cup of nuts. Feel free to use all one kind or mix-and-match (1/2 cup almonds, 1/2 cup walnuts). If you want to double the recipe and use 2 cups of nuts, multiply spice ingredients by two. These make great holiday gifts so make extra to give away to friends and family!

### *Everything Bagel Ingredients*

- 1 tablespoon butter (melted) or oil
- 1/2 teaspoon (each) white and black sesame seeds
- 1/2 teaspoon poppy seeds
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Pinch of salt



### *Holiday Spice Ingredients*

- 1/4 cup maple syrup
- 1 tablespoon butter (melted) or oil
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- Pinch of salt



### **Instructions (same for each recipe)**

1. Wash hands and food preparation surfaces.
2. Preheat oven to 350° F and line a baking sheet with parchment paper.
3. In a medium bowl, mix all of the ingredients together. Make sure all of the nuts are coated well.
4. Spread the nuts evenly in one layer onto the baking sheet.
5. Bake for 10 minutes stirring halfway through to ensure even cooking. When finished, nuts should be a golden brown.
6. Once cooled, store the nuts in airtight containers.

*Servings: makes 4 1/4 cup servings.*

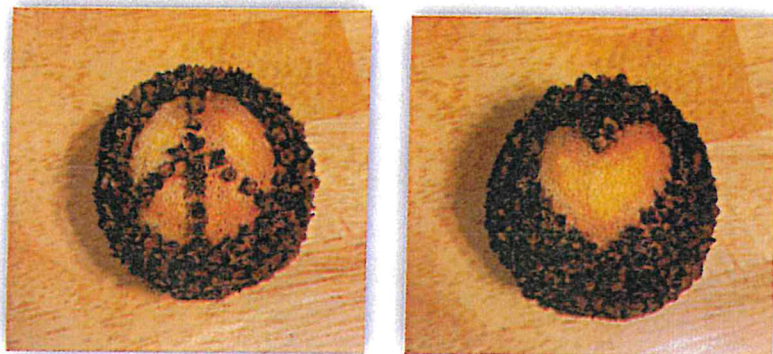


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## *Pomander Balls*

A fun holiday tradition for all ages. This homemade air refresher will last for months to come! The best part is that you only need two ingredients- oranges (or clementines) and whole cloves. The more cloves you use, the longer it will last. Simply poke the cloves into your orange to create a pattern and hang the pomander until it's dry. The scent of orange and clove will fill the air as the pomander ball dries.

In these two images, the pomander balls are fully dried.



## *Masala Chai (spice tea)*

### Ingredients:

- 8 cardamom seeds
- 8 cloves
- 4 black peppercorns
- 2 cinnamon sticks
- 1 1-inch piece, fresh ginger root, sliced
- 2 cups milk or milk alternative
- 2 cups water
- 4 black tea bags (such as Darjeeling)
- Honey or sweetener to taste



### Instructions:

1. Place the cardamom, cloves and peppercorns in a muslin bag and gently crush. The spices should be contained in the bag for easy cleanup.
2. Place the spice bag, cinnamon sticks, ginger, milk and 2 cups water into a saucepan over medium-high heat. After it comes to a boil, remove from heat.
3. Add the tea bags, cover and let steep for 10 minutes.
4. Strain into cups and add sweetener if using.

*Servings: makes 4 8-oz servings.*



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# No-Salt-Added Seasoning Blends

Get creative in the kitchen by making herb and spice blends for all of your dipping, rubbing, roasting and sautéing needs. If you are wanting to reduce sodium in your diet, you will definitely want to have some seasoning blends on hand to enhance the flavor of your meals.

## *Shaker Spice Blend*

5 teaspoons onion powder	1 1/4 teaspoons thyme leaves, crushed
2 1/2 teaspoons garlic powder	1/2 teaspoon ground white pepper
2 1/2 teaspoons paprika	1/4 teaspoon celery seed
2 1/2 teaspoons dry mustard	

Mix thoroughly and place in shaker for use at table on main dishes, vegetables, soups or salads.

## *Herbed Seasoning*

2 tablespoons dried basil leaves, crumbled	1 teaspoon celery seed
2 tablespoons onion powder	1/4 teaspoon grated dried lemon peel
1 teaspoon dried oregano leaves, crumbled	Pinch freshly ground pepper

Combine all ingredients in small bowl and blend well. Spoon into shaker and use with poultry and fish. Store in cool dry place.

## *Spicy Blend*

2 tablespoons dried savory, crushed	1 1/4 teaspoons fresh ground white pepper
1 tablespoon dry mustard	1 1/4 teaspoons ground cumin
2 1/2 teaspoons onion powder	1/2 teaspoon garlic powder
1 3/4 teaspoons curry powder	

Mix thoroughly and place in shaker. Store in cool, dry place. Use with main dishes.

## *Everything Bagel Crunch Mix*

- 1/4 cup poppy seeds
- 2 tablespoons black sesame seeds
- 2 tablespoons white sesame seeds
- 3 tablespoons dried garlic
- 3 tablespoons dried onion

Suggestions for use: Sprinkle on salads, pasta, rice, potatoes, pretzels; mix with breadcrumbs for coating chicken, use in marinade, stir-fry or mix into bread dough.



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## Lemon-Dill-Peppercorn Vinegar

Makes: 1 quart



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### Ingredients

- 2 lemons (yellow part of peel only)
- 8 sprigs fresh dill
- 1 tsp whole black peppercorns
- 4 cups (1 quart) champagne vinegar

### Directions

1. Wash hands and containers well.
2. Place dill in sterilized quart jar along with lemon peel and peppercorns.
3. Heat vinegar to just below boiling point (190 F); pour into jar.
4. Cap tightly and allow to stand in a cool, dark place for three to four weeks, shaking occasionally.
5. Strain vinegar, discarding dill, peels and peppercorns.
6. Pour vinegar into clean sterilized bottles with tight fitting covers.
7. Store in refrigerator.
8. Tastes especially good in marinades for seafood or salad dressings.

## Herbal Vinegar

Makes: 1 quart

### Ingredients

- 4 cups red or white wine vinegar
- 8 sprigs fresh parsley
- 2 teaspoons thyme leaves
- 1 teaspoon rosemary leaves
- 1 teaspoon sage leaves

### Directions

1. Wash hands and containers well.
2. Place herbs in sterilized quart jar.
3. Heat vinegar to just below boiling point (190 F); pour over herbs.
4. Cap tightly and allow to stand in a cool, dark place for three to four weeks, shaking occasionally.
5. Strain vinegar, discarding herbs.
6. Pour vinegar into clean sterilized bottles with tight fitting covers.
7. Store in the refrigerator.



## Raspberry Vinegar

Makes: 1 pint

### Ingredients

- 2 cups raspberries
- 2 cups red wine vinegar
- 2 tbsp honey or sugar

### Directions

1. Wash hands and wash 1 cup fresh raspberries in clean water.
2. Combine all ingredients in the top of a non-aluminum double broiler.
3. Place over boiling water, turn down heat and cook over barely simmering water, uncovered, for 10 minutes.
4. Place in a large screw-top jar and store for 3 weeks.
5. Strain mixture through a fine meshed sieve lined with cheesecloth into a 2-cup glass measuring cup, pressing firmly on the solids to extract as much liquid as possible. Discard solids.
6. Pour vinegar into clean sterilized jars.
7. Seal tightly and store in the refrigerator.

## Strawberry Vinegar

Makes: About 1 quart

### Ingredients

- 2 cups fresh strawberries
- 1/4 cup sugar
- 3 cups cider vinegar

### Directions

1. Clean strawberries, remove stems and halve; set 1/4 cup aside
2. Place remaining strawberries in a large bowl
3. Pour vinegar over strawberries; cover and set aside for 1 hour.
4. Transfer vinegar and strawberries to a large sauce pot.
5. Add sugar, bring to a boil. Reduce heat and simmer, covered, for 10 minutes.
6. Strain mixture through a fine meshed sieve lined with cheesecloth into a 2-cup glass measuring cup, pressing firmly on the solids to extract as much liquid as possible. Discard solids.
7. Pour vinegar into a clean and sterilized quart jar.
8. Add reserved strawberries. Seal tightly.
9. Store in the refrigerator.

**Sterilize Jars:** Use only glass jars or bottles that are free of cracks or nicks and can be sealed with a screw-band lid, cap or cork. Wash containers thoroughly, then sterilize by immersing the jars in boiling water for 10 minutes. Once the jars are sterilized, remove from the simmering water and invert on a paper towel to dry. Fill while the jars are still warm.

### Granny's Sugar Cookies

Cream together: ½ cup butter  
1 cup sugar

Blend in: 2 eggs

Sift together and add: 2 ¼ cups flour (add ¼ to ½ cup more flour if too sticky)  
2 teaspoon baking powder  
½ teaspoon salt

Add: 1 teaspoon vanilla

Divide dough into two parts. Cover and chill 1 to 2 hours to make it easier to handle. On floured board, roll dough 1 part at a time 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. Depending on the occasion, you can frost using the following recipe:

### Vanilla Butter Frosting

1/3 cup soft butter

1 ½ teaspoons vanilla

3 cups powdered sugar

Approx. 2 tablespoons milk

Blend butter and sugar. Stir in vanilla and milk. Beat until smooth and of spreading consistency.

*Recipe submitted by Cheryl Sigel, MFV.*

### **Nutrition Facts**

Serving size: 1 cookie

Servings: 60

Amount per serving

Calories 66

% Daily Value\*

Total Fat 1.4g 2%

Saturated Fat 0.9g 4%

Cholesterol 9mg 3%

Sodium 31mg 1%

Total Carbohydrate 13g 5%

Dietary Fiber 0.1g 0%

Total Sugars 9.3g

Protein 0.7g

Vitamin D 1mcg 7%

Calcium 10mg 1%

Iron 0mg 1%

Potassium 25mg 1%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe is Karen Brown Family Recipe

### Frozen Fruit Cups

16 ounces Frozen Sweetened Strawberries, thawed  
12 ounces Pineapple-Orange Juice Concentrate, thawed  
2 ( 20 ounce) cans Crushed Pineapple, undrained  
2 (11 ounce) cans Mandarin Oranges, undrained  
6 Bananas, diced/sliced ( yellow but not too ripe)  
1/3 cup Lemon Juice, can use bottled  
16 ounces Frozen Blueberries

Combine all ingredients in a very large bowl.

Freeze in 1 cup clear containers.

Thaw slightly before serving, to a slushy consistency.

Makes 16, 1 cup servings.

### Nutrition Facts

Serving size: 1 cup

Servings: 16

Amount per serving

Calories 144

% Daily Value\*

Total Fat 0.4g 1%

Saturated Fat 0.1g 1%

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 37.2g 14%

Dietary Fiber 3.7g 13%

Total Sugars 28.1g

Protein 1.8g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1mg 6%

Potassium 353mg 8%

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you how much a

nutrient in a food serving

contributes to a daily diet.

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# Hash Brown Casserole

Makes 12 servings

- 6 eggs, well beaten
- 1 can (12 fluid ounces) NESTLÉ® CARNATION® Evaporated Milk
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 package (30 ounces) frozen shredded hash brown potatoes
- 2 cups (8 ounces) shredded cheddar cheese
- 1 medium onion, chopped
- 1 small green bell pepper, chopped
- 1 cup diced ham (optional)

**PREHEAT** oven to 350°F. Grease 13×9-inch baking dish.

**COMBINE** eggs, evaporated milk, salt and black pepper in large bowl. Add potatoes, cheese, onion, bell pepper and ham, if desired; mix well. Pour mixture into prepared baking dish.

**BAKE** for 60 to 65 minutes or until set.

**Note:** For a lower fat version of this recipe, substitute 3 cartons (4 ounces each) cholesterol-free egg product for the eggs, NESTLÉ® CARNATION® Evaporated Fat Free Milk for Evaporated Milk, and 10 slices turkey bacon, cooked and chopped, for the diced ham. Proceed as directed above.

## Nutrition Facts

Serving size: 1 cup

Servings: 12

Amount per serving

Calories 223

% Daily Value\*

Total Fat 119g 15%

Saturated Fat 64g 32%

Cholesterol 127mg 42%

Sodium 538mg 23%

Total Carbohydrate 163g 6%

Dietary Fiber 19g 7%

Total Sugars 37g

Protein 125g

Vitamin D 11mcg 55%

Calcium 229mg 18%

Iron 1mg 6%

Potassium 196mg 4%

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## 321 Mug Cake mix

1 one step angel cake mix

1 box other cake mix(chocolate etc.)

Stir the two dry cake mixes together and store in plastic bag. Makes 6 cups of mix.

To use: Place 3 T of mix in a microwave cup. Add 2 T water. Stir. Microwave for 1 minute. Add desired toppings and enjoy.

### Nutrition Facts

Servings: 32

Amount per serving

Calories 123

% Daily Value\*

Total Fat 2.6g 3%

Saturated Fat 0.5g 3%

Cholesterol 0mg 0%

Sodium 241mg 10%

Total Carbohydrate 23.6g 9%

Dietary Fiber 0.4g 1%

Total Sugars 14.9g

Protein 2.1g

Vitamin D 0mcg 0%

Calcium 81mg 6%

Iron 1mg 6%

Potassium 54mg 1%

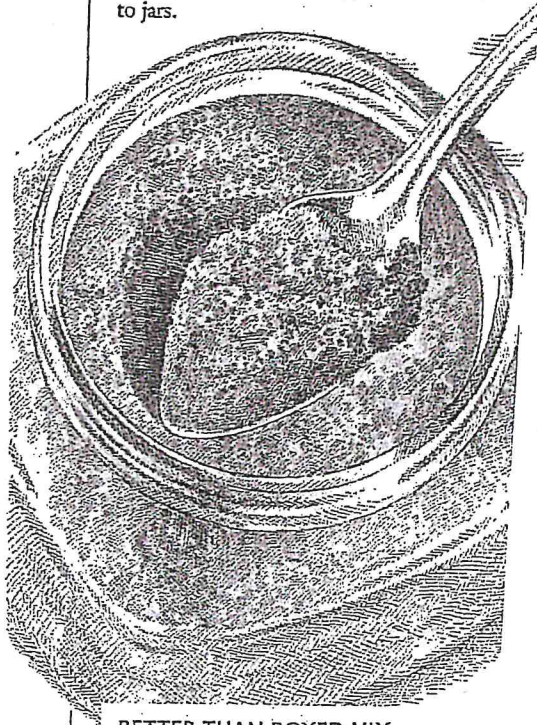
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**HOT CHOCOLATE MIX**  
SERVES 12 (MAKES 3 CUPS)  
TOTAL TIME: 10 MINUTES

The mix can easily be halved or doubled and comes together with the push of a button. To make one serving, heat 1 cup of milk in a saucepan over medium heat until it's steaming. Whisk in ¼ cup of the mix and continue to heat, whisking constantly, until the hot chocolate is simmering, 2 to 3 minutes longer.

- STORE IN:** Canning jars  
**KEEPS FOR:** Two months
- 1 cup (7 ounces) sugar
  - 6 ounces unsweetened chocolate, chopped fine
  - 1 cup (3 ounces) unsweetened cocoa powder
  - ½ cup (1½ ounces) nonfat dry milk powder
  - 5 teaspoons cornstarch
  - 1 teaspoon vanilla extract
  - ¾ teaspoon kosher salt

Process all ingredients in food processor until ground to powder, 30 to 60 seconds. Transfer to jars.



**BETTER THAN BOXED MIX**

Whisked into hot milk, this mix boasts the deeply chocolaty flavor and luxurious body of European sipping chocolate, but its richness is restrained enough that you can easily indulge in a full mug's worth. The key is supplementing the cocoa powder (any type works) and bar chocolate with a combination of nonfat dry milk powder and cornstarch: Both add cream, body, and the milk powder helps mask any chalkiness from the cocoa powder.

**Nutrition Facts**

Serving size: 1/4 cup

Servings: 12

Amount per serving

**Calories** **173**

% Daily Value\*

Total Fat 8.4g	11%
Saturated Fat 5.2g	26%
Cholesterol 1mg	0%
Sodium 179mg	8%
Total Carbohydrate 28.4g	10%
Dietary Fiber 4.7g	17%
Total Sugars 19.6g	
Protein 5.1g	
Vitamin D 17mcg	83%
Calcium 86mg	7%
Iron 3mg	19%
Potassium 317mg	7%

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### Cherry Coffee Cake

½ C butter - softened  
1 C sugar  
4 eggs  
2 C flour  
½ tsp baking powder  
½ tsp salt  
1 can cherry pie filling (you can use any fruit pie filling you like)

#### Icing:

1 C powdered sugar  
1 tsp vanilla  
2 tsp milk (or until moistened to extra thick syrup like consistency)

Cream butter and sugar. Add eggs one at a time, beating thoroughly. Add flour, baking powder and salt. Mix well. Pour batter into a 9 X 13 baking dish. Pour pie filling over cake batter and swirl with a knife. Bake at 350 for 50 to 60 minutes. Test cake for doneness as it may require more time.

Cool slightly. Mix powdered sugar, vanilla and milk. Stream ribbons of icing across the cake.

Serves 12

# Nutrition Facts

Servings: 12

Amount per serving

**Calories**

**286**

% Daily Value\*

<b>Total Fat</b> 9.4g	12%
Saturated Fat 5.4g	27%
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 182mg	8%
<b>Total Carbohydrate</b> 47.2g	17%
Dietary Fiber 0.9g	3%
Total Sugars 16.9g	
<b>Protein</b> 4.3g	
Vitamin D 10mcg	52%
Calcium 28mg	2%
Iron 1mg	8%
Potassium 119mg	3%

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# KIDS *corner*

## CANDY SLEIGHS

Just as we depend on Santa to deliver holiday gifts, farmers and ranchers work hard daily as we depend on them for the food we eat.

Learn more about Kansas farmers at [www.kansaslivingmagazine.com](http://www.kansaslivingmagazine.com).

### FOR EACH SLEIGH, YOU'LL NEED:

- 2 candy canes
- 10 assorted HERSHEY'S Miniatures candy bars
- 1 KIT KAT® candy bar, full-size
- Holiday ribbon or bow
- Glue dots or small craft glue gun and glue sticks
- Scissors



PLEASE NOTE:  
If you use a glue gun, this project requires adult assistance and supervision.



1 Turn the KIT KAT® package bottom side up. With your glue gun, run a line of glue down each long edge of the KIT KAT® bar package.



2 Place candy canes on top of the glue on each long edge, loop side down. When the candy canes are dry and secure, turn it over.



3 Next, place a dot of glue on the bottom of each Hershey's bar and place them side by side on top of the KIT KAT® bar as shown.



4 Repeat this by stacking the other three layers like a pyramid.



5 After the glue is dry, cut two pieces of holiday ribbon, two feet long. Take one piece and wrap it around the sleigh and tie it in a knot as shown. Cut off the excess ribbon.



6 Take the second piece of ribbon and tie it as shown into a bow. Or, simply glue a pre-made bow on top. That's it! It's a gift you can enjoy giving and eating.

# KIDS *corner*

## SOCK BUDDY ORNAMENTS

The holidays are a great time to craft with your kids to create gifts or decorations. These cute little sock buddies are easy to make with just a few simple supplies. There are so many things you can create with holiday ball ornaments: paint them, fill with your favorite decorations or candy or top with a simple sock like we did. We recommend using the plastic balls for kid safety. Get creative using socks of various sizes and colors.

### YOU WILL NEED:

- One clear, plastic ball ornament (found at craft stores)
- One sock (adult size, crew or taller)
- White acrylic craft paint
- Two googly eyes
- Black permanent marker
- Pink permanent marker (optional)
- Decorative ribbon or twine
- Scissors
- Glue



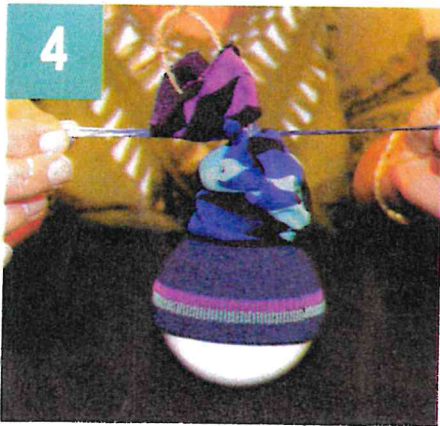
1 Cut a piece of ribbon 12" long. Run it through the loop on the cap, tying at the end.



2 Take cap off the plastic ball. Pour the acrylic craft paint in the ball and swirl it around until coated. Place the cap back on.



3 Cut the sock just above the heel. Holding on to the ribbon tie, pull the sock down over the ball, about halfway down. Glue the sock to the ball so it will stay in place.



4 Take a piece of ribbon and tie it in a knot at the top end of the sock. Snip off excess ribbon.



5 To make the face, glue on the googly eyes or draw with a black marker. Proceed to draw the face using the markers. Use the pink marker to draw cheeks.



6 Allow glue to dry. Then, hang the sock buddy on your tree!



Materials needed  
Background piece  
Approximately 18 colored  
strips in different sizes  
yellow star shape  
brown rectangle  
glue  
Mod Podge