



Award Winning

The Besser Flame



Texas A&M AgriLife Extension - Rusk County Family and Consumer Sciences



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About "The Besser Flame"



James Pike receives the "Difference Maker Award"

Congratulations to our very own James Pike on receiving the "Difference Maker Award".

He was presented the award by Sheryl Woods of the Piney Woods Regional Advisory Council at MADD's "Tie One On for Safety" Luncheon held Wednesday,

November 30th, in the Rose Garden Center in Tyler, Texas.

James wears many hats in the county. He is a sanitarian with Texas Department of State Health Services-Rusk County and the Rusk County Emergency Management Coordinator. Additionally he works with many committees throughout the county and is the current chairman of the Rusk County L.E.A.N. Coalition.

Buckner receives Mary W. Wells Memorial Diversity Award in Montana

Liz Buckner, County Extension Agent - Family and Consumer Sciences of Rusk County - Henderson, Texas, was honored recently at the National Extension Association of Family and Consumer Sciences (NEAFCS) 2016 annual session, "DISCOVER, CONNECT, ENGAGE". She was a member of the team that received the 1st place National and 1st place Southern Region Mary W. Wells Memorial Diversity Award at the conference held September 12th-15th, in Big Sky, Montana. In receiving the award, Buckner and the team were recognized for their success in delivering culturally meaningful diabetes education for Hispanic/Latinos and African Americans.



The Mary W. Wells Memorial Diversity Award is presented in support of the Cooperative Extension System emphasis on diversity and pluralism—a national program to respond to the changing work force, population and Extension audience. The award is named to honor the contributions to diversity for the association and profession by Mary Wells, NEAFCS Past President. Buckner's commitment to meeting the needs of individuals, families and communities is exemplary.

As a requirement of a National Winner of the Mary W. Wells Memorial Diversity Award, Buckner and the winning team served as national conference presenters of a concurrent session which was held in the amphitheater of Huntley Lodge.



Liz Buckner

Liz Buckner, MS
County Extension Agent-FCS
Rusk County

LB:gs



"...land of the free and the home of the brave."

LET'S TALK TURKEY!!

BOBBLIN'
GOOD EATIN'
PRUDENT
PRICE TAGS

Turkey is a traditional holiday food enjoyed by families from Thanksgiving to New Year. The following information can serve as a guide in holiday menu planning.

Buying a Turkey

Frozen

Allow 1 lb. per person. Keep frozen until ready to thaw.

Fresh

Allow 1 lb. per person. Buy 1-2 days before cooking. Do not buy pre-stuffed.



Thawing a Turkey

Thawing time of a whole turkey in the refrigerator (40 degrees F) is approximately 24 hours per pound.

Whole Turkey Refrigerator Thawing Guide

4 to 12 pounds = 1 to 3 days
12 to 16 pounds = 3 to 4 days
16 to 20 pounds = 4 to 5 days
20 to 24 pounds = 5 to 6 days

Thawing time of a whole turkey in cold water is approximately 30 minutes per pound.

Whole Turkey Thawing in Cold Water Guide

4 to 12 pounds = 2 to 6 hours
12 to 16 pounds = 6 to 8 hours
16 to 20 pounds = 8 to 10 hours
20 to 24 pounds = 10 to 12 hours

NOTE: Change water every 30 minutes.

After thawing, remove neck and giblets from both neck and body cavities, wash turkey inside and out with cold water, drain well. Thawed turkey may remain in refrigerator 1-2 days.



Thawing in the microwave

Check manufacturer's instructions for the size turkey that will fit into your oven, the minutes per pound and the power level to use for thawing. Cook immediately.

Roasting Time

Timetable for Fresh or Thawed Unstuffed Turkey at 325 degrees F. These times are approximate and should be used in conjunction with a properly placed thermometer.

Roasting Time Guide - for Fresh or Thawed Unstuffed Turkey

4 to 8 pounds = 1 ½ to 3 ¼ hours
8 to 12 pounds = 2 ¾ to 3 hours
12 to 14 pounds = 3 to 3 ¾ hours
14 to 18 pounds = 3 ¾ to 4 ¼ hours
18 to 20 pounds = 4 ¼ to 4 ½ hours
20 to 24 pounds = 4 ½ to 5 hours

VERY IMPORTANT NOTE

For food safety reasons, remember to prepare dressing in a separate container rather than stuffing the turkey.



Southern Fried Turkey

Want to change up the Thanksgiving Turkey this year? Another option is to cook the traditional bird in an untraditional way. A trend in the southern part of the U.S. has caught on in the last few years. The trend is frying the Thanksgiving Turkey.

While an oven-baked turkey takes hours to cook, frying reduces the amount of cooking time and results in a unique taste and texture. For example, deep frying a seventeen pound bird takes around an hour. Whereas an oven-baked bird of the same weight takes about four to five hours to cook.

To use the fry method, use peanut oil to reduce smoke, and start cooking the bird when the oil reaches 350 degrees F. Calculate cooking time by multiplying the weight of the bird by four. If done properly, your guests should enjoy an extremely moist turkey with an unforgettable flavor.



Frying Time Calculation Guide

Weight of bird x 4 = Cooking Time



Kid's Corner

Rudolph Maze



There are two types of hams: fully cooked and those that need cooking. Fully cooked hams may be eaten cold or reheated to 140 °F. When storing these hams, observe “use-by” dates on hams sealed at the plant; use store-wrapped cooked ham portions within 3 to 5 days. “Cook-before-eating” hams must be cooked to 145 °F and allowed to rest for at least 3 minutes to destroy harmful bacteria that may be present. Use within 7 days.

About Roasting

Because holidays are special times, people tend to spend more money for a specialty meat. These fancy meats and poultry may cost more because they are exceptionally tender or special.



Roasting is the recommended method for cooking tender meats. To roast, meat is placed on a rack in a shallow, uncovered pan and is cooked by the indirect dry heat of an oven. To keep the meat tender and minimize shrinkage due to the evaporation of moisture, a moderately low oven temperature of 325 °F should be used.

The USDA does not recommend cooking meat and poultry at oven temperatures lower than 325 °F because these foods could remain in the “Danger Zone” (temperatures of 40 ° to 140 °F) too long. Bacteria which may be present on these foods multiply rapidly at these temperatures. Boned and rolled meats require more cooking time per pound than bone-in cuts because it takes longer for the heat to penetrate through the solid meat.

Background Information about DUCK and GOOSE Most domestic ducks are the breed called White Pekin. The term “Long Island” duck is a trade name. Domestic ducklings have a great deal of fat. While it helps them float when swimming, fat is undesirable in a cooked duck. Therefore, it’s recommended to prick or score the skin of a whole duck before cooking so much of the fat will render out. Although domestic geese are larger than ducks, they are cooked in the same manner. Oven cooking bags are helpful for cooking these birds because they hold the fat for easy disposal and keep the oven spatterfree.



COOKING OTHER HOLIDAY MEATS

There are many other meats besides turkey that are traditional at holiday gatherings. Some include ham, Cornish hen, duck, goose, rib roast, or even a specially prepared crown roast of lamb. The following information is from the USDA Food Safety Inspection Service. A complete brochure along with the USDA Meat and Poultry Hotline can be found on the Texas A&M AgriLife Extension-Rusk County Family and Consumer Sciences Facebook Page.

The Safety of Special Holiday Meats

When choosing your holiday meat, be assured that all beef, lamb, pork, veal and poultry sold at your supermarket has been inspected for wholesomeness by the USDA or State inspection systems. Once your purchase is at home, refrigerate it immediately. Cook or freeze fresh poultry within 1 or 2 days; fresh meats, 3 to 5 days.



Background Information about CAPONS and CORNISH HENS

These specialty birds are chickens. Cornish hens are small broiler-fryers weighing 1 to 2 pounds. Capons are male chickens which are surgically

unsexed; weighing about 4 to 7 pounds, they have generous quantities of tender, light meat. Roast them as you would any chicken.

For approximate cooking times to use in meal planning, see the following chart compiled from various resources. Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

HOLIDAY MEAT ROASTING CHART

RED MEAT, TYPE	OVEN °F	TIMING	Minimum Internal Temperature & Rest Time
BEEF, FRESH			
Beef, rib roast, bone-in; 4 to 8 pounds	325	23 to 30 min/lb	145 °F and allow to rest for at least 3 minutes after removing from the heat source
Beef, rib roast, boneless; 4 pounds	325	39 to 43 min/lb	
Beef, eye round roast; 2 to 3 pounds	325	20 to 22 min/lb	
Beef, tenderloin roast, whole; 4 to 6 lbs	425	45-60 minutes total	
Beef, tenderloin roast, half; 2 to 3 lbs	425	35-45 minutes total	
LAMB			
Lamb, leg, bone-in; 5 to 9 pounds	325	20-26 min/lb	145 °F and allow to rest for at least 3 minutes after removing from the heat source
Lamb, leg, boneless; 4 to 7 pounds			
Lamb, crown roast; 3 to 4 pounds	375	20-30 min/lb	
PORK, FRESH			
Pork, loin roast, bone-in; 3 to 5 pounds	325	20-25 min/lb	145 °F and allow to rest for at least 3 minutes after removing from the heat source
Pork, loin roast, boneless; 2 to 4 pounds	325	23-33 min/lb	
Pork, crown roast; 6 to 10 lbs	325	20-25 min/lb	
Pork, tenderloin; 1/2 to 1 1/2 lbs.	425	20-30 minutes total	
PORK, CURED			
Ham, cook-before-eating, bone-in; Whole, 14 to 16 pounds	325	18-20 min/lb	145 °F and allow to rest for at least 3 minutes after removing from the heat source
Ham, cook-before-eating, bone-in; Half, 7 to 8 pounds		22-25 min/lb	
Ham, fully cooked, bone-in; Whole, 14 to 16 pounds	325	15-18 min/lb	140 °F
Ham, fully cooked, bone-in; Half, 7 to 8 pounds		18-25 min/lb	140 °F
Ham, fully cooked, boneless; 3 to 4 lbs	325	27-33 min/lb	140 °F
Ham, country, dried	(see label directions)		
VEAL			
Veal, boneless roast, rump or shoulder; 2 to 3 pounds	325	25-30 min/lb	145 °F and allow to rest for at least 3 minutes after removing from the heat source
Veal, bone-in roast, loin; 3 to 4 pounds	325	30-34 min/lb	
VENISON			
Venison, round, rump, loin, or rib roast; 3 to 4 pounds	325	20-25 min/lb	160 °F

SPECIALTY POULTRY ROASTING CHART

For approximate cooking times to use in meal planning, see the following chart compiled from various resources. *Use a food thermometer* to determine that poultry reaches a safe minimum internal temperature. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.

NOTE: Times are for unstuffed poultry. Add 15 to 30 minutes for stuffed birds. The internal temperature should reach 165 °F in the center of the stuffing.

TYPE OF POULTRY	OVEN °F	TIMING	INTERNAL TEMP °F
CAPON , whole; 4 to 8 pounds	375	20 to 30 min/lb	165
CORNISH HENS , whole; 18 to 24 oz.	350	50 to 60 minutes total	165
DUCK , domestic, whole	375	20 min/lb	165
DUCK , wild, whole	350	18 to 20 min/lb	165
GOOSE , domestic or wild, whole	325	20 to 25 min/lb	165
PHEASANT , young, whole; 2 pounds	350	30 min/lb	165
QUAIL , whole	425	20 minutes total	165

Rusk County 4-H Food Show



Rusk County 4-H'ers as they competed in the Rusk County 4-H Food Show on December 3rd.

Their food show dishes, place settings, and food and nutrition posters will represent our county at the District V 4-H Food Show on February 4th.

Congratulations to them on a job well done and good luck at the district show!



Important Annual Reminder

Remember Santa Claus will be coming down chimneys on December 24th. If you do not have a fireplace, remember to leave the door open in order for him to leave goodies for all good girls and boys.



Toasting Nuts and Seeds

Stove-top toasting



Stove-top toasting works well for small batches of nuts or seeds. With this method, the parts of the nuts or seeds touching the skillet may become darkest, unlike the oven method where they become more of an overall golden color.

1. Toast nuts **BEFORE** chopping them into smaller pieces.
2. Heat nuts or seeds in a dry, heavy skillet over medium heat for 1 to 2 minutes or until they're golden brown and they give off a rich, toasty fragrance. Watch them closely when using this method as it's easy to burn them.
3. Stir or toss nuts or seeds frequently for even toasting.
4. Remove from pan to cool.
5. Store any extra toasted nuts or seeds in an airtight container in the refrigerator for 1 to 2 weeks or freeze them in an airtight freezer container for 1 to 3 months.

Oven-toasting

1. Preheat oven to 350 degrees F.
2. Toast nuts **BEFORE** chopping them into smaller pieces.
3. Place nuts or seeds in a single layer in an ungreased shallow pan or **RIMMED** baking sheet such as a cookie sheet or jelly roll pan. (DO NOT use a baking sheet without sides. You may have nuts or seeds all over the oven if you accidentally tip the sheet when removing it from the oven.)
4. Bake 5 to 10 minutes or until they are **GOLDEN** brown. A toasted nut or seed may look more **GOLDEN** than **BROWN**. They will continue to brown slightly after they're removed from the oven. Stir once or twice or shake the pan during toasting to aid in even browning.
5. Remove from pan to cool.
6. Store any extra toasted nuts or seeds in an airtight container in the refrigerator for 1 to 2 weeks or freeze them in an airtight freezer container for 1 to 3 months.



NOTE: The first time you try toasting nuts or seeds, it's better to err on the side of under-toasting than over-toasting. As they toast, you'll notice a change in their fragrance as well as their color.

Microwave Toasting



This method works well for amounts ranging from a tablespoon to 1/2 cup. With larger amounts, some are likely to turn dark quicker than others. The time will vary depending on the size, type and temperature of the nuts/seeds and also may be influenced by the type of microwave.

1. Spread from a tablespoon to 1/2 cup nuts or seeds evenly in a single layer in a flat, microwave-safe dish, such as a 9-inch microwave-safe pie plate.

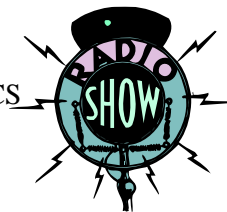
2. Add a small amount of soft butter or margarine or add a small amount of oil to the nuts/seeds. Use about 1/2 teaspoon fat per 1/2 cup of nuts/seeds; use proportionally less for smaller amounts of nuts/seeds. Stir the nuts/seeds to thinly coat with the fat. This small amount of fat helps with browning and speeds up the toasting process.
3. Microwave on high for 1 minute.
4. Stir and microwave for another minute.
5. Check to see how the toasting is proceeding. Add more microwave cooking time one minute at a time because nuts and seeds can burn quickly. Stir after each addition of time. Small amounts of thin nuts/seeds (sliced almonds or sesame seeds) could be finished at 2 minutes. Larger amounts of nuts, such as slivered or whole almonds, walnuts, pecans and sunflower seeds will take an additional minute or two more microwaving to become lightly browned and smell fragrant.
6. Store any extra toasted nuts or seeds in an airtight container in the refrigerator for 1 to 2 weeks or freeze them in an airtight freezer container for 1 to 3 months.



Source: Alice Henneman MS, RD, Extension Educator University of Nebraska-Lincoln Extension

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local county extension reports
every weekday @ 12:30 p.m.

Monday - Grant Davis, CEA-4-H
Tuesday - Jamie Sugg, CEA-AG
Wednesday - Liz Buckner, CEA-FCS
Thursday - Jamie Sugg, CEA-AG
Friday - Liz Buckner, CEA-FCS



<http://mykpxi.com/>

**Say
Yes
to
FCS**

FCS Day is celebrated December 3rd, and is an opportunity to promote family and consumer sciences programs, tools, and professionals that support family mealtime.

The date of FCS Day was chosen to recognize AAFCS (American Association of Family and Consumer Sciences) Founder Ellen Swallow Richards, first woman graduate of MIT, whose birthday was December 3rd.



Selection:

Choose cranberries that are firm, plump, shiny, and range in color from bright light red to dark red. Avoid cranberries that are soft, shriveled, or have brown spots.

Storage:

Store unwashed cranberries in a resealable plastic bag in the refrigerator for up to 2 months. Be sure to check and remove any cranberries that have gone bad, as they will start to decay the others. To freeze, place rinsed cranberries on a paper towel-lined baking sheet in a single layer and freeze for 1 hour. Place in a resealable plastic bag and freeze for up to 1 year.

Refrigerator: Up to 2 months

Freezer: Up to 1 year

Use:

Rinse cranberries thoroughly before preparing. Cranberries are good for both cooking and eating raw. If raw cranberries are too tart, cook them before eating. One method is to cook in a pot of water for 10 minutes on medium heat or until the cranberries pop. If cooked longer, they will taste bitter.



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Buying:

Cranberries are normally sold per bag. If they are sold per pound, weigh produce to find out exactly how much it will cost. Place the number of cranberries you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Cranberries

Use this table to find the total cost.

Example: What is the total cost for 2 lbs of cranberries at \$0.99 per lb? **2 lbs x \$0.99 = \$1.98**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Nutrition:

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for ½ cup of medium cranberries.

Nutrition Facts	
Serving Size 1/2 cup (55g)	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 0%



Top 10 Ways to Enjoy Cranberries

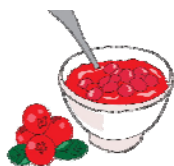
- 10 Add to apples and bake for an added UMPH
- 9 Cranberry Ice! Put cranberries in the bottom of a Bundt pan, add water and freeze. The result? A decorative floating ice ring to spice up any holiday punch.
- 8 Make Your Own Mix. Serve some money and create your own trail mix. Combine dried fruit, grains, nuts, and maybe even a little dark chocolate...the possibilities are endless!
- 7 Raw Relish! Cranberries, apples and oranges make this relish not only a perfect side to any meal but a great topping for sandwiches.
- 6 Cranberry Decor. Use with cut or silk flowers as a decorative vase accent, or add to holiday popcorn strings.
- 5 The Saucy Standby! Hooked on the cranberry sauce holiday tradition? Break away! This holiday favorite can accompany more than just turkey! Enjoy all year long.
- 4 After-School Snacks. Cranberries are just one of many healthy snacks you can give your kids when they come charging through the door. Snacks should be as nutritious as meals and include fruits and vegetables.
- 3 A Hearty Handful. Toss a little extra flavor and texture atop your oatmeal or cold cereal in the morning, or grab a handful of cranberries for a quick snack!
- 2 Cranberries and Cookies. Add dried cranberries to your favorite cookie recipe for a quick holiday makeover.
- 1 Cran-Apple Pie. Surprise your taste buds and toss a handful of fresh or dried cranberries into your favorite apple pie recipe before adding the top crust.

Cranberry Jumble

Preparation Time: 25 minutes
Serves 2
Cups of Fruit per Serving: 3/4

Ingredients

1 large banana, peeled
3/4 cup fresh or frozen cranberries
1/4 oats
1/2 teaspoon nutmeg
Low-fat frozen yogurt or ice cream (optional)



Preparation:

1. Slice the banana in half, lengthwise and cut into 1/2 inch pieces.
2. Combine first 4 ingredients in a large non-stick skillet and cook on medium-high heat until cranberries begin to soften, stirring occasionally.
3. Remove from heat; cool slightly
4. Spoon into 2 bowls and top with low-fat frozen yogurt, if desired.

Nutrition information per serving:

Calories 160, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Carbohydrates 33 g, Dietary Fiber 6 g, Protein 4 g.

In Honor of December 1st - Eat an Apple Day A Holiday Apple Recipe

Sweet Potato and Apple Casserole

(serves: 2 to 4)

- 2 medium sweet potatoes, peeled and cut into 1/2 inch cubes
- 1 apple, with its skin, sliced (Granny Smith apples taste good in this recipe; however, most any apple except Red Delicious will work in a baked dish)
- 1/4 cup orange juice
- 2 tablespoons packed brown sugar
- 1 tablespoon butter or margarine
- 1/2 teaspoon cinnamon
- 1/3 cup dried cranberries or raisins



1. Preheat oven to 350 degrees F. Lightly grease or spray with nonstick cooking spray a 1-1/2 quart casserole dish.
2. In a small sauce pan over medium heat, mix together the orange juice, brown sugar, butter or margarine, cinnamon and dried cranberries or raisins. Heat and continue to stir until the sugar is dissolved and the margarine is melted.
3. In a large bowl, mix together the potatoes, apples and orange juice mixture.
4. Transfer to a casserole dish.
5. Bake, covered, for one hour or until the potatoes are fork tender.
6. Stir the mixture before serving to coat the sweet potatoes and apples with the juices accumulated at the bottom.



Source: Alice Henneman MS, RD, Extension Educator, University of Nebraska-Lincoln Extension

Healthy Holiday Tip:



Focus on friends and family. Don't make food the priority at parties and gatherings. Focus on the conversation and being with friends and family and you will probably enjoy the food more, get full faster and won't overeat.

Concentrate on making memories and socializing with other party guests away from the buffet table.

Source: University of Nebraska-Lincoln Extension



From the Archives....



Million Dollar Fudge

4 ¼ cups sugar
6 tablespoons butter or margarine
1 large can, 14 ½ -ounce, evaporated milk
2 6-ounce packages chocolate chips
1 8-ounce jar marshmallow cream
1 pound nuts, chopped

Boil the sugar, butter or margarine and evaporated milk together for about 7 minutes after first bubbles come, or until a soft ball stage (235 degrees to 240 degrees F) is reached. Put chocolate chips, marshmallow cream and nuts in a large bowl. Pour syrup over mixture and stir until chocolate is dissolved. Beat until cool and creamy. Drop on waxed paper or pour into greased pan, cool and cut into pieces. Yield: 5 pounds candy.



Classic Cooked Eggnog

6 eggs
¼ cup sugar
¼ tsp. salt
4 cups milk, divided
1 tsp. vanilla

Directions

Beat eggs, sugar and salt in large heavy saucepan until blended. STIR IN 2 cups milk.

Cook over low heat, stirring constantly but gently, until mixture is just thick enough to just coat a metal spoon with a thin film and temperature reaches 160°F, about 15 minutes. Do not allow to boil. Remove from heat immediately.

Stir in remaining 2 cups milk and vanilla. Refrigerate, covered, until thoroughly chilled, several hours or overnight.

Yields: 12 servings (6 cups)



Divinity

Mixture One
3 cups sugar
¾ cup water
1 cup corn syrup
3 egg whites, beaten stiff

Mixture Two
1 cup sugar
½ cup water
1 teaspoon vanilla
1 cup coarsely chopped nuts

Cook sugar, water and corn syrup of Mixture One until it forms a fairly hard ball, 250 degrees F., stirring only until sugar dissolves. Remove from heat. Pour slowly with constant beating over egg whites. At this time start Mixture Two, cooking to a very hard ball, 265 degrees F. Pour in first mixture which has been beaten all the while. Continue beating until candy begins to hold its shape. Add vanilla and nuts. Pour into greased pans. Cut into squares when cold.

Candy may be shaped into a loaf or formed into irregular pieces by dropping from tip of spoon on greased paper. Yield 64 1 ¼ -inch squares.



Martha Washington Chocolate

1 can flaked coconut
1 cup pecans, chopped
1 can sweetened condensed milk
¼ pound soft margarine or butter
2 boxes confectioners powdered sugar

Blend all ingredients and roll by hand into small balls about ¾ inch in diameter. Chill in refrigerator, (about 1 hour or longer). Insert toothpick into each ball and dip into chocolate-paraffin mixture to coat thoroughly.

Chocolate-Paraffin Mixture: Melt ¼ pound paraffin and one large (12 ounce) package chocolate bits in a small saucepan over low heat (10 to 15 minutes). Use for dipping as directed above.



Peanut Brittle

- 3 cups sugar
- 1 cup white corn syrup
- 1 cup water
- 2 ½ cups raw Spanish peanuts
- 2 tablespoons butter or margarine
- 1 teaspoon salt
- 1 tablespoon soda

Cook sugar, corn syrup and water until it forms a hard ball in cool water or candy thermometer registers 250 degrees F. to 260 degrees F. Add unbranched peanuts and continue to cook until the mixture turns a golden brown or candy thermometer registers 300 degrees F.

Remove from heat and stir in butter or margarine and salt. Stir in soda. Pour on a greased slab and pull out and break into piece when cold.



Cheese Log

- ½ pound grated sharp cheese
- 2 tablespoons minced onion
- 3 tablespoons minced green pepper
- 3 tablespoons minced stuffed olives
- 2 tablespoons minced pickles
- 1 tablespoon minced pimiento
- 1 hard-cooked egg, shredded
- ½ cup saltines, finely crushed
- ¼ cup mayonnaise
- ½ teaspoon salt
- 1 cup finely chopped pecans

Add ingredients as listed except pecans. Form into two logs 12" X 2". Roll in finely chopped pecans. Wrap in aluminum foil and store in refrigerator. Slice and serve with crackers.



Merry Christmas Salad

- 1 cup drained diced peaches
- 1 cup drained pineapple tidbits
- ½ cup diced maraschino cherries
- 1 package strawberry-flavored gelatin
- 1 cup hot water
- ½ cup combined peach and pineapple juice
- 1 tablespoon cherry juice
- 1 tablespoon lemon juice
- ½ teaspoon salt
- 2 tablespoons mayonnaise
- 1 8 ounce cream cheese
- ½ cup whipping cream, whipped
- 1 cup miniature marshmallows

Drain fruits and chill. Reserve juice. Dissolve gelatin in hot water. Add fruit juices and chill until partially congealed. Blend cream cheese with lemon juice, salt and mayonnaise. Fold in whipped cream. Beat chilled gelatin until light and fluffy. Fold into cream cheese mixture. Add fruits and marshmallows. Pour into chilled butter 9-inch pie plate. Freeze until firm. Serve on crisp lettuce. Garnish with coconut balls. Serves 6.



Danish Coffee

- 1 ½ squares unsweetened chocolate
- 1 cup water
- ½ cup sugar
- ¼ cup instant coffee
- ¼ teaspoon salt
- 1 quart milk
- Whipping cream

Mix chocolate, water, sugar, coffee, and salt in saucepan. Simmer, stirring until chocolate melts and comes to a boil; cook for 3 minutes, stirring occasionally. Turn off heat; stirring constantly, add milk. Return to simmer and heat coffee until scalded, not boiled. Serve coffee piping hot and top with whipped cream. Serves 12 to 15.



Enjoy Black-Eyed Peas on New Year's Day

Black-eyes came to us from Africa. Because of their distinctive flavor, low cost and "stick to your ribs" characteristic, black-eyes were and continue to be the preferred pea of the South. An old Southern legend

claims that eating black-eyed peas on New Year's Day will bring good luck for the entire year. You be the judge...real truth or simply superstition?

Black-Eyed Pea Facts

They are low in fat, high in fiber and folic acid, and good sources of protein, iron, and carbohydrates. Plus, they are cholesterol-free.

Black-Eye Basics

Because they are actually peas, dry black-eyes cause less gas than beans, and thus do not require pre-soaking. However, to cut cooking time, black-eyes should be "hot washed".

Hot Wash Technique - For each pound of dry black-eyes, add 10 cups of cold water in a pot and heat to boiling on high, set aside for two to three minutes, then pour off water. They have now been "hot washed". For recipes that require cooking the black-eyes with other ingredients, merely pour off the "hot wash" water and follow the cooking instructions in the recipe. For other recipes that call for "cooked black-eyes", add enough chicken, beef or vegetable broth, or water to cover black-eyes with 2" of liquid. Cook at a simmer until tender, approximately 30-45 minutes. Do not add salt.

- * At a gentle boil, black-eyes usually cook in 20-40 minutes.
- * Test for doneness several times during cooking.
- * Black-eyes are best firm when used for salads and when they will be cooked further in casseroles, soups or stews.
- * Store black-eyes in a moisture-proof container and keep in a cool, dry place.



Southern-Style Black-Eyes

- 1 lb. dry black-eyes
- ½ medium onion, diced
- 1 medium carrot, thinly sliced
- 1 Serrano Pepper, seeded and thinly sliced (optional)
- 4 oz. Smoke-flavored lean ham, visible fat removed, diced
- 5 cups water or stock (beef, chicken, or vegetable)

First prepare black-eyes according to "hot wash" method.

Crock Pot Directions: Place all ingredients in crock pot. Cook on low setting for 8-10 hours or until black-eyes are tender.

Stove Top Directions: Place all ingredients in a large pot. Add water or stock, bring to a boil and then reduce heat to medium. Cook for 1 hour or until beans are tender. If necessary, add more water to keep the mixture well covered.

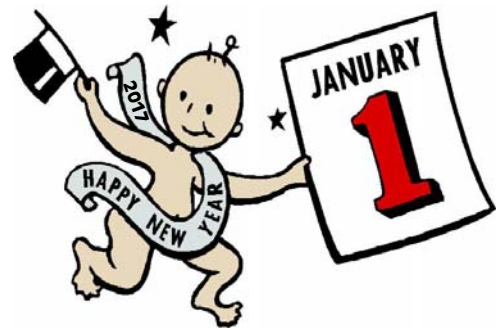
May be served over hot rice or a la carte.

Makes 8, 1 cup servings.

Nutrition Analysis per Serving:

Calories - 211; Fat - 2 g; Fiber - 11g; Folate - 83% of RDA.

Source: Blackeye Council
(California Dry Bean Advisory Board)



About "The Besser Flame"

In 1926, the American Home Economics Association sponsored a national design contest among art schools to create a logo. The winning design was the Betty Lamp designed by Mildred Chamberlain of Chicago.

The Betty Lamp evolved from simple clay dish lamps that were used as long ago as 6000 B.C. Used to illuminate the homes of American colonists, this **better lamp** named the **Betty**, from the German word, "**besser**" meaning "**to make better**" produced comparatively good light for its time.

The Betty Lamp is pictured in the top right hand corner of the first page of the newsletter and in the above title.

2003 - TEAFCS Team Newsletter Award Recipient
2011 - Decade Year of the Besser Flame