

December 2005

NEOHOMA

The NEW Oregon HOmeMAker

Quarterly Newsletter for Coos County Family Food Education Program
Oregon State University Extension Service

HOMEMADE CONVENIENCE MIXES

Convenience mixes. Master mixes. Universal mixes. Quick mixes. All these terms are used to describe mixtures that reduce preparation time. They are ubiquitous in industry as well as cooking. Grocery shelves harbor a plethora of cooking shortcut preparations. Examples: Self-rising flour, salad dressing mixes, sauce/gravy mixes, box cakes, pancake & muffin mixes, macaroni & cheese in a box, rice and pasta with seasonings for various meat dishes and a host of ethnic and other spice mixtures.

A literal tome could be assembled on just flour based convenience mixes and the recipes to use the mix. Assembling cookbooks on spice mixtures and their uses would not be a trivial undertaking, even if limited to a food group or an ethnic theme.

None of these mixes is any great mystery. You can use your own favorite recipes to create them. First, determine the total quantity for one recipe and record it. Then increase each ingredient by the same amount. Mix, blend and sift as needed to insure each ingredient is evenly distributed throughout the mixture.

Below are a few hints and *must dos*.

- Label - Date prepared. Type and name of mix. How to use.
- Storage - Moisture & critter proof containers. Cool, dry & dark area. Refrigerate or freeze as necessary to retard aging or prevent spoilage.
- Quantity Prepared - Consider expected rate-of-use and product deterioration rate.
- Ingredient Quality - Use fresh, high quality ingredients for nutritious and praise worthy, results.
- Use whole grain flours as much as possible to increase the nutritional value of and add flavor to bread mixes. To improve texture of bread mixes using whole grain flours, high gluten flour can be substituted for some of the white flour.
- Wheat is not your only option for whole grain flour. Health food stores carry a variety of whole grain flours. Don't shrink from experimentation.
- Restaurant supply warehouses, such as UGA's™ *Cash and Carry* in Coos Bay carry large containers of spices that are more economical than the small containers found in most groceries. Health food stores are another shopping option.



Family Food Education Program Coos County



Stephanie Polizzi, Program Administrator

Greetings and happy HEALTHY holidays
from Family and Community Development

New this August to the FCD position, let me start by introducing myself and saying how delighted I am to work with the Family Food Educators. I am a Registered Dietitian (RD) and have been in private practice for the past 10 years. My background in fitness and nutrition has led me to combining health information into packages that are practical and informative. More importantly, I have tried to focus on empowering people to take responsibility for their own health outcomes. Through Extension, and with our FFE, I am hoping to encourage **motivational education** in health and wellness.

So I would like to begin by expressing my gratitude to the volunteers who have so graciously accepted me into their tight group. What a thrill to be involved with such a talented **and animated** assemblage! We have shared several successful events, including my first tuna canning workshop and Gifts from the Kitchen. Their energy and enthusiasm is contagious and spreading.

With such a collection of pure potential, we have begun to brainstorm and formulate some exciting new ideas for increasing community outreach. As a result, we are embarking on a revitalizing journey into some new territory. Look out, we are on the MOVE!

With the OSU Extension work plan guiding our direction, we are beginning to address educational needs for nutrition, disease prevention and obesity in addition to the well-established programming for food safety and food preservation. The volunteers are excited about expanding their scope of expertise in the area of nutrition and we anticipate the education and certification process to begin in just a few short months. Our goal: to reach out to schools, retirement facilities, community centers - wherever we can identify a need and a target audience - and provide quality nutrition education. Of course, FFE will continue to present on traditional topics since they are extremely valuable and much appreciated.

In order to achieve our goals, we will develop a work plan and create steps to give us some clear direction and keep us on the path to serving our communities. All of the great things you have seen from these talented educators is about to grow as we **extend** ourselves intellectually and spread the knowledge. After all, this is what EXTENSION is all about! As we close this calendar year, we are looking to a bright future for Family Food Educators and we hope to see you on the road to health and wellness.

OSU Extension Service Mission Statement

The Oregon State University Extension Service engages the people Of Oregon with research-based knowledge and education that focus on strengthening communities and economics, sustaining natural resources, and promoting healthy families and individuals.

FAMILY FOOD EDUCATION PROGRAM GOAL

The goal of the Family Food Education Program is to assist the general public in the safe preparation and preservation of fruits, vegetables, meats and fish, through scientifically tested methods and recipes for canning, freezing, drying and smoking. These methods and recipes are disseminated via classes, workshops, telephone and Email service.

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Spice Blends and Mixtures

Humans have been using spices almost as long as they've been eating. Just as classic recipes evolved, so did spice blends. By making your own mixes, you can adjust flavors to suit your personal tastes. If you plan on making your own spice blends at home, you may wish to invest in an electric spice grinder. They are inexpensive. If you should have difficulty finding a spice grinder, you can also use an electric coffee grinder with satisfactory success. Make only enough spice blend to last for not more than 4 months. No matter how convenient, don't store spices over the stove or near other heat source, nor on the counter in clear or translucent containers.



! Be Bold - Experiment !



Julia Child's Spice Blend

1 teaspoon ground bay leaves	1 teaspoon clove
1 teaspoon mace	1 teaspoon nutmeg
1 tablespoon paprika	1 teaspoon thyme
1/2 teaspoon allspice	1/2 teaspoon cinnamon
1/2 teaspoon savory	1 tablespoon freshly ground white or black pepper

Mix well in a bowl and store in a screw top glass jar. Use with any type of meat or poultry. This is a very savory mixture. Rely on your own experience or start with 1 teaspoon per pound of meat, then adjust to your tastes.

Essence of Emeril (Bayou Blast)

2 1/2 tablespoon Paprika	2 tablespoon Salt
2 tablespoon Garlic powder	1 tablespoon Black pepper
1 tablespoon Onion powder	1 tablespoon Cayenne powder
1 tablespoon ground Oregano	1 tablespoon ground Thyme

Combine all ingredients thoroughly. Transfer to a pepper shaker. Label. Sprinkle on fish, shrimp, crawfish, rice and bean dishes and dark green vegetables.

Essence of Emeril (Southwest Spice)

2 tablespoons Chili powder	2 teaspoon Cumin, ground
2 tablespoon Paprika	1 tablespoon Oregano, dried
1 tablespoon Coriander, ground	1 teaspoon Cayenne pepper
1 tablespoon Garlic powder	1 teaspoon Crushed red pepper
1 tablespoon Salt	1 teaspoon Black pepper

Combine all ingredients thoroughly. Transfer to a storage container. Label. Use in Tex-Mex dishes including cornbread.

Cajun Spice Seasoning Mix in a Jar

3/4 Cup salt	1/4 Cup ground cayenne pepper
2 tbsp. ground white pepper	2 tbsp. ground black pepper
2 tbsp. paprika	2 tbsp. granulated onion
2 tbsp. granulated garlic	

Hold a pint canning jar at an angle, and add ingredients to create a "sand art" look. The salt and cayenne may be divided into smaller portions and used to separate other spices.

Instructions to go with jar:

To use, shake jar or stir spices until blended. Use with your favorite Cajun recipes.

California Chili Powder

1/4 Cup ground California or New Mexico chilies	1 tbsp. ground cumin
1 to 2 tsp. cayenne	2 tsp. dried oregano
2 tsp. onion salt	1 tsp. garlic powder

In a 1/3- to 1/2-C tall narrow clear jar, layer the ingredients, contrasting light layers with the dark layers.

Instructions to go with jar:

To use, shake jar or stir spices until blended. Use to season cooked dried beans (home-cooked or canned), soups and stews, or rub onto meats, seafood or poultry to pan-fry, roast or barbecue.

Homemade Beef/Chicken Gravy Mix

1 1/4 Cup powdered milk	1 1/4 Cup <i>Wondra</i> ™ flour
4 tbsp. beef/chicken bouillon granules (regular or low sodium)	1/8 tsp. thyme
1/8 tsp. celery seed	1/4 tsp. onion powder
1/8 tsp. sage	1/4 tsp. garlic powder
1/2 Cup canola oil	1/2 tsp. black pepper
1 tbsp. <i>Kitchen Bouquet</i> ™ or <i>Maggi</i> ™ sauce	

Mix well and store in an airtight container. Makes about 3 cups mix

Instructions to go with jar:

For 1 cup gravy: Pour 1 cup cold water in saucepan, using a whisk to blend, stir in 1/2 cup mix. Stir constantly over medium heat until gravy is smooth and slightly thickened, about 2 to 3 minutes.

Spanish Rice Mix

Spice packet ingredients:

1/8 Cup dried bell pepper flakes	1 tsp. salt
2 tsp. parsley flakes	1/2 tsp. dried basil
1 tbsp. dried onion flakes	1/2 tsp. granulated garlic powder

Main ingredients:

2 Cup long grain brown rice	1/4 Cup minced, sun dried tomato
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Place spice packet ingredients in a plastic sandwich bag or enclose in a small square of plastic wrap. Mix rice and tomato, place in a jar with 1 spice packet.

Instructions to go with jar:

Add rice, tomato and contents of spice packet to 4 Cups cold water and 1 tbsp. butter or margarine in a heavy saucepan. Bring to a boil over high heat; cover tightly and cook over very low heat for 14 minutes or until liquid is absorbed. Makes about 4 servings.

Italian Coating Mix

4 Cups corn flake crumbs	1/2 Cup grated Romano or Parmesan
1/2 Cup olive oil	3 small cloves garlic, crushed
1 Cup chopped parsley	1 tbsp. Italian herb mix
1 tsp. salt	1 tsp. black pepper

Combine all ingredients in a large bowl; mix thoroughly. Place in refrigerator for up to 1 week or store in freezer.

To use: Place 1 1/3 Cups coating mix in bag; moisten pieces of a 2 1/2-pound chicken with water. Shake several pieces at a time in bag to coat. Place chicken, one layer deep, in shallow pan. Bake at 400⁰ F for 40 minutes until brown and tender.

Ernestine's Pumpkin Pie Spice Mix Recipe

1/2 tsp. ground cinnamon	1/4 tsp. ground ginger
1/8 tsp. cayenne pepper	1/4 tsp. ground nutmeg
1/8 tsp. ground allspice berries (not the spice mixture)	

Blend all ingredients until evenly mixed. Use about 1 1/4 tsp. per pie.

* Note: There is a commercial, general use mix called "all spice" which combines several spices much like this pumpkin pie spice mix. Check the tin to be sure it is not a mixture.

Although she probably did, I don't recall Granny ever making a pumpkin pie. She used sweet potatoes (never yams), Butternut or Hubbard squash and occasionally other winter squashes. She also used this spice mix, sparingly, in buttermilk pie, rice custards and carrot cake. Mixed with sugar, it was sprinkled on baked winter squash and her version of French toast. - Miller

Cream of Tartar

Cream of Tartar is the acid potassium salt of tartaric acid. It is derived from the sediment formed on the walls of fermented wine barrels. Cream of tartar is a colorless crystal white powder, and it is used in baked goods, icing and candy. It is also employed in food additives, medicines (like laxatives) and tinning metals. Cream of tartar is commonly found in the supermarket spice section. Its cost is comparative to spices, but it can be purchased at restaurant supply houses in larger containers (Typically 25 oz.) at about half the cost, per unit weight, of the small containers.

Uses:

- ✓ Stabilize beaten egg whites by adding 1/8 teaspoon cream of tartar per egg white before beating. For meringues (which contain sugar as an additional stabilizer) use 1/8 teaspoon cream of tartar for 2 egg whites. Do not use copper or aluminum pans when using cream of tartar.
- ✓ When making candy, discourage crystallization by adding 1/8 teaspoon cream of tartar for each cup of granulated sugar.
- ✓ Add 1/4 tsp. per 2 cups flour in quick bread recipes for more tender biscuits, cakes, pancakes, waffles, etc.
- ✓ Substitute for 1 cup buttermilk (for baking): 1 3/4 teaspoons cream of tartar plus 1 cup milk.
- ✓ Substitute for 1 teaspoon baking powder: 1/2 teaspoon cream of tartar plus 1/4 teaspoon baking soda.
- ✓ General Rule: For Baking Powder, Baking Soda and Cream Of Tartar mixtures, avoid substituting or changing the amounts of high acid ingredients, such as sour milk products, molasses, vinegar or lemon juice.

Self Rising Flour

1 lb. Plain Flour (See Hints on front page for substituting whole grain flours.)	
2 tsp. Bicarbonate of Soda	4 tsp. Cream of Tartar

Sift all the ingredients together at least four times. Use, 1-to-1, in place of the commercial prepared self-rising flour.

To make your own baking powder, stir and sift together:

2 parts of Cream of Tartar	1 part baking soda
1 part cornstarch	

The corn starch is added primarily to make the recipe a 1-to-1 substitution for commercial baking powder. It also acts as an anti-caking agent. Any food starch, in powder form including modified food starches such as Clear-Jel™, may be used in lieu of the cornstarch.



Whether you believe you can, or whether you believe you can't, you're absolutely right.



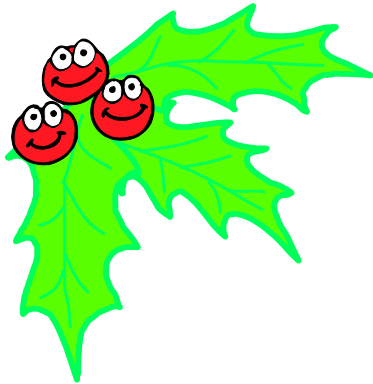
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Season's Greetings
From
*Your Extension Service Staff &
Family Food Education Volunteers*