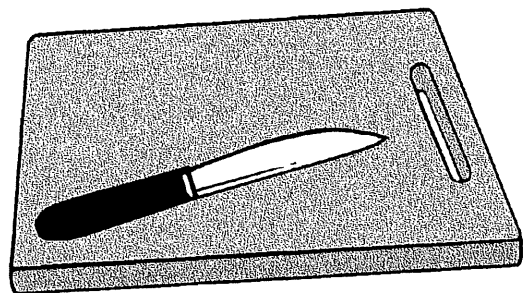


How to Use a Cutting Board and Knife

Many fruits and vegetables need to be trimmed or peeled before using. To trim or cut the food, hold food firmly on the cutting board with one hand. Keep your fingers curled back away from the knife blade while you cut. When cutting round foods such as onions or apples, you first need to create a flat surface. Start by cutting down the middle of the food and place the flat side on the board before chopping. Cut each half into four or five slices. Hold the slices together and cut across them in the size pieces you need. To avoid spreading germs: wash, rinse, and sanitize the cutting board after each use — especially when cutting meat, poultry, or seafood. To sanitize the cutting board, dilute one tablespoon of bleach in a gallon of water and use as the final rinse.



How to Mix Foods

Recipes will use some basic terms you need to know to mix the food. Using the correct methods to mix the foods gives you better results. If you don't understand, ask someone to show you the following ways to stir food.

- **Beat** — makes a mixture smooth and fluffy by quickly lifting mixture over and over using a spoon, fork, whisk, or electric mixer.
- **Cream** — gives the mixture a smooth, creamy texture. Mix ingredients together using a mixer or spoon until the mixture is soft and creamy. Butter and sugar are creamed together for cakes and cookies. If using butter, margarine, other solid fats, or cream cheese, allow the fat or cream cheese to stand at room temperature until it is soft before creaming.
- **Stir** — mix food round and round using a mixing spoon or fork.

■ Peanut Butter Kisses

Yield: About 36 candies

Ingredients

1/3 cup honey* or dark corn syrup or jelly
1/3 cup chunky or smooth peanut butter
1 cup instant nonfat dry milk
1/2 cup finely crushed ready-to-eat cereal
flakes

Equipment

Mixing bowl
Measuring cups
Scraper
Mixing spoon
Waxed paper

Order of Work

1. Measure honey or corn syrup or jelly and peanut butter. Place in bowl. Stir until blended.
2. Blend dry milk powder gradually into peanut butter mixture. The last of the milk may have to be mixed by hand.
3. Shape into small balls about 1/2 inch in diameter or shape into one long log.
4. Place cereal crumbs on clean waxed paper. Roll balls or log in crumbs until the candy is coated. Put candy balls in a container or wrap the log in waxed paper. Chill the log well before cutting into slices.
5. Refrigerate leftovers.

* If honey is used, do not allow infants less than one year of age to eat these. Honey can be harmful to infants.

