

Cooking Information

Tried and True Food Substitutions

If you don't have:

Baking powder (1 teaspoon)

Bread crumbs, dry (1/4 cup)

Brown sugar (1 cup)

Cornstarch (1 tablespoon)

Pancake syrup

Sugar (1 cup)

Tomato juice (1 cup)

Tomato sauce (15-oz. can)

Use:

1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar

1/4 cup crushed cereal crumbs or crackers

1 cup white sugar plus 2 tablespoons molasses

2 tablespoons all-purpose flour

1/2 cup brown sugar plus 1 1/2 cup water plus 2 1/2 teaspoons cornstarch. Cook until slightly thickened.

3/4 cup honey (reduce liquid in recipe by 1/4 cup) or 1 cup packed brown sugar

1/2 cup tomato sauce plus 1/2 cup water

6-oz. can tomato paste plus 1 cup water

Source: WI EFNEP/FNP curriculum materials, Family Living Programs, UW-Extension

Cut the Fat...Not the Taste

You may want to start out using recipes that are designed to be low in fat. As you and your family begin to accept these dishes, you can try some of the following substitutions in your own recipes:

Instead of:

Adding 1/2 cup oil and 2 eggs to pre-packaged cake and brownie mixes

1 cup oil in quick breads, muffins and cookies

Salt pork or ham hocks when cooking greens

A lot of fat in refried beans

Ground beef

Oil or lard or shortening to brown meat

Oil or butter or margarine to saute or stir-fry vegetables

Use:

1/2 cup applesauce or 1/2 cup plain lowfat yogurt

2/3 or 3/4 cup oil OR 2/3 or 3/4 cup lowfat yogurt, applesauce or prune puree*

Smoked turkey when cooking greens

Less fat in refried beans

Lowfat or lean ground beef

Nonstick cooking spray or a nonstick fry pan

Water or broth or a nonstick fry pan

***To make 1 cup of prune puree:** Blend 8 ounces dried pitted prunes (1 1/3 cups) and 6 tablespoons water in a blender or food processor. Makes 1 cup of puree. Refrigerate in a covered container for up to 2 months.

Note: If you find that your quick breads, muffins and cookies are too dry when you replace all of the butter, margarine or oil, try adding *a little* of the fat.

Source: Colorado State University Cooperative Extension; Cornell Cooperative Extension; Iowa State University Cooperative Extension Service and the California Prune Board.

Cooking with Flavor

Basil	Tomato and egg dishes, stews, soups, salads, sauces, stuffing, fish, poultry, potatoes
Bay leaves	Tomato dishes, fish, meat dishes, stews, soups, pot roasts
Cayenne	Stews, sauces, salad dressings, cheese dishes, meats, fish, Mexican and Asian dishes
Chili powder	Stews, chili, Mexican dishes, tomato sauces, soups
Cinnamon	French toast, fruit and fruit salads, sweet potatoes, pumpkin, squash, puddings, apple desserts, ham, pork chops, applesauce, cakes, cookies, pies, coffee
Cumin	Soups, stews, curries, Mexican, Middle Eastern and Asian dishes
Curry	Egg and cheese dishes, meat dishes, sauces, marinades, lamb, chicken, rice dishes, Indian and Oriental dishes
Garlic, garlic powder	Fish, meat, poultry, potatoes, vegetables, sauces, salads
Nutmeg	Cooked fruits, pies, desserts, baked items, spinach, eggnog, French toast, cakes, gingerbread
Oregano	Chili, Italian dishes, omelets, beef stew, meatloaf, pork, vegetables like broccoli or stewed tomatoes, stuffing
Paprika	Potato dishes, fish, salad dressings, soups, stews, sauces, veal, chicken, tomatoes, stuffing
Parsley	Meat, soups, vegetable dishes, eggs, stews, garnish
Poultry seasoning	Poultry, summer squash
Pumpkin pie spice	In sauce for pork, French toast, yellow vegetables, pumpkin pie (pumpkin pie spice is a mixture of nutmeg, cinnamon, cloves and ginger)
Saffron	Rice, Asian, and Spanish dishes

Tips for Using Seasonings

- Start with a small amount. You can always add more next time but you can not remove it.
- If cooking for a long time,add seasonings during the last 45 minutes or use part of the seasoning at the beginning of cooking and the rest later in the cooking.

Keeping Your Seasonings Fresh

- Store in plastic bags, glass jars or stainless-steel containers, not cardboard. Keep in a cool, dry place out of sunlight. Do not keep over the range or near hear.
- Refrigerating or freezing seasonings keeps them fresh longer.
- Do your seasonings still have flavor? For whole species, crush a small amount and sniff to see if it smells fresh. Check ground seasonings every 6 months. Sniff to see if they smell fresh.

Buying Seasonings

- Buy small amounts in the "bulk" section of the grocery stores or co-ops or buy in plastic bags at grocery stores and transfer to an airtight container or plastic bag.

Sources: WI EFNEP/FNP curriculum materials, Family Living Programs, UW-Extension; Missouri Cooperative ;Extension; Community Resource Guid of the Sault Ste. Marie Tribe of Chippewa Indians; West Virginia University Extension Service.

Cooking Rice

White or Brown Rice

1cup of **regular white** or **brown rice** needs 2 cups of water for cooking

1. Put rice and water into saucepan. Heat until it starts to boil.
2. Reduce heat to simmer. Stir.
3. Cover pan and simmer (do not stir) for 15-20 minutes until rice is tender. All water will be absorbed by the rice.

Makes 3 cups of rice

Note: Brown rice will need 45-50 minutes to cook until tender.

Bright ideas

- When cooking rice, adding salt to the water is not necessary. You can add a tablespoon of dried herbs to the water for a new flavor.
- You can reheat rice by putting in a saucepan and adding **2 tablespoons of water** for each cup of cooked rice. Cover and cook over low heat

about 5 minutes or until hot. You can also reheat rice by microwaving: cover the rice and heat on HIGH for 2-3 minutes.

- If rice is too firm you may not have cooked it enough, you may not have added enough water, or the saucepan cover was loose causing water to evaporate.
- If rice is too mushy you may have cooked the rice too long or added too much water to the rice.
- If rice is sticky you may have held the rice too long before serving or you stirred the rice during cooking.

Wild rice

1 cup of **regular wild rice** needs 3 cups of water for cooking

1. Bring water to a rapid boil. Add rice to the water.
2. Return water to boil, stir. Reduce heat to simmer.
3. Cover pan and simmer 30-45 minutes or until kernels puff open.
4. Uncover, fluff with a fork. Simmer 5 additional minutes.
5. Drain liquid from the rice.

Makes about 4 cups of rice

Recipe sources: Some information from *Eating Right is Basic*, Michigan State University Extension, and Betty Crocker supermarket magazine, *Pasta Rice & Beans*, used by permission of General Mills, Inc.

Microwaving Rice

- Use a medium microwavable baking dish
- Salt and margarine or butter are optional
- Cover during cooking and standing time
- Stir once

Rice/Amount	Add Water	Cooking Time
1 cup regular long-grain or medium short-grain rice	1 3/4 to 2 cups	HIGH - 5 minutes MEDIUM - 15 minutes STAND - 5 minutes
1 cup brown rice	2 to 2 1/2 cups	HIGH - 5 minutes MEDIUM LOW - 15 minutes STAND - 5 minutes
1 cup wild rice	3 cups	HIGH - 5 minutes MEDIUM - 40

minutes
STAND - 15 minutes

Source: Microwaving Information from USA Rice Council

Cooking Beans

Overnight Soak Method

1. Pick out damaged beans or stones. Rinse beans in cold water.
2. Put 1 pound of beans in a large pan and cover with 6 cups of lukewarm water.
3. Cover pan and refrigerate overnight or for 8 hours.
4. Drain the beans, rinse and cover with fresh cold water.
5. Cook on low heat until beans are tender. Drain.
6. See chart on other side for cooking times.

Short Soak Method

1. Pick out damaged beans or stones. Rinse beans in cold water.
2. Put 1 pound of beans in a large pan and cover with 6 cups of lukewarm water.
3. Boil beans uncovered for 2 minutes; remove from heat.
4. Cover and let stand 1 hour. Drain the beans.
5. See chart below for cooking times.

Here are the cooking times for **1 pound of beans or peas**:

Type of Beans/Peas	Amount of Water	Approximate Cooking Time
Black-eyed peas	5 cups	1/2 to 1 hour
Kidney beans	6 cups	2 hour
Lentils	5 cups	1 hour
Lima beans	5 cups	1 hour
Navy beans	6 cups	1 1/2 to 2 hour
Pinto beans	6 cups	2 hour
Soybeans	8 cups	2-3 hours
Split peas	5 cups	1 hour

Remember, lentils and split peas do not need soaking before cooking.

Bright ideas

- Dried beans double or triple in volume as they cook so use a large

enough pan.

- Add salt or tomato juice (acidic foods) after beans have been cooked because otherwise they toughen beans.
- How can you freeze cooked beans so they do not stick together? Drain and cool cooked beans. Spread out on a cookie sheet. Put in freezer for 4 hours or until frozen solid. Put beans in a covered container; return to freezer. Remove the amount of beans you need. Thaw in refrigerator before using.

Sources: Some information from *Eating Right Is Basic*, Michigan State University Extension, and Betty Crocker supermarket magazine, *Pasta, Rice & Beans*, used by permission of General Mills, Inc.

Cooking Pasta

Type of Pasta	Amount of Pasta	Water needed
Spaghetti	4 ounces uncooked (makes 2 cups cooked)	1 quart (4 cups)
*An easy way to measure 4 ounces uncooked spaghetti is to make a circle with your thumb and index finger about the size of a quarter. Fill the circle with spaghetti.		
Elbow, shells, other shapes	4 ounces uncooked - about 1 cup (makes 2 1/2 cups cooked)	1 quart (4 cups)

1. Bring water to rapid boil and add pasta
2. Reduce heat to medium. Cook in uncovered pan.
3. Stir gently once or twice. Cook until tender, about 7-10 minutes.
4. Drain. Do not rinse

Quick method for cooking pasta

1. Bring water to boil. Add pasta to boiling water and return to boil.
2. Stir. Remove from heat. Let stand, covered: 7 minutes for spaghetti, 10 minutes for other pasta.
3. Drain. Do not rinse

Source: Some information from Betty Crocker supermarket magazine, *Pasta, Rice & Beans*, used by permission of General Mills, Inc.