

2016 EHU Presidents:

Mary Linn Johnson - Bendena Homemakers
Darla Bletscher - Happy Time Homemakers
Trish Bishop - Helping Hands Homemakers
Nancy Huss - Moray Friends Homemakers
Dorothy Diveley- Pollyanna Homemakers

2016 County Homemaker Council Reps.:

Darlyne Johnson - Bendena
Sharon Staudenmaier - Happy Time
Amy Masters - Helping Hands
Beverly Kentzler - Moray Friends
Dorothy Diveley - Pollyanna

***Next DCHC meeting will be Monday, February 1st at 9:30 a.m. at the office.**

FROSTBITE

The air temperature is already low this time of year and, with the winds, it can feel even colder. In this type of weather it doesn't take long for Mother Nature to take a bite – frostbite, that is. But frostbite can be prevented.



Frostbite occurs when skin is exposed to extremely low temperatures. Skin tissue actually freezes. According to Ohio State University Extension, symptoms include uncomfortable sensations of coldness and feelings of tingling, stinging or aching. Frostbite also results in white, waxy skin that

feels hard, numb and cold to the touch. There are several steps to treat frostbite. Gently place frostbitten areas in warm, 105° F water or cover the areas with a warm dry cloth. Affected skin may be very fragile, so avoid rubbing it with snow, massaging or running water over the frostbitten area. These actions can cause further damage. After warming frostbitten parts for 25-40 minutes, dry gently if needed and cover with dry, sterile gauze or soft, clean cloth bandages. Seek medical attention quickly if frostbite is suspected.

Frostbite is more likely to affect exposed areas such as hands and fingers, feet and toes, ears and cheeks. Be sure to protect these areas during extremely cold weather, even when exposure will only be for a short time. Whether it's stepping out of a warm truck to check cattle or waiting for a school bus, you can prevent frostbite by bundling up and limiting time outside.

Layers of clothing, rather than a single heavy layer, allow for air to be trapped between the layers. Trapped air does a good job of holding the body's heat in. Layers also permit ventilation.



**January 19, 2016 Doniphan County
Winter Lesson Day**

10:00 a.m. - Cindy Williams, Meadowlark FCS Agent, will teach “**Gluten and Your Guts Good Health**”

11:00 a.m. - Kathy Tharman, Doniphan County FCS Agent, will teach “ **Seasonal and Simple Meals**”

1:00 p.m. - Nancy Nelson, Meadowlark FCS Agent, will teach “**10 Signs of Alzheimer’s, Early Detection Matters**”

2:00 p.m. - Diane Nielson, Atchison FCS Agent will teach “**Food Safety for a Crowd**”

WHAT ARE SUGAR PLUMS?

You hear it every holiday season, “visions of sugar plums danced in their heads,” or the song “Dance of the Sugar Plum Fairy.” But what is a sugar plum?

According to the Oxford English Dictionary and other candy historians, the sugar plum is a comfit.

What is a comfit? It is a seed, nut, or spice coated with a layer of sugar. Whole spices, such as fennel, caraway and cardamom were sugar coated in the 17th century for a treat. Sugar plums were the snack of choice for aristocrats. If you’ve had candied citrus

peel, you’ve had a version of a comfit. Another example of a comfit for today’s consumer is candy coated chocolate or nuts.



**BUTTER AND FATS
FOR CANDY**

Butter and fats affect the sugar's final chemical structure and determine the brittleness, hardness, and flavor and texture (chewy versus crunchy).

*Always use unsalted (or salted) stick butter instead of margarine when you are making candy.

*Margarine contains a lot of water and different amounts of fat that will make your candy inconsistent and butter gives the best flavor.

*Do not use vegetable oil spreads or tub products -so that candies will "set up" or have a nice brittle texture.

Candy making is really a scientific formula and is the least forgiving of all recipes. It's important not to substitute the main ingredients, such as sugar, butter, cream, etc. for something else.

Candy Thermometer Tips

*The thermometer bulb must be covered with the liquid but not touch the pan bottom.



*Buy a thermometer with a clip to attach to the pan.

*Make sure the thermometer is clean and dry before use.

*Rest the thermometer in warm water and dry before use. This reduces temperature changes.

*Clip the thermometer to the pan so the numbers are visible and easy to read.

Recipes submitted by the Moray Friends Homemaker Club

Chicken Paprikash & Spaetzle- submitted by

Nancy Huss

1 whole chicken, cut in pieces or 6 chicken breasts
2 small onions, sliced
2 Tbsp. oil
2 Tbsp. paprika
4 pepperoncinis (or sweet medium-hot chilies)
1 - 16 oz. container sour cream
1/4 cup flour
2 tsp. water
Water to cover and salt to taste

Brown onions in oil with paprika. Add chicken pieces, then cover with water. Add salt and pepperoncinis. Simmer until chicken is cooked (30-40 minutes). Remove chicken. To broth add sour cream which has 1/4 cup flour and water folded into it. Simmer for a few minutes until thick. Serve chicken on spaetzle noodles

Spaetzle noodles - 2 cups flour, 2 eggs & 2 egg yolks, 2/3 cup milk, 1 Tbsp. parsley, 1 1/2 tsp. salt, pepper & nutmeg, 1/4 cup butter, 1/2 cup breadcrumbs.

Combine flour, eggs, milk and parsley. Place on cutting board and slide cherry-sized dollops into boiling water. Cook 5 minutes. Stir occasionally. Empty into colander and wash in cold water. When ready to serve, melt butter in pan. Add spaetzle and breadcrumbs and brown. **Yield:** 6 servings.

Nutrition Facts: 780 calories. Total fat 42g, cholesterol 275mg, sodium 900mg, dietary fiber 3g, total carbohydrates 56g, sugars 10g, protein 44g.

Apricot Bread - submitted by *Eva Libel*

1 cup sugar 1/4 cup shortening
1 egg 3/4 cup milk
3/4 cup orange juice 1/2 tsp. orange flavoring
3 cups flour 3 1/2 tsp. baking powder
1 tsp. salt 1 cup diced, dried apricots
1/2 cup chopped English walnuts

Cream the sugar and shortening together. Beat in the egg and milk. Stir in the orange juice and flavoring. Sift together the flour, baking powder and salt and add. Add the apricots and walnuts. Bake in 2 loaf pans in 350° oven for 60 minutes.

Cool in pans. Do not slice for 24 hours.

Yield: 16 servings. **Nutrition Facts:** 210 calories. Total fat 6g, cholesterol 15mg, sodium 280mg, dietary fiber 1g, total carbohydrates 35g, sugars 16g, protein 4g.

Debbie's Fruit Cup - submitted by *Beverly*

Kentzler

1 - 16 oz. pkg. frozen strawberries
1 - 16 oz. pkg. frozen peaches
1 large can crushed pineapple
2 sliced bananas
1 cup water heated with 2 Tbsp. sugar, cool

Partially thaw strawberries and peaches and mix together. Add in pineapple and bananas. Cover with the sugar water (simple syrup). Freeze in cupcake papers in cupcake pan. Thaw 15 minutes before eating. Just thaw what you plan to use.

Yield: 8 - 8 oz. servings. **Nutrition Facts:** 150 calories. Total fat 0g, cholesterol 0mg, sodium 0mg, dietary fiber 3g, total carbohydrates 39g, sugars 33g, protein 1g.

Summer Sausage - submitted by *Della Diveley*

2 lbs. hamburger 1 cup water
2 Tbsp. Tender Quick* 1 1/2 tsp. liquid smoke
1/4 tsp. onion powder 1/4 tsp. garlic powder

Mix and shape into 3 long rolls. Wrap in plastic wrap. Refrigerate 24 hours. Remove plastic wrap. Lay in pan and bake in 300° oven for 45 minutes.

*Tender Quick should not be confused with tenderizers.

Yield: 2 slices/serving, 22 servings. **Nutrition Facts:** 190 calories. Total fat 15g, cholesterol 55mg, sodium 506mg, dietary fiber 0g, total carbohydrates 0g, sugars 0g, protein 13g.

**Recipes are due by February 15th
from the
Pollyanna Homemakers Club.**