

Food Gift Basket

Anthony Jelinek, Age 10

Cowley County

I made this food basket for my dad who is a farmer. Everything in the basket can be used while he's on the tractor. The items in my basket were picked because my dad likes them and they can be in the sun for a while without melting. The Mason jar has a lemon aid packet that he can add water to make lemonade. I chose the John Deere theme because most of our tractors are John Deere. I sewed the tablecloth and made the cookies, granola and dried fruit.

Some of the food safety things I did was to make sure the hand wash was food safe. I made sure to wash my hands before making any of the food and I packaged the food so that they would stay fresh. I also chose items that would be ok to be in the sun for a little while. I had fun working with my grandma on this project.

STRAWBERRY AND BANANA CHIPS

WHAT TO DO?

1. Rinse the strawberries
2. Cut the strawberries and bananas into about $\frac{3}{4}$ inch thick
3. Place the strawberries and banana on the dehydrator racks
4. Turn on dehydrator and set the temp to 125 degrees
5. When hot open dehydrator door and put in the racks
6. Set dehydrator to 8 hours and 30 minutes
7. Open dehydrator door and let them cool down
8. After cooled put them in an air tight container

INGREDIENTS:

Strawberries

Bananas

Equipment:

Dehydrator with racks

Knife

Cutting Board

Jar with air tight lid

SOFT AND CHEWY GRANOLA BARS

WHAT TO DO?

1. Turn on oven to 350
2. Line baking sheet with foil and spray with cooking spray
3. In a bowl mix $\frac{1}{2}$ cup of chopped almonds and 2 $\frac{1}{2}$ cups of oatmeal
4. Spread out on pan and bake for 5 minutes
5. Stir mixture and bake for another 3-5 minutes or until lightly toasted
6. Put in a large bowl
7. In a saucepan, add $\frac{1}{4}$ cup of butter, $\frac{1}{3}$ cup of honey, $\frac{1}{2}$ teaspoon of vanilla, $\frac{1}{4}$ cup of packed light brown sugar and a little salt. Place over medium heat and stir until butter melts and sugar dissolves
8. Pour butter mixture into bowl of almonds and oatmeal, stir and mix well
9. Let it cool for about 5 minutes
10. Add $\frac{1}{2}$ cup of cranberries and $\frac{1}{4}$ cup of mini chocolate chips to the mixture and mix well.
11. Pour mixture onto baking sheet and press down firmly with a spatula.
12. Once the mixture has cooled sprinkle the top with chocolate chips and press down gently.
13. Cover with foil and refrigerate for 2 hours. Remove from foil and cut into pieces. Store in airtight container.

INGREDIENTS:

1. Whole Almonds
2. Old Fashion Oatmeal
3. Butter
4. Honey
5. Brown Sugar
6. Vanilla Extract
7. Dried Cranberries
8. Chocolate
9. Salt

Equipment:

1. Cooking spray
2. Baking Sheet
3. Knife
4. Measuring Cups
5. Spoon
6. Bowls

GRANDMA ALICE'S SUGAR COOKIES

WHAT TO DO?

1. Turn oven to 375 degrees
2. In a bowl, beat together $\frac{1}{2}$ cup butter, 1 cup sugar and 2 eggs.
3. Add 1 teaspoon of vanilla and 2 tablespoons of whole milk
4. In a sifter combine 2 cups flour, $\frac{1}{2}$ teaspoon of salt, 1 teaspoon baking powder and $\frac{1}{2}$ teaspoon of baking soda.
5. Add the flour mixture to the bowl and mix well.
6. Knead more flour into the dough until it is not sticky
7. Roll the dough $\frac{1}{4}$ inch thick with the rolling pin on a lightly floured surface.
8. Cut into shapes with the cookie cutters and place on the cookie sheets.
9. Bake in the oven 7-9 minutes or until the edges are light brown.
10. After the cookies have cooled completely, spread icing (see below) on cookies to decorate.
11. After the icing has hardened, store in an air tight container

ROYAL ICING: Combine $\frac{1}{4}$ cup meringue powder with $\frac{1}{2}$ cup of cold water and beat until stiff peaks form. Then beat in 4 cups of sifted powdered sugar. Add food coloring of choice and store in airtight container in refrigerator.

INGREDIENTS:

Butter
Sugar
Eggs
Vanilla Extract
Flour
Baking Soda
Baking Powder
Milk
Salt
Meringue Powder
Powdered Sugar
Food Coloring

Equipment:

Bowls
Mixer
Cookie Sheets
Cookie Cutters
Sifter
Rolling Pin