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NEBLINE

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7 Tips for Successfully Baking as a Family

Lisa Franzen-Castle,
Extension Nutrition Specialist

Looking for a family activity that provides opportunities to share traditions, recipes and fun?

Try baking together using these helpful tips from the Home Baking Association:

Do Some Prep Work

Prep by reading and trying the recipe first. Add 20 to 30 minutes to explain, show and guide beginners and 15 minutes for intermediates or experienced bakers. Divide this prep work into two sessions, if needed, or pre-measure or prepare some steps beforehand.

Keep it Clean

Remember to wash hands and countertops before starting and cleaning up after you're done. Provide separate towels for hands and dishes, and frequently wash pot holders. Aprons or large t-shirts are great for keeping clothes clean during the baking process.

Take it One Step at a Time

Read the recipe, gather ingredients and make sure nothing was left out. When short on time, or working with beginning or young bakers, prepare some steps ahead or do some steps one day and complete the mixing or baking the next.

Use the Tight Tools

Pour liquids—water, oil,

milk, honey and corn syrup—in a clear liquid measuring cup placed on the countertop. Read the amount at eye level. Use standard dry measuring cups and spoons for dry ingredients—flours, sugar, cocoa, brown sugar and cornmeal. Also use measuring spoons for small amounts of any ingredient.

Do a Safe Kitchen Checklist

Turn handles of pans



Photo by Cocoye on Flickr

toward the center of the stove so sleeves or people passing by won't catch on them and spill. Keep cupboard doors and drawers closed unless in use. Use only dry hot pads or oven mitts because heat goes through damp mitts. When stirring or checking for doneness, tilt the lid away from you so steam is released away from your face.

Oven Ins and Outs

Before preheating, make

sure the oven racks are in the right place for the pans and recipe. Preheat the oven as the recipe directs. Place pans in the oven so they do not touch each other or the oven sides. Do not place pans on racks directly below or above another pan. Keep clean, dry oven mitts or pads close by.

Baking Can be a Learning Experience

Children and adults learn a lot together in the kitchen. The results of cooking or baking together contributes to stronger relationships at home and in groups. Children also learn time management, teamwork, following directions and problem solving—all important life skills.

FAMILY FOOD & FUN AT HOME WEBSITE

FOOD.UNL.EDU/FAMILYFOOD

Spending more time at home? Looking for easy meals, ways to involve your children in preparing meals and snacks or how to stay active? Check out Family Food & Fun at Home for the following ideas: basic cooking tips, tips for cooking with kids, recipes for cooking with kids, easy family meal recipes and staying active at home.



RECIPE OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator, Lancaster Co.

For your next family baking activity, try this banana bread recipe from Nebraska Extension's Nutrition Education Program (NEP).

BANANA BREAD

(Yield: 12 servings)

- 3 bananas, ripe
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt



1. Wash hands with soap and water.
2. Preheat oven to 325°F. Spray a 9 x 5-inch loaf pan with non-stick cooking spray. Set aside.
3. In a medium mixing bowl, mash the bananas. Crack eggs separately into a small bowl then pour into bowl with bananas. Wash hands with warm water and soap.
4. Beat in the sugar and vanilla until mixed well.
5. In a large mixing bowl, combine flour, baking powder, baking soda and salt.
6. Add the liquid ingredients to the flour mixture stirring just until the dry ingredients are moistened. Pour batter into prepared pan.
7. Bake for 50 to 60 minutes or until a knife inserted near the center comes out clean.

Nutrition Information per Serving: (1/12 of recipe) Calories 180, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 20mg, Sodium 350mg, Carbohydrate 40g, Dietary Fiber 2g, Sugars 22g, Protein 3g, Vitamin A 0%, Vitamin C 4%, Calcium 2%, Iron 6%

Source: Nebraska Extension Nutrition Education Program