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Holiday Eating Secrets



The holidays are here and with the festivities comes lots of food to enjoy. Here's some interesting research findings on holiday eating.



- Each guest adds 35 calories to your own food intake.
- Enjoy holiday music? Those festive tunes can add 100 calories to your food intake.
- It's game time! Eating during the

game adds another 140 calories.

Needless to say, it all adds up. And skipping meals prior to the big feast will only make you eat more. So try these tricks to minimize over-eating.

- Slow down! Put your fork down between bites.
- Nibble on holiday treats along with low-calorie foods.
- Don't feel obligated to eat every food. Save room for the special treats and avoid the mundane foods.
- Planning the menu? Fill half of the menu with low-calorie fruit and vegetable dishes.
- After eating, go take a walk! That will help burn off those extra bites.

Source: Tufts Health & Nutrition Letter, Nov. 2013

FDA Pursues *Trans* Fats

The Food and Drug Administration (FDA) requires *trans* fat to be on Nutrition Facts labels. Even though many processed foods have had partially hydrogenated oils (PHOs) removed, there are many that still

contain PHOs.

Further reduction of PHOs can prevent 7,000 deaths from heart disease each year. Therefore, the FDA is in preliminary determination that PHOs are no longer considered

"generally recognized as safe." This would change them to food additives subject to FDA approval. This could end artificial *trans* fat in foods.

Learn more at <http://1.usa.gov/19215IP>.

What is Freekeh?

Riding on new-found popularity, the ancient grain freekeh is showing up in restaurants and on grocery shelves.

Freekeh (pronounce *free-kah*), means "to rub." This refers to how it is made, not a specific grain. Young green grains (usually wheat) are parched, roasted and rubbed. They hold their

maximum nutritional value, flavor and texture.

Freekeh dates back to ancient Egypt, Lebanon, Jordan and Syria. People worried about losing crops and starvation, so they harvested green grains and stored them. Sadly, fire destroyed their village and the green grains were burnt. But, instead of throwing

out the grain, they rubbed the grains and found it edible and delicious.

Resources:

- [Whole Grains Council](#)
- [Michigan State University](#)
- [Penn State University](#)
- [Eatright.org](#)



Use freekeh in place of rice, bulgur or couscous. Photo: Penn State University



For potluck buffets, use heating equipment, such as slow cookers, to keep hot food hot. Use ice under cold foods to keep cold foods cold.

Keep Potlucks Safe

Potlucks are great community events. But they can lead to foodborne illness when food is not handled safely. This was true at an October 2013 church potluck in Nevada that sickened about 150

people age 7 months to 88 with Salmonella. Symptoms included aches, nausea, vomiting and diarrhea.

For information on food safety for large groups,

see www.foodsafety.gov/keep/events/parties/index.html

Source: <http://bit.ly/1anGChH>

Why Quince Turns Red

Quince is a tree fruit that looks similar to pears. They are very astringent raw, but when cooked they become edible. Fruit should be all yellow and firm when picked. Common uses are sweet spreads and preserves.

When cooked, the fruit changes color from creamy white to light pink or dark red. This is due to tannins within the fruit that react with heat, acidity and oxygen to release the red pigment anthocyanin. The color intensity depends on the amount of tannin content. Using an aluminum pan can yield darker red color.

Source: On Food and Cooking, The Science and Lore of the Kitchen, by Harold McGee



USDA/ARS

Dangers of Homemade Infant Formula



[American Academy of Pediatrics](#)

Parents want to feed children the safest food possible. But some have taken the risk of feeding homemade infant formula which can be dangerous.

Advocates of this practice claim that homemade infant formula avoids using ingredients produced with biotechnology among other claims. This is dangerous because some recipes tend to include raw milk which, is a food safety risk. They also have poor nutritional content and can lead to poor growth and development.

The American Academy of Pediatrics strongly discourages parents from using homemade infant formula. When mothers cannot breast feed, commercial infant formula is the "only safe source of food for nonbreastfed infants up to 6 months old and an important food source for nonbreastfed infants through their first year." Commercial formula is thoroughly tested for safety and nutritional quality. All formulas must comply with the Infant Formula Act to safeguard all babies when consuming the formula.

Source: www.foodinsight.org/Newsletter



Black Pepper as a Functional Food

The role of spices in foods is getting another look besides adding flavor to foods. Spices and herbs are being researched for their functional food properties.

Black pepper contains a substance called piperine. A recent study published in the J. of Agricultural and Food Chemistry showed that piperine and black pepper extract can block new fat cell for-

mation in mice. This could lead to a potential use in humans to reduce obesity-related diseases.

Source: <http://pubs.acs.org/doi/pdf/10.1021/jf204514a>



[Ball® FreshTECH Automatic Home Canning System](#)

New Appliance from Ball®

In efforts to make home food preservation easy, Jarden Home Brands has launched a new appliance to help take the guesswork and worries out of canning. They call it the FreshTECH Automatic Home Canning System using SmartPRE-SERVE Technology.

The device is for recipes designed for this appliance. Recipes include jams, jellies, sauces, tomatoes, salsas, fruits and pickles. It is designed to preserve foods 30% faster. It is a stand alone appliance so no stovetop is needed.

The appliance includes a jar lifter, jar rack and instruction book. It costs \$299.95.

Learn more at <http://bit.ly/1dQwymv>.

Kansas State
University
Research & Extension

Rapid Response Center
221 Call Hall
Manhattan, Kansas 66506

Phone: 785-532-1673
Fax: 785-532-3295
Email: kblakesl@ksu.edu

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Cookies with a Twist



There are thousands of cookie recipes in a variety of shapes, sizes, textures, and flavors. During the holidays, cookies are a special treat and everyone has a favorite. Let's see how a traditional chocolate chip cookie can be altered for a different look.

Chocolate chips come in special holiday shapes, colors, and flavors. Simply replace the regular chips with these fancy chips. Try adding some colored sprinkles or sugar for extra sparkle.

Try these tips from the book *CookWise* by Shirley O. Corriher:

For More Spread

- Use butter
- Increase liquid 1-2 tablespoons
- Increase sugar 1-2 tablespoons
- Warm cold ingredients to room temperature, don't refrigerate dough

For More Puff

- Use shortening
- Use cake flour
- Reduce sugar a couple tablespoons
- Use all baking powder
- Use cold ingredients or refrigerate dough

For More Tenderness

- Use cake flour
- Add a few tablespoons fat or sugar



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



What are Aebleskivers?

With a fun name like this, they have to be good! Aebleskivers (or Ebleskivers) are a Danish



Aebleskiver pans date back 300 years and were made from copper.

type of pancake made in a special pan and are round.

Typically served during the holidays, aebleskivers are served

with powdered sugar, whipped

cream, butter, maple syrup or fruit preserves.

Aebleskiver batter is placed into half-spherical molds, then turned with skewers every 90 seconds until golden brown and round in shape.

History states that when the Vikings returned from battle, they used their dented helmets as aebleskiver pans over a hot fire.

Source: <http://aebleskivers.com/history.html>