



Cool Cooking Projects

Beat the heat and keep cool in the kitchen. Try your hand at these recipes or invent some creative ones of your own.

Make ice-cream in a bag

Ingredients:

- 1/2 cup milk or half & half
- 1 tablespoon sugar
- 1/4 teaspoon vanilla
- 1 tablespoon chocolate syrup (optional)

Supplies:

- 1 pint-size sealable plastic bag (Ziploc or similar)
- 1 gallon-size sealable plastic bag (Ziploc or similar)
- Ice cubes
- 1/4 cup rock salt

Instructions:

- Pour half & half, sugar and vanilla into the small bag and seal it securely.
- Fill the big bag about half-way with ice cubes. Sprinkle the ice cubes with rock salt.
- Put the sealed small bag inside the big bag. Seal the big bag securely.
- Now you'll have to work for your dessert: Shake, shake, shake the bag for about 5 minutes. The more you shake, the thicker it will get.
- Open the bag (carefully), grab a spoon and enjoy!

Make ice-cream in a can

This is a classic summer activity, from the days when every kitchen had a supply of empty coffee cans. Use the same recipe as above, but double the quantity of ingredients. Use two lidded cans, one larger than the other and follow a similar procedure as above by placing the small can (filled with the half & half or milk, sugar and vanilla) in the larger can and surrounding it by ice. Roll the can back and forth on the floor. After 10 minutes, you'll have ice-cream, ready to be served in its own handy container.



Make your own popsicles

Tired of the same old frozen treats in the freezer? Cut down on excess packaging, unnecessary preservatives and ingredients by going home-made. Popsicles can be made in ice-cube trays (with tooth picks for sticks), in reusable plastic molds, or in paper cups or recycled yogurt containers. Experiment with different recipes and create combinations of your own. Cover tops of cups/containers with aluminum foil, make a small slit and prop up stick in each pop. Or engineer your own creative solution. Here are some ideas to get you thinking:

Recipes

Watermelon pops

Puree watermelon in a blender. That's it! Pour into cups and freeze.

Smoothie pops

Make smoothies with yogurt and fresh or frozen fruit. Mix in a blender, pour into popsicle molds and freeze.

July 4th pops

Mix strawberries and blueberries with vanilla yogurt.

Tropical pops

Experiment with different exotic combinations—like orange and mango, pineapple juice and coconut milk.

Pudding pops

Make instant or stovetop pudding. Pour into molds and freeze. Or buy ready-made pudding in individual cups, make a slit in the foil top of each cup, and insert a popsicle stick.

Wiggle pops

Make Jell-o, following the “quick” recipe directions to thicken with ice. Pour into molds and add gummy candy if you like.



Cream pops

Mix evaporated milk and sugar with fruit juice to make your own “creamsicle” style pop.

Or use vanilla yogurt or softened vanilla ice-cream instead of the milk. Try the following combinations, or invent some of your own:

1 cup evaporated milk
1 cup coconut milk
¼ cup sugar
1 teaspoon vanilla

1 cup half & half
1 cup orange juice
¼ cup sugar

1 cup bananas
1 cup strawberries
1 cup evaporated milk

1 small can frozen orange juice or grape juice concentrate
1 small can water
1 pint vanilla ice cream, softened

1 small can frozen lemonade concentrate
1 small can water
Strawberries, kiwifruit or watermelon

Make your own pickles or preserves

Fruit preserves

Do some research to find out when various fruits and berries grow in your part of the country. Mark your calendar to go fruit and berry picking during growing season this summer and then learn how to make jam or jelly. You can either make it a family affair and invest in equipment and supplies to do traditional canning, or take a simple approach and try easy “no cook” techniques for making jam. Use your public library and the Internet to learn how.

How to make jam

<http://www.pickyourown.org/jam.htm>

Making jam and jelly

http://www.uga.edu/nchfp/how/can7_jam_jelly.html



Pickles

Grow cucumbers in your yard or community garden patch. Harvest them and learn how to make pickles!

Easy “quick process” pickle recipe

http://www.pickyourown.org/pickles_easy.htm

How to make pickles

http://www.ehow.com/how_2062888_make-pickles.html

