Cooking Project Meeting - March 31, 2019



A) Call Meeting to Order

1. Sign-in Sheet

B) Flag Salute and 4H Pledge

C) Hand out project report form for next club meeting

D) Project Safety Rules Reminder

E) Project Activities/Skills Session

1. Project Handouts - Pre Project Discussion
	1. What are Quick Breads?
		1. Basics of Wheat flour
		2. Six Basic ingredients of Quick Breads
			1. Flour
			2. Leavening Agent
			3. Fats
			4. Liquids
			5. Sweetener
			6. Salt
	2. What is Gluten?
		1. Gluten-free flours
	3. Muffin Mixing Method and Biscuit Mixing Method
		1. Muffin Method
			1. Mix dry ingredients together
			2. Mix wet ingredients together in a separate bowl
			3. Combine the wet ingredients to the dry ingredients
				1. Gently stir until combined, don't over-mix, this limits gluten production which causes tough bread
		2. Biscuit Method - this method cuts the fat into the dry ingredients using a pastry cutter, fork or knife, then combines the wet ingredients. This method is used for Quick breads that are made from doughs, such as biscuits and scones.
2. Making Quick breads
	1. Lemon Zucchini Bread
	2. Banana Bread

F) Cleanup and KP Duty

G) Project discussion

1. What did you like/dislike
2. Annual project report form

H) Leader Report

1. Upcoming Events
	1. Sacramento County Fair - May 22-27, online entries due April 19th. <https://sacfair.com/competitions-contests.html>
	2. California 4H State Field Day Sat. June 1st, 8-6 pm @ UC Davis, more info => <http://4h.ucanr.edu/4-H_Events/SFD/>
	3. State Leadership Conference July 18tg -21st @ UC Davis, More info => <https://ucanr.edu/sites/4hstateleadership/>
2. Fundraisers:
	1. Joann's "Clovers for Kids" - March 1st - April 30th
	2. Tractor Supply Paper Clover Days - March 27th - April 7th.
3. Next Project and Club Meetings
	1. Next Project Meeting is May 5th, '19 in the basement of the EGUMC
	2. Next Club Meeting is April 1st, '19 at the Country Oaks Baptist Church.

I) Reflection and Closing Remarks

J) Adjournment