Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_

Measuring Demonstration Ashley’s Peanut Butter Bars

1. Preheat the oven—It usually takes \_\_ \_\_\_\_\_\_\_ to preheat an oven. 350° is considered a moderate oven temperature. It is often used for \_\_\_\_\_\_\_\_\_ and\_\_\_\_\_\_\_\_.
2. Margarine—Margarine and butter have lines on the wrappers. There are \_\_\_\_\_tablespoons in 1 cube or stick. 1 cup equals \_\_\_\_ cubes of margarine. To melt margarine in the microwave, use a glass dish, cover with paper towel, and microwave one cube for 40 seconds. Two cubes would \_\_\_\_\_\_\_\_ the time, but you should stop and stir it half way through.
3. Brown sugar—To measure brown sugar, use a \_\_\_\_\_\_measuring cup and set it inside the brown sugar bag. With your hand outside the bag so it doesn’t have to get sticky, \_\_\_\_\_\_ the cup with brown sugar and level it off with the palm of your hand. Using a spatula would be more exact but might be more messy.
4. White sugar- To measure white sugar, use a dry measuring cup. \_\_\_\_\_\_\_ the cup and use a spatula to \_\_\_\_\_\_\_\_\_\_ off.
5. Eggs—Eggs are counted. Usually one egg means one large egg. Just so you know, one large egg is about \_\_\_\_\_ of a cup. Crack the eggs into a separate small glass bowl in case some \_\_\_\_\_\_\_\_\_ might get into the bowl. If you spill, clean up the raw egg. It might have \_\_\_\_\_\_\_\_\_\_\_\_\_!
6. Peanut butter—Peanut butter is measured the same as \_\_\_\_\_\_\_\_\_\_\_\_\_. Use a dry measuring cup. Use a rubber scraper to pack the cup full. Be sure there are no pockets of \_\_\_\_\_in the cup. Level it off with a spatula. Use the rubber scraper to get the peanut butter out of the cup.
7. To cream—To cream the fats and the sugars together, use the electric beaters. Start on low, then use a medium high speed until creamy. This adds \_\_\_\_\_ to the mixture and allows the \_\_\_\_\_\_\_ to dissolve in the fats.
8. Vanilla—To measure small amounts of liquid, use the measuring spoons. Pour over another container in case you \_\_\_\_\_\_. Have the bowl close by to prevent spilling.
9. Flour— Sometimes dry ingredients are mixed in a separate bowl then added to the creamed mixture. Most flour comes presifted from the store so usually sifting isn’t required. But flour is measured “\_\_\_\_\_\_\_\_”. Generally the correct way to measure flour is to lightly \_\_\_\_\_\_\_ the flour into a dry measuring cup, then level off with a spatula. An easier way that seems to have the same results is to overfill the cup with flour and then gently sprinkle it back into the container. Then scoop up the same flour and level it off with a spatula.
10. Baking Soda and Salt—Small ingredients like baking powder, baking soda, salt and spices are often measured then mixed into the flour. Use the measuring spoons, scoop up the ingredient and lever it off with a straight edge or spatula. Often the \_\_\_\_\_\_\_\_\_\_\_\_ has a straight edge to use.
11. Quick oats—(This recipe calls for 2 c. quick oats.) Scoop up the oats in a dry measuring cup, \_\_\_\_\_\_ on the top lightly to be sure it fills the cup completely, then level off with a spatula. Add to the flour and stir all the ingredients.
12. Add the dry ingredients—The dry ingredients can now be stirred into the creamed mixture. Use a strong \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ and mix until all the dry ingredients disappear. Mix a little longer to make the dough smoother.
13. To grease—Before the invention of spray grease, a pastry brush or piece of paper towel was used to grease a pan with \_\_\_\_\_\_\_\_\_\_\_\_. Now spray grease is used. Hold the pan over the \_\_\_\_\_\_\_ so the floor doesn’t get slippery. Be sure small \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are not nearby because it can be dangerous to breath in the spray. Lightly spray the bottom of the pan. Spread the dough out evenly into the pan. Be sure the corners are full.
14. Baking—Bake for 17-20 minutes. The oven rack should be in the \_\_\_\_\_\_\_ of the oven. Open the oven door \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so it can’t spring back up. Pull out the rack so \_\_\_\_\_\_\_\_\_\_ do not have to go inside the oven. Place the pan in the wide way so that air can get around the pan. The pan should be at least \_\_\_\_\_\_inches from the walls of the oven. Set the time for the \_\_\_\_\_\_\_\_\_\_ amount of time, then check on them and add more time if needed. The edges should look golden brown.
15. Peanut butter frosting—Frosting is made with sugar, \_\_\_\_\_\_\_ and a liquid. This frosting uses ¾ cup peanut butter. Standard cups do not have a ¾ cup, so to measure ¾ c. use a\_\_\_\_\_\_ c. dry measuring cup and \_\_\_\_\_\_\_\_ c. dry measuring cup. This is important to know for the test-- The rule is to use the most efficient measuring tools. This means using the \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ of measurements possible. So using the ¼ c. dry measuring cup three times would not be as efficient.
16. Powdered sugar—Powdered sugar is also measured “\_\_\_\_\_\_\_\_\_\_”. Sometimes it needs to be sifted to get lumps out. Fill the cup, sprinkle it back in, fill the cup and level it off.
17. Milk or liquids—Liquids are measured in a liquid measuring cup. (This recipe calls for ¼ to ½ c. milk.) Place the cup on a \_\_\_\_\_\_ surface. Pour the milk in and look at eye level. There will be two lines at the top of the milk. Use the lower line. The top line is the meniscus where the edge of the milk creeps up the side of the cup. Pour the \_\_\_\_\_\_\_\_\_\_\_\_ amount of needed liquid in and mix with the electric beaters. Add more milk (1 T. at a time) until the frosting is soft enough to be spread easily.
18. When will the peanut butter bars be eaten? \_\_\_\_\_\_\_\_\_\_

To be done by students

Divide in groups of two people for each step. One reads (I have a microphone) and one demonstrates. I have a table (6 students) come up at a time. The do students all wash their hands at the beginning. I take them out of the oven, spread the chocolate and icing that they made, and cut into squares. We test the next day and I give them a square when they finish.

Ashley’s peanut butter bar—student measuring

1. SAY-- Preheat the oven—Preheating makes the heat even and timing more accurate. It usually takes 5 minutes to preheat an oven. 350° is considered a moderate oven temperature. It is often used for cookies and cakes.

DO—Turn oven on to 350°.

1. Say--Margarine—Margarine and butter have lines on the wrappers. There are 8 tablespoons in one cube or stick. (This recipe calls for 1 cup.) 1 cup equals 2 cubes of margarine. To melt margarine in the microwave, use a glass dish, cover with paper towel, and microwave one cube for 40 seconds. Two cubes would double the time, but you should stop and stir it half way through so set the microwave for 40 seconds, stir and set for 40 seconds more.

DO—Unwrap margarine, put in glass bowl cover with paper towel, microwave for 40 sec. stir with spoon, microwave for 30 seconds more and add to large mixing bowl.

1. SAY-Brown sugar—To measure brown sugar, use a dry measuring cup (1 cup for this recipe) and set it inside the brown sugar bag. With your hand outside the bag so it doesn’t have to get sticky, pack the cup with brown sugar and level it off with the palm of your hand. Using a spatula would be more exact but might be more messy.

Do-*follow directions above*

1. SAY--White sugar-To measure white sugar, use a dry measuring cup (1 cup for this recipe). Over fill the cup and use a spatula to level it off.

DO-- *follow directions above*

1. SAY--Eggs—Eggs are counted. Usually one egg means one large egg. Just so you know, one large egg is about ¼ of a cup. (this recipe needs 2 eggs). Crack the eggs into a separate small glass bowl in case some shell might get into the egg. If you spill, clean up the raw egg. It might have Salmonella!

DO—Crack eggs one at a time into small glass bowl. Then pour into large mixing bowl. Put cups into the sink. Wipe up any spills with a cloth.

1. SAY--Peanut butter—Peanut butter is measured the same as shortening. Use a dry measuring cup (1 cup for this recipe). Use a rubber scraper to pack the cup full. Be sure there are no pockets of air in the cup. Level it off with a spatula. Use the rubber scraper to get the peanut butter out of the cup.

DO—*follow directions above and add to large mixing bowl.*

1. SAY--To cream—To cream the fats and the sugars together, use the electric beaters. Start on low, then use a medium high speed until creamy. This adds air to the mixture and allows the sugars to dissolve in the fats.

DO—Make sure the melted butter was added to the bowl. Hold mixer straight up and place into mixture. Turn on slowest speed. After powder is gone, move to a medium high speed until creamy.

1. SAY--Vanilla—This recipe calls for 1 t. vanilla. To measure small amounts of liquid, use the measuring spoons. Pour over another container in case you spill. Have the bowl close by to prevent spilling.

DO—Place small clear bowl next to large mixing bowl. Then measure 1 t. vanilla over the small bowl.

1. SAY--Flour—This recipe calls for two cups of flour. Sometimes dry ingredients are mixed in a separate bowl then added to the creamed mixture. Most flour comes presifted from the store so usually sifting isn’t required. But flour is measured “fluffy”. Generally the correct way to measure flour is to lightly spoon the flour into a dry measuring cup, then level off with a spoon. An easier way that seems to have the same results is to overfill the cup with flour and then gently sprinkle it back into the container. Then scoop up the same flour and level it off with a spatula.

DO—Overfill the 1 cup with flour and then gently sprinkle it back into the container. Then scoop up the same flour and level it off with a spatula. Pour into a clean mixing bowl. Repeat.

1. SAY--Baking Soda and Salt—Small ingredients like baking powder, baking soda, salt and spices are often measured then mixed into the flour. This recipe calls for 1 t. of baking soda and ½ t. salt. Use the measuring spoons, scoop up the ingredient and level it off with a straight edge or spatula. Often the container has a straight edge to use.

DO—Put 1 teaspoon into baking soda box. Over fill spoon and level off with the top of the box. Add to the flour. Scoop ½ teaspoon of salt and level off with a spatula. Add to the flour.

1. SAY--Quick oats—This recipe calls for 2 c. quick oats. Scoop up the oats in a dry measuring cup, press on the top lightly to be sure it fills the cup completely, then level off with a spatula. Add to the flour and stir all the ingredients.

DO-- *follow directions above*

1. SAY—Stir and add the dry ingredients—The dry ingredients can now be stirred together. Then and the dry ingredients to the creamed mixture. Use a strong wooden spoon and mix until all the dry ingredients disappear. Mix a little longer to make the dough smoother.

DO-- *follow directions above*

1. SAY--To grease—Before the invention of spray grease, a pastry brush or piece of paper towel was used to grease a pan with shortening. Now spray grease is used. Hold the pan over the sink so the floor doesn’t get slippery. Be sure small children are not nearby because it can be dangerous to breath in the spray. Lightly spray the bottom of the pan. Spread the dough out evenly into the pan. Be sure the corners are full.

DO—Spray bottom of cookie sheet over the sink. Bring pan back to the demonstration table. Have someone hold the bowl of dough while you pull it out with a wooden spoon. Flatten it out with a rubber scraper or your fingers. Be sure the corners are full.

1. SAY--Baking—Bake for 17- 20 minutes. The oven rack should be in the center of the oven. Open the oven door all the way so it can’t spring back up. Pull out the rack so hands do not have to go inside the oven. Place the pan in the wide way so that air can get around the pan. The pan should be at least two inches from the walls of the oven. Set the time for the lowest amount of time, then check on them and add more time if needed. The edges should look golden brown.

DO--Open the oven door all the way so it can’t spring back up. Pull out the rack so hands do not have to go inside the oven. Place the pan in the wide way so that air can get around the pan. The pan should be at least two inches from the walls of the oven. Close door and set timer for 17 minutes.

1. SAY--Peanut butter frosting—Frosting is made with sugar, fat and a liquid. This frosting uses ¾ cup peanut butter. Standard cups do not have a ¾ cup, so to measure ¾ c. use a ½ c. dry measuring cup and ¼ c. dry measuring cup. This is important to know for the test-- The rule is to use the most efficient measuring tools. This means using the least number of measurements possible. So using the ¼ c. dry measuring cup three times would not be as efficient.

DO—Use a small rubber scraper, measure peanut butter into ½ c. dry measuring cup and then add to med. Sized mixing bowl.

2nd person DO-- Use a small rubber scraper, measure peanut butter into ¼ c. dry measuring cup and then add to med. sized mixing bowl.

1. SAY--Powdered sugar—Powdered sugar is also measured fluffy. Sometimes it needs to be sifted to get lumps out. This recipe calls for 3 c. powdered sugar. Fill the cup, sprinkle it back in, fill the cup and level it off.

DO-- Fill the 1 cup with powdered sugar. Sprinkle it back in, refill the cup and level it off. Do this for 3 cups. Add to the peanut butter.

1. SAY--Milk or liquids—Liquids are measured in a liquid measuring cup. (This recipe calls for ¼ to ½ c. milk.) Place the cup on a flat surface. Pour the milk in and look at eye level. There will be two lines at the top of the milk. Use the lower line. The top line is the meniscus where the edge of the milk creeps up the side of the cup. Pour the smaller amount of needed liquid in and mix with the electric beaters. Add more milk (1 T. at a time) until the frosting is soft enough to be spread easily. Keep the frosting covered so it won’t dry out.

DO—Measure milk to the ½ cup line. Pour a little more than half of the milk into the bowl. Hold mixer straight up and place into mixture. Turn on slowest speed. After powder is gone, move to a medium high speed until creamy. Add more milk when needed.

1. (read only)—When the bars come out, a 12 oz. pkg. of chocolate chips will be sprinkled on top. 12 oz. is about 1 ½ cups. Then they will melt slightly and be spread over the bars. The bars will be cooled and then peanut butter frosting will be spread on top. **The bars will be saved for eating the next day. Sorry.**

**Peanut Butter Bars**

1 c. brown sugar 1 tsp. baking soda

1 c. margarine 1/2 tsp. salt

1 c. sugar 2 c. quick oats

2 eggs 1 tsp. vanilla

1 c. creamy peanut butter 1 (12 oz.) pkg. milk chocolate chips

2 c. flour

1. Preheat oven to 350°.
2. Melt the margarine in the microwave.
3. With an electric mixer, cream together the brown sugar, sugar, eggs, peanut butter and melted margarine until creamy.
4. Add the flour, soda, salt, quick oats and vanilla and mix well.
5. Grease a large cookie sheet and spread the dough out evenly.
6. Bake for 15-17 minutes or until edges look golden brown.
7. Right as the peanut butter bars come out of the oven, sprinkle the chocolate chips evenly across the top. Wait for them to melt and then spread them out covering the peanut butter bars evenly.
8. After the bars are completely cooled and the chocolate is dry to the touch, frost evenly with the peanut butter frosting.

**Peanut Butter Frosting**

 3/4 c. creamy peanut butter

 2-3 c. powdered sugar

 1/4 c. – 1/2 c. milk

1. With a spoon, mix the peanut butter, powdered sugar and a small amount milk in a large bowl. Continue to mix in milk, small amounts at a time, until the frosting reaches a creamy consistency.
2. If it is too thick, add a little more milk. If it is too thin, add a little bit more powdered sugar.