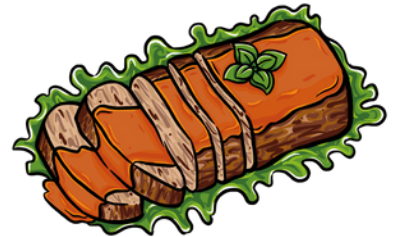




Cooking Ground Beef

What is Ground Beef?

- Ground beef is 100% beef that is ground up and packaged. It is a great source of protein, vitamin B12, iron and zinc.
- Ground beef can be added to many recipes. Popular dishes include tacos, spaghetti and meat loaf. Ground beef can also be formed into patties to make burgers. A 1-pound package of ground beef makes four hamburger patties.



How to Store

- Store ground beef in the freezer until you are ready to use it. For best taste, use by the “best if used by” date on the package.

How to Thaw

- To thaw ground beef, place it on a plate on the lowest shelf in a refrigerator. The plate will catch the juices that may release during thawing.
- Ground beef takes about 24 hours to thaw in the refrigerator. Once thawed, use within one day.
- Never leave frozen ground beef on the counter to thaw. Even when cooked, beef that has been thawed at room temperature can make you sick.

Cooking Safely

- When cooking burgers, make sure the inside of the patty is cooked to 160°F. Use a food thermometer to measure the temperature of the patty.
- For dishes that contain ground beef, cook the beef before mixing with other ingredients.



How to Store Cooked Ground Beef

- Leftovers made with ground beef should be placed in a refrigerator immediately to prevent spoiling. Use within 3 days.
- Reheat foods with ground beef until they are steaming hot, or have an internal temperature of 165°F.

Source:

Anding, Jenna. (2008). Texas A&M AgriLife Extension. Cooking with Ground Beef. Retrieved from [https:// agrilifeextension.tamu.edu/library/health-nutrition/cooking-with-ground-beef/](https://agrilifeextension.tamu.edu/library/health-nutrition/cooking-with-ground-beef/)



Cooking Techniques

A recipe indicates exactly how to mix the ingredients. You need to know the difference between the terms beat, cream, stir, and fold as they do not produce the same results.

Beating: To make a mixture very smooth

Cream: To work until soft and creamy

Stirring: To combine ingredients until evenly distributed

Fold: To mix a light, airy food with a heavier one



How to fold

Use a rubber spatula and gentle motions when folding. Never use an electric mixer to fold. It is important to keep the mixture light and airy.

- Pour or spoon the lighter mixture on top of the heavier one.
- Cut down through the center of the food to the bottom of the bowl.
 - Slide the spatula across the bottom and up the side of the bowl, bringing some of the heavier food to the top.
- As the spatula reaches the top, turn it back toward the center of the bowl.
- Turn the bowl a quarter turn.
- Cut through the center again, fold, turn the bowl and repeat until mixed.

Wash your hands!

- Wash your hands before you handle food.
- Start with warm running water and soap.
- Lather up all parts of your hands, including the back of the hands, wrists, around the nails, and between fingers.
- Rub hands together for 20 seconds, about the time it takes to sing “Happy Birthday!” two times.
- Rinse well under water and pat dry with a towel.
- Use the towel to turn off the faucet.



Source:

Purdue University Extension. (2015). 4-H Fantastic Foods. Cooking Techniques. Retrieved from <https://www.four-h.purdue.edu/foods/Cooking%20techniques.htm>



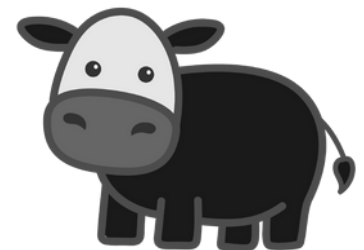
Cattle

Theme Overview: Beef is Wyoming's largest ag commodity. Wyoming is the nation's tenth-largest beef-producing state with 1.3 million beef cattle and \$2 billion in gross income. Beef is a great source of protein and important nutrients including iron, zinc, riboflavin, and magnesium. Cattle provide us with more than just meat. We use cattle by-products daily, even if we don't realize it. Approximately 98% of the animal is utilized, with around 60% used to create non-food-related products. We create cattle by-products using the hide, hooves, horns, hair, fat, blood, bones, internal organs, and manure. Cowhides are used to make furniture, clothing, accessories, medicine, footballs, candy, gelatin and more. Cattle by-products can be found in many household goods, travel-related products, and pharmaceuticals.

Food allergies: Recipes can be modified to accommodate food allergies and preferences. The recipes included in Food, Fun, 4-H are intended to introduce new recipes and food combinations to participants.

Recommended Cooking Order:

1. Lucky Lime Pie 2. Country Cornbread 3. Easy Cheesy Enchilada Rice 4. Beef Confetti Taco Salad



Reporting: To receive the April Food, Fun & 4-H mailing of utensils, 4-H members must submit their answers and pictures at <https://forms.gle/o7TFqtjhMbRgnzY2A> by March 25th. The form requires an answer to the following statements about this month's theme, activities and recipes:

- "I like...."
- "I wish...."
- "I wonder...."

And requires you to upload

- 1 photo preparing one of the dishes
- 1 photo of family meal


When uploading the photos, choose to upload the smallest file size possible.

Dinner Conversation Topics:

- If you could live in another state, which one would it be and why? What are three words you would use to describe yourself?
- What was your favorite part of today?

Family Challenge:

- Have a jump-rope competition
- Visit a museum or explore a nearby town (Some museums are showing virtual tours!)
- No phones during dinner
- Try at least one bite of everything



Fair Entry Idea: Once you have learned about etiquette and table setting, make an educational poster illustrating a place setting for a specific occasion or menu. You can create an educational display based on a breakfast buffet theme, including a menu, buffet layout, decorations, invitations and any additional information. Think about what breakfast breads and spreads would be good at a continental breakfast. Also, some county fairs have a table setting contest. Check out your county fair book to see if yours has one.

Let's Learn About Cattle!

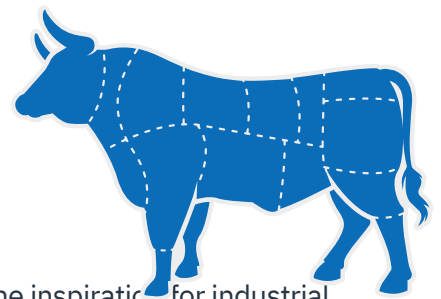
Number of Cattle: In 2019, approximately 1.32 million head of cattle were recorded in Wyoming. This large number includes bulls, cows, heifers and steers. Goshen County tops the list with 115,000 head of cattle, followed by Carbon, Laramie, Fremont and Campbell for the top 5 counties.

As of January 2022 there were 91.9 million head of cattle in the United States; this number includes dairy cattle as well as beef cattle.

About Cattle: A bull is a male, a steer is a neutered male, a heifer is a young female, and a cow is an older female who has given birth. Cattle are social animals. They gather for meals and eat for nearly 6 hours a day. If you think that is a lot, they spend 8 more hours chewing that same food, also known as cud. Their tongue feels similar to sandpaper, which helps them grasp hay with ease. Cattle are a ruminant animal, which means they have four compartments within their stomach. These different compartments allow the animal to easily digest grass and hay.

Raising Cattle: Some cattle are better at producing milk and others are better for providing meat. When raising cattle for meat, it is typical to have one bull for every 25 cows. Each year a group of calves, called yearlings or calf crops, are born during the same season. These calves weigh around 70-100 pounds at birth and are weaned around 7 months or 500 pounds. After being weaned, these cattle are fed for almost a year and later sold for meat.

Cuts of Beef: Cattle have eight primal cuts of meat: Chuck, Rib, Loin, Round Flank, Short Plate, Brisket and Shank. Not all cuts are the same. More expensive cuts come from the center section of the animal. Meat gets more tender the further away it is from the hoof and head area. The most popular portion cuts include Ribeye, Filet Mignon, and New York Strip. The most valued beef in the world is Kobe Beef. These Wagyu cattle from Kobe, Japan are massaged daily to make the beef tender, flavorful and beautifully marbled.



Random Beef Fact: The Chicago stockyards are widely credited with providing the inspiration for industrial assembly lines. The slaughter process was known as a "disassembly line." It is said that Henry Ford observed it and reversed the process to put cars together, instead of taking cows apart.

