

4-H Dairy Foods Contest Recipes

November 15, 2007

Tres Leches - Alexandra Ellis

Have all ingredients at room temperature, about 70°.

Preheat the oven to 350° (325° if the baking pan is glass).

Grease a 9 inch square pan or an 11x7 inch baking pan.

Stir Together:

1 cup all-purpose flour

1 teaspoon baking powder

Beat in a large bowl on medium speed until soft peaks form:

3 large egg whites

1/8 teaspoon cream of tartar

Gradually add, beating on high speed:

1 cup sugar

Beat in one at a time:

1 large egg yolk

Add 1/4 of the flour mixture at a time, beating on low speed or stirring with a rubber spatula just until incorporated, and scraping the sides of the bowl as necessary.

Add and beat just until the mixture is smooth and evenly mixed:

1/4 cup milk

Scrap the batter into the pan and spread evenly. Bake until the top springs back when lightly pressed and toothpick inserted into the center comes out clean, 25 to 30 minutes. Let cool in the pan on a rack for 10 minutes.

Meanwhile combine:

1/2 cup heavy cream

3/4 cup evaporated milk

3/4 cup plus 2 tablespoons sweetened condensed milk

Leaving the cake in the pan, prick it with a toothpick at 1 inch intervals. Pour the milk mixture onto cake and allow to seep in. Let cool in refrigerator for at least 1 hour, or overnight, before serving. Makes 9 servings.

Use within 24 hours. Enjoy!

Karlee's Favorite Chowder—Karlee Baugh

1—32 ounce bag frozen, cubed hashbrowns

1/2 cup chopped, dried, minced onion

3—14 ounce cans chicken broth

2 teaspoons chili powder

1 teaspoon cumin

1 teaspoon ground black pepper

1 teaspoon onion salt

1—10.5 ounce can Cream of Chicken soup, undiluted

1—10.5 ounce can Cream of Celery soup, undiluted

3 cups Half and Half

2 cups frozen corn niblets

2 cups cooked ham cubes

2 cups grated cheddar cheese

In a large soup pan, pour hashbrowns, onions, chicken broth, seasonings, and canned soups. Bring to a boil. Cover with lid and lower heat to a simmer. Simmer for 30 minutes.

Stir in half and half, corn, and ham. Heat until soup is warm throughout.

Serve with grated cheese on top of soup, in a bread bowl, or with your other favorite soup toppings, or just with crackers. Makes 12 servings.

Rainbow Jell-O Salad—Kayla Poon

7 packages Jell-O—blackberry, grape, strawberry, orange, peach, lemon, lime

Whip Cream

2 1/3 cup sour cream

Place pan in fridge. Dissolve Jell-O into 1 cup boiling water. Remove 1/2 cup of Jell-O water and set aside. Add 1/3 cup cold water to Jell-O water. Stir and pour into pan. Wait until Jell-O is set then get the Jell-O that was set aside and add 1/3 cup sour cream. Whip until sour cream is completely dissolved. (If Jell-O sets up, microwave for 30 seconds.) Pour over clear layer of Jell-O and put back in fridge to set. Repeat process for each flavor of Jell-O. Top with whipped cream. Makes 12 servings.

Cream Puffs with Grandma's Chocolate

Pudding—Aubree Post

Cream Puff Shells:

1 cup water
1/2 cup butter
Salt

Boil above ingredients. Add all at once 1 cup flour. Stir; remove from heat. Cool slightly. Should look like mashed potatoes.

Beat in 4 eggs, one at a time. Drop by teaspoon on greased cookie sheet.

Bake at 400° for 15 minutes. Turn down oven to 350° and bake an additional 15 minutes. For larger shells use a tablespoon to drop them on greased cookie sheet, and add 10 minutes more to each baking time.

Grandma's Chocolate Pudding:

6 tablespoons starch
2 tablespoons cocoa
1 cup sugar
3 eggs, beaten
4 cups milk
1 tablespoon vanilla

Mix dry ingredients together. Add eggs and milk. Stir together well. Boil until thick. Take off of the heat and add vanilla.

Top with whipped cream. Makes 12 servings.

Cranberry Cheesecake Shake—Natalie Poon

3 ounce package cream cheese, softened
1 cup milk
2 cups vanilla ice cream
1 cup jellied cranberries
1 cup fresh or frozen cranberries

Combine the cream cheese and milk in a blender and mix well. Add the remaining ingredients and blend the mixture until nearly smooth, stopping to scrape down the sides. Serve immediately. Makes 4–6 servings.

Banana Breakfast Smoothie – Mikell Shepherd

1 large banana, cut into chunks and frozen
1 cup fresh or unsweetened pineapple chunks, frozen individually
1 cup strawberries, mashed
½ cup vanilla yogurt
½ cup skim milk

Place all ingredients in a blender container. Blend until smooth. Serve immediately. Makes 4 servings.

Ginger Popover Puff—Lilah Cymbalak

Topping:

1/4 cup brown sugar
2 tablespoons flour
1/2 teaspoon cinnamon
1 cup crushed butter cookies
1/2 cup oats
1/4 cup butter, melted
1/4 cup pecans, chopped

Mix all ingredients together and set aside.

Popover:

3 tablespoons butter, melted
1 cup milk
6 eggs
1 cup flour
1/2 teaspoon salt

Combine and whisk ingredients together. Put 1 tablespoon melted butter in bottom of pan, pour popover mixture into pan. Bake 20 minutes at 450°, reduce to 350° and bake an additional 10 minutes.

Fruit:

1 pint raspberries
1 can peach pie filling
1 tablespoon chopped/shredded gingerroot
1 green apple

Layer the fruit, add topping mixture, and microwave for 15 minutes. Add to puff. Makes 8–12 servings.