

2009 4-H Favorite Foods Contest Recipes

November 19, 2009

Seafood Cocktail

Kathrine Satterthwaite

Serves 8-10

1 lb. cooked crab or imitation crab meat
1 lb. shrimp, cooked
1-2 stalks celery, finely chopped
1-2 carrots, grated
1 head lettuce, shredded

Sauce:

¾ cup bottled chili sauce
2 tablespoons lemon juice
2 tablespoons thinly sliced green onion
1 tablespoon horseradish
2 teaspoons Worcestershire sauce
Several dashes hot pepper sauce

Option A:

1. Mix Sauce ingredients together. Chill until ready to serve.
2. Mix carrot, celery, and crab. Place in cocktail dishes. Top each with shredded lettuce.
3. Hook shrimp around cocktail dishes. Serve with a side of cocktail sauce.

Option B:

1. Mix sauce ingredients together. Chill until ready to serve.
2. Mix carrot, celery, and broken up crab.
3. Put a bed of shredded lettuce on each plate, then a layer of crab mixture, top with cocktail sauce and place shrimp around edges.

Won Tons

Ashlun Finlison

8 ounces hamburger
3 green onions, chopped
1 tablespoon cornstarch
1-2 tablespoons soy sauce
Won Ton wrappers
Oil for cooking
Sweet and Sour sauce or mustard for dipping

Won Tons continued...

Mix hamburger, green onions, cornstarch, and soy sauce together in a bowl. Separate Won Ton wrappers. Roll hamburger mixture into very small balls, and then place in center of wrapper. Wet edges of wrapper with wet fingers, fold wrapper into a triangle, and press firmly together. Fry Won Tons in hot oil about 2 inches deep until golden. Lay on paper towels to drain off excess oil. Serve hot with dipping sauce.

Breakfast Pies

Bailey Gehrlein

Serves 10

¾ pound breakfast sausage
⅛ cup minced onion
⅛ cup minced green pepper
1 (12 ounce) can refrigerated biscuit dough
3 eggs, beaten
3 tablespoons milk
½ cup shredded Colby-Monterey Jack cheese

Preheat oven to 400 degrees. In a large, deep skillet over medium-high heat, combine sausage, onion, and green pepper. Cook until sausage is evenly brown. Drain, crumble, and set aside.

Separate the dough into 10 individual biscuits. Flatten each biscuit out, then line the bottom and sides of 10 muffin cups. Evenly distribute sausage mixture between the cups. Mix together the eggs and milk, and divide between the cups. Sprinkle tops with shredded cheese.

Bake in a preheated oven for 18-20 minutes or until filling is set.



Delicious Oat Bran Muffins

Jacob Toone

Makes 10-12 muffins

1 ½ cups whole wheat flour
½ cup brown sugar
1 teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon baking soda
⅓ cup banana (1 medium), mashed
½ cup yogurt, plain
2 egg whites or 1 whole egg
2 tablespoons cooking oil
½ teaspoon vanilla
½ cup carrot, shredded
½ cup dates, chopped
½ cup walnuts, chopped

Preheat oven to 400 degrees. Lightly grease or line muffin tin with paper cups. Mix together dry ingredients. Mix wet ingredients in a separate bowl. Combine the two mixtures and stir until moistened. Fold in carrots, dates, and walnuts. Fill each cup 2/3 full. Bake for 18-20 minutes.

Costa Vida Pork Meal

Larissa Poll

4-6 lbs. pork roast or country style pork ribs
5 small cans tomatoes
4 teaspoons cumin
Pepper to taste
1 ½ cups brown sugar
1 teaspoon minced garlic
2 tablespoons molasses
½ teaspoon salt
2 cans Dr. Pepper

Mix ingredients above and place in slow cooker till meat is tender. Usually best to cook overnight or at least 10 hours on low. Remove meat, shred, and put back in juice (take out some of the juice at this point if it looks like it will be too much).

Lime Rice

2 tablespoons butter
4 cups rice (not minute rice)
Pepper to taste
6 cans chicken broth
¾ teaspoon salt

Costa Vida Pork Meal continued...

½ bunch of chopped cilantro
Juice and zest of three limes

Mix all ingredients together and bring to a boil. Reduce heat, cover and cook 20 minutes or until liquid is gone.

Creamy Cilantro Dressing

1 buttermilk ranch dressing packet (make as per recipe)
4 tablespoons green salsa (La Victoria)
½ bunch chopped cilantro
1 teaspoon minced garlic
Juice of 1 lime

Blend in mixer.

To serve: Tortilla shell (I like the ones you buy from Costco and cook on a skillet), rice, black beans from a can, sweet pork, grated cheese, lettuce, salsa, sour cream, cilantro dressing, tortilla strips (I buy them from Costa Vida or Café Rio).

Cheeseburger Pie

Shawnee Morby

Serves 6-8

1 lb. ground beef
½ cup chopped onion
½ teaspoon salt
¼ teaspoon pepper
1 ½ cups milk
1 cup shredded cheddar cheese
¾ cup Bisquick baking mix

Heat oven to 400 degrees. Grease pie plate. Brown ground beef and onion in a skillet; drain. Stir in salt and pepper; spread in pie plate. Cover ground beef with shredded cheese. Beat Bisquick, milk, and eggs with wire whisk until smooth, about 1 minute. Pour mixture over cheese in pie plate. Bake 30 minutes. Cool 5 minutes. Optional: garnish with lettuce, tomatoes, and pickles.



BBQ Chicken Pizza

Justin Baugh

Serves 4-6

1 – 12 inch prebaked pizza crust (such as Boboli)
½ to 1 cup prepared alfredo sauce
1 cup shredded cooked chicken
½ cup BBQ sauce
½ cup bacon, cooked and crumbled
1 cup mozzarella cheese, shredded
1 cup colby jack cheese, shredded
¼ cup parmesan cheese, grated

Mix chicken with BBQ sauce and set aside. Spread desired amount of alfredo sauce on pizza crust. Top with chicken, bacon, and cheeses. Broil in oven about 6 inches away from heating element until cheese is golden and melted; about 6 minutes.

Porcupine Meatballs

Connor Hadlock

Serves 4-6

1 lb. lean ground beef
1 ¼ cups uncooked white rice
1 teaspoon dried onion
1 teaspoon seasoned salt
1 teaspoon Italian seasoning
1 - 14 ounce can of diced tomatoes with juice
1 – 10.5 ounce can of beef broth

Preheat oven to 350 degrees. Put the ground beef in a mixing bowl. Measure ½ cup of the rice and put it in with the meat. Add the dried onion, seasoned salt, and Italian seasoning. Mix it all together with clean hands. Roll it into 8 or 9 golf ball size meatballs. Put the rest of the rice in the bottom of the baking dish. Pour in the tomatoes and the beef broth and stir with spoon. Put the meatballs on top. Cover the dish lightly with foil. Bake for about 1 hour.

Three Bean Casserole

Kacie Kamigaki

1 lb. ground beef
1 onion
1 tablespoon vinegar
¾ cup brown sugar

Three Bean Casserole continued...

¾ cup ketchup
1 teaspoon dry mustard
1 pint can lima beans
1 pint can kidney beans
1 pint can pork and beans
Salt and pepper to taste

Brown ground beef and onion. Drain. Add remaining ingredients and simmer till hot. You can also cook browned ground beef and onion in a crock pot with other ingredients and cook on low for 4-5 hours.

Meatball Subs

Lauren Pearce and Aslin Wilson

1 lb. ground beef (also works with pork, elk, venison, or turkey)
1 teaspoon minced garlic
½ small onion, diced (optional)
1 egg
½ cup Italian bread crumbs
½ cup Kraft parmesan cheese
Salt and pepper to taste
1 jar of your favorite marinara sauce
Shredded cheese to top the sandwiches
Hoagie buns, buttered and toasted in a pan

Mix the top seven ingredients together using your hands to make sure it is well mixed. Roll the meat mixture into 1 – 1 ½ inch meatballs (keep in mind the meat will shrink a little, but smaller meatballs means less cooking time).

Preheat your oven safe pan on the stovetop with 2 tablespoons of oil or enough to cover the bottom of the pan. Sear the meatballs on medium heat for about 5-7 minutes. Roll them often until they are all browned on the outside. Add enough sauce (about 1 cup) to cover the bottom of the pan and continue to cook them for about 5 more minutes covered. Uncover them and put them in a 400 degree oven for 10-15 minutes (depending on the size of your meat balls). Leaving them uncovered will thicken the sauce and harden the outside of the meatballs slightly. Serve them on the toasted bun topped with cheese.

Other optional toppings: cheese (any variety), onions, pepper rings, pickles, mayo, mustard.

Triple Chocolate Brownies

Elaine Finlinson

3 squares (1 ounce each) unsweetened chocolate, coarsely chopped
2 squares (1 ounce each) semisweet chocolate, coarsely chopped
½ cup butter
1 cup all-purpose flour
½ teaspoon salt
¼ teaspoon baking powder
1 ½ cups sugar
3 eggs
1 teaspoon vanilla
¼ cup sour cream
½ cup milk chocolate chips
Powdered sugar (optional)

Preheat oven to 350 degrees. Lightly grease a 13x9 inch baking pan. Place unsweetened chocolate, semisweet chocolate, and butter in medium microwavable bowl. Microwave at HIGH 2 minutes or until butter is melted; stir until chocolate is completely melted. Cool to room temperature.

Combine flour, salt, and baking powder in small bowl. Beat sugar, eggs, and vanilla in large bowl with electric mixer at medium speed until slightly thickened. Beat in chocolate mixture until well combined. Add flour mixture; beat at low speed until blended. Add sour cream; beat at low speed until combined. Stir in chocolate chips. Spread mixture evenly into prepared pan.

Bake 20-25 minutes or until toothpick inserted into center comes out almost clean. Do not over bake. Cool brownies completely in pan on wire rack. Cut into 2-inch squares. Place powdered sugar in fine-mesh strainer and sprinkle on brownies, if desired.

Soft Sugar Cookies

Kylie Felter

1 cup shortening or margarine
½ cup brown sugar
2 eggs
1 cup sour cream
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
4 ½ cups flour
½ teaspoon vanilla

Soft Sugar Cookies continued....

Mix all ingredients together. Add enough extra flour until not sticky. Roll out and cut with cookie cutters. Bake at 375 degrees for 10 minutes or until slightly brown on the bottom; cool and frost with:

Vanilla Butter Frosting

⅓ cup soft butter
3 cups powdered sugar
1 ½ teaspoons vanilla
About 2 tablespoons milk

Blend butter and sugar. Stir in vanilla and milk; beat until frosting is smooth and of spreading consistency. Spread frosting on cookies and decorate as desired.

Candy-Sugar Crème Tart

Karlee Baugh

Makes 12 servings

¾ cup finely crushed shortbread cookies (about 12 cookies)
¼ cup finely crushed graham cracker crumbs
1 tablespoon butter, melted
1 – 8 ounce package cream cheese, softened
3 tablespoons butter, softened
½ cup half-and-half or light cream
3 eggs
¼ cup sugar
1 teaspoon vanilla
3 – 1.4 ounce chocolate covered toffee bars, coarsely chopped
1 – 1.55 ounce white chocolate bar with crunchy chocolate cookie bits, coarsely chopped
15 malted milk balls (⅓ cup), coarsely chopped.

Preheat oven to 350 degrees. For crust, combine cookies, graham crackers, and melted butter; stir to combine (mixture may be crumbly). Press crumb mixture onto bottom and up sides of a 9x1 inch tart pan with removable bottom. Bake 10 minutes or until lightly browned. Set aside to cool slightly. For filling, in a blender container or food processor bowl combine cream cheese, 3 tablespoons butter, half-and-half, eggs, sugar, and vanilla. Cover and blend or process until smooth. In a mixing bowl stir together chopped candy. Stir in cream cheese mixture. Pour filling into crust-lined pan. Place in shallow baking pan to catch any drips. Bake for 30 minutes or until center appears nearly set when shaken. Cook on wire rack for 1 hour. Cover and chill at least 4 hours before serving.

Haystacks

Tiffanie Ingram

2 cups sugar
½ cup shortening
½ teaspoon salt
½ cup milk
3 tablespoons cocoa

Mix together in 3 quart sauce pan. Bring to boil, remove from heat. Add 3 cups quick oatmeal, 1 teaspoon vanilla, and 1 cup coconut. Mix well and drop by spoonful onto waxed paper or tin foil. Let cool until set.

Mutant Macaroons

Aurora Quinn

3 cups shredded coconut
1 teaspoon almond extract
⅛ teaspoon salt
2 ⅓ cups sweetened condensed milk
3 eggs, beaten
¼ teaspoon baking powder

Pour into an 11x15 well greased baking sheet. Bake for 17 minutes or until golden on top. Cut into squares to serve.

Grandma Brown's Cheesecake

Elizabeth Poll

1 graham cracker crust
1 large package of cream cheese, softened
1 can sweetened condensed milk
⅓ cup lemon juice
1 teaspoon vanilla

Blend together until creamy. Put into the crust. Chill for 2-3 hours. Serve with raspberry jam.

Pumpkin Bread

Andrea Ellis

2 ⅔ cups sugar
⅔ cup shortening
1 – 16 ounce can pumpkin
⅔ cup water
4 eggs
3 ⅓ cups flour
2 teaspoons baking soda
1 ½ teaspoons salt
1 teaspoon cinnamon
1 teaspoon ground cloves
½ teaspoon baking powder

Heat oven to 350 degrees. Grease bottoms of two loaf pans. Mix sugar and shortening. Stir in pumpkin, water, and eggs. Mix in flour, baking soda, salt, cinnamon, cloves, and baking powder. Pour into pans. Bake 70 minutes or until toothpick comes out clean. Cool 5 minutes in pans. Loosen sides of loaves from pan and remove from pans. Cool completely.

