

2010 4-H Favorite Foods Contest Recipes

November 18, 2010

7 Layer Dip

Braylee Sorensen

- 1 large can of refried beans
- 2 or 3 avocados
- 2 teaspoons lemon juice
- 1 cup salsa
- 1 ½ pints sour cream

Toppings:

½ to 1 cup shredded cheddar cheese, chopped olives, sliced green onions, diced tomatoes

On a 9x13 pan spread refried beans evenly. Spread sour cream on bean layer. Mash avocados in a small mixing bowl with lemon juice. Spread on sour cream layer.

Sprinkle with toppings as desired. Serve with corn chips. **Serves 12**

Chinese Fried Rice

Tiffanie Ingram

- 2 cups cooked white rice
- ¼ cup oil
- ½ cup chopped carrots
- 1 zucchini, sliced
- ½ cup frozen peas
- 2 eggs, beaten
- ¼ cup soy sauce

Cook the rice according to package directions. Set aside. Heat oil in a large skillet; add the carrots, zucchini, and peas. Cook until the vegetables are tender, about 5 minutes. Remove the skillet from heat and put the vegetable mixture into a large bowl. Add the beaten eggs to the skillet. Cook the eggs until they are scrambled. Combine the egg mixture and the mixed vegetables. Put the cooked rice into the skillet and stir. Add the soy sauce to the rice, and then add the vegetable and egg mixture back into the skillet. Stir with the spatula until everything is heated through.

Serves 4-6

Asian Spring Rolls with Spicy Peanut Sauce

Sarah Arave

- Rice wrappers
- Shrimp, sautéed and butter flied
- Grated carrots
- Fresh lettuce
- Bean sprouts

Soak rice wrappers in water for about 5 seconds, add ingredients, wrap tightly, and enjoy!

Spicy Peanut Sauce

- 1 ½ tablespoons dark sesame oil
- 2 tablespoons soy sauce
- ¼ cup water
- 2 teaspoons rice wine vinegar
- 2 teaspoons honey
- 1 teaspoon garlic
- 2 teaspoons fresh ginger root
- ¼ teaspoon red pepper flakes
- Dash of kosher salt

Mix until even.

Chicken Puffs

Justin Baugh

- 4 cups cubed cooked chicken
- 1 – 8 ounce package cream cheese, softened
- 2 tablespoons dry ranch dressing powder mix
- 2 cans refrigerated crescent rolls

Mix together chicken, cream cheese and ranch dressing mix. Unroll crescent rolls from package and use a rolling pin to flatten and enlarge triangle pieces on a floured surface. Place a heaping tablespoon of chicken filling in the middle of each roll. Fold dough over filling and place on a greased cookie sheet. Repeat with remaining rolls. Bake at 350° for 20-25 minutes or until golden brown. Serve with chicken gravy if desired.

Makes 16 puffs

Okonomiyaki (Japanese Pizza)

Ellie Arave

- 1 cup Komukego (Japanese flour)
- 1 egg
- 1 handful of chopped or shredded cabbage
- ½ cup water
- 1 ½ cups shrimp (crab or squid)

Cut shrimp into small pieces. Mix all ingredients together in a bowl. Fry like a pancake. Top with seaweed, fish flakes Kagome sauce, and Japanese mayonnaise.

Chicken Salad with Ranch

Karlee Baugh

- 3 cups chopped, cooked chicken
- ½ cup cooked, chopped, bacon pieces
- 1 cup celery, chopped
- 1 cup frozen petite peas
- ½ cup diced, or shredded cheddar cheese
- ½ cup crushed, drained pineapple
- 1 – 8 ounce package cream cheese, softened
- ½ cup ranch salad dressing

Mix together cream cheese and ranch until smooth and creamy. Pour over all remaining ingredients. Fold gently to mix. Serve over lettuce greens, crackers, or on bread. **Makes 6 cups**

Hot Italian Wedding Soup

Sydney Klein

- 1 ½ pounds ground Hot Italian Sausage (or mild)
- 1 large onion, chopped
- 2 bushels of fresh spinach
- 8 cups chicken broth
- 8 ounce Acini Di Pepe Pasta

Bring liquid to a boil and add Acini Di Pepe – boil approximately 8 minutes. Meanwhile brown sausage and then set aside. In same sauce pan sauté onion until tender, add spinach, cover and cook down; may need to add a little water. Add sausage, onion and spinach to liquid. Simmer for about 10 minutes. **Serves 4**

Chicken Noodle Soup

Mikell Shepherd

- 2 cans (14 ½ ounces each) chicken broth
- 3 cups water
- 1 ¾ cups sliced carrots
- 2 celery ribs, sliced
- 1 package (12 ounces) frozen egg noodles
- 3 cups chopped, cooked chicken
- 1 package frozen peas (10 ounces)
- 2 envelopes chicken gravy mix
- ½ cup cold water

In a large sauce pan, bring the broth, water, carrots, and celery to a boil. Reduce heat; cover and simmer for 4-6 minutes or until vegetables are crisp tender. Add the noodles. Simmer, uncovered for 20 minutes or until noodles are tender. Stir in the chicken and peas. Combine gravy mixes and cold water until smooth; stir into soup. Bring to a boil; cook and stir for 2 minutes or until thickened. **Serves 12**

Zucchini Bread/Muffins

Josie Klein

- 1 cup vegetable oil
- 2 cups sugar
- 3 eggs
- 2 cups shredded zucchini
- 3 cups white or wheat four (or use half white/half wheat)
- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon salt

Heat oven to 325°. Blend oil and sugar; add eggs and zucchini. Mix dry ingredients and add to above mixture.

For Bread: Pour into two greased loaf pans (flour pans if no non-stick coating). Bake 1 hour.

For Muffins: Use baking cups and fill them ¾ full. Bake 20-25 minutes. Makes 24 medium muffins

Banana Bread

Lauren Pearce

1 cup sugar
1/3 cup margarine or butter, softened
2 eggs
1 1/2 cups mashed bananas (3-4)
1/3 cup water
1 2/3 cups all purpose flour
1/2 teaspoon salt
1/4 teaspoon baking powder
1/2 cup nuts (optional)

Heat oven to 350°; grease bottom only of loaf pan. Mix sugar and margarine in bowl. Stir in eggs until blended. Add mashed bananas and water; beat for 30 seconds. Stir in remaining ingredients until moistened. Pour into loaf pan if you want 1 large loaf or 2 half full loaf pans for smaller loaves. Bake 1 loaf for 55-60 minutes. Bake 2 loaves 35-40 minutes or until toothpick comes out clean. Let cool before slicing.

Authentic Churros

Mariah Arave

Vegetable oil
2 cups water
1 cup butter
2 cups flour
6 eggs
1/2 cup sugar
1 teaspoon cinnamon

To make the dough, heat the water, butter, and salt in a medium sized cooking pot. Stir constantly until it reaches a doughy texture. Remove from heat, add the flour and stir vigorously. Mix the eggs in a separate bowl, but only until smooth; don't whip them, add to the dough and mix thoroughly. Cover the bottom of a frying pan with about 1 inch of vegetable oil, heat to 360°. While it heats, combine the sugar and cinnamon in a pie tin. Put the dough in a decorating tube with a large star tip. Squeeze about 6 inch long strips of dough into the batter and fry until golden brown. When they are finished cooking, put the churros on a paper towel to soak up the excess oil. Then roll them in the cinnamon and sugar mixture.

Corn Flake Yummy Bars

Mary Porter

Cream together:
1/2 cup butter, almost melted
1/2 cup brown sugar
1 egg
Add cake mix and cornflakes (be gentle on cornflakes) to creamed mixture:
1 yellow cake mix
1 cup crushed cornflakes
1 1/2 - 2 cups jam

Grease a 9x13 pan; heat oven to 350°. Press 1 1/2 cups (about half) cake mix into pan. Spread jam. Crumble and lightly press remaining mix on top. Bake for 30 minutes. **Serves 24-32**

Peanut Butter Pudding Dessert

Anna Shepherd

1 cup all purpose flour
1/2 cup cold butter, cubed
1 1/2 cups chopped cashews, divided
1 package 8 ounce cream cheese, softened
1/3 creamy peanut butter
1 cup confectioner sugar
1 carton 12 ounce frozen whipped topping, thawed and divided
2 2/3 cups cold milk
1 package 3.4 ounce instant vanilla pudding mix
1 milk chocolate bar (1.55 ounce), coarsely chopped

Place flour and butter in food processor; cover and process until mixture resembles coarse crumbs. Add 1 cup cashews; pulse a few times until combined. Press into a greased 9x13 baking dish. Bake at 350° for 25-28 minutes or until golden brown. Cool completely on a wire rack. In a small bowl, beat the cream cheese, peanut butter and confectioner sugar until smooth. Fold in 1 cup whipped topping; spoon over crust. In another bowl, whisk the milk and pudding mix for two minutes. Let stand for two minutes or until soft set. Spread over cream cheese layer. Top with remaining whipped topping. Sprinkle with chopped candy bar and remaining cashews. Cover and refrigerate at least one hour before serving. **Serves 24-36**

Lemon Cake Trifle

Aurora Quinn

1 lemon cake mix
3 ounces dry lemon Jell-O
 $\frac{3}{4}$ cup cooking oil
4 eggs
 $\frac{3}{4}$ cup water

Filling:

12 ounce cool whip
1 – 8 ounce cream cheese, softened
 $\frac{1}{4}$ teaspoon lemon extract

Topping glaze for cake:

1 $\frac{1}{2}$ cups powdered sugar
 $\frac{1}{2}$ cup lemon juice

Mix cake mix with lemon Jell-O, oil, eggs, and water. Beat for 4 minutes on low. Pour into a 9x13 greased and floured pans. Bake as directed on cake mix box. Mix together powdered sugar and lemon juice. When cake comes out of oven and while still warm, stab with fork and drizzle glaze over cake. Let cool. Mix together cream cheese, cool whip, and lemon extract until smooth. Cut cake into cubes, layer cubes and whip cream mixture in trifle bowl, repeat layers. Garnish with lemon slices, if desired. **Serves 12-16**