

2016
4-H FAVORITE FOODS SHOW
Midway Extension District



K-State Research and Extension is an equal opportunity provider and employer.
K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Nicolette Unruh at 785-483-3157 or nunruh@ksu.edu.

January 24, 2016
2:00PM
Russell County 4-H Building

THANKS!!!

The Midway District
4-H Program would like
to thank the following for
their support of the
2016 Favorite Foods Show:

Judges: Anika Eye &
Carla Frederking
The Favorite Foods Committee
Midway District Ambassadors
UMB Bank

*Thank
you*



AFTER SCHOOL SNACK



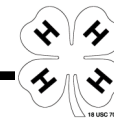
ORANGE FROTHY

By Zach Rose - Wolf Creek Valley

Ingredients:

- ½ cup milk
- ¼ cup sugar
- ½ tsp vanilla
- 1 cup orange juice
- 12 ice cubes

- Blend all ingredients well in blender.
- Serves 4.



AFTER SCHOOL SNACK

ANTS ON A LOG

By Mikhail Meier - Trying Tommies

Ingredients:

Stalks of celery
Jar of favorite peanut butter
Box of your favorite raisins

- Take a stalk of celery and cut into 3 pieces.
- Spread 1½ Tbsp of peanut butter.
- Place 6 raisins on top.
- Enjoy!



APPETIZER

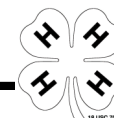
BUFFALO CHICKEN WINGS

By Kaine Rush - Ash Creek Cloverbud

Ingredients:

2½ lbs chicken wing pieces
¼ cup olive oil
Seasoning salt to taste
½ cup melted butter
1/3 cup Frank's Red Hot Buffalo Wing Sauce

- Preheat oven at 450°
- Brush each wing with olive oil on both sides.
- Sprinkle with seasoning salt.
- Bake wings for 45 minutes or until crispy, turning them one time.
- Melt butter.
- Mix melted butter with Frank's Red Hot Buffalo Wing Sauce.
- When wings are done, toss wings in sauce to coat.
- Serve!!!



APPETIZER

DRIED BEEF DIP

By Lily Pendergrass - Fossil Creek

Ingredients:

- 1 8oz package of cream cheese
- 4 oz dried beef, chopped
- 5-6 green onions, chopped
- ½ tsp garlic powder
- ¼ tsp pepper

- In a medium size bowl, combine cream cheese, dried beef, green onions, garlic powder, and pepper.
- Once all mixed together, form into a ball.
- Cover and refrigerate for 2 hours before serving.



DESSERT



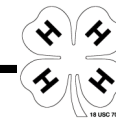
SMORES PIE

By Rhiannon Cummin - Fossil Creek

Ingredients:

- | | |
|---|-----------------------------|
| 1 stick softened butter | ½ cup white sugar |
| 1 whole egg | 1 tsp vanilla |
| 1 cup flour | 1 cup graham cracker crumbs |
| 1 tsp baking powder | 7oz marshmallow crème |
| 1 cup mini marshmallows | ¼ cup chocolate chips |
| 8 whole 1.55oz Hershey's chocolate bars | |

- Preheat oven to 350° and spray a 9" pie pan with baking spray, set aside.
- In a large bowl, beat the butter and sugar until creamy and smooth. Add the egg and vanilla, mix until combined. Add the flour and pour in the graham cracker crumbs. Add the baking powder and mix until combined.
- Divide the dough and press half into the pan.
- Evenly spread the marshmallow crème over the dough. Place the chocolate squares and mini marshmallows on top.
- Carefully pat the remaining dough on top. (The marshmallows will stick through.)
- Sprinkle on the chocolate chips.
- Bake for 20 minutes or until lightly browned.
- Cool completely and slice.



DESSERT

MAPLE DONUTS

By Teagen Pfeifer - Fossil Creek

Ingredients:

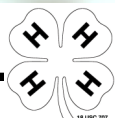
¾ cup flour	½ cup sugar
2 Tbsp potato flour	¼ tsp baking powder
¼ tsp salt	1 egg
6 Tbsp water	3 Tbsp vegetable oil
¼ tsp maple flavor	

- Preheat the oven to 375°
- Grease a standard-sized doughnut pan.
- Whisk together the flour, sugar, potato flour, baking powder, and salt.
- In a separate bowl, beat the egg, water, oil, and maple flavor until frothy. Add the dry ingredients to the egg mixture, stirring until well combined.
- Fill each doughnut form about half full; a piping bag works well here.
- Bake the doughnuts for 12-14 minutes, until they spring back when lightly touched and are golden brown on the edges.
- Remove the doughnuts from the oven and allow to cool for a few minutes in the pan before transferring them to a rack to cool completely.
- While the doughnuts cool, make the glaze.

Glaze:

¼ cup butter	½ cup brown sugar
3 Tbsp milk	1 Tbsp corn syrup
2 tsp maple extract	2 cups powdered sugar

- In a small saucepan, combine butter and brown sugar. Whisk in milk and heat for about 5 minutes on medium heat, stirring often, until butter is melted and sugar is dissolved.
- Remove from heat and add in corn syrup and maple extract. Add in powdered sugar ½ cup at a time, whisking until smooth between additions. Add 1-2 tsp more milk if necessary. Glaze will begin to harden if you leave it sitting-which is what you want! Once all powdered sugar is added, keep the maple glaze warm on the stove, whisking occasionally.



SIDE DISH



FAMOUS CUCUMBERS

By Emily Cole - Fossil Creek

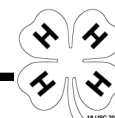
Ingredients:

- 4 cups peeled and sliced cucumbers
- ¼ cup diced onion
- ¾ cup heavy whipping cream
- ½ tsp salt or to taste
- ¼ tsp pepper or to taste

Optional:

- 1/8 tsp dried dill

- Put cucumbers, onion, salt, pepper, dill and cream in a large bowl with a sealable cover.
- Shake vigorously turning bowl upside down until well mixed and cream starts to form bubbles.
- Put contents in a serving bowl and enjoy!



MAIN DISH

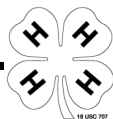
BACON, SPINACH & MAYO SANDWICH

By Layne Nitcher - Trying Tommies

Ingredients:

- 2 pieces of bread
- 4½ slices Turkey bacon
- 4 pieces of spinach
- 2 Tbsp Miracle Whip

- Cook the turkey bacon slices.
- Place bread on plate.
- Spread Miracle Whip on each slice of bread.
- Place turkey bacon on one slice.
- Place spinach on top of bacon.
- Top with other slice of bread.



DESSERT



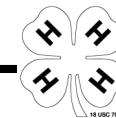
GRASSHOPPER TORTE

By Katherine Krauss - Fossil Creek

Ingredients:

- 2oz unsweetened chocolate
- 12oz pkg white chocolate chips
- 2 eggs
- 1 cup granulated sugar
- 4 drops green food coloring
- ½ cup mint chocolate chips
- ½ cup + 2 Tbsp all purpose flour
- 12 chocolate mint candies, chopped
- 1 cup heavy whipping cream
- 12oz cream cheese, softened
- 6 Tbsp butter, softened
- ¼ cup butter
- 1 tsp shortening
- ½ tsp mint extract
- 1/8 tsp salt
- 9oz semi-sweet chocolate

- Melt chocolate and butter together. Mix together eggs, sugar and salt. Stir in chocolate mixture. Add flour. Stir in chocolate chips.
- Spread into greased springform pan.
- Bake at 350° for 25 minutes. Cool.
- Beat cream cheese and butter. Melt white chocolate chips and shortening. Add to first mixture. Add extract and food coloring. Stir in mint candy pieces. Spread over brownie crust.
- Refrigerate for 2 hours.
- Mix melted chocolate chips with cream. Spread over mint filling.
- Refrigerate.



DESSERT

GIANT PIZZA SUGAR COOKIE

By Emma Karst - Fossil Creek

Cookie Ingredients:

½ tsp pure vanilla extract	1 tsp baking powder
½ cup butter	1¾ cups flour
1 cup sugar	1 Tbsp milk
1 egg	¼ tsp salt

Frosting:

4 cups confectioners' sugar	1 tsp vanilla extract
½ cup shortening	food coloring, red
5 Tbsp milk	

Pizza Topping:

White baking chocolate, grated (for the cheese)
Black licorice (for the olives)
2 strawberry Fruit Roll-Ups (for the pepperoni)

Cookie Directions:

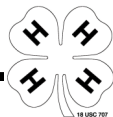
- Pre-heat the oven to 350°
- Cream butter and sugar, add egg and mix. Add remaining ingredients and mix until smooth.
- Dip hands into flour and pat dough into a lightly greased skillet. Prick dough with a fork.
- Bake 15-20 minutes or until lightly browned.
- Place on a cooling rack for an hour to completely cool before frosting.

Frosting Directions:

- In a large bowl, cream together the confectioners' sugar and shortening until smooth. Gradually mix in the milk and vanilla with an electric mixer until smooth and still, about 5 minutes. Color with red food coloring.

Assembly Instructions:

- Frost giant cookie once it's completely cooled.
- Sprinkle grated white chocolate all over the top of the frosting to represent the cheese.
- Cut black licorice into 1½" pieces, form into circles to represent the olives.
- Using a circle cookie cutter, cut Fruit Roll-Ups into circles to represent the pepperoni.



MAIN DISH



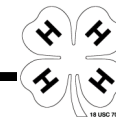
BEEF BULGOGI

By Caden Pfeifer - Fossil Creek

Ingredients:

1lb flank steak, thinly sliced	2 Tbsp minced garlic
5 Tbsp soy sauce	2 Tbsp sesame seeds
2½ Tbsp brown sugar	2 Tbsp sesame oil
¼ cup chopped green onion	½ tsp ground black pepper

- Place the beef in a shallow dish. Combine soy sauce, sugar, green onion, garlic, sesame seeds, sesame oil, and ground black pepper in a small bowl. Pour over beef. Cover and refrigerate for at least 1 hour or overnight.
- Cook 4 minutes in a very hot skillet with oil.
- Serve over bed of rice or noodles.



MAIN DISH



BEEF STEW

By Kyla Seibel - Fossil Creek

Ingredients:

¼ cup all-purpose flour	½ cup dry red wine
½ tsp salt	3 large carrots
¼ tsp pepper	10 sprigs fresh thyme
Roast, cut into 1 inch cubes	6 sprigs fresh parsley
3 Tbsp butter	2 bay leaves
1 Tbsp vegetable oil	1 onion
2 ribs celery, diced	¾ cup frozen peas
2 Tbsp tomato paste	
white potatoes, scrubbed & quartered	
3 cups sodium-reduced beef broth	
½ tsp Worcestershire sauce	
¾ cup pickled cocktail onions, drained & rinsed	

- In large bowl, whisk together flour, salt, and pepper. Toss with beef to coat.
- In large pot/dutch oven, heat 2 Tbsp of the butter and the oil over medium heat, cook beef stirring until browned, about 20 minutes. Using slotted spoon, remove to bowl.
- Add remaining butter to pot; cook celery and onion over medium heat, stirring occasionally, until softened, about 5 minutes. Add tomato paste; cook, stirring, for 2 minutes. Add wine; cook, stirring & scraping up browned bits, for 2 minutes.
- Return beef and any juices to pot. Add potatoes, carrots, thyme, parsley, and bay leaves. Stir in broth and Worcestershire sauce; bring to boil, stirring occasionally to loosen any remaining brown bits from bottom.
- Cover and braise in 350° oven for 45 minutes. Stir in cocktail onions; cover and braise for 15 minutes. Uncover and cook until vegetables are tender and beef offers no resistance when pierced with tip of knife, 30-40 minutes. Stir in peas; cook for 5 minutes.
- Skim any fat from surface of stew; remove thyme, parsley, and bay leaves. Let stand 10 minutes before serving.

Note: Can also be cooked in a crock pot instead of the oven.



DESSERT

B'DAY BALLS CONTD

VANILLA MILK:

¼ cup milk	1 tsp clear vanilla extract
------------	-----------------------------

- Whisk together the milk and vanilla in a small bowl.

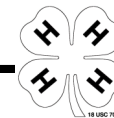
BIRTHDAY SAND:

¼ cup granulated sugar	¼ tsp kosher salt
1 Tbsp light brown sugar, tightly packed	1 Tbsp rainbow sprinkles
2/3 cup cake flour	1 Tbsp grapeseed oil
¼ tsp baking powder	1 tsp clear vanilla extract

- Pre-heat the oven to 300°
- Combine the sugars, flour, baking powder, salt, and sprinkles in a bowl of a stand mixer fitted with the paddle attachment and mix on low speed until combined well.
- Add the oil and vanilla and mix again to distribute. Continue mixing until the ingredients form sandy clusters.
- Bake for 15 minutes.
- Let the crumbs cool completely before using. Grind down in a food processor if the crumbs are not small and sandy enough.

ASSEMBLY INSTRUCTIONS:

- Combine the cake scraps and vanilla milk in a medium sized bowl and toss with your hands until moist enough to knead into a ball. (If not moist enough to do so, add up to 2 Tbsp more vanilla milk and knead it in.)
- Using a small ice cream scoop, portion out 12 even balls, each half the size of a ping pong ball. Roll each one between the palms of your hands to shape and smooth it into a round sphere.
- With latex gloves on, put 2 Tbsp of the white chocolate in the palm of your hand and roll each ball between your palms, coating it in a thin layer of melted chocolate; add more chocolate as needed.
- Put 3 or 4 chocolate-covered ball at a time into the bowl of birthday cake sand. Immediately toss them with the crumbs to coat, before the chocolate shell sets and no longer acts as a glue.
- Refrigerate for at least 5 minutes to fully set the chocolate shells before eating or storing in an airtight container.



DESSERT

B'DAY BALLS

By Gracie Karst - Fossil Creek



To Make You Will Need:

- 1 Birthday Cake Recipe (recipe below)
- 2-4 Tbsp Vanilla Milk (recipe below)
- 3oz white chocolate, melted
- 1 cup Birthday Cake Sand (recipe below)

BIRTHDAY CAKE:

- 4 Tbsp unsalted butter, room temp
- 1/3 cup vegetable shortening
- 1 1/4 cup granulated sugar
- 3 Tbsp light brown sugar, tightly packed
- 3 eggs
- 1/2 cup buttermilk

- 1/3 cup grapeseed oil
- 2 tsp clear vanilla extract
- 2 cups cake flour
- 1 1/2 tsp baking powder
- 3/4 tsp kosher salt
- 1/3 cup rainbow sprinkles

- Pre-heat the oven to 350°
- Combine the butter, shortening, and sugars in the bowl of a stand mixer fitted with the paddle attachment and cream together on medium-high 2-3 minutes. Scrape down the sides of the bowl, add the eggs, and mix on medium-high for 2-3 minutes. Scrape down the sides of the bowl once more.
- On low speed, stream in the buttermilk, oil and vanilla, Increase the mixer speed to medium-high for 4-6 minutes, until the mixture is practically white, twice the size of your original fluffy butter-and-sugar mixture, and completely mixed. Don't rush the process. There should be no streaks of fat or liquid. Stop the mixer and scrape down the sides of the bowl.
- On a very low speed, add the cake flour, baking powder, salt and 1/4 cup rainbow sprinkles. Mix for 45-60 seconds, just until your batter comes together. Scrape down the sides of the bowl.
- Pam spray a quarter sheet pan and line it with parchment, or just line the pan with a silpat. Using a spatula, spread the cake batter in an even layer in the pan. Sprinkle the remaining 2 Tbsp rainbow sprinkles evenly on top of the batter.
- Bake the cake for 30-35 minutes. The cake will rise and puff, doubling in size, but will remain slightly buttery and dense. At 30 minutes, gently poke the edge of the cake with your finger; the cake should bounce back slightly and the center should be no longer jiggly. Leave the cake in the oven for an extra 3-5 minutes if it does not pass these tests.
- Take the cake out of the oven and cool on a wire rack, or in a pinch, in the fridge.



(continued on next page)

MAIN DISH

CHICKEN FETTUCCINE ALFREDO SAUCE

By Breckyn Rush - Ash Creek

Ingredients:

- 8 oz Fettuccine
- 2 Tbsp unsalted butter
- 3/8 tsp garlic powder
- 1/2 cup heavy cream
- 1/2 cup whole milk, or more, to taste
- 1/3 cup freshly grated Parmesan
- 1 large egg yolk, beaten
- Kosher salt and freshly ground black pepper, to taste
- 2 Tbsp chopped fresh parsley leaves
- 8 slices grilled chicken breasts

- In a large pot of boiling salted water, cook pasta according to package directions; drain well.
- Combine butter, garlic powder, heavy cream and milk in a saucepan over medium heat. Bring to a simmer; remove from heat and stir in Parmesan and egg yolk, whisking constantly to prevent the eggs from scrambling. If the mixture is too thick, add more milk as needed.
- Stir in pasta and gently toss to combine; season with salt and pepper, to taste.
- Serve immediately, garnished with Parmesan and parsley, if desired.



MAIN DISH

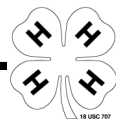
CHICKEN TORTILLA SOUP

By Aundrea Haberer - Wolf Creek Valley

Ingredients:

- 2 14oz cans chicken broth
- 1 14oz can diced tomatoes with green chilies
- 2 cups chopped carrots
- 2 cups frozen corn, thawed
- 1 medium onion, diced
- 1 8oz can tomato sauce
- 1½ tsp chili powder
- ½ tsp ground cumin
- ¼ tsp garlic powder
- 2 cups chopped chicken, chopped

- Combine all ingredients except chicken in crock pot. Cover, cook on low 5-7 hours.
- Add chicken and cook 1 more hour in crock pot.
- Ladle into bowls.
- Serve with broken tortilla chips, shredded colby/jack cheese, and sour cream.
- Enjoy!



MAIN DISH



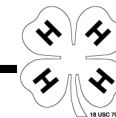
TACO SOUP

By Cheyenne Blundon - Big Creek

Ingredients:

- 2 lbs ground meat
- 1 pkg Ranch Dressing mix (dry)
- 1 can pinto beans
- 1 can diced tomatoes
- 1 can green chilies, diced
- 1 pkg taco seasoning
- 1 can kidney beans
- 2 cans corn
- 1 can Rotel tomatoes
- ½ lb grated cheddar cheese
- 1 large bag tortilla chips or corn chips

- In a large skillet cook meat until done, drain. While meat is cooking, combine the next all ingredients (except for cheese and chips) in a crock pot. Add drained meat. Cook in crock pot for 2-3 hours on high or 4-5 hours on low.
- Serve with chips and grated cheese.
- If in a hurry, this can be made on the stove top in a large pot by heating over medium heat, stirring frequently.
- You may like to try some of these optional toppings: sliced green onion, diced red onion, slice black olives, sour cream, cilantro, slice jalapenos, slices of avocado or a dash of hot sauce. Or be creative and add your own topping!



MAIN DISH



SMOKEY MESQUITE BBQ MEATBALL SLIDERS

By Zaden Seibel - Fossil Creek

Ingredients:

- 1 lb ground beef
- Kraft Mesquite BBQ sauce
- 1 egg
- 1/3 lb bacon, chopped
- 1 medium onion, chopped
- 1/4 cup Kraft Hickory BBQ sauce
- 3 slices Kraft big slice cheddar cheese
- 12 Hawaiian rolls

- Preheat oven to 375° and line baking sheet with parchment paper.
- Mix Mesquite BBQ sauce, ground beef, and egg.
- Roll into 1½-2 inch meatballs. Bake for 30 minutes
- While meatballs are baking, fry the bacon until crispy. Remove bacon and leave grease in the skillet.
- Add the onions. Cook on medium heat until tender.
- Add 1 meatball to the bottom portion of each roll, brush top with BBQ sauce.
- On top of the meatballs add cheese, bacon bits, & onions.
- Place under broiler for 2-3 minutes until cheese is melted.
- Top the meatballs with the rolls and serve!



MAIN DISH



COWBOY JOE'S

By Taten Klein - Fossil Creek

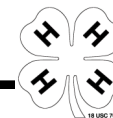
Ingredients for Meat Mixture:

- 2 lbs of hamburger
- ½ tsp of celery seed
- ½ tsp of garlic powder
- ½ tsp of paprika
- ½ tsp of onion powder

Ingredients for Barbeque Sauce:

- ½ cup of ketchup
- 2 Tbsp of brown sugar
- 2 Tbsp of Worcestershire sauce
- 1 Tbsp of cider vinegar
- 1 tsp of garlic powder
- ¼ tsp of mustard powder
- ¼ tsp of salt

- In a small saucepan over medium heat, stir together the ketchup, brown sugar, Worcestershire sauce, vinegar, garlic powder, and salt. Bring to a simmer, remove from heat, and add to meat mixture.
- In a large pot over medium heat, place the hamburger in water that covers the meat. Cook the meat until the hamburger is brown. Drain the liquid off the hamburger and place it back in the pot. Break the hamburger into small pieces. Add the rest of the ingredients from the meat mixture and then mix in the bbq sauce. Simmer for 10 minutes and enjoy on a wheat biscuit!



MAIN DISH

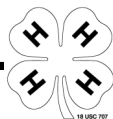
FAJITA SOUP

By Lindsey Cole - Fossil Creek

Ingredients:

- 1 15oz can black beans drained and rinsed
- 2 cans cream of chicken soup
- 1 tsp cumin
- ½ tsp dried cilantro
- 1 lb diced chicken breasts
- 1½ cups water
- 1 cup salsa
- 2 cups frozen corn
- 1 cup grated cheddar cheese

- Add the first 8 ingredients to a crock pot and let cook on low for 8 hours.
- When cooking is completed, stir in the cheddar cheese.
- Soup can be topped with any of your favorite toppings such as: sour cream, additional cheddar cheese, crushed tortilla chips.



MAIN DISH



IRON SKILLET STEAK WITH COMPOUND BUTTER

By Dakota Whitman - Fossil Creek

Marinade Ingredients:

- | | |
|-----------------------------------|----------------------|
| Steak (rib eye or choice of meat) | Worcestershire sauce |
| Lemon pepper | Garlic, minced |
| Salt & Pepper | |

- Combine Worcestershire sauce, lemon pepper, garlic, salt and pepper to taste in a shallow dish.
- Add steak, cover and refrigerate at least 5 hours.
- Set out 30 minutes before cooking to bring to room temperature.

Compound Butter Ingredients:

- | | |
|-----------------------------|-------------------------|
| 1 stick of butter, softened | 1 clove garlic, smashed |
| Sprig of rosemary | Sprig of thyme |
| Salt & Pepper | |

- In a medium bowl, combine all ingredients.
- Place mixture on wax paper and make a log roll.
- Refrigerate at least 24 hours.

Cooking Instructions:

- Preheat over 375°
- Heat iron skillet with olive oil.
- Sear steak in skillet for 3 minutes on each side.
- Set in oven to finish cooking to desired tenderness.
- Slice off a thick piece of butter and place on top of steak so it will begin to melt.

