

*Thank You*

*The Midway District 4-H  
program would like to  
thank the following for  
their support of the 2020  
Favorite Foods Show:*

***Judges:***

*Sue Lauben*

*Terri DeWerff*

*Karla Reisner*

*Alt. Judge: Ashley Svaty*

*Midway District Junior  
Leaders*

*2020  
4-H Favorite Food Show  
Midway Extension District*



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*785-483-3157 or marciagier@ksu.edu.*

*January 26, 2020*

*2:00pm*

*Russell County 4-H Building*

# Before Starting a Recipe

Read the recipe twice so you understand all the steps.

If you have questions, ask an adult.

The recipes in a cookbook will tell you:

- The name of the recipe.
- How much the recipe will make – how many servings (Servings) and how big each serving should be (Serving Size).
- How long it will take you to make the recipe (Time).
- What foods you need to make the recipe (What You Need). Some ingredients are optional. That means you can choose if you want to add them.
- The steps to follow to make the recipe (Get Cookin').

**Gather all kitchen tools (like measuring spoons and cups) needed for the recipe.**

**Check that you have all the ingredients before you start.** Put all the ingredients in one place so they are easy to grab while cooking.

**Some ingredients in the list may tell you things you need to do before you even get to the directions.** You may need to peel, grate, or cut foods or thaw frozen foods.

- 1. Peeling:** Hold the fruit or vegetable tightly in one hand. Use the peeler in the other hand to peel off the skin. Always move the peeler away from you. Make sure to avoid your fingers with the sharp blade.
- 2. Grating:** Place box grater on a plate or cutting board. Hold firmly with one hand. With the other hand, hold the item you are grating. Press it against the large holes on the grater and push from top to bottom. Keep your fingers away from the sharp holes.
- 3. Cutting:** Use a cutting board every time you cut. Clean as you go. Put measuring spoons, cups, and other kitchen tools in the sink when you are done using them. Wash your hands, knives (carefully!), and cutting boards between tasks.
- 4. Measuring:** Choose the correct measuring cup or spoon. Cooking is a good way to learn more about fractions. You will need measuring cups and spoons to measure fractions. Fill the measuring cup or spoon right to the top but not over. Do not pack down the ingredient.

# Playing it Safe While Cooking

**Always wash your hands with soap and hot water before you begin. Start with a clean work space.**

Clean countertops and kitchen tools are an important part of keeping food safe.

**Wash fruits and vegetables with water even if you will remove the peel.**

Rinse the tops of cans with water before you open them.

**When you are using a knife:**

1. Be sure to have an adult working with you.
2. Always put the food you are cutting on a cutting board. It is best to have one cutting board for fruits and vegetables and another for ingredients like raw meat, poultry, and fish.
3. Choose a knife that feels comfortable in your hand. Hold the knife firmly by the handle. With the other hand, hold the item you want to cut. Keep your fingertips away from the blade. Make a “claw” with your hand to keep your fingertips curled under.
4. Cut straight down, not toward yourself or another person. To slice, cut in thin or thick pieces.
5. To chop, cut into squares. Try to make all the pieces close to the same size.

**Clean means safe.**

After touching meat, eggs, chicken, or fish, carefully wash the counter, your cooking tools, and your hands with soap and hot water.

**Always use clean, dry oven mitts whenever you use the oven.**

You may want to have an adult help you.

**When cooking on the stove: Be safe when cooking on the stove.**

Make sure pot handles are turned away from the front of the stove so they are not accidentally bumped or knocked off. When uncovering a pot on the stove or a container from the microwave, open the lid away from you to let the steam out.

**When using a blender, keep the lid on.**

Turn the blender off before putting any utensils inside the blender container.

**Keep foods at the right temperature.**

Hot foods need to stay hot, and cold foods need to stay cold. Cold foods such as milk, cheese, and eggs need to be refrigerated.

**Separate uncooked and cooked foods.**

Raw (uncooked) meat, poultry, and eggs can have harmful bacteria that is killed during cooking. Keep these foods away from uncooked foods like fruits and vegetables. Also, wash cutting boards, countertops, and knives that touch raw meats, fish, and eggs.

# Breakfast

## Easy Sausage Gravy and Biscuits Colton Habiger— County Liners

### INGREDIENTS

- 1 can refrigerated jumbo buttermilk biscuits
- 1 pound of pork breakfast sausage
- 1/4 cup flour
- 2 1/2 cups of milk
- Salt and pepper to taste



### DIRECTIONS

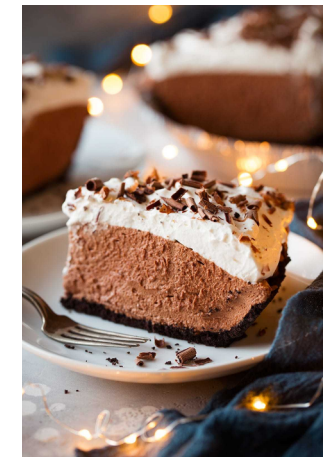
1. Pre-heat oven to 350 degrees. Bake biscuits as instructed on package.
2. Place sausage in a skillet and turn heat to medium high. Cook sausage until no pink remains. Do not drain the skillet.
3. Sprinkle the 1/4 cup of flour evenly over the sausage and cook a minute longer until flour is absorbed.
4. Slowly pour the milk into the skillet, stirring as you pour.
5. Cook and stir until mixture is thickened.
6. Once biscuits are finished baking, slice in half, pour gravy over biscuits, and serve.

# Dessert

## Dad's Birthday Frozen Chocolate Mousse Pie Trent Norris— Elkhorn

### INGREDIENTS

- 4 ounces German Sweet Chocolate Bar
- 1/3 cup milk
- 4 ounces cream cheese
- 2 T sugar
- 8 ounces frozen whipped topping
- 9 inch Oreo crumb crust



### DIRECTIONS

1. Melt chocolate and 2 T. of the milk. Beat in cream cheese until smooth.
2. Add sugar and milk.
3. Stir in cool whip.
4. Spoon in crust.
5. Freeze for 4 hours, keep frozen.
6. Let sit for 20 minutes before serving to slightly thaw.

# Dessert

## Pumpkin Pie

Ethan Maske- Fossil Creek

### INGREDIENTS

#### **Pie Crust:**

1 1/3 cup sifted flour

1/2 tsp salt

1/2 cup shortening

2-3 T water

#### **Pie Filling:**

2 eggs slightly beaten

3/4 cup sugar

#### **Cont. Filling:**

1/2 tsp salt

1 tsp ground cinnamon

1/4 tsp cloves

1/2 tsp ground nutmeg

1/2 tsp ginger

1 can (15 oz) 100% pumpkin puree

1 cup evaporated milk

### DIRECTIONS

1. Preheat oven to 450 degrees.
2. Prepare crust: In large mixing bowl, combine the flour and salt. Cut in the shortening with a pastry cutter until the mixture is coarse.
3. Sprinkle with water, 1T or less at a time and toss lightly with fork. It's very important not to add too much water, or your dough will be tough. Add just enough water to reach the consistency of a firm ball.
4. Press the dough into a flat circle and smooth the edges with your hands. On a lightly floured surface roll the dough into a circle 1/8 inch thick and 3/4 inches wider in diameter than your pie plate.
5. Transfer your crust to your pie plate by folding it in half, so it's less prone to tear.
6. Once you have positioned it right in the pie plate, unfold the crust and press it into the plate gently, so it hugs the pie plate.
7. With a butter knife, go around the edges of the crust, to trim off any excess beyond an inch overhang. Fold the crust that overhangs the pie plate, under and pinch the edges. Set pie crust aside.
8. Prepare the filling in large mixing bowl, beat eggs, sugar, salt and spices. Stir in pumpkin and milk; mix well.
9. Pour pumpkin filling into pie crust.
10. Bake for 10 minutes then reduce heat to 350 degrees and bake for 40-45 minutes. Pie is done when a knife inserted in center of pie comes out clean.

Tip: Half way through baking, place foil around the crust on outer edge of pie plate to protect crust from over baking or burning.

# Breakfast

## Biscuits and Gravy

Melanie Harrison- County Liners

### INGREDIENTS

#### **Biscuits:**

4 1/2 cups Bisquick baking mix

1 1/3 cups milk

### INGREDIENTS

#### **Gravy**

1 pound pork sausage

1 cup flour

milk



### DIRECTIONS

1. Heat oven to 450 degrees.
2. Stir in Bisquick baking mix and 1 1/3 cups milk.
3. Drop by spoonful onto ungreased cookie sheet.
4. Bake 8 to 10 minutes or until golden brown. Remove from oven.
5. Start gravy by crumbling and browning sausage in skillet on medium-high heat.
6. Add flour. Stir until absorbed by meat.
7. Pour in enough milk to cover the meat. (Err on the side of too little milk. You can always add more if the gravy is too thick!)
8. Reduce heat to medium.
9. Stir gravy constantly until thickened.

# Breakfast

## Air Fryer Doughnuts

Wyatt Mullender- Wolf Creek Valley

### **INGREDIENTS**

- 1 can flaky, pre-made biscuit dough
- 1/2 cup granulated sugar
- 1 T cinnamon
- 5 T melted butter

### **DIRECTIONS**

1. Lay the biscuit dough on a flat surface, like a cutting board. Use a cookie cutter or small glass to cut holes in the dough.
2. Lightly grease the air fryer basket with cooking oil.
3. Place the doughnuts (and/or doughnut holes) in the air fryer one at a time and ensure they aren't touching each other.
4. Cook the doughnuts at 350 degrees for 4-5 minutes or until they are golden brown.
5. As the doughnuts are baking, fill a medium bowl with the granulated sugar and cinnamon; mix everything together with a spoon.
6. Once the doughnuts are done, remove them from the air fryer using a pair of tongs and brush them with the melted butter using your pastry brush. Once the doughnuts are coated in butter, brush them with the sugar and cinnamon mixture.



# Dessert

## Caramel Brownies

McKinley Harrison- County Liners

### **INGREDIENTS**

- 1 box Brownie Mix (use mix that calls for oil, milk and eggs)
- 1 package Caramel Apple Wraps

### **DIRECTIONS**

1. Prepare brownie mix per box instructions
2. Grease bottom of 9x13 pan.
3. Pour 1/2 brownie batter in greased pan.
4. Cut caramel circles in half and remove papers. Place on top of brownies, completely covering the top.
5. Spread remaining brownie batter on top of caramel.
6. Bake per box mix instructions.



# Dessert

## Cinnamon Rolls Payton Maske- Fossil Creek

### INGREDIENTS

#### **Dough:**

1 T fast acting Instant Yeast  
1/4 cup granulated sugar  
1 1/2 cups water (120-130 degrees)  
1/4 cup vegetable oil  
2 eggs (beaten)  
1/2 T salt  
1 T gluten  
2-4 cups flour  
1 cup for kneading the dough

#### **Filling:**

1/3 cup melted margarine  
3/4 cup granulated sugar  
1/4 cup brown sugar  
2 T cinnamon

#### **Frosting:**

6 T butter  
6 cups powdered sugar  
4 ounces cream cheese, softened  
1 1/2 tsp vanilla extract  
4-10 T milk, as needed

### DIRECTIONS

1. Mix yeast, sugar and warmed water and set aside until it begins to foam, 5-10 min.
2. Beat 2 eggs and oil together and set aside.
3. Mix all dry ingredients in stand mixing bowl using dough beater. Start with 2 cups of flour. Once mixed together add in oil/egg mixture. Slowly add in foamy yeast mixture.
4. Mix dough while scrapping side to assure all flour, and wet ingredients are mixed together.
5. Once mixed, slowly add remaining 2 cups of flour adding 1/2 cup of flour at a time until dough forms into a ball and stops sticking to the side of the bowl.
6. Heavily flour a flat surface for kneading. Add dough and begin to knead flour when dough becomes sticky. Knead dough for approx. 8-10 mins.
7. Lightly oil a large bowl. Roll dough balls around in the oil to lightly coat it in the oil.
8. Place plastic wrap or towel over bowl, set in a dry warm area to rise. Let the dough rise until it has doubled in size. Approx 1-3 hours.
9. While dough is rising, prepare the frosting.
10. Once dough has doubled in size, lightly flour flat surface and place dough ball on flour. Using a rolling pin, roll out dough into a 18x15 inch rectangle.
11. Spread melted butter over the dough leaving an 1 inch border on the long sides.
12. Mix both granulated and brown sugars together with the cinnamon. Sprinkle cinnamon and sugar over buttered area.
13. Roll the dough, starting from one of the long sides, into a log.
14. Cut the roll approx. every 1 1/2 inches, using thread or unwaxed, unflavored dental floss. This helps so there's no squishing the dough.
15. Place cut rolls into a 13x9 baking dish, cinnamon twist side up.
16. Cover the dough in the dish loosely with plastic wrap or towel and let rise for 30 min.
17. While dough is rising, preheat oven to 350 degrees.
18. When the dough has risen slightly and looks puffy, remove the plastic wrap and towel.
19. Bake the rolls at 350 degrees for 20-25 minutes, until the top crust is deeply golden and the rolls sound hollow when tapped. (internal temp. 180 degrees)
20. Spread 1/2 of the frosting onto the cinnamon rolls when warm. This is so the frosting melts into the cinnamon rolls. Once rolls have cooled, spread the remaining frosting on.

# Snack

## Chocolate Dream Shake Lee Dreiling- Big Creek

### INGREDIENTS

4 scoops vanilla ice cream  
1/4 cup chocolate flavored syrup  
1/2 cup mini chocolate chips  
whipped cream  
additional chocolate chips and  
maraschino cherries  
for garnish



### DIRECTIONS

1. In blender, place ice cream and chocolate syrup.
2. Cover and blend on high 5 to 10 seconds.
3. Add 1/2 cup chocolate chips.
4. Cover and blend on low speed 5 seconds or until smooth. Pour into glasses.
5. Top with whipped cream, extra chocolate chips and maraschino cherry.
6. Serve immediately.

Hint: Let ice cream sit at room temperature for a few minutes before blending.

# Main Dish

## Chicken Noodle Soup with Homemade Egg Noodles

Josey Norris- Elkhorn

### INGREDIENTS

5 eggs  
3 cups flour, more/less as needed  
1/2 cooked chicken, shredded  
2 boxes chicken broth  
1 T. chicken bouillon flavoring or other seasoning, optional



### DIRECTIONS

#### **For noodles:**

1. Lightly whisk eggs together in a bowl.
2. Add 2 cups flour and mix until flour is all wet.
3. Turn out onto floured counter with a least 1 cup flour. Work flour into dough.
4. Add more flour as needed to keep counter floured.
5. Roll out flat; however thick you want the noodles. Keep putting flour under and around the dough as you roll out.
6. Let dry for 2-3 hours, until the dough is dry to touch but not crumbly.
7. Cut into sections and roll up and slice into 1/4 inch pieces. Cut in half for shorter noodles.

#### **For the soup:**

1. Bring chicken bouillon flavoring or other seasonings to a full boil in a large pot.
2. Add noodles and continue to boil until noodles are soft and done, approximately 20 minutes.

Serves hungry family of 5 with leftovers (approx. 10)

# Dessert

## Red Velvet Cake Pop

Madelyn Harrison- County Liners

### INGREDIENTS

1 1/4 cups all-purpose flour	1 tsp vanilla
1/4 tsp salt	1 egg
1 T cocoa	1 T red food coloring
1/4 cup butter, softened	1/2 cup buttermilk
3/4 cup sugar	1/2 tsp baking soda
1/2 tsp vinegar	Almond bark for coating

### DIRECTIONS

1. Combine flour, salt, and cocoa in small bowl. Blend well and set aside.
2. Using a mixer, beat butter until creamy. Add sugar and beat until light and fluffy. Add egg and vanilla and blend well.
3. In separate bowl, whisk the red food coloring into the buttermilk.
4. Alternately blend flour mixture, then buttermilk mixture into butter mixture, beginning and ending with flour mixture.
5. Combine the vinegar and baking soda in a small bowl and allow to fizz. Fold into the cake batter.
6. Bake 4-5 minutes or until a toothpick inserted in to a cake pop comes out clean.
7. Allow to cool and glaze or coat as desired.

Makes about 3 1/2 dozen

Tip: if you don't have buttermilk on hand, pour 1 1/2 tsp. lemon juice or vinegar into a glass measuring cup. Add milk to equal 1/2 cup. Allow to stand 5-10 minutes, then use in place of buttermilk in this recipe.



# Dessert

## Decadent Crockpot Hot Chocolate

Kinley Stoughton- Big Creek

### INGREDIENTS

6 cups whole milk

2 cups heavy cream

1/2 cup granulated sugar

8 ounces semi-sweet chocolate, coarsely chopped

1/4 cup unsweetened cocoa powder

2 tsp vanilla extract

(Choice of assorted toppings: whipped cream, marshmallows, chocolate candies, candy canes, chocolate syrup, chocolate curls, etc.)



### DIRECTIONS

1. Place all of the ingredients into a large crockpot.
2. Vigorously whisk to get the cocoa powder as mixed in as possible. You don't want it all floating on the top.
3. Keep whisking for a minute or two, until it's all combined.
4. Cook on low for 6 hours or on high for 3 hours.
5. Whisk every 30-45 minutes to make sure the chocolate is not burning on the bottom.
6. Serve warm with assorted toppings.
7. Store leftovers in the refrigerator. To reheat, use stovetop or microwave.

# Main Dish

## Favorite Meatballs

Colton Mullendar- Wolf Creek Valley

### INGREDIENTS

1 pound hamburger

1 pound sausage

1 sleeve saltine crackers

1 egg

1/3 cup grated carrots

1/3 cup french salad dressing

1/2 cup barbecue sauce

### DIRECTIONS

1. Mix all ingredients except barbecue sauce together and form into balls.
2. Place in a cast iron skillet. Add barbecue sauce to the top of the meatballs.
3. Bake at 350 degrees for 45 minutes.





# Main Dish

## Chicken Taco Soup

Tucker Mullender- Wolf Creek Valley

### INGREDIENTS

- 15 ounces can pinto beans, rinsed and drained
- 15.5 ounces can Great Northern beans, rinsed and drained
- 15 ounces can corn, drained
- 10 ounces can of Rotel
- 14.5 ounces can of diced tomatoes
- 12.5 can of chicken, drained
- 1 pack of taco seasoning
- 1 pack of dry ranch seasoning

### DIRECTIONS

1. Place pinto beans, Great Northern beans, corn, Rotel, diced tomatoes, chicken, taco seasoning and ranch seasoning in crock pot.
2. Stir to combine.
3. Cover and cook on low for 6 hours.
4. Serve with toppings as desired. (cheese, sour cream, Fritos, whatever you like!)



# Dessert

## Jumbo Monster Cookies

Grace Smith- Lone Star

### INGREDIENTS

- 16 ounce jar peanut butter, about 1 3/4 cups  
(do not use natural)
- 1/2 cup butter, room temperature
- 1 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 3 eggs
- 1 tsp vanilla
- 4 1/2 cup old fashioned oats  
(gluten free if necessary)
- 2 teaspoons baking soda
- 1 cup milk chocolate chips
- 1 cup M&M's (mini, holiday, etc)



### DIRECTIONS

1. Preheat oven to 350 degrees and line 2 cookie sheets with parchment paper.
2. In a large bowl, combine peanut butter, butter, brown sugar, and granulated sugar. Stir until smooth.
3. Add eggs and vanilla and stir until combined
4. Add the oats and baking soda. Stir well, make sure it is very well mixed.
5. Mix in the chocolate chips and M&M's.
6. Using a 1/2 cup measuring cup, portion out balls and roll between 3 palms to make them smooth.
7. Place 3 cookies on a cookie sheet at once so they have room to spread.
8. Bake for 12 minutes then press them down slightly using a fork and bake for another 6 minutes.
9. Let cool on the tray about 5 minutes then transfer to a cooling rack.

# Dessert

## Monster Cookies Kinser Sample- Big Creek

### INGREDIENTS

- 3 eggs
- 1 1/4 cup of packed light brown sugar
- 1 cup white sugar
- 1/2 tsp salt
- 1/2 tsp vanilla extract
- 1- 12 ounce jar of creamy peanut butter
- 1 stick of butter, softened
- 1/2 cup M&M's
- 1/2 cup chocolate chips
- 2 tsp baking soda
- 4 1/2 cups quick-cooking oatmeal



### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Line cookie sheets with parchment paper or nonstick baking mats.
3. In a very large mixing bowl, combine eggs and sugars. Mix well.
4. Add salt, vanilla, peanut butter, and butter. Mix well.
5. Stir in chocolate chips, baking soda and oatmeal.
6. Drop by teaspoons 2 inches apart onto the prepared cookie sheets.
7. Bake for 8-10 minutes. Do not overbake.
8. Let stand for about 3 minutes before transferring to wire racks to cool. When cool, store in large resealable plastic bags.

# Main Dish

## Cowboy Breakfast with Homemade Tortillas Kamilah Bailey- County Liners

### INGREDIENTS

#### **Homemade Tortillas**

- 2 cups All Purpose Flour
- 1/2 tsp salt
- 3/4 cup water
- 3 T olive oil

### DIRECTIONS

1. Combine flour, salt, water and oil in a large bowl.
2. Place dough on a floured cutting board and kneed 10 times. Let the dough rest for 10 minutes.
3. Divide dough into 6 portions and roll each portion into a circle.
4. In a greased skillet, cook tortillas over medium heat until lightly browned. Serve with Cowboy Breakfast.

#### **Cowboy Breakfast**

- 4 potatoes, cut into 1" cubes
- 3 cloves garlic, diced
- 1 pound breakfast sausage
- 1 green bell pepper, diced
- 1 cup shredded Colby cheese
- 1 red bell pepper, diced
- 1 white onion, diced
- 1 cup salsa
- 10 eggs
- 2 T olive oil
- Salt & pepper

### DIRECTIONS

1. Heat 2 T of olive oil in skillet.
2. Place cubed potatoes in skillet and cook on medium heat until almost cooked.
3. Put potatoes to one side of the skillet and add breakfast sausage. Cook on medium heat until sausage is cooked.
4. Add onion, garlic, red bell pepper and green bell pepper. Cook for 3 minutes.
5. Stir in eggs. Cook until done.
6. Add salt and pepper to taste and top with 1 cup shredded Colby cheese.



# Main Dish

## Sugar Burgers

Kaden Sample- Big Creek

# Dessert

## Pumpkin Spiced Apple Cider

Sasha Robbins- Big Creek

### INGREDIENTS

- 1 pound ground beef
- 1/4 tsp basil leaves
- 1/2 tsp steak seasoning
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/2 tsp pepper
- 1/2 tsp sugar

### DIRECTIONS

1. Mix all ingredients, except sugar, and form into patties.
2. Sprinkle patties with sugar and fry until done. Serve on a bun with your favorite toppings.



### INGREDIENTS

- 1 1/2 cups pumpkin puree
- 4 cups apple juice
- 1 T orange juice
- 3 T maple syrup
- 1/2 tsp vanilla
- 1/2 tsp cinnamon (or 4 large cinnamon sticks)
- 1/4-1/2 tsp pumpkin pie spice
- Whole cloves (optional)
- 1 apple or 1 orange, cinnamon sticks (optional, for garnish)



### DIRECTIONS

1. Place all ingredients into a saucepan and whisk well.
2. Heat over medium-high until mixture steams.
3. While mixture warms, prepare any garnishes desired. Serve warm.

# Dessert

## Cherry Pie

Renya Anschutz- Big Creek

### INGREDIENTS

#### **Crust**

2 1/2 cups all purpose flour  
1 cup lard  
2 tsp salt  
1/2 cup cold water  
pinch - 1/4 tsp sugar

#### **Filling**

2 -21 ounce cans cherry  
pie filling



### DIRECTIONS

1. Mix together crust ingredients.
2. Divide into 2 equal sized balls. Chill at least 30 minutes.
3. Flour surface and rolling pin and roll out one ball for bottom crust.
4. Place into pie plate, leaving excess hanging over the edges.
5. Fill with pie filling, smoothing until level.
6. Roll out a second ball of dough for the top crust.
7. Cut vents in top crust if using a solid crust or cut strips and weave into a lattice pattern, if desired.
8. Seal edges of pie and crimp for ideal presentation.
9. Sprinkle with a pinch of sugar.
10. Chill pie for 20-30 minutes prior to baking. Preheat oven to 425 degrees. while pie chills. Bake pie at 425 degrees for 10-15 minutes.
11. Lower temperature to 350 degrees and bake another 40-50 minutes, checking to make sure crust isn't browning too quickly.
12. Cover edges with foil if needed. Pie is done when filling bubbles

# Main Dish

## Spicy Chicken and Bacon Mac

Kalli Pfeifer-Fossil Creek

### INGREDIENTS

1 1/2 cups uncooked cavatappi pasta or macaroni  
3 T butter  
1 1/2 cups heavy whipping cream  
1 tsp Cajun seasoning  
2 cups shredded Pepper Jack cheese  
2 cups shredded cooked chicken  
6 bacon strips, cooked and crumbled  
1 jalapeno pepper, seeded and chopped  
1 cup crushed kettle-cooked potato chips or panko bread crumbs  
3 T all purpose flour  
1/2 cup 2% milk  
1/4 tsp salt  
1/4 tsp pepper

### DIRECTIONS

1. Cook pasta according to package directions for al dente; drain.
2. Preheat Broiler.
3. In a 10 inch cast-iron or other ovenproof skillet, heat butter over medium heat.
4. Stir in flour until blended; cook and stir until browned, 1-2 minutes (do not burn).
5. Gradually whisk in cream, milk, Cajun seasoning, salt and pepper.
6. Bring to a boil, stirring constantly.
7. Reduce heat; cook and stir until thickened, about 5 minutes.
8. Stir in cheese until melted.
9. Add pasta, chicken, bacon, and jalapeno; cook and stir until heated through.
10. Sprinkle chips over top.
11. Broil 3-4 inches from heat until chips are browned, about 30 seconds.



# Main Dish

## Beef and Noodles Hailey Gier- Fossil Creek

### INGREDIENTS

#### Noodles

6 eggs                      4 cups flour, more/less as needed

### DIRECTIONS

1. Whisk eggs together in a bowl.
2. Add flour and mix until mixture is sticky and starting to form together.
3. Dump the mixture onto a floured counter. Work flour into dough, adding more flour until the mixture is no longer sticky and forms a ball.
4. Set your noodle cutter to #1 (1/8"). Cut the dough into sections and roll it through the flattener and then through the cutter.
5. If you do not have a noodle cutter, cut the dough into sections and roll it out flat to about 1/8" thickness on the floured counter. Use a pizza cutter or knife to cut the sections into 1/4" pieces.



#### Soup

1/2 pound roast, cubed; more/less depending how "meaty" you like it  
10-12 beef bouillon cubes  
80-96 ounces water (8 ounces of water per cube)  
1 tsp salt

### DIRECTIONS

1. Add beef bouillon, roast, and salt to a large pot. Bring ingredients to a full boil.
2. Reduce heat and slowly add noodles a few at a time.

# Dessert

## Grandma's Sheet Cake Brownies Emma Karst- Lone Star

### INGREDIENTS

#### Brownies

1 stick Oleo (or butter)	1 cup water
1/4 cup cocoa	1/2 cup Crisco
2 cups flour	2 cups sugar
1/2 tsp salt	1/2 cup buttermilk
2 eggs	4 tsp baking soda
1 tsp vanilla	



### DIRECTIONS

1. Combine flour, sugar and salt in large mixing bowl.
2. In saucepan, boil Oleo, water, cocoa & Crisco.
3. After it comes to a boil, pour it over the dry ingredients.
4. Then add the buttermilk, eggs, baking soda and vanilla.
5. Mix everything together.
6. Pour into greased and floured pan.

#### Frosting

1 stick Oleo (or butter)	1 tsp vanilla
1/4 cup cocoa	1/3 cup buttermilk
4 cups powdered sugar or 1 box	

### DIRECTIONS

1. Bring to a boil, Oleo, cocoa and buttermilk.
2. Add the powdered sugar.
3. Mix together and pour over the brownies immediately upon removing from the oven.

# Dessert

## Asian Mango Pudding

Layne Vaughan-Meier- Trying Tommies

### INGREDIENTS

3 middle size mature mangoes, cubed (about 1 pound)  
2 packet unflavored gelatin sheets  
160 ml milk, or coconut milk  
60 ml heavy cream, chilled  
1/2 cup granulated sugar, more if needed

### DIRECTIONS

1. Soak gelatin sheets in cold water until soft.
2. In a small pot, heat half of the milk, sugar and soaked gelatin over slow fire.
3. Keep stirring and heating until sugar and gelatin dissolve completely. Remove from heat and set aside to cool down.
4. Cut fresh mango in half and then dice the fresh mangos.
5. Place most of the mango cubes in blender and then add the rest of the leftover milk or coconut milk; blend until very smooth.
6. Mix mango smooth with milk prepared in step 1, and add heavy cream too.
7. Stir until evenly combined.
8. Strain the mixture. You may need to use a spatula to help the mixture go through the strainer.
9. Pour the mixture in to your container or ramekins. Move to refrigerator for around 2 to 3 hours until completely set.
10. Before eating, decorate with left over mango cubes and mint leaves.



# Main Dish

## Goulash

Cooper Gier- Fossil Creek

### INGREDIENTS

1 pound ground beef                      1/2 cup onion  
2 cans diced tomatoes                2 cups elbow macaroni  
2 cups water                                1/2 tsp salt  
1- 8 ounce can tomato sauce

### DIRECTIONS

1. Cook ground beef and onion in a skillet. Drain.
2. Add tomato sauce, diced tomatoes, elbow macaroni, water, and salt.
3. Simmer until noodles are tender, approximately 20 minutes.
4. Add more water during cooking, if needed.



# Main Dish

Sesame Chicken  
Rhett Pospichal- Fossil Creek

## INGREDIENTS

### **For Chicken**

1 1/2 lbs boneless skinless chicken  
breast cut into 1" pieces  
2 eggs, beaten  
salt and pepper  
1/2 cup all purpose flour  
1/2 cup cornstarch  
oil for frying

### **For the Sauce**

2 T sesame seeds  
2 T sliced green onions

### **Continue Sauce**

1 tsp vegetable oil  
1 tsp minced fresh garlic  
1/4 cup honey  
1/3 cup soy sauce  
1/2 cup ketchup  
3 T brown sugar  
1/4 cup rice vinegar  
1 T toasted sesame oil  
2 tsp cornstarch

## DIRECTIONS

1. Place the eggs, salt and pepper in a bowl. Stir to combine.
2. Place the flour and 1/2 cup of cornstarch in a shallow bowl or on a plate. Stir to combine.
3. Dip each piece of chicken into the egg mixture, then into the flour. Repeat the process with all of the chicken.
4. Heat 3" of oil in a deep pan to 350 degrees.
5. Add 7-8 pieces of chicken to the pan. Cook 5 minutes or until crispy and golden brown. Repeat the process with the remaining chicken.
6. Drain the chicken on paper towels.
7. While the chicken is cooking, combine the honey, soysauce, ketchup, brown sugar, rice vinegar, sesame oil and 2 tsp of cornstarch in a bowl.
8. Heat the tsp of oil in a large pan over medium heat.
9. Add the garlic and cook for 30 seconds.
10. Add the honey sauce mixture and bring to a simmer.
11. Cook for 3-4 minutes or until just thickened.
12. Add the crispy chicken to the pan and toss to coat with the sauce.
13. Sprinkle with sesame seeds and green onions, then serve.



# Dessert

Homemade Cake Pops  
Taylor Cook- Sunflower

## INGREDIENTS

### **Cake Pops**

1 2/3 cups all-purpose flour  
1/2 tsp baking powder  
1/4 tsp baking soda  
1/2 tsp salt  
1/2 cup (1 stick) unsalted butter, room temperature  
1 cup granulated sugar  
1 large egg  
2 tsp pure vanilla extract  
1 cup whole milk ( or buttermilk)

## DIRECTIONS

**Cake:** Preheat oven to 350 degrees. Grease a 9" springform pan. Whisk the flour, baking powder, baking soda, and salt together in a medium bowl. Set aside. Using a whisk, beat the butter and sugar together in a large bowl until creamed, about 2 minutes. Add the egg and vanilla extract and beat on high speed until combined. Scrape down the bottom and the sides of the bowl as needed. With mixer running on low speed, add the dry ingredients and milk to the wet ingredients until combined. Manually whisk the batter to ensure there are no large lumps at the bottom of the bowl. Batter will be slightly thick. Pour the batter evenly into the prepared pan. Bake for 30-36 minutes or until a toothpick inserted in the center comes out clean. If the top begins browning too quickly in the oven, loosely place a piece of aluminum foil on top. Set on a wire rack and allow to cool completely in the pan..

**Frosting:** Using a mixer fitted with a paddle, beat the butter on medium speed until creamy, about 2 minutes. Add confectioners' sugar, heavy cream, and vanilla extract with the mixer running on low. Increase to high speed and beat for 3 full minutes

Crumble the cooled cake into the bowl on top of the frosting, mix on low and beat until combined. Measure 1T of moist cake mixture and roll into a ball. Place balls on a lined baking sheet. Refrigerate for 2 hours or freeze for 1 hour. Re-roll the chilled balls to smooth out. Place back in fridge as you'll only work with a couple at a time. Using a microwave, melt the coating with a 2 cup measuring cup.

**Coat the Cake Balls:** Remove only 2-3 cake balls from the refrigerator at a time. Dip a lollipop stick about 1/2" into the coating, then insert into the center of the cake ball. Only push it about halfway through the cake ball. Dip the cake ball into the coating until it is completely covered. Make sure the coating covers the base of the cake ball where it meets the lollipop stick. Very gently tap the stick against the edge of the measuring cup to allow excess coating to drop off. Decorate the top with sprinkles and place upright into a styrofoam block. Repeat with remaining cake balls, only working with some out of the refrigerator at a time. The cake balls must be very cold when dipping.

# Dessert

## Mixed Berry Pie

Lauren Brokes- Wilson Winners

### INGREDIENTS

1 package 2 frozen pie crust                      1/3 cup flour  
6 cups frozen mixed berries                      1 T tapioca pearl (dry)  
(blueberries, raspberries,                      2 tsp finely shredded  
blackberries, strawberries)                      lemon peels  
1/2 cup sugar

### DIRECTIONS

1. Prepare and roll out pastry for double-crust pie. Line a 9" pieplate with half of the pastry.
2. In a large bowl combine sugar, flour, and Tapioca with berries and lemon peel.
3. Let stand for 45 minutes for berries to thaw.
4. Transfer berry mixture to pastry-lined pie plate.
5. Trim bottom pastry and cut slits in middle.
6. Place on filling and seal by crimping edge, as desired.
7. If desired, brush top pastry with milk and sprinkle with additional sugar.
8. To prevent over-browning, cover edge of pie with foil.
9. Bake at 375 degrees for 25-30 minutes or until filling is bubbly and pastry is golden.
10. Cool on rack.



# Dessert

## Apple Chip Cake

Eli Brokes- Wilson Winners

### INGREDIENTS

3 cups chopped apples (can be unpeeled)  
1 cup nuts- optional  
3/4 cup salad oil  
2 eggs  
2 cups sugar  
1 tsp vanilla  
2 1/2 cup flour  
1 tsp soda  
1 tsp salt  
Cinnamon and sugar



### DIRECTIONS

1. In large bowl mix apples, nuts, oil, eggs, sugar, and vanilla until well mixed.
2. In a medium bowl, combine flour, soda, and salt. Mix well.
3. Add flour mixture to apple mixture and stir until well combined. Batter will be thick like cookie batter.
4. Spread butter in greased 9X13 in pan. Sprinkle top of the batter with cinnamon sugar to taste.
5. Bake at 375 for 45 minutes.



# Dessert

## Red Velvet Mini Cupcakes Hallie Thielen- Wilson Winners

### INGREDIENTS

2 1/2 cups flour (cake flour)                      1/2 cup unsweetened cocoa powder  
1 tsp baking soda                                      1/2 tsp salt  
1 cup (2 sticks) butter, softened                4 eggs  
2 cups granulated sugar                            1 cup sour cream  
1/2 cup milk    1 bottle (1 ounce) Red Food Color  
2 tsp pure vanilla extract

### DIRECTIONS

#### Cupcakes:

1. Preheat oven to 350 degrees.
2. Mix flour, cocoa powder, baking soda and salt in medium bowl. Set aside.
3. Beat butter and granulated sugar in large bowl with electric mixer on medium speed 5 minutes or until light and fluffy.
4. Beat in eggs, one at a time.
5. Mix in sour cream, milk, food color and vanilla.
6. Gradually beat in flour mixture on low speed until just blended. ( Do not overbeat).
7. Spoon batter into paper-lined muffin cups, filling each cup 2/3 full.
8. Bake until toothpick inserted into cupcake comes out clean. About 10 min.
9. Cool in pans on wire rack 5 minutes. Remove from pans; cool completely.



### INGREDIENTS

#### Frosting:

1 package (8 ounces) cream cheese, softened  
1/2 cup unsalted butter, softened  
3 cups confectioner's sugar, plus an extra 1/4 cup if desire thicker frosting  
1 tsp vanilla extract  
1/8 tsp salt

### DIRECTIONS

1. Beat cream cheese and butter together on high speed until smooth and creamy.
2. Add confectioners' sugar, vanilla and salt.
3. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes.

# Dessert

## Baked Apple Roses Skylar Vaughan-Meier- Trying Tommies.

### INGREDIENTS

4 apples, cored and halved (leave the skin on)  
Juice from 1/2 lemon or lemon concentrate  
2 T water (plus more for apple soak)  
1 sheet of puff pastry cinnamon, to taste



### DIRECTIONS

1. Preheat oven to 375 degrees.
2. In microwave safe bowl, fill bowl with apple slices, water and juice from half a lemon. Use enough water to make sure apple slices are covered by water. Microwave for 3 minutes.
3. Next, grab a sheet of puff pastry.
4. Flour your board and roll out the puff pastry enough to make 6 strips at 3 inches wide.
5. In a bowl, mix your favorite fruit preserves with a couple tablespoons of water.
6. Then spoon out the preserves in the center of the strip of puff pastry.
7. Next, place the apple slices long ways halfway on the strip. Keep adding slices until you reach the end.
8. Then fold the puff pastry over the bottom of the apple slices.
9. Roll up the puff pastry and place in a greased muffin tin.
10. Bake the apple roses for 35-45 minutes.
11. Pull out of the oven and let cool for 5 minutes.

# Desserts/Breads

## Whole Wheat Sunflower Seed Quick Bread Kierra Eck- Sunflower

### INGREDIENTS

1/4 cup honey  
1/4 cup butter, softened  
2 eggs, beaten  
1 cup whole wheat flour  
1 T baking powder

1 tsp salt  
1 1/4 cup ground sunflower seeds  
1 cup milk  
1/2 cup whole sunflower seeds

### DIRECTIONS

1. Preheat oven to 325 degrees.
2. Beat honey and butter together.
3. Add eggs to mixture and beat well.
4. Combine flour, baking powder, salt and ground sunflower seeds.
5. Add to honey and butter mixture.
6. Add milk, mixing well.
7. Fold whole sunflower seeds into batter.
8. Pour into greased loaf pan and bake for 1 hour.



# Dessert

## Watergate Salad Cord Norris- Elkhorn

### INGREDIENTS

3.4 ounces pistachio Jell-O instant pudding mix  
20 ounces can crushed pineapple  
1 cup miniature marshmallows  
1/2 cup chopped nuts (optional)  
8 ounces container Cool Whip, thawed

### DIRECTIONS

1. Combine pudding mix, pineapple (with juice), marshmallows and nuts in a large bowl and mix well.
2. Blend in Cool Whip and chill until ready to serve.



