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4-H Program would like  
to thank the following for  
their support of the  
2023 Favorite Foods Show

**Judges:**

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Donna Maskus

Danielle Schumacher



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2023  
4-H FAVORITE FOODS  
SHOW

Midway Extension District



January 29, 2023

2:00 PM

Russell County 4-H Building

## Playing it Safe While Cooking

### Before Starting a Recipe

- Read the recipe twice so you understand all the steps. If you have questions, ask an adult.
- The recipe in a cookbook will tell you:
  - a. The name of the recipe.
  - b. How much the recipe will make—how many servings and how big each serving should be (Serving Size).
  - c. How long it will take you to make the recipe (Time).
  - d. 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.
  - e. The steps to follow to make the recipe.
- 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.
  - 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.
  - 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.
  - 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.
  - 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.

- 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:
  - Be sure to have an adult working with you.
  - 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.
  - 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.
  - Cut straight down, not toward yourself or another person. To slice, cut in thin or thick pieces.
  - 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.

# Soup

**Emma Karst - Lone Star  
Junior (14+)**

## Lasagna Soup

### Ingredients:

2 lbs. Sausage  
1 tsp Onion Powder  
1 tsp Italian Seasoning  
½ tsp Red Pepper Flake  
2 Tbsp Minced Garlic  
1 Tbsp Tomato Bouillon  
4 Cups Chicken Stock  
3 Cups Beef Stock  
1 15 oz Can of Italian Style Petite Diced Tomatoes  
1 Jar Spaghetti Sauce  
½ Box Lasagna Noodles  
15 Oz Ricotta Cheese  
1 Cup Mozzarella Cheese  
½ tsp Italian Seasoning  
Salt & Pepper to Taste  
½ Cup Heavy Whipping Cream

### Directions:

In large saucepot, brown and drain sausage. Then add onion powder, Italian seasoning, red pepper flake, garlic bouillon, chicken stock, beef stock, tomatoes and spaghetti sauce. Bring to a rapid boil and add the lasagna noodles broken up into small pieces. Boil until noodles are soft. In a bowl combine ricotta cheese, mozzarella cheese, Italian seasoning, salt and pepper. Reduce heat of the liquid and add ½ of the cheese mixture along with heavy whipping cream to the pot. Use remaining cheese mixture for garnish in individual bowls.



# Table of Contents

## Breakfast

Breakfast Banana Split - Walker Stoughton.....	1
Biscuits and Gravy - Layne Vaughan-Meier.....	2
1-Hour Cinnamon Rolls - Cord Norris.....	3

## Dessert

Chiptastic Brownie Slices - Teagen Pfeifer.....	4
(Vegan) Coconut Ice Cream - Ari Robbins.....	5
Carmelitas - Gracie Karst.....	6
Mocha Cheesecake - Josey Norris.....	7-8
Galaxy Mousse Cakes - Trent Norris.....	9-10
Strawberry Shortcake in Mini Mason Jars - Kierra Eck.....	11

## Main Dish

Dad's Smoked Baby Back Ribs - Emmitt Suchy.....	12
Chuckwagon Steak - Charlie Herbel.....	13
Rib Crown Mac & Cheese - Skylar Vaughan-Meier.....	14
Pigs in a Blanket Rolls - Layken Eck.....	15-16
Chicken Pot Pie - Taylor Cook.....	17
Crispy Buttermilk Chicken Tenders w/ Tangy Buffalo Sauce - Sasha Robbins..	18

## Side Dish

Cheesy Green Bean Casserole - Payton Maske.....	19
Build Your Own Cobb Salad Board - Kinley Stoughton.....	20
Whipped Feta Dip - Layne Stoughton.....	21

## Soup

Green Bean Dumpling Soup - Ethan Maske.....	22
Lasagna Soup - Emma Karst.....	23



# Breakfast

Walker Stoughton - Big Creek  
Cloverbud

## Breakfast Banana Split

### Ingredients:

1/4 c. granola  
1 banana  
1/4 c. Greek vanilla yogurt  
2 T. cherry jam  
1/4 c. blueberries  
Chopped nuts, optional

### Directions:

1. Peel banana and slice lengthwise, placing it cut side up on a plate. 2. Spoon the yogurt across the banana halves. Top evenly with the cherry jam. Sprinkle blueberries, granola, and nuts, if using, over the top of the banana. Enjoy!

Serves: 1



# Soup

Ethan Maske - Sunflower  
Intermediate (10-13)

## Green Bean Dumpling Soup

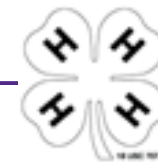
### Ingredients:

#### Broth:

6 cups Chicken Broth  
4 cups milk  
4 cups whipping cream  
4 - 14.5oz cans of French style green beans  
1 tsp Garlic Salt  
1 1/2tsp season salt  
1 tsp pepper  
1 tsp salt  
1/2 tsp celery salt  
1 small chopped onion (optional)

### Directions:

In a large soup kettle add broth, milk, cream, green beans, seasoning, and onions. Cook on high heat, bring to a rolling boil. While soup is heating up, prepare the dumplings. In a mixing bowl add the dry ingredients and mix well. Add eggs and water, mix until well blended. Once soup is boiling, dip the end of a fork in the soup for approx 10 secs to warm it. Using the warm fork, scoop up approx 1/2 tsp of the dumplings mixture. Dip the fork into the soup. The dumpling will slide right off the warm fork. Repeat dropping the dumpling mixture until its all in the soup. Boil soup for another 10mins to assure all dumplings are cooked. Turn heat off and enjoy!



# Side Dish

Layne Stoughton - Big Creek  
Junior (7-9)

## Whipped Feta Dip

### Ingredients:

1/3 c. full fat ricotta  
1 c. crumbled feta  
2 1/2 T. extra virgin olive oil  
1/2 t. Worcestershire sauce  
1/4 t. red pepper flakes, with extra for garnish  
1/2 T. chopped fresh dill  
1/2 T. chopped fresh parsley  
1/4 t. minced garlic  
1/2 t. golden flax seed

### Directions:

Add ricotta, feta, and olive oil to a food processor. Blend until smooth. Add red pepper flakes and Worcestershire sauce. Blend. Scoop onto a serving plate and drizzle with extra olive oil. Garnish with herbs, garlic, red pepper, and flax.

Serve with crackers, bread, or vegetable dippers. Toasted baguette slices are my favorite! Makes enough for 4 people for an appetizer platter.



# Breakfast

Layne Vaughan-Meier - Trying Tommies  
Senior (14+)

## Biscuits and Gravy

### Ingredients:

2 lbs breakfast sausage	1 tsp salt
2 cups flour	salt/pepper to taste
1 cup flour/arrowroot	1/2 cold unsalted butter (cut into small pieces)
1 tbsp baking powder	
1/2 gallon milk	3/4 - 1 cup milk

### Directions:

#### • Gravy:

1. Find a semi-deep skillet and place on top of a stove burner.
2. Turn on stove to medium heat and preheat pan.
3. Once the pan is heated, place the meat into the pan.
4. Brown meat into pan.
5. DO NOT DRAIN GREASE. This is what will help with the making of gravy.
6. Sprinkle flour over sausage. Making sure that the browned meat is covered. You might not use all the flour but you shouldn't use more than this either.
7. Slowly pour milk into the mixture letting it heat up as you go.
8. Bring to a slow boil and turn down to low/medium and stir occasional so not to scorch the milk. Cover pan.
9. Prepare biscuit recipe while gravy is thickening.
10. Split biscuits apart and pour the gravy over the top. Salt/Pepper to taste and enjoy

#### • Biscuits:

1: COMBINE DRY INGREDIENTS. Whisk together the flour, salt, and baking powder. 2: CUT IN THE BUTTER. Add the pieces into the dry ingredients and use a pastry cutter or fork to cut the butter through. 3: ADD THE MILK. Add the milk and stir until we get a thick dough. Start with part of the milk and stir until incorporated. Add more milk until a very thick dough forms. 4: SCOOP DOUGH. Use a large ice cream scoop or a spoon to scoop the large mounds of dough onto a baking sheet 5: BAKE! Bake at 450 F for 18-22 minutes until golden brown



# Breakfast

**Cord Norris - Elkhorn  
Junior (7-9)**

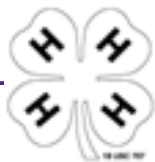
## 1-Hour Cinnamon Rolls

### Ingredients:

1 3/4 cup warm water  
1/4 cup + 2 T sugar  
1/4 cup vegetable oil  
3 T. quick rise yeast  
1/2 T. salt  
2 eggs  
5 1/4 cup flour  
1/2 cup butter, melted  
1/2 cup sugar  
1/2 cup brown sugar  
2 T. cinnamon

### Directions:

1. Mix water, sugar, and yeast and let sit for 15 minutes.
2. Add oil, salt, eggs, and mix in a mixer
3. Add flour and mix for 10 minutes
4. Let sit for 10 minutes, until doubled in size
5. Use vegetable oil to oil counter; dump out half the dough. Roll into a rectangle.
6. Spread half the melted butter onto the rectangle, getting to the edges. Sprinkle half the cinnamon on the butter, and follow with half the white and brown sugars.
7. Roll into a roll, sealing the edges. Slice into 1 1/2 inch slices, and place into greased cake pan.
8. Repeat with second half of dough. Will make 2 pans.
9. Let rolls rest and rise for 15 minutes.
10. Bake at 400 degrees for 12-15 minutes
11. Frost as desired



# Side Dish

**Kinley Stoughton - Big Creek  
Intermediate (10-13)**

## Build Your Own Cobb Salad Board

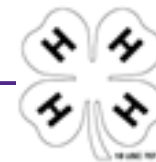
### Ingredients:

5 c. chopped lettuce mix  
1/2 c. shredded cheddar and Monterey Jack cheese  
1/2 c. crumbled cooked bacon  
1/2 c. blue cheese crumbles  
1/2 c. diced avocado  
1/2 c. chunky blue cheese dressing  
1/2 c. ranch dressing  
1/2 c. glazed pecans  
4 hard boiled eggs, sliced  
1 lb. boneless, skinless chicken breast, grilled and cut into bite sized chunks  
1 c. cherry tomatoes, halved  
1/2 medium red onion, thinly sliced  
1c. croutons

### Directions:

1. Place the lettuce mix in the middle of a very large serving tray, leaving space all around it for the toppings.
2. Put the shredded cheese, crumbled bacon, blue cheese crumbles, and diced avocado in small serving bowls and place the bowls around the lettuce.
3. Place the blue cheese and ranch dressings in small jars next to the bowls of toppings.
4. Place the glazed pecans, sliced hard boiled eggs, chopped grilled chicken, cherry tomato halves, sliced red onion, and croutons in the remaining space around the lettuce.

**Serves: 6**



# Side Dish

**Payton Maske - Sunflower  
Intermediate (10-13)**

## Cheesy Green Bean Casserole

### Ingredients:

- 2 - 10.5 oz cans of cream of Mushroom soup
- 1/2 tsp Salt (more if needed)
- 1/3 tsp pepper (more if needed)
- 3 cups shredded colby jack cheese (separated)
- 4- 14.5 oz cans of French style green beans (drained)
- 3-6oz bags of french-fried onions (separated)

### Directions:

1. Preheat oven to 350 degrees Bake time: 30 mins
2. Mix soup, milk, salt, pepper, 1 1/2 cups of cheese, green beans and 1 1/2 bags of the onions in a bowl. Season to taste @ this time.
3. Pour into a 3qt baking dish. Spread out evenly.
4. Sprinkle fried onions around edges. Fill in the middle of the onions with remaining cheese.
5. Bake @ 350 F for 30mins or until hot.



# Dessert

**Teagen Pfeifer - Lone Star  
Senior (14+)**

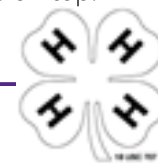
## Chiptastic Brownie Slices

### Ingredients:

- 8 tablespoons unsalted butter, cut into chunks
- 1 cup + 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/2 cup + 2 tablespoons Burgundy Cocoa Powder
- 2 large eggs, cold from the refrigerator
- 2 teaspoons Pure Vanilla Extract
- 3/4 cup Unbleached All-Purpose Flour
- 1/2 teaspoon baking powder
- 1 cup Chiptastic Chocolate Chip Blend
- 1/2 cup chopped walnuts

### Directions:

1. Grease Cake Loaf Pan; preheat the oven to 350°F.
2. In a large heatproof bowl, combine the butter, sugar, and salt. Microwave on high for 1 1/2 to 2 minutes, until the butter is melted. Remove from the microwave, add the cocoa, and stir the mixture thoroughly.
3. Mix in the eggs one at a time, stirring well after each addition. Stir in the vanilla.
4. Add the flour and baking powder, stirring until evenly combined. Scrape the bowl to make sure there are no dry floury spots.
5. Make sure the batter is cooled to lukewarm, then stir in the chips and walnuts.
6. Transfer the batter to the prepared pan, place the pan on a baking sheet, and bake for 40 to 43 minutes. A paring knife inserted into the center should come out mostly clean, with a few moist crumbs sticking to it.
7. Remove the pan from the oven and cool on a rack for at least 90 minutes. Flip the brownies onto a serving platter; serve with a scoop of ice cream and a drizzle of caramel sauce on top.



# Dessert

**Ari Robbins - Big Creek  
Junior (7-9)**

## **(Vegan) Coconut Ice Cream**

### **Ingredients:**

2, 13.66 oz. cans coconut milk  
½-1 c. maple syrup or sugar of your preference  
Pinch of salt  
1 T. vanilla extract

### **Directions:**

1. Blend coconut milk, sweetener, pinch of salt, and vanilla until thoroughly combined. If your coconut milk isn't chilled, chill the mixture for 30-120 minutes in the refrigerator before placing into the ice cream machine.
2. Freeze according to instructions for your ice cream maker, 15-25 minutes, usually.
3. When the mixture begins to look thick and frosty, spoon out a bit and if it sits up on the spoon instead of slipping right off, it's done! It will be the consistency of soft serve.
4. If a firmer texture is desired, you may spoon into a freezer-safe container and freeze an additional 4 hours.
5. Enjoy!



# Main Dish

**Sasha Robbins - Big Creek  
Intermediate (10-13)**

## **Crispy Buttermilk Chicken Tenders W/ Tangy Buffalo Sauce**

### **Ingredients:**

1 c., plus 2 T. buttermilk  
1 lb. boneless, skinless chicken  
breast tenders  
1 c. flour  
2 eggs  
1 T. oil, plus more for frying  
1 c. panko bread crumbs

### **Seasonings:**

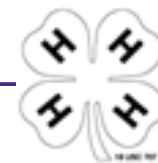
½ t. salt  
¼ t. freshly ground black pepper  
1 t. paprika  
¼ t. Jack's Gourmet Seasoning

**1/8 t. Creole seasoning Sauce:** 2 T. butter ¼ c. Tabasco or hot sauce 2 t. Worcestershire sauce 2 T vinegar ½ t. garlic powder 1/8 t. cayenne pepper Dash salt and pepper to taste

### **Directions:**

**Chicken:** Pour buttermilk into large resealable bag. Add chicken tenders. Seal and refrigerate for a minimum of 30 minutes. In shallow bowl, combine flour, salt, pepper, Creole seasoning, and part of the Jack's seasoning. In another shallow bowl, beat the eggs, 1 T. oil, and 2 T. buttermilk. In another shallow bowl, combine bread crumbs, paprika, and remaining Jack's. Preheat oven to 200' and place baking sheet inside. Begin heating oil in skillet for frying the chicken. Once oil is getting hot, remove each tender from the bag, first dredging each in the flour pan, then the egg mixture, then the bread crumbs. Place each into the frying pan. Cook for 4 minutes per side, or until golden brown. Transfer tenders to baking sheet to keep warm.

**Sauce:** Melt butter in microwave safe bowl. Add remaining ingredients to melted butter. Whisk until smooth. Warm another 1-2 minutes, whisking between rounds. Serve hot, or refrigerate for later use. Just prior to serving, place cooked tenders into large bowl and toss with desired amount of Buffalo sauce to coat. If desired, sauce can be served on the side for dipping.





# Main Dish

Taylor Cook - Sunflower  
Intermediate (10-13)

## Chicken Pot Pie

### Ingredients: Crust:

2-1/2 cups all-purpose flour  
1/2 teaspoon salt  
1 cup cold butter, cubed  
1/3 to 2/3 cup ice water

### Filling:

1 cup diced peeled potatoes  
1 cup sliced carrots  
1/2 cup butter, cubed  
1/3 cup chopped onion  
1/2 cup all-purpose flour  
1 teaspoon salt  
1/2 teaspoon dried thyme  
1/2 teaspoon pepper  
1-1/2 cups chicken broth  
3/4 cups whole milk  
2 cups cubed cooked chicken  
1/2 cup frozen peas  
1/2 cup frozen corn

### Directions:

**Make pie crust:** 1. Combine flour and salt; cut in butter until crumbly. Gradually add ice water, tossing with a fork until dough holds together when pressed. 2. Divide dough in half, with 1 piece slightly larger than the other; shape into 2 disks. 3. Wrap and refrigerate dough. (Dough can also be made ahead and refrigerated overnight.)

**Make filling:** 4. Preheat oven to 425°. 5. Place potatoes and carrots in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, covered, 8-10 minutes or until crisp-tender; drain. 6. In a large skillet, heat butter over medium-high heat. Add onion; cook and stir until tender. Stir in flour and seasonings until blended. Gradually stir in broth and milk. Bring to a boil, stirring constantly; cook and stir 2 minutes or until thickened. 7. Stir in chicken, peas, corn and potato-carrot mixture; remove from heat. 8. Remove dough from refrigerator. On a lightly floured surface, roll larger disk into a 1/8-in.-thick circle; transfer to a 9-in. pie plate. 9. Roll remaining dough to a 1/8-in.-thick circle and set aside. 10. Add filling to pie plate. 11. Place top crust over filling. 12. Trim, seal and flute edge. 13. Cut slits in top. 14. Bake 35-40 minutes or until crust is lightly browned. 15. Let stand 15 minutes before cutting and serving.



# Dessert

Gracie Karst - Lone Star  
Senior (14+)

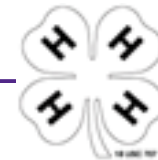
## Carmelitas

### Ingredients:

3/4 cup Butter (melted)  
3/4 cup Brown sugar, light packed  
1 Tbsp Vanilla extract  
1 cup Rolled old fashioned oats, whole  
1 cup All-purpose flour  
1 tsp Baking soda  
Pinch of Salt  
1 cup Semi-sweet chocolate chips  
35 Caramel squares  
1/2 cup Heavy cream

### Directions:

Preheat oven to 350F. Line an 8x8-inch pan with aluminum foil and spray with cooking spray. In a large mixing bowl, combine the melted butter, brown sugar, vanilla, and whisk until smooth. Add the flour, oats, baking soda, pinch salt, and stir until combined. Add half of the mixture to the prepared pan, and smooth it with spatula or the back of a spoon, to create a smooth layer; set remainder aside. Bake for 10 minutes. While it bakes, make the caramel sauce. In a large microwave-safe mixing bowl, combine the caramels, cream, salt, and heat on high power in 60-second bursts to melt caramels, stirring after each burst. Heat until mixture can be stirred smooth. After 10 minutes, remove pan from the oven and evenly sprinkle with the chocolate. Slowly and evenly pour caramel sauce over the chocolate. Evenly crumble reserved oatmeal-brown sugar mixture over the top. Return pan to oven and bake for about 15 to 18 minutes, or until edges are lightly browned and center is bubbling slightly. Allow bars to cool completely in the pan before slicing and serving, giving the molten caramel time to firm up. This can take up to 4 hours, or overnight, at room temperature.



# Dessert

Josey Norris - Elkhorn  
Intermediate (10-13)

## Mocha Cheesecake (Part 1)

### Ingredients:

#### Oreo Crust:

26 Oreo cookies

1/3 cup unsalted butter melted

#### Cheesecake:

5 ounces dark chocolate 50-70%

1 cup whipping cream

1 1/2 teaspoons instant coffee powder

24 ounces full-fat cream cheese room temperature

1 1/4 cup granulated sugar

1 tablespoon cornstarch

4 large eggs room temperature

#### Chocolate Ganache:

4 ounces dark chocolate 50-70%, semi-sweet works too

1/2 cup whipping cream

#### Coffee Whipped Cream:

1/2 cup whipping cream

1 teaspoon instant coffee powder

### Nutrition Calories:

733kcal | Carbohydrates: 53g | Protein: 9g | Fat: 55g | Saturated Fat: 31g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 16g | Trans Fat: 1g | Cholesterol: 193mg | Sodium: 346mg | Potassium: 348mg | Fiber: 3g | Sugar: 38g | Vitamin A: 1601IU | Vitamin C: 1mg | Calcium: 114mg | Iron: 5mg

### Directions Part One (Continue on page 8 for more):

Preheat the oven to 350F Wrap the outside of a 9-inch (23-cm) springform pan with tin foil. Wrap the pan at least 3-4 times so that the bottom and sides are well covered, and all the seams are covered.



# Main Dish

Layken Eck - Sunflower  
Intermediate (10-13)

## Pigs in a Blanket Rolls (part 2)

### Directions:

#### Shaping & Proving the Rolls (40 minutes + a little proving time):

1.) Lightly dust a 11 by 17-inch rimmed cookie sheet with flour. 2.) Slice the sausages into 11 pieces, each about 1 1/2 inches long. Beat one egg in a small bowl. 3.) Punch down the dough all over to knock out excess air, then divide it into 12 equal pieces using a kitchen scale for accuracy. The twelfth piece is for the ears, noses, and tails of the pigs. 4.) To shape the rolls, roll out a blob of dough into a circle. Brush a piece of sausage with beaten egg to help it stick to the dough, and place it in the middle of the dough circle. Add shredded cheese now if you wish to. Bring up the edges of the dough around the sausage and pinch the ends together to seal. Place the roll seam side down on the prepared cookie sheet, spacing them a few inches apart. 5.) Brush the rolls with beaten egg. Roll out the remaining dough and use a small, sharp cookie cutter to cut circular noses for the pigs. Brush them with egg and stick them on the pigs. Use a toothpick to make the nostrils. 6.) Snip little pieces of dough to make ears and a tail for each pig. Brush them with egg wash and stick them on the pigs, using small pieces of wooden toothpick to hold them in place if needed. Put on the peppercorn eyes. 7.) Let the pigs prove until the dough springs back quickly when gently pressed with a fingertip and the rolls have noticeably increased in size. The rolls need about 30-45 minutes total of proving time. Go by the look and feel of the rolls, not by time. 8.) Another option if you choose not to shape rolls into pigs is to use a silicone pig mold to bake them. 9.) About 10 minutes before the pigs are done proving, preheat the oven to 400 F. **Baking the Pigs (20 minutes):** 1.) Bake the pigs at 400 F for 15 minutes, then lower the temperature to 375 and bake for 5-10 minutes more, until the pigs are a rich golden brown and have an internal temperature of about 200 F. After 10 minutes, check the rolls and cover any dark spots, like the ears, with aluminum foil. 2.) Let the pigs cool on a wire rack, then serve warm. Store leftover rolls in the fridge and reheat before serving. 3.) If you choose to use the silicone baking mold, bake for 10 minutes and continue checking it. Flip mold upside down to release the pigs and let cool. **Optional:** Our family also enjoys adding a bit of yellow cornmeal to our dough. It gives it extra flavor and a bit of a fun texture.   
\*\*\*Enjoy\*\*\*



# Main Dish

## Layken Eck - Sunflower Intermediate (10-13)

### Pigs in a Blanket Rolls

#### Ingredients:

##### Dough:

4 ½ cups bread flour  
2 teaspoons fine salt  
3 teaspoons fast-action yeast  
1 tablespoon granulated sugar  
4 tablespoons unsalted butter, softened  
1 large egg  
1 ¼ cups whole milk

##### Filling/Decoration:

2 pre-cooked smoked sausages, or more  
1 large egg, beaten  
shredded cheese of your choice  
22 black peppercorns  
Several wooden toothpicks

#### Directions:

**Making & Proving the Dough (25 minutes + 1 hour proving):** 1.) Warm the milk to 115 F in a small saucepan or in the microwave. If you're using the microwave, poke a small wooden spoon or wooden skewer into the milk to break the surface tension and prevent it from exploding. 2.) Pour the flour into a large mixing bowl and add the salt and yeast on opposite sides of the bowl, stirring in each one with your hand. Mix in the sugar. 3.) Dump in the softened butter, one egg, and half of the milk. Stir the mixture with your hand to start bringing the dough together. Gradually trickle in the milk as you mix until a soft, sticky dough has formed and all the flour is picked up from the bowl. You may not need all the milk. 4.) Turn out the dough onto a floured surface and knead for about 10 minutes, until the dough passes the windowpane test and has a glossy sheen on its surface. Test the dough by grasping a lump of dough between the thumb and forefinger of each hand and stretching it. If it stretches until it's translucent, the dough is well kneaded; if not, knead for a minute longer and check again. 5.) Shape the dough into a ball, place in a buttered bowl, and cover tightly with plastic wrap. Let the dough prove until at least doubled in size, about 1 hour.



# Dessert

## Josey Norris - Elkhorn Intermediate (10-13)

### Mocha Cheesecake (Part 2)

#### Directions:

**Oreo Crust:** Crush the Oreos (wafers and filling) in a food processor until fine crumbs. Mix the crushed cookies with the melted butter. Press the mixture into the bottom of the prepared pan, creating a slight lip around the edge. Bake in the preheated oven for 8-10 minutes. Remove from the oven, leaving the oven turned on.

**Cheesecake:** Finely chop the dark chocolate and place in a heatproof bowl. Heat the cream until almost boiling. Pour ½ cup of the cream over the chopped chocolate. Let sit for 2-3 minutes, then whisk until smooth. If the chocolate isn't quite melted, microwave on medium power for 30-second intervals until smooth. Set aside. Whisk the instant coffee powder into the remaining ½ cup of hot whipping cream. Set aside. In a very large bowl beat the cream cheese until smooth (about 2 minutes). Beat in the sugar and cornstarch until combined. Turn off the mixer and scrape down the sides of the bowl to ensure there are no lumps. Beat in the eggs 1 at a time, turning off the mixer and scraping down the sides in between each addition. Stop mixing as soon as you no longer see pieces of egg yolk or egg white. Divide the batter in half. Whisk the melted chocolate mixture into 1 half of the batter. Whisk the instant coffee powder dissolved in cream into the 2nd bowl of the batter.

**Baking & Cooling:** Place the springform pan (still wrapped in foil) in the middle of a large roasting pan. Pour the chocolate cheesecake batter on top of the crust and smooth the top. Carefully spoon the coffee cheesecake batter on top of the chocolate layer so that it's evenly covered. Pour boiling water into the roasting pan so that there's about 1 inch of water in the roasting pan. Place the large roasting pan (with the cheesecake inside) in the oven. Bake for 50-65 minutes, or until the top looks almost set and the cheesecake wobbles slightly (think like pudding or jello) if you gently nudge the pan. Remove the roasting pan from the oven. Cool the cheesecake in the pan until it's room temperature. Remove the springform pan from the roasting pan. Cover the cheesecake with foil and place in the fridge to chill for at least 6 hours, or overnight.

**Ganache, Whipped Cream & Serving:** After the cheesecake has chilled for at least 6 hours, remove from the fridge. Trace around the outside with a thin, sharp knife. Then unclamp the outer ring of the springform pan. If there's any condensation on top of the cheesecake, use a paper towel to blot it off. For the ganache, chop the chocolate into very fine pieces and place in a heatproof bowl. Heat ½ cup cream until almost boiling. Pour the cream over the chocolate. Let sit for 2-3 minutes, then whisk until smooth. Pour the ganache over the top of the cheesecake. Use a flat knife to spread it to the edges, if needed. Return to the fridge for the ganache to firm up. For the coffee whipped cream, combine the cream and instant coffee powder until stiff peaks form. The instant coffee powder will dissolve as you whip the cream. Slice the cheesecake with a sharp, thin knife (not a table knife). Be sure to cut all the way through the crust. For clean cuts, wipe off the knife after each slice.



# Dessert

Trent Norris - Elkhorn  
Intermediate (10-13)

## Galaxy Mousse Cakes

### Ingredients:

#### BROWNIES:

6 oz unsalted butter  
8 oz semi-sweet chocolate,  
chopped  
2 large eggs  
2 tsp vanilla extract  
3/4 cup granulated sugar  
1/2 cup all-purpose flour  
1 tsp baking powder  
1/2 tsp salt

#### MIRROR GLAZE:

3 packets unflavored powdered gelatin,  
(3/4 oz)  
9 oz water, divided use  
1 1/2 cups granulated sugar  
7 oz sweetened condensed milk  
12 oz real white chocolate, chopped or  
white chocolate chips  
Gel food coloring

#### CHOCOLATE MOUSSE:

1 1/2 cups chocolate chips, chopped  
3/4 cup chocolate Caramel Creamer (or any flavor)  
pinch of salt  
1 packet unflavored powdered gelatin, (1/4 oz)  
2 tbsp water  
1 cup heavy cream

### Directions:

**BROWNIES(Part 1):** Line a 9" x 13" baking pan with foil, and spray the foil with nonstick cooking spray. Preheat the oven to 350 F. Combine the butter and chopped semi-sweet chocolate in a large microwave-safe bowl. Melt them together in 30-second increments, stirring after every 30 seconds to prevent overheating. Once melted and smooth, let it cool to room temperature. Whisk in the eggs one at a time, then whisk in the vanilla, and granulated sugar. Continue to whisk until the texture smooths and thickens and the batter becomes glossy, like pudding. Finally, add the flour, baking powder, and salt, and stir in gently with a spatula until no streaks of flour remain.



# Main Dish

Skylar Vaughan-Meier - Trying Tommies  
Senior (14+)

## Rib Crown Mac & Cheese

### Ingredients:

Rack of pork ribs  
6 tbsp butter (separated in half)  
1 cup of flour  
1 cup of milk  
4 cups of cheddar cheese  
1 box elbow noodles  
Salt and Pepper to taste  
3 tbspc bacon cut up into pieces

### Directions:

Take the rack of ribs and pull off the membrane. Season the ribs with your favorite rub. Tie it together to make a crown. Smoke the ribs for three hours at 250 degrees. Put on favorite BBQ sauce both sides and put back into the smoker for another two hours. To make sure that ribs are fully cook check them with a thermometer. It should read 180 degrees. Once the mac & Cheese is done, take the crown out and place the mac& cheese into the center of the ribs and top with bacon. Directions for Noodles for Mac & Cheese In a pot, fill 3/4 way with water. Put on stove medium-high. Wait for water to come to a rolling boil. Put in the noodles. Return to heat and stir occasionally. Cook pasta until noodles are soft. Take the pot and dump into a strainer and let sit for about 1-2 minutes so that all the water gets out of it. Directions for Mac & Cheese In a pan put 3 tbspc butter in and turn up to medium heat. Let melt and sprinkle flour over the butter so that it makes a rue. Mix in the cheese and let melt down. Place the other 3 tbspc of butter into the mixture. Add noodles to the mixture and stir thoroughly. Salt and pepper to taste.



# Main Dish

Charlie Herbel - Wolf Creek Valley  
Junior (7-9)

## Chuckwagon Steak

### Directions:

1. Thaw Steak
2. Preheat grill to 400 degrees
3. Grill Approximately 5 minutes on each side. Add time according to steak preference.
4. Let steak rest for 5 minutes before serving.
5. Enjoy!



# Dessert

Trent Norris - Elkhorn  
Intermediate (10-13)

## Galaxy Mousse Cakes (Part 2)

**Directions: BROWNIES(Part 2):** Scrape the batter into the prepared pan and smooth it into an even layer. Bake the brownies for 15 minutes, then remove the pan from the oven and gently rap it on the counter to release any air bubbles. Return it to the oven and bake for an additional 5 minutes (20 minutes of baking total), or until a toothpick inserted into the center comes out with just a few moist crumbs attached. Let the brownies cool completely, then use a 2 3/4" circular cutter to cut out 10 brownie circles. If the tops of the brownies are uneven, gently press down on them to flatten them out. Place the brownie circles on a covered baking sheet and freeze them until you're ready to use them **CHOCOLATE MOUSSE:** Combine the chopped chocolate, flavored creamer, and salt in a large microwave-safe bowl. Microwave in 30-second increments, whisking every 30 seconds, until the chocolate has melted and the mixture is smooth. Let it cool until it's slightly warm or room temperature, stirring occasionally. While you wait for the chocolate mixture to cool, prepare the gelatin. Whisk together the gelatin and the cold water in a small bowl, and set it aside to let the gelatin absorb the water. Whip the remaining 1 cup heavy cream to firm peaks, and set it aside for a moment. When the chocolate is at room temperature, it's showtime! Microwave the bowl of gelatin for 10-12 seconds, until it is melted. Whisk the melted gelatin and chocolate mixture together. Fold half of the whipped cream into the chocolate, and once it's incorporated, gently fold in the remaining whipped cream. Make sure your silicone molds are clean and dry. Use a large spoon to fill the half-sphere cavities, leaving about a half-inch of space at the top. Move the spoon around as you fill them to make sure the mousse is evenly distributed and there are no air pockets that will show up later. Take a frozen brownie round and press it on top of the mousse, pressing firmly so the mousse comes up around the sides of the brownie. Use a spatula to smooth around the edges so they're perfectly clean. Place the silicone molds on a baking sheet and freeze for at least 2 hours, until VERY firm. Once frozen, unmold and place each dessert on a small cardboard circle—this will make them easier to transfer later. Keep them in the freezer until you're ready to glaze them. **MIRROR GLAZE:** Whisk together the gelatin and 1/2 cup cold water in a bowl, and set it aside to let the gelatin absorb the water. Combine the remaining 5 oz water, sugar, and condensed milk in a medium saucepan, and place the pan over medium heat. Stir while the sugar dissolves, and bring the mixture to a simmer. Once it is simmering steadily, remove it from the heat and add the gelatin (no need to melt the gelatin first—just scrape the big blob out of the bowl!) Whisk the gelatin as the heat from the pan dissolves it, and whisk until it is almost entirely incorporated. A few small pieces of gelatin are fine. Add the white chocolate to the pan, and let it sit for a few minutes to soften the chocolate. Whisk lightly to combine. Divide your glaze into as many bowls as you want. I find it's easiest to have a few "base colors" that are larger portions, and a few "accent colors" that are smaller portions. All you need to do is whisk a few drops of food coloring into each bowl of glaze. Let the bowls set until they cool down to about 95 Fahrenheit Take the mousse cakes from the freezer. Cover a baking sheet with parchment or waxed paper and set small jars or cups on the sheet for the mousse cakes to balance on. In a new bowl, pour about 1/3 cup of one of your base colors of glaze, then drizzle the top of it with a few other colors. Take this bowl of glaze and pour it over one of the cakes, swirling it around the top to make sure that all the sides are covered. Let the glaze drip down the cake onto the baking sheet. Let the cakes sit for about 15 minutes, until the glaze is semi-set, then transfer them to small plates. Chill for an additional 10-15 minutes until the glaze is full set.



# Dessert

Kierra Eck - Sunflower  
Senior (14+)

## Strawberry Shortcake in Mini Mason Jars

### Ingredients: Cake Base:

1-1/4 cups egg whites (about 9 large)  
1-1/2 cups sugar, divided  
1 cup cake flour  
1-1/4 teaspoons cream of tartar  
1 teaspoon vanilla extract  
1/4 teaspoon almond extract  
1/4 teaspoon salt

### Strawberry Filling:

2 containers fresh strawberries (2 lbs)  
1/4 cup sugar (or less)  
2 teaspoons lemon zest

### Cream Cheese Whipped Filling & Topping:

8 oz cream cheese  
2 cups heavy cream  
3/4 cups powdered sugar  
Vanilla or almond extract added to preferred taste

### Garnish:

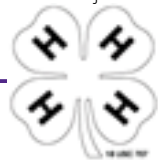
fresh mint leaves  
strawberries (sliced in half)  
large sugar sprinkles

### Directions:

**Cake Base:** Place egg whites in a large bowl; let stand at room temperature 30 minutes. Sift 1/2 cup sugar and flour together twice; set aside. Place oven rack in the lowest position. Preheat oven to 350°. Add cream of tartar, extracts and salt to egg whites; beat on medium speed until soft peaks form. Gradually add remaining sugar, about 2 tablespoons at a time, beating on high until stiff peaks form. Gradually fold in flour mixture, about 1/2 cup at a time. Gently spoon into an ungreased 10-in. tube pan. Cut through batter with a knife to remove air pockets. Bake until lightly browned and entire top appears dry, 35-40 minutes. Immediately invert pan; cool completely, about 1 hour. Run a knife around side and center tube of pan. Remove cake to a serving plate.

**Strawberry Filling:** Chop the strawberries into roughly 1/2" pieces. Reserve a handful to use as garnish. Add the sugar and the lemon zest. Stir to fully incorporate and set aside until needed.

**Cream Cheese Whipped Filling:** Using the whisk attachment, whip the cold cream cheese until smooth. This will take a few minutes. Add extract and whisk again. Slowly add the heavy cream. I add it in 3 portions. Whipping on medium to medium-high speed until thoroughly incorporated to prevent lumps. When all the cream is used, and the mixture is soft peaks, add the powdered sugar and beat again until incorporated. Refrigerate the whipped filling/topping. **Assembly:** Place pieces of cake into the bottom of a mason jar, add strawberries (with a bit of juice), then the whipped filling. Using a piping bag makes this easier. If you want to add layers, repeat with another layer of cake, strawberries, and top with a dollop of whipped topping. Add a strawberry and a mint leaf for garnish. Enjoy! **NOTES:** Depending how you plan to serve the shortcake base, a shallow baking pan might work best for a thinner cake base. Or you can use round cake pans or a 9x13 cake pan and cut the cooled cake into pieces to fill the mason jars.



# Main Dish

Emitt Suchy - Big Creek  
Junior (7-9)

## Dad's Smoked Baby Back Ribs

### Ingredients:

1 rack pork baby back ribs  
1 cup golden brown sugar  
1/2 cup Jacks seasoning  
2 T garlic powder  
2 T onion powder  
1 T black pepper  
2 T Gates original seasoning  
Traeger hickory wood pellets  
1 stick butter  
1/2 cup honey

### Directions:

1. Evenly coat ribs with brown sugar. Let ribs rest for 15 minutes.
2. Evenly sprinkle on garlic powder, onion powder, Gates seasoning, and Jacks seasoning.
3. While ribs are resting start electric smoker to 250 degrees F. Place wood pellets in wood pan. Fill water pan.
4. Place ribs on smoker. Allow to smoke for 3 hours.
5. Remove from smoker. Lay out a sheet of foil. Place 1 stick of butter on foil. Lay ribs on top. Drizzle 1/2 cup honey over ribs. Wrap tightly in foil and place in preheated 350 degree oven. Cook for 2 hours.
6. Slice ribs and serve dry or with BBQ sauce of your choice. I prefer Sweet Baby Rays.

