

# KINGS COUNTY 4-H

# FOOD OLYMPICS



## 2016 Recipes



| University of California  
Agriculture and Natural Resources | 4-H Youth Development Program

## **Greek Salad Sandwich**

Paige Clarke – Intermediate Division  
Island 4-H  
Overall Favorite Foods Winner

2 T. red wine vinegar  
4 tsp. extra virgin olive oil  
5 T Kalamata olives, minced  
4 thin slices red onion  
4 T. crumbled Feta  
4 Ciabatta Rolls, sliced crosswise  
4 Romaine lettuce leaves  
 $\frac{1}{2}$  medium cucumber, thinly sliced  
1 medium tomato, thinly sliced  
Coarse salt and freshly ground pepper to taste

In a small bowl whisk red wine vinegar, and olive oil, season with salt and pepper. Add chopped olives and red onions, set aside. Spread the olive mixture on 4 slices of bread. Add the lettuce, cucumber, tomatoes, and red onions to the other half of the bread; season with salt and pepper. Top with feta, close sandwich and cut in half.

## **Avocado Salad**

Lilly Barcellos – Junior Division  
Mid Valley 4-H  
Junior Division Winner

1 pt. grape tomatoes  
1 yellow bell pepper, seeded & diced  
1 – 15 oz. can black beans, drained & rinsed  
 $\frac{1}{2}$  cup red onion, chopped  
 $\frac{1}{2}$  tsp. grated lime zest  
 $\frac{1}{4}$  cup squeezed lime juice (2 limes)  
 $\frac{1}{4}$  cup olive oil  
1 T. kosher salt  
 $\frac{1}{2}$  tsp. black pepper  
 $\frac{1}{2}$  tsp. minced garlic  
 $\frac{1}{4}$  tsp. cayenne pepper  
2 avocados, seeded, peeled & diced

Place the tomatoes, yellow peppers, black beans, onions and lime zest in large bowl. Whisk lime juice, olive oil, salt, black pepper, garlic and cayenne pepper and pour over vegetables. Toss well. Just before you are ready to eat fold in the avocados with your vegetables. Serve at room temperature. This salad is also a great dip just add tortilla chips for an awesome snack or appetizer.

## **Black Magic Chocolate Cake**

Steven Loogman – Intermediate Division  
Kings River 4-H  
Intermediate Division Winner

### **Cake:**

2 cups sugar  
1  $\frac{3}{4}$  cups all-purpose flour  
 $\frac{3}{4}$  cocoa powder  
2 tsp. baking soda  
1 tsp. baking powder  
1 tsp. salt  
2 eggs  
1 cup buttermilk  
1 cup brewed strong coffee  
 $\frac{1}{2}$  cup vegetable oil  
1 tsp. vanilla extract

Preheat oven to 350°. Prepare two 9 inch round baking pans. In a large mixing bowl, whisk together; sugar, flour, cocoa, baking soda, baking powder and salt. Add eggs, buttermilk, coffee, oil and vanilla. Using an electric mixer, beat on medium speed for 2 minutes. You should have a thin batter. Pour evenly into prepared pans. Bake for 30-35 minutes, or until toothpick inserted in center comes out clean. Cool for 10 minutes; remove cakes from pans to wire racks to cool completely before frosting.

### **Frosting:**

1 bag (12 oz.) semi-sweet chocolate chips  
1  $\frac{1}{2}$  cups heavy whipping cream  
1 stick butter

Place whipping cream and butter in saucepan, cook over medium heat to just a boil. Pour cream mixture over chocolate chips; whisk vigorously until chocolate is melted and smooth. Cover and refrigerate for an hour. Remove from fridge and stir; refrigerate about 1 more hour or until spreading consistency. Spread about  $\frac{1}{4}$  of the frosting on one cake layer; top with the other cake layer and spread frosting on top and sides of cake.

## **S'mores Cake**

Hanna Costa – Senior Division  
Kings Harvest 4-H  
Senior Division Winner

1 Betty Crocker moist yellow cake mix (made into two 8" round cakes)

1 cup water

3 eggs

½ cup vegetable oil

1-2 cups mini marshmallows

1 can Betty Crocker Hershey's chocolate frosting

2 cups graham crackers (crushed)

6 regular sized Hershey's Chocolate Bars (broken in halves)

Take the yellow cake mix and ingredients needed for it and bake two 8" round cakes as directed on the box. Allow to cool and place on cooling racks.

Add a layer of Hershey's chocolate frosting on top of bottom round. Sprinkle 1 cup layer of graham crackers over the frosting.

Take the second layer and sprinkle 1 cup graham crackers on top. Place desired amount of marshmallows on top of the cake and then place in the oven with the broiler on to melt the marshmallows. (Can also use a food torch). Keep a close eye on this so you don't burn the marshmallows! Allow the cake and marshmallows to cool again.

Place the cake with the marshmallows on top of the cake with the frosting and graham crackers layer. Take the Hershey's chocolate frosting and cover the rounded sides. Then take the Hershey's Chocolate Bars and place them all around the cake on the sides. If you break the bars into halves they will fit perfectly around the cake.

When you are ready to serve, just slice and if you want it warm like the traditional S'Mores, heat it up in the microwave for about 8 seconds. This should soften everything up – AND – it honestly taste SO yummy warmed up.

## **Fun Time Fruit Salad**

Angelina Raulino – Intermediate Division  
Island 4-H  
Healthy Living Winner

1 white peach

1 nectarine

1 green apple

1 banana

3 tangerines

1 T Honey

½ cup granola

Wash all your ingredients. Dice the white peach, nectarine and green apple into small pieces and put in a large bowl. Cut the banana in small rounds and place in the large bowl with the other ingredients. Place tangerine slices in the large with also. Mix all fruit and honey together until fully incorporated. Plate your Fun Time Fruit Salad and spoon the granola over it. Enjoy!

## **Orange Crush Cake**

Aaron Dorrough – Junior Division  
Oakvale 4-H

1 cup Orange Crush soda  
1 3.9 oz package orange Jello  
1 3.9 oz package vanilla instant pudding  
1 box yellow cake mix  
1 - 8 oz carton cool whip

Bake cake as directed on the package in a 9 x 13 baking pan. Remove cake from oven when done and poke holes in it with a fork. Dissolve Jello in 1 cup boiling water and add 1 cup Orange Crush soda, stir well. Pour Jello mixture over cake and cool completely. Mix pudding as directed on package and fold in the Cool Whip. Frost the cake and chill overnight. Serves 12.

## **Old Fashioned Buttermilk Doughnuts with Maple Glaze**

Kendra Ward – Junior Division  
Kings Harvest 4-H

### **Doughnuts:**

1 T dry active yeast  
½ cup warm water  
½ cup buttermilk  
3 T shortening, melted  
3 T sugar  
2 ½ to 3 cups flour  
3 tsp. baking powder  
1 tsp. salt  
Vegetable Oil for frying

### **Glaze:**

1 ½ cups powdered sugar  
¼ cup maple syrup  
Pinch of salt

**Various Sprinkle Toppings:** Brown Sugar, Grated Chocolate or Ground Coffee Beans

Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Add buttermilk, shortening, sugar and 1 ½ cups flour, baking powder and salt; mix well. Add enough remaining flour to make a soft dough. Turn dough onto a floured surface and knead several times.

Roll dough to ½ inch thick and cut with a 2 ½ inch doughnut cutter. Place doughnuts on lightly floured surface, cover and let rise for 45 min or until double in bulk. Heat 2-3 inches of oil to 375°. Drop 2 to 3 doughnuts at a time into hot oil. Fry about 2 minutes or until lightly golden in color, turning once. Drain well on paper towels.

Make glaze by whisking powdered sugar, maple syrup, and salt together until smooth. Dunk each fried doughnut in the glaze until evenly coated. Add extra sprinkles of choice. Place on baking rack and allow to dry for about 30 minutes before eating.

## **White Chocolate Raspberry Cheesecake**

Johnathan Thomas – Junior Division  
Grangeville 4-H

### **Crust:**

1 pkg (14.3 oz.) Oreo cookie crumbs, filling removed  
2/3 cup sugar  
1/4 tsp. salt  
8 T (one stick) unsalted butter, melted

### **Raspberry Swirl:**

4 T sugar  
1 T. cornstarch  
1 T. fresh lemon juice  
1/3 cup cold water  
2 pkgs. (6 oz or 1 1/3 cup each) Driscoll's Raspberries

### **Cheesecake Filling:**

½ cup sugar  
1 tsp. vanilla extract  
12 oz. white chocolate, melted and cooled to room temperature  
4 eggs  
4 pkgs. (8 oz. each) cream cheese, at room temperature

### **Whipped Cream:**

1 cup heavy cream  
½ tsp. vanilla extract  
3 T sugar

### **Garnish:**

White chocolate curls  
1 pkg (6 oz) Driscoll's raspberries

Heat oven to 350°.

**Crust:** Stir together the Oreo crumbs, sugar and salt in a large bowl. Drizzle melted butter over crumb mixture and stir with a fork until moistened. Transfer to a greased 9 inch spring form pan and bake for 8-10 minutes. Remove from oven and allow to cool 10 minutes.

**Raspberry Swirl:** Whisk together sugar and cornstarch in a small saucepan. Whisk in cold water and lemon juice. Stir in raspberries and place over medium heat. Cook, whisking constantly, until mixture comes to a boil. Continue to whisk as it boils until sauce has thickened, 5-10 minutes. Remove from heat and press through a fine-mesh sieve, discarding solids. Set aside to cool to room temperature.

**Cheesecake Filling:** Beat cream cheese, sugar and vanilla extract on medium speed until light and fluffy, 3 to 5 minutes. Add melted white chocolate and mix on medium speed to combine, about 1 minute. Add eggs, one at a time, beating until completely combined after each addition and scraping down sides of the bowl as needed. Pour half of batter over chilled crust. Dollop half of raspberry swirl over top of batter in pan. Pour remaining batter into pan. Dollop with remaining raspberry swirl. Use a butter knife to gently swirl raspberry into cheesecake.

Bake 55-70 minutes or until center barely jiggles when pan is removed. If top is browning too much, cover loosely with a piece of foil. Remove pan from oven and place on a wire rack. Run a knife around outside edge of pan and allow cheesecake to cool to room temperature, then refrigerate for at least 4 hours or overnight before serving. Garnish with fresh whipped cream, fresh raspberries and white chocolate shavings, as directed.

## Sweetheart Snickers Fudge

Laura Denham – Intermediate Division  
Grangeville 4-H

1 cup milk chocolate chips  
 $\frac{1}{4}$  cup creamy peanut butter  
4 T butter  
1 cup sugar  
 $\frac{1}{4}$  cup evaporated milk  
 $1\frac{1}{2}$  cups marshmallow crème  
 $\frac{1}{4}$  cup creamy peanut butter  
1 tsp vanilla extract  
1 cup salted peanuts  
14 oz bag caramels, unwrapped  
 $\frac{1}{4}$  cup evaporated milk  
1 cup milk chocolate chips  
 $\frac{1}{4}$  cup creamy peanut butter

Coat a 9 x 13 pan with cooking spray and set aside.

**First layer:** In a small bowl, combine 1 cup milk chocolate chips and  $\frac{1}{4}$  cup creamy peanut butter. Heat in a microwave in two 30-second intervals, stirring after each interval. Stir until creamy and then pour the mixture in an even layer into the bottom of the prepared pan. Place the pan in the freezer.

**Second Layer:** In a medium saucepan, melt the butter over medium heat. Stir in the sugar and  $\frac{1}{4}$  cup evaporated milk and bring to a boil. Boil for 3 minutes, stirring constantly. Remove from the heat and immediately stir in  $1\frac{1}{2}$  cup marshmallow crème,  $\frac{1}{4}$  cup creamy peanut butter and vanilla. Stir until combined. Add peanuts and stir until incorporated. Remove the pan from the freezer and pour the mixture in an even layer over the chocolate layer. Place back in the freezer.

**Third Layer:** In a small saucepan, add the caramels and  $\frac{1}{4}$  cup evaporated milk. Cook over medium-low heat, stirring constantly, until the caramel is melted and smooth. Remove the pan from the freezer and pour the caramel over the second layer. Place back in the freezer.

**Fourth Layer:** In a small bowl, combine 1 cup milk chocolate chips and  $\frac{1}{4}$  cup creamy peanut butter. Heat in the microwave in two 30-second intervals, stirring after each interval. Stir until creamy. Remove the pan from the freezer and pour the mixture in an even layer onto the top. Make sure the caramel layer is firm before doing this.

Refrigerate for 1 hour. Cut into squares and serve! Store the remainder in the fridge.

## **Easy Clam Chowder**

Laney Dorrough – Intermediate Division  
Oakvale 4-H

4 slices bacon, diced  
2 T unsalted butter  
2 cloves garlic, minced  
1 onion, diced  
 $\frac{1}{2}$  tsp. dried thyme  
3 T all-purpose flour  
1 cup milk  
1 cup vegetable stock  
2 (6.5 oz) cans chopped clams, juices reserved  
1 bay leaf  
2 russet potatoes, peeled and diced  
1 cup half and half  
Kosher salt and freshly ground black pepper, to taste  
2 T chopped fresh parsley leaves

Heat a large stockpot or Dutch oven over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate, reserving 1 tablespoon excess fat; set aside.

Melt butter in the stockpot. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in thyme until fragrant, about 1 minute.

Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, vegetable stock, clam juice and bay leaf, and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in potatoes. Bring to a boil; reduce heat and simmer until potatoes are tender, about 12-15 minutes.

Stir in half and half and clams until heated through, about 1-2 minutes; season with salt and pepper, to taste. If the soup is too thick, add more half and half as needed until desired consistency is reached.

Garnish with bacon and parsley as desired.

## **7-Up Lemon Bundt Pan Cake**

Angelina Raulino – Intermediate Division  
Island 4-H

**Cake:**

1 box Duncan Hines Lemon Supreme cake mix  
1 (3.4 oz) box instant lemon pudding mix  
 $\frac{3}{4}$  cup 7-Up soda  
4 eggs  
2/3 cup vegetable oil

**Glaze:**

1  $\frac{3}{4}$  cup powdered sugar  
4 T freshly squeezed lemon juice  
1  $\frac{1}{2}$  tsp lemon zest

Preheat oven to 350°. Lightly grease a bundt pan with non stick spray. In a large bowl, combine cake mix, instant pudding mix, 7-Up, eggs and oil and mix together until fully incorporated. Place in oven and bake at 350° for 45 minutes. While cake bakes, it is time to make the glaze.

In a medium bowl, combine powdered sugar, lemon juice and lemon zest and mix together until fully incorporated. Set glaze to the side until cake is cool. Once cake is cool, pour the glaze on top of the cake. Serve.

## **Great Grandma Cody's Lemon Bars**

Shyanna Ward – Intermediate Division  
Kings Harvest 4-H

**Crust:**

1 cup softened butter  
 $\frac{1}{2}$  cup powdered sugar  
2 cups flour

**Filling:**

4 eggs  
2 cups sugar  
 $\frac{1}{4}$  cup flour  
6 T lemon juice  
1 T grated lemon rind  
2 T powdered sugar

Combine crust ingredients and mix well. Press into a greased 9 x 13 inch pan. Bake at 350° for 15 minutes then allow to cool.

Beat eggs and lemon juice. Mix remaining ingredients and pour over cooled crust. Bake at 325° for 25 minutes.

Cool and sprinkle with additional powdered sugar. Cut into two inch squares and serve.