

KINGS COUNTY 4-H FOOD OLYMPICS



2018 Recipes



University of California

Agriculture and Natural Resources

4-H Youth Development Program

7 Layer Dip

Angelina Raulino – Island 4-H
Overall Favorite Foods Winner

1 can (16 oz.) refried beans (traditional)
12 oz. refrigerated guacamole
16 oz. sour cream
1 pkg (1.25 oz.) Mrs. Dash No Salt Taco Seasoning
1 cup shredded cheese blend
1 can (2.25 oz.) sliced ripe olives, drained
1 can (8.75 oz.) canned corn, drained
3 Roma tomatoes, chopped
1 bag (18 oz.) tortilla triangle chips

Spread refried beans in an 8"x8" glass baking dish or round casserole dish. Top with guacamole. Blend together sour cream and taco seasoning in small bowl. Mix well. Once mixed, spread over guacamole. Spread olives over the sour cream mixture. Spread corn over the olives. Spread cheese over the olives. Top with the tomatoes. Enjoy with chips. Serves 16.

Celery Snails & Caterpillars

Trista Fry – Oakvale 4-H
Overall Healthy Living Winner

Snails

Celery stalks (you may need to use a vegetable peeler to level the bottom of the celery so they will stay upright)
Peanut Butter & cream cheese (use one or the other to fill each celery stalk)
Sliced zucchini
Sliced Oranges
Cashews
Candy Eyes

Fill the celery stalks with peanut butter or cream cheese and top with an orange slice or zucchini slice and a cashew head. Use peanut butter or cream cheese to glue on candy eyes.

Caterpillars

Celery stalks (you may need to use a vegetable peeler to level the bottom of the celery so they will stay upright)
Peanut Butter & cream cheese (use one or the other to fill each celery stalk)
Grapes (green or red)
Blueberries
Cherry tomatoes
Candy eyes

Fill the celery stalks with peanut butter or cream cheese and top with grapes, blueberries or cherry tomatoes for the body and head. Use peanut butter or cream cheese to glue on candy eyes and celery matchstick antennae.
Yield: 15 pieces

Browned Butter Chocolate Chip Cookies

Brittney Curtis – Corcoran 4-H
Junior Division Winner

2 ¼ cups all purpose flour
1 tsp. baking soda
½ tsp. salt
1 cup unsalted butter, browned and cooled
1 ½ cups packed dark brown sugar
¼ cup granulated sugar
1 large egg plus 1 egg yolk, at room temperature
2 tsps. vanilla extract
1 T. plain Greek yogurt
1 ½ cups semisweet chocolate chips
Coarse sea salt, for sprinkling on top

Whisk together the flour, baking soda and salt in a bowl and set aside. With an electric mixer, mix the browned butter and sugars until well combined, about 1 minute. Beat in the egg, egg yolk, vanilla, and yogurt until combined. Add the dry ingredients slowly and beat on low-speed just until combined. Fold in the chocolate chips.

Chill the dough for at least 2-3 hours in the refrigerator or up to 24 hours (can also be frozen for later use). Once dough is chilled, preheat the oven to 350 degrees. Measure 2 heaping tablespoons of the dough or use a medium cookie scoop. Place dough balls on cookie sheet, 2 inches apart.

Bake the cookies 9-11 minutes or until the edges of the cookies begin to turn golden brown. They will look a bit underdone in the middle, but will continue to cook once out of the oven!

Cool the cookies on the sheets for 5 minutes then sprinkle each cookie with sea salt. Remove the cooled cookies from the baking sheets and transfer to a wire rack to cool completely.

Apple Pie

Angelina Raulino – Island 4-H
Intermediate Division Winner

Crust:

2 2/3 cups flour
1 ½ tsp. salt
¾ cup vegetable oil
4-5 T. cold water

Apple Pie Filling:

6 cups (6-8) Granny Smith apples, pared, cored & thinly sliced
¾ cup sugar
2 T. all purpose flour
½ tsp. ground cinnamon
Dash ground nutmeg
Dash salt
1 T. cornstarch
2 T. butter

Crust:

Measure flour & salt into bowl. Add oil, mix until particles are size of small peas. Sprinkle in water, 1 tablespoon at a time, mixing until flour is moistened and dough almost cleans side of bowl (if dough seems dry, 1-2 tablespoons of oil can be added. Do not add water.) Gather dough together; press firmly into ball.

Divide dough in half; place one half cut side down and flatten into round. Place flattened round between two 15" strips of waxed paper.

Wipe table with damp cloth to prevent paper from slipping. Roll pastry 2 inches larger than pie pan. Peel off top paper. Place pastry, paper side up in pan. Peel off paper. Ease pastry loosely into pan. Trim.

Roll top crust in same way as bottom crust. Cut slits after peeling off top paper; place over filling in pan. Trim.

Apple Pie Filling:

Combine sugar, flour, spices, cornstarch and dash salt; mix with apples. Line 9 inch pie plate with pastry. Fill with apple mixture; dot with butter. Adjust top crust, cutting slits for escape of steam; seal. Sprinkle with sugar. Bake at 400 degrees for 50 minutes or till done.

Yield: 6-8 servings

Chocolate Fondue Bread Boat

Lauren Vickers – Lemoore 4-H
Senior Division Winner

Large Bread Loaf

7 T. butter, softened

2 T. agave

½ tsp. cinnamon

10 oz. dark chocolate

10 oz. milk chocolate

10 oz. white chocolate

3 ¼ cups heavy cream, divided

Preheat oven to 350°.

Place the bread loaf on a large cutting board, cut out 3 evenly spaced squares roughly half the wide and 1/6 the length of the bread loaf. Take the 3 bread cutouts and slice them into 6 strips each. On a parchment paper lined baking sheet place bread and bread strips. Combine butter and agave, brush onto loaf. Add cinnamon to butter and agave mixture, brush onto strips. Bake for 10 minutes, remove strips and continue baking bread loaf for an additional 15 minutes.

In a small saucepan combine dark chocolate and 1 ¼ cups heavy cream, stir until fully incorporated. In a small saucepan combine milk chocolate and 1 cup heavy cream, stir until fully incorporated. In a small saucepan combine white chocolate and remaining cream, stir until fully incorporated.

Place loaf on a serving tray, fill each hole with one of the three chocolate fondues. Dip breads & fruits into chocolates and enjoy.

Homemade Lunchable

Manuel John Raulino – Island 4-H
Primary Division

1 container for packing ingredients
4 cupcake liners
1 pkg. lunch meat
1 pkg. sliced cheese
1 box Ritz crackers
1 pkg. baby carrots

Place 4 cupcake liners in the container. Cut 2 slices of lunch meat into squares and place in 1 cupcake liner. Cut 2 slices of cheese into squares and place in 1 cupcake liner. Place 6 crackers into 1 cupcake liner. Place baby carrots into the last cupcake liner. Enjoy.

Cherry Delight

Sammy Rodriguez – Grangeville 4-H
Junior Division

1 can (20 oz.) cherry pie filling
1 can (20 oz.) crushed pineapple
1 container (16 oz.) cool whip
1 cup sweetened condensed milk

In a large mixing bowl combine cool whip and cherry pie filling. Drain crushed pineapple through a strainer. Pour sweetened condensed milk and pineapple into cool whip mixture. Gently fold into mixture. Refrigerate at least 12 hours to allow mixture to set up.

Chocolate Malt Crispy Bars

Trista Fry – Oakvale 4-H
Intermediate Division

4 cups malted milk balls, divided
1 pkg. (10 oz.) large marshmallows
3 T. butter
5 cups crisp rice cereal
1 cup malted milk powder, divided
2 cups (12 oz.) semisweet chocolate chips

Chop 1 cup malted milk balls; set aside. In a Dutch oven, combine marshmallows & butter, Cook and stir over medium-low heat until melted. Remove from the heat; stir in the cereal, $\frac{3}{4}$ cup malt powder and chopped candy. Press into a 13" x 9" pan.

In a microwave-safe bowl, melt chocolate chips; stir until smooth. Stir in remaining malt powder. Spread over cereal bars. Top with remaining malted milk balls. Let stand until set. Cut into squares. Yield: 2 dozen

Banana Nut Cookies

Amanda Curtis – Corcoran 4-H
Intermediate Division

1 ½ cups unsalted butter, browned and cooled
2 cups granulated sugar
2 eggs, beaten
2 medium very ripe bananas, mashed
1 tsp. vanilla
1 T. plain Greek yogurt
1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
4 cups flour
2 cups walnuts, finely chopped
½ cup granulated sugar, for later

Cream together browned butter, sugar, eggs and yogurt. Choose bananas that have black freckles on the skin so they are almost over ripe. Mash bananas until smooth (you can do this in a food processor or by hand). Add the banana puree and mix thoroughly. In a separate bowl, whisk together baking soda, baking powder, and salt, then add these to the dough. Finally, fold in the nuts. Cover bowl and refrigerate for 4 to 24 hours.

When you are ready to bake, preheat the oven to 350°. Place rack in middle position. Roll the chilled dough into walnut sized balls. Put ½ cup white sugar in a small bowl and roll the balls in it. Place the dough balls on a greased cookie sheet, 12 to a sheet. Press them down just a little so they won't roll off when you put them in the oven. Then return your bowl to the refrigerator and let it chill until it's time to roll more.

Bake for 10-12 minutes at 350°. Let them cool for 2 minutes on the cookie sheet and then move them to a wire rack to finish cooling. Makes 48 cookies.

Strawberry Avocado Salsa

Regan Valov – Kings River 4-H
Intermediate Division

1 pound strawberries, hulled & diced
2 large avocados, pitted & diced
½ red onion, diced
1-2 jalapeños, seeded and very finely chopped
Juice of ½ lime
½ tsp. salt
¼ tsp. garlic powder
1/3 cup cilantro leaves, roughly chopped
Tortilla chips, for serving

Combine all ingredients (except chips) in a bowl and stir. Be sure to stir gently so you don't mash the avocados. Taste, add salt if desired, and serve immediately with tortilla chips or cover tightly with plastic wrap and chill until ready to serve.

Chewy S'mores Granola Bars

Gwen Luna – Lemoore 4-H
Intermediate Division

¼ cup butter
¼ cup brown sugar
¼ cup honey
½ tsp. vanilla
1 pinch of salt
1 cup crispy rice cereal
2 cups quick oats
½ cup mini marshmallows
¼ cup mini chocolate chips

Cut 8 x 8 inch square of parchment paper. Place parchment paper in the bottom of an 8 x 8 inch baking dish. In large saucepan add butter, brown sugar and honey. Place on stove over medium-low heat. Stir occasionally with large spoon until bubbly. Once bubbling cook 2 minutes while stirring. Remove from heat and stir in vanilla and salt. Stir in oats & crispy rice cereal until coated. Add marshmallows. Pour into baking dish. Press mixture evenly into pan. Sprinkle mini chocolate chips over top, gently press into granola bars with hands. Allow to cool. Cut into bars and enjoy. Makes 12-16 bars.

Strawberry Avocado Salsa

Regan Valov – Kings River 4-H
Intermediate Division

1 pound strawberries, hulled & diced
2 large avocados, pitted & diced
½ red onion, diced
1-2 jalapeños, seeded and very finely chopped
Juice of ½ lime
½ tsp. salt
¼ tsp. garlic powder
1/3 cup cilantro leaves, roughly chopped
Tortilla chips, for serving

Combine all ingredients (except chips) in a bowl and stir. Be sure to stir gently so you don't mash the avocados. Taste, add salt if desired, and serve immediately with tortilla chips or cover tightly with plastic wrap and chill until ready to serve.

Mini Oreo Cheesecakes

Brody Vickers – Lemoore 4-H
Intermediate Division

Crust:

12 Oreo cookies

Cheesecake:

6 Oreo cookies, chopped
2 pkg. (8 oz. each) cream cheese, at room temperature
½ cup sugar
1 tsp. vanilla
2 eggs, at room temperature

Preheat oven to 325°. Line standard muffin pan with baking cup liners. Place full Oreo cookie in each cup for crust.

Mix cream cheese, sugar, vanilla until smooth. Mix in eggs one at a time, until just blended. Spoon mixture into prepared cups. Sprinkle with chopped cookies. Bake 25 minutes or until set. Cool. Enjoy!

Pecan Pie Cookies

Gianna Warmerdam – Kings River 4-H
Intermediate Division

Cookie:

1 cup firmly packed brown sugar
¾ cup butter, softened
1 large egg
1 tsp. vanilla
2 cups all purpose flour
1 tsp. baking powder

Filling:

1 cup chopped pecans
½ cup firmly packed brown sugar
¼ cup heavy whipping cream
1 tsp. vanilla

Heat oven to 350°.

Combine all cookie ingredients except flour and baking powder in bowl. Beat at medium speed until creamy. Add flour and baking powder; beat at low speed until well mixed.

Shape dough into 1 ¼ inch balls. Place 2 inches apart onto ungreased cookie sheets. Make indentations in each cookie with thumb; rotate thumb to hollow out slightly.

Combine all filling ingredients in bowl; fill each cookie with 1 rounded teaspoon of filling. Bake 8-12 minutes or until lightly browned. Cool 1 minute on cookie sheets; remove to cooling rack.

Lemon Snowbars

Anna Felipe – Island 4-H
Senior Division

Crust:

1 1/3 cups flour
¼ cup sugar
½ cup butter

Filling:

¾ cup sugar
2 eggs
2 T. flour
¼ tsp. baking powder
3 T. lemon juice
Powdered sugar for sprinkling

Mix crust ingredients until well blended. Press into bottom of an 8" square pan. Bake in a 350° for 15-20 minutes or until lightly browned.

Combine the filling ingredients and blend at low speed until well blended. Pour over the hot baked crust. Return to the oven and continue baking for 18-20 minutes. Sprinkle with powdered sugar. Let cool & cut into bars.

Egg Tossure

Sammy Rodriguez – Grangeville 4-H
Healthy Living Contest – Junior Division

1 slice whole wheat toast
1 tsp. low fat butter
1 farm fresh egg

Preheat a small frying pan with half of the butter. Cut a circle out of the middle of the slice of bread. Place remaining bread in frying pan, then crack an egg in the hole of the bread. Let cook until egg starts turning white. Flip bread with egg over. Butter the small circle of bread that was cut out and place in frying pan to toast. Continue to cook until egg is done.

Homemade Chips & Salsa

Brody Vickers – Lemoore 4-H
Healthy Living Contest – Intermediate Division

Corn Tortillas
Garlic salt
1 large onion
3 tomatoes
½ bunch cilantro
Juice of 3 lemons
2 jalapeños
Vegetable oil

Add onion, tomatoes, jalapeños (remove seeds for less heat) and cilantro to food processor. Blend to desired consistency. Add garlic salt and lemon juice to desired flavor. Place in refrigerator to set while preparing chips.

Preheat oil for frying. Cut tortillas into triangle shapes. Fry in batches, sprinkle with garlic salt while cooling.