



Kings County 4-H

Favorite Foods Faire

2007 Cook Book

SMOKED SALMON PÂTÉ

Joshua Weiglein, Mid-Valley 4-H, Senior winner

- 1 can salmon
- 1 (4 oz.) package of soft cream cheese
- 1 t. lemon juice
- 2 t. grated onion
- 1 t. horseradish
- $\frac{1}{4}$ t. salt
- $\frac{1}{4}$ t. liquid smoke

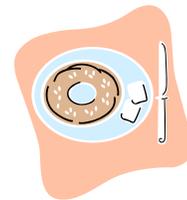


Mix together all ingredients. Place in small bowl and sprinkle with parsley flakes. Serve with crackers.

BREAD MACHINE WHOLE WHEAT BAGELS

Cheryl Mattos, Adult

- 1- $\frac{1}{2}$ cups warm water (110 degrees)
- 2 cups all purpose flour
- 2 cups whole wheat flour
- 1- $\frac{1}{2}$ tsp. Kosher salt
- 3 Tbs. White sugar or honey
- 2 (.25 oz) packages active yeast



Place all ingredients into the container in your bread machine in the order listed by the manufacturer. Set to whole wheat dough cycle, and turn on. When machine is finished kneading, remove dough and place in an oiled bowl, cover with a towel and let rise in a warm place until doubled, about an hour.

Cut into 12 portions, shape into smooth balls. Poke a hole in the center with your finger, and gently enlarge the hole while working the bagel into a uniform shape. This takes a lot of practice, don't be discouraged if your bagels don't look like anything you've ever seen before. Cover and let rise again, for about 20 minutes.

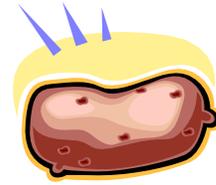
Meanwhile, start a gallon of water boiling. Put 1 tablespoon of sugar or honey in it, mix it around a little. Reduce to simmering.

When bagels are ready, put two or three of them into the water, and cook 7 minutes, turning once. Drain them. Place on a greased baking sheet, and bake at 375° F. for 30-35 minutes. Remove from oven. Good hot or cold, toasted or plain.

DOUBLE STUFFED BAKED POTATOES

Demi Danell, Central Valley 4-H, Junior Winner

- 12 potatoes (uniform in size)
- 1 cup sour cream
- 1 cube butter
- 8 oz sour cream
- 1 lb. bacon, cooked and crumbled
- 1 bunch green onions, chopped
- 1 tsp salt
- $\frac{3}{4}$ tsp pepper
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{4}$ cup milk
- 4 cups grated cheddar cheese, reserve 1 cup for tops



Bake potatoes at 375° for 40-45 minutes. Meanwhile fry bacon, grate cheese, and chop onions. Remove potatoes from oven and let sit 15 minutes, until cool enough to handle. With a knife, cut an oval out of each potato and remove insides, placing skins on a foil lined cookie sheet. Place all ingredients in a large mixing bowl and blend with an electric mixer. With a spoon, stuff potato mixture into potato skin. Top with reserved grated cheese. Return to oven for 12-15 minutes, until cheese is melted and heated thoroughly.

Note: these can be made ahead of time and refrigerated. If doing this, the second baking time will need to be increased. Also reduced fat dairy products can be used.

PECAN CARAMEL CLUSTERS

Teresa Evangelo, Adult

- 1 pkg. (14 oz.) caramels
- 2 T. water
- 2 T. butter
- 2 cups coarsely chopped pecans
- 4 oz. white candy coating, coarsely chopped
- 4 oz. semisweet chocolate candy coating, coarsely chopped



In a microwave-safe bowl, combine the caramels, water and butter. Microwave uncovered, on high for 3 to 3 $\frac{1}{2}$ minutes, stirring every 30 seconds. Stir in pecans. Drop by tablespoonfuls onto greased baking sheets. Freeze for 15-20 minutes or until set.

In a microwave-safe bowl, combine candy coatings. Microwave, uncovered, on high 1-2 minutes, stirring every 15 seconds; stir until smooth. Dip caramel clusters in coating; place on waxed paper-lined baking sheets. Chill until firm. Yield: about 2 pounds.

FISH COOKIE POPS

Karli Draxler, Central Valley 4-H

1 cup all purpose flour
 $\frac{1}{2}$ cup butter, melted
 $\frac{1}{4}$ cup honey
1 (18.25 oz) pkg. yellow or chocolate cake mix
2 eggs
Decorator sugars and candies
Wooden craft sticks



Heat oven to 375 degrees. Combine all ingredients except decorator sugars and wooden sticks in large bowl. Stir until well mixed. Shape dough into 1-inch balls, roll in decorator sugars. Place 2 inches apart onto ungreased cookie sheets. Bake for 8-10 minutes or until edges are lightly browned. Immediately and carefully, insert wooden sticks halfway into side of each cookie. Cool 1 minute; remove from cookie sheets.

Recipe tip:

If desired, shape balls of dough into fish, stars, trees, wreath, etc. Bake as directed.

Preparation time: 30 minutes. Baking time 8-10 min. Yield: 4 dozen cookies

Recipe from Land O' Lakes Book

Nutrition Facts (1 cookie): Calories: 80, Fat: 3.5 g, Cholesterol: 15 mg, Sodium: 95 mg, Carbohydrates: 12 g, Dietary Fiber: 0 g, Protein: 1g

STRAWBERRY PARFAIT

Lil Draxler, Adult winner

Mix in 9x13 pan:

1 cup flour
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup white sugar
1 cube butter
 $\frac{1}{2}$ cup broken nuts

Bake at 350° for 20 minutes, stir during baking time: cool. Reserve 1/3 of crumb mixture.

Mix for filling:

1 cup white sugar
2 egg whites
10 oz. Package strawberries
2 T. lemon juice
pinch of salt

Beat at high speed 10 minutes until very stiff. Fold in 1 cup whipped cream, spread over cooked crumb mixture, sprinkle remaining crumb mixture on top. Place in freezer overnight.



PEACH AND BLUEBERRY COBBLER
Marlena Maciel, Kings River 4-H, Overall winner

Filling:

5 cups sliced peaches*
 $\frac{3}{4}$ cups blueberries
2 T. tapioca
1 T. lemon juice
1/8 tsp. cinnamon
 $\frac{3}{4}$ cups sugar
few grains of salt

Topping:

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sugar
1 egg
 $\frac{1}{2}$ cup flour
 $\frac{1}{4}$ tsp. Baking powder
pinch salt



Preheat oven to 400° F. Mix together the fruit filling and set aside. Cream together the butter and sugar until light and fluffy; add the egg and mix well. Sprinkle the flour, baking powder and salt over the butter mixture and mix well. Pour the fruit filling into an 8x8 inch pan. Dollop tablespoons of the topping onto the fruit filling and bake for 40-50 minutes in the preheated oven. Serves 12

*I froze the peaches last summer from my uncle's farm.

RED VELVET CAKE
Sarah Lamb, Grangeville 4-H

Red Velvet Cake Mix

1- $\frac{1}{4}$ cups water
1/3 cup vegetable oil
3 large eggs
White chocolate morsels
Creamy Strawberry Frosting



Preheat oven to 350° F. Grease bottom and sides of baking dish with shortening. Flour lightly. Blend dry mix, water, oil and eggs in large bowl at low speed until moistened (about 30 seconds). Beat at medium speed for 2 minutes. Add white chocolate morsels and mix with a spoon. Pour batter in pan and bake immediately. Bake following chart on box. Cake is done when toothpick inserted in center comes out clean. Cool in pan on wire rack for 15 minutes. Cool completely before frosting.

PEACH COBBLER

Sage Morris, Guernsey 4-H

Two 29-oz cans yellow peaches in heavy syrup
1 white cake mix
2 sticks melted butter
 $\frac{1}{2}$ tsp cinnamon



Preheat oven to 375°. Spray a 9x13 glass pan with non-stick cooking spray. Open and drain all juice off of peaches. Set juice aside and save for another use or discard if you wish.

Pour peaches into prepared pan. Sprinkle cinnamon over the top of the peaches. Sprinkle the white cake mix evenly over the top of that. Then drizzle the melted butter over the top of the cake mix.

Place cooking dish into preheated oven on the middle rack for 45-55 minutes depending on oven or until the top reaches a golden brown color. Remove from oven and let cool for 15-20 minutes before serving.

INSIDE OUT CHOCOLATE STRAWBERRIES

Jesse Morris, Guernsey 4-H

24 to 36 medium strawberries
1 cup (6 oz) semi-sweet chocolate morsels
2 T. heavy whipping cream
4 oz cream cheese, at room temperature
 $\frac{1}{4}$ cup powdered sugar



Remove stems and part of inner parts of strawberries to form a bowl. Cut a sliver off bottom of each strawberry so that strawberry will stand on end; discard sliver. Place morsels and cream in small, microwave-safe bowl. Microwave on high power for 30 seconds; stir until creamy. If necessary, microwave at additional 10 second intervals, stirring just until morsels are melted. Let cool slightly.

Place cream cheese and powdered sugar in large mixing bowl. Beat until creamy; beat in chocolate mixture. Place cream cheese mixture in large pastry bag with star tip or spoon into gallon-size plastic bag with $\frac{1}{4}$ inch wide opening cut at one corner. Pipe mixture into strawberry cups, filling cups completely and then mounding mixture on top of each strawberry. Refrigerate for at least 1 hour. For best flavor, consume within 24 hours.

HEAVENLY CHERRY ANGEL FOOD TRIFLE

Ronni Barbeiro, Delta View 4-H

- 5 cups angel food cake cubes
- $\frac{1}{4}$ cup cherry liqueur, optional
- 1 cup confectioners' sugar
- 1 package (3 oz) cream cheese, softened
- 8 oz frozen non-dairy whipped topping, thawed, divided
- $\frac{1}{2}$ cup toasted chopped pecans
- 1 can (21 oz) cherry filling or topping



Place cake cubes in large bowl. Sprinkle with liqueur if desired; let stand 30 minutes. In a medium bowl, combine confectioners' sugar and cream cheese; beat until blended. Reserve 2 tablespoons whipped topping; fold remaining topping into cheese mixture. Stir topping mixture and pecans into cake cubes; mix well. Spoon cake mixture into a pretty glass or crystal bowl. Spread cherry filling evenly over top. Or, if desired, layer one-half cake mixture and cherry filling; repeat layers. Cover and refrigerate at least 3 hours. Garnish servings with reserved topping. Yield: 8-10 servings

DIRT CAKE RECIPE

Cayci Allison, Island 4-H

- 2 (8 oz) cream cheese
- 2 (3 oz) instant vanilla pudding
- 3 cups milk
- 2 (16 oz) Cool Whip
- 2 tsp. vanilla
- 1 lg. Pkg. Oreo cookies
- Gummy Worms



Beat milk, pudding and vanilla until thick, and then add to cream cheese. Fold in Cool Whip. Grind Oreos in blender. Layer Oreos mixture and creamy mixture, hiding gummy worms in flower pot, ending with cookie mixture on top. Chill overnight.

BIG LEAGUE BROWNIES

Keilah Jordan, Central Valley 4-H

Brownie:

1 pkg. brownie mix
 $\frac{1}{2}$ cup oil
 $\frac{1}{4}$ cup water
2 eggs

Filling:

$\frac{3}{4}$ cup creamy peanut butter
1/3 cup butter, softened
1/3 cup sugar
2 T flour
2 eggs



Heat oven to 350°. Prepare brownie mix as directed on package, using oil, water and eggs. Set aside. In a small bowl, combine peanut butter and margarine, beat until smooth. Add sugar and flour; mix well. Add 2 eggs; blend well. Spread half of brownie mixture in prepared pan. Carefully spread peanut butter mixture evenly over chocolate mixture. Spread remaining chocolate mixture evenly over peanut butter mixture. Bake at 350° for 30-33 minutes. Cool 1 hour or until completely cooled. Store loosely covered. Makes 20 servings.

ROLLIN' IN MUD BROWNIES

Aaron Avila, Kings Harvest 4-H, Intermediate Winner

4 oz unsweetened chocolate
1 cup unsalted butter
4 large eggs
2 cups sugar
1 tsp vanilla
1 cup flour, sifted

Frosting:

4 oz unsweetened chocolate
1 cup butter, softened
 $\frac{1}{2}$ cup pasteurized egg substitute (recommended: Egg Beaters)
1 tsp vanilla
1 (1 lb box) powdered sugar, sifted
4 cups mini marshmallows

Preheat oven to 350°. Grease a 13x9 inch baking pan.

Brownies:

Melt the chocolate and butter in a 2 quart bowl in the microwave on high for 3 minutes, stirring every 20 to 30 seconds until the chocolate is completely melted. Add the eggs, sugar, and vanilla and mix well with a spatula. Add the flour and stir to combine. Spread the batter evenly in the prepared pan. Bake for 25 minutes.

Frosting:

While the brownies are baking, make the frosting. Melt the chocolate and butter in a medium bowl in the microwave on high for 3 minutes, stirring every 20 to 30 seconds until the chocolate is completely melted. Add the egg substitute, vanilla, and sugar and stir with a spoon until smooth. Stir in the marshmallows; they will soften but not melt completely. Spread the frosting over the warm brownies. The frosting will set up when the brownies are completely cooled. When cool, cut into 1- $\frac{1}{2}$ inch squares and store in the refrigerator in a plastic container with a snap-on lid.



PULL-APART TURTLE CUPCAKES

Alicia Couto, Island 4-H

- 1 box yellow cake mix
 - water, oil and eggs called for on cake mix box
- 1 container (1 lb) vanilla frosting
- Green food color
- 1 container (1 lb) chocolate frosting
- 1 can (6.4 oz) easy flow green decorating icing
- 4 candy coated chocolate candies
- 1 piece red string licorice
- 1 piece green peelable string licorice
- 1 can (6.4 oz) easy flow black decorating icing



Heat oven to 375°F. Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, beat cake mix, water, oil, and eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Divide batter evenly among muffin cups. Bake 17 to 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 30 minutes.

Tint vanilla frosting with green food color. Reserve $\frac{1}{2}$ cup green frosting and $\frac{1}{2}$ cup chocolate frosting. On each of 2 large serving trays, arrange 12 cupcakes as shown in diagram. Frost shell of one turtle with remaining chocolate frosting. Frost head and feet with reserved $\frac{1}{2}$ cup green frosting. (Push cupcakes together slightly to frost entire turtle, not just individual cupcakes.) Pipe canned green icing on chocolate shell to create turtle design. Add 2 candies for eyes, a piece of red string licorice for mouth and piece of green peelable string licorice for tail. Frost remaining cupcakes using remaining green frosting for the shell and reserved chocolate frosting for head and feet. Pipe canned black icing on green shell to create turtle design. Add 2 candies for eyes, red licorice for mouth and green licorice for tail. Store loosely covered at room temperature. 24 cupcakes (2turtles)

Preparation Time: 30 minutes. Start to finish time: 2 hours

CHEESECAKE WITH POMEGRANATE SAUCE

Ryan Olson, Oakvale 4-H

Crust:

$\frac{1}{4}$ cup melted butter

2 T. sugar

2 cups graham cracker crumbs

Mix and press crust ingredients into spring form pan. Set aside.



Filling:

4 (8 oz.) packages cream cheese

1- $\frac{1}{4}$ cups sugar

2 tsp. Vanilla

4 eggs

1 T. lemon juice

Beat cream cheese and sugar until smooth. Add remaining ingredients and beat thoroughly. Pour on crust. Bake for 40-45 min. at 350°. Remove and set aside for 15 minutes.

Topping:

2 cups sour cream

$\frac{1}{4}$ cup sugar

1 tsp. vanilla

Mix topping ingredients together. Pour over cheesecake and return to oven for 5 minutes more. Cool completely and refrigerate overnight.

Sauce:

3 cups fresh pomegranate seeds

1 cup water

3 T. cornstarch

$\frac{3}{4}$ cup sugar

5 drops red food coloring

In a small sauce pan, crush 1 cup pomegranate seeds. Add water, bring to a boil, then simmer for 2 minutes. Sieve mixture. In a separate saucepan, combine sugar and cornstarch. Stir in sieved pomegranate mixture. Cook over medium heat, stirring constantly until thick. Stir in food coloring. Add 2 cups of fresh pomegranates. Serve over cheesecake just before serving.