

Kings County 4-H Favorite Foods Fair



2011 Recipes

AVOCADO DIP

- 1 pint grape tomatoes (cutup)
- 1 yellow bell pepper seeded and diced (any color will do)
- 1 (15oz.) can of black beans
- ½ cup diced red onion
- ¼ cup fresh squeezed lime juice
- ¼ cup of olive oil
- 1 t kosher salt
- ½ t black pepper
- ½ t minced garlic
- ¼ t cayenne pepper
- 2 avocados seeded, peeled and diced

Place tomatoes, peppers, black beans, and onion in a large bowl. Whisk together lime juice, olive oil, salt, pepper, garlic, cayenne pepper and pour over the vegetables. Toss well. Just before eating fold in the avocados. Serve at room temperature. Also great as a salad.

APPLE CRISP

4 cups sliced apples
½ to ¾ cup packed brown sugar
½ cup all-purpose flour
½ cup oats
¾ tsp. ground nutmeg
¾ tsp. ground cinnamon
½ cup soft margarine or butter

Directions:

Pre-heat oven to 375°. Arrange apples on bottom of greased 8" x 8" square pan. Mix other ingredients in separate bowl and sprinkle over apples. Bake until topping is golden brown and apples are tender; about 30 minutes. Enjoy warm or cool.

Kayla McCalvy

FRESH STRAWBERRY BARS

¾ cup butter, softened
¾ cup peanut
1 cup packed brown sugar
½ cup granulated sugar
2 tsp. baking powder
¼ tsp. salt
2 eggs
1 tsp. vanilla
2 ¼ all purpose flour
½ cup strawberry jam
4 cups small whole strawberries

Heat oven to 350°. Line 13x9 pan with foil extending foil beyond edges. Set aside. In large bowl beat butter and peanut butter. Beat in sugars, baking powder, and salt until combined. Gradually add flour. Spread dough in pan. Bake for 25 minutes. Let cool. Remove by lifting foil. Spread jam and top with berries. Cut into bars.

Jalessa Rios

CHOCOLATE CHIP CINNAMON ROLL COFFEE CAKE

½ cup butter or margarine, softened
2 12.4 oz. cans Pillsbury refrigerated cinnamon rolls with icing
1 3.4 oz. pkg. vanilla pudding and pie filling mix (not instant)
½ cup firmly packed brown sugar
¼ cup miniature semisweet chocolate chips

Preheat oven to 375° degrees. Using 1 tablespoon of the butter, generously grease 12 cups fluted tube pan. Place remaining butter in a small microwavable bowl. Microwave on high for 1 minute or until melted when stirred.

Separate both cans of dough into 16 rolls; cut each in half of the pudding mix and half of the brown sugar. Drizzle with half of the melted butter. Repeat layering with remaining roll pieces, pudding mix, brown sugar and melted butter. Sprinkle with chocolate chips.

Bake for 24 to 28 minutes or until rolls are deep golden brown and dough appears done when slightly pulled apart. Cool in the pan 2 minutes. Invert onto a serving platter. Cool 15 minutes.

Remove lid from icing. Microwave icing on high for 10 to 15 seconds or until. Drizzle over warm coffee cake. Cut into wedges. Serve warm.

Sage Morris

WHITE CHICKEN CHILI

- 4 large chicken breasts
- 1 can of mild green chilies chopped
- 2 cans of diced tomatoes w/green chiles
- 1 can of cream of chicken soup
- 1 medium white onion chopped finely
- 1 can of drain yellow corn
- 1 can rinsed and drained pinto bean w/jalapenos
- 2 can rinsed of white northern bean
- 2 garlic cloves peeled and chopped
- ¼ tsp. of oregano
- ¼ tsp. of cumin
- ¼ tsp. of ground pepper
- ¼ tsp. of salt
- 2 chicken bullion cubes (not dissolved), buried with the mixture
- Shredded cheese (optional)
- Guacamole (optional)
- Crushed tortilla chips (optional)

Combine all ingredients into the crockpot on low for 8-10 hours. Stir and shred chicken in crockpot. Serve with the optional toppings such as shredded cheese, guacamole and crushed tortilla chips.

CRANBERRY SALSA

1 12 oz. bag cranberries
6 green onions
2 jalapenos
½ cup chopped cilantro
18 oz. pkg. cream cheese (softened)
1 bag tortilla chips

In food processor finely chop cranberries. Remove cranberries and set aside. Combine onions, jalapenos, and cilantro inside food processor and finely chop. Add cranberries back to food processor and incorporate fully with onion mixture. Remove from food processor and place mixture in an air tight container. Refrigerate mixture for at least 24 hours.

Remove cream cheese and let reach room temperature. Place cream cheese in serving bowl. Remove cranberry salsa from refrigerator and pour over cream cheese. Use tortilla and enjoy.

Jasmine Morris

TACO CRESCENT WREATH

2 cans 8 oz. Pillsbury crescent dinner rolls
2 dried chipotle chiles
1/3 cup sour cream
¼ cup chopped cilantro
¼ cup mayonnaise
1 tsp. sugar salt
¼ tsp. sugar
¼ tsp. salt
¼ tsp. ground cumin

Assorted toppings (chopped avocado, tomato and yellow bell pepper; sliced ripe olives; finely shredded cheddar cheese)

Preheat oven to 375° degrees. Invert 10 ounce custard cup on center of ungreased large cookies sheet. Remove dough from 1 can, keeping dough in one piece; do not unroll dough in one direction to form a 12 inch log. Cut log into 20 slices. Arrange 16 slices, slightly overlapping and in clockwise direction, around custard cup on a cookie sheet.

Repeat with second can dough, cutting into 20 slices. Arrange slices from second can and remaining 4 slices from first can (total of 24 slices), slightly overlapping each other and in counterclockwise direction, close to but not overlapping first ring. Remove custard cup from center of wreath shape.

Bake 15 to 18 minutes or until light golden brown. Gently loosen from cookie sheet; carefully slide onto cooling rack. Cool completely, about 30 minutes.

Meanwhile, cover chipotle chiles with water; let stand 10 to 15 minutes. Drain; finely chop. In medium bowl, mix chiles, sour cream, cilantro, mayonnaise, sugar, salt, and cumin.

Placed cooled wreath on serving tray or platter. Spread sour cream mixture over wreath. Decorate with assorted toppings. Store in refrigerator

Jocelyn Morris

A HOT MEXICAN SOUP IN THE MORNING

5lbs or lean pork or chicken deboned
1 tablespoon salt
1 tsp. pepper
5 tablespoons of Mexican chili powder or fresh or chili
½ onion
2 tsp. of oregano
2 tablespoon of chopped garlic
1 can of hominy
Garnish
Cabbage
Lemon

Boil pork with above ingredients. After 3 hours of cooking start removing any excessive fat. Add hominy and additional oregano. After 1 hour you may serve with garnish as you may wish.

Kathleen Guterrez

PUDDING PARFAIT

1 small box instant chocolate pudding mix
1 small box instant butterscotch pudding (sugar free)
4 cups of non-fat cold milk, divided
Whipped topping

Mix instant chocolate pudding mix with two cups cold non-fat milk with a whisk for two minutes. Mix instant butterscotch pudding mix with two cups cold no-fat milk with a whisk for two minutes. Layer chocolate pudding, then butterscotch pudding, then chocolate pudding again in parfait cups. Let set in refrigerator. Top with whipped topping. Garnish with sprinkles or candy shavings if desired

You may use sugar pudding mix for both flavors or half and half as shown above. Different flavor combinations may also be used.

POTATO CHIP CHOCOLATE TOFFEE

2 sticks unsalted butter
5 cups thick cut potato chips
1 cup sugar
2 teaspoons vanilla extract
2 tablespoons apple cider vinegar
5 ounces semisweet chocolate finely chopped

Line backing sheet with foil and butter.

Combine the butter sugar vanilla and vinegar in a saucepan over medium-high heat and cook until the mixture is light amber and candy thermometer registers 320° degrees about 10 minutes. Remove from the heat and stir in the chips, then immediately pour in the baking sheet and spread in a thin layer.

Put about three quarters of the chocolate in the microwave and melt. Stir then continue to stir until melted. Add the remaining chocolate and stir until smooth.

Drizzle chocolate over the toffee. Set aside to harden about 20 minutes. Break the toffee into pieces.

Jon Avila
Kings Harvest 4-H

LIGHT AND TASTY MANDARIN ORANGE JELLO-O SALAD

- 2 3oz. pkg. American tapioca mix
- 1 3 oz. pkg. Orange Jell-O
- 1 medium size cool whip
- 1 can Mandarin oranges, drained
- 1 can crushed pineapple, drained

Bring 2 cups of water to a boil, add mixes. Stir until it comes to a rolling boil. Let it cool. Blend in the cool whip and the fruit and serve.

Darian Roeber
Kings Harvest 4-H

KAHLUA CAKE

1 box of German chocolate cake mix
1 small box of vanilla instant pudding
1 16 oz. of sour cream
¼ cup of oil
½ cup of Kahlua Liqueur
2 eggs
Powdered sugar- as desired

Mix all ingredients by hand until all well blended together. Do not use hand mixer.

Bake in Bundt pan at 350 degrees for 45-50 minutes. Let cool. Sprinkle with powder sugar until the entire cake is covered evenly.

BACON SALTED CARAMEL BROWNIES

Ingredients for Bacon Caramel:

2 slices of bacon
½ cup of heavy cream
½ cup sugar
6 tablespoon salted butter

In a small saucepan, fry two slices of bacon until crisp. Remove bacon, set aside, reserving bacon grease in the pan. Add cream to hot pan and let cool. When bacon is cool, crumble or chop finely.

In a larger pan, heat the sugar over high heat until the mixture is liquid and a deep amber color. Add the butter and the cooled bacon cream all at once, and stir until the butter is melted. Add the chopped bacon and let the mixture cool thoroughly.

Ingredients for the brownies

8 tablespoons of salted butter, cut into pieces
6 oz. bittersweet or semisweet chocolate, finely chopped
¼ cup unsweetened Dutch-process cocoa powder
3 large eggs
1 cup sugar
1 tsp. vanilla extract
1 cup flour
Bacon Caramel

Preheat the oven to 350°. Line an 8 inch square pan with two sheets of aluminum foil that covers the bottom and sides of the pan. Grease the foil with butter or a little baker's joy.

In a large microwaveable bowl, melt the butter and the chocolate together in the microwave. Microwave for 30 seconds and then stir thoroughly. Then microwave for 10 seconds at a time stirring between each bout of nuking, until the chocolate is melted and incorporated into the butter. You can also melt them together over the stove. Add the cocoa and whisk until smooth, then add in the eggs, one at a time, and the sugar, vanilla and finally the flour. Stir only until combined.

Scrape half of the batter into the prepared pan. Then drop about a third of the bacon caramel, evenly spaced, over the brownie batter in the pan. It doesn't have to cover the whole batter, but should be in splotches. Spread the remaining brownie batter over the top, then drop spoonful's of the remaining caramel sauce over the top of the brownies and swirl.

Bake for 35 to 45 minutes, but err on the side of under baking. Remove from the oven and cool completely. The caramel will be pretty gooey still, so you might want to wait to cut these until just prior to serving, and or store in the refrigerator.

Drew Avila