

# **KINGS COUNTY 4-H FAVORITE FOODS CONTEST**



**2014 RECIPES**

## **DIRT CUPS**

Aaron Dorrrough  
Oakvale 4-H  
Primary Division

### Ingredients:

1 pkg (3.9 oz.) Chocolate Instant pudding  
2 cups cold milk  
1 tub (8oz) whipped topping, thawed  
15 Oreo cookies, finely crushed  
10 worm shaped chewy fruit snacks

### Directions:

Beat pudding mix and milk in large bowl with wire whisk for 2 minutes then let stand for 5 minutes. Stir in whipped topping and ½ cup cookie crumbles. Top with remaining cookie crumbs and refrigerate for 1 hour. Top with fruit snack just before serving.

## **SOUR CREAM APPLE PIE**

Susannah Day  
Island 4-H  
Junior Division Winner

### Crust:

1 pre-made 9" deep dish pie crust

### Filling:

2 tablespoons flour  
1/8 teaspoon salt  
¾ cup sugar  
1 egg  
1 cup sour cream  
½ teaspoon vanilla  
3 cups diced apples (I grated with a food processor)

### Topping:

1/3 cup brown sugar  
1/3 cup flour  
1 teaspoon cinnamon  
¼ cup butter

Preheat the oven to 400 degrees.

For filling, sift flour, salt, and sugar together. Add egg, sour cream and vanilla, and beat until smooth. Add apples and mix well. Pour into pastry shell and bake at 400 degrees for 15 minutes. Reduce and bake at 350 degrees for 30 minutes.

For topping, combine brown sugar, flour, cinnamon and butter. Sprinkle mixture on top of pie. Bake at 400 degrees for 10 minutes.

## **RICE KRISPIES PAINT BRUSHES**

Laney Dorrrough  
Oakvale 4-H  
Junior Division

### Ingredients:

3 Tablespoons butter  
4 cups miniature marshmallows  
6 cups Rice Krispies cereal

### Directions:

1. In a large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add Rice Krispies cereal. Stir well.
3. Allow mixture to cool and apply butter to hands to mold the treat into rectangles.
4. Before treats cool completely insert wooden sticks into the bottom of treat.
5. Heat chocolate melts in the microwave and once completely melted, dip treat into the chocolate.
6. Place treats on wax paper to dry.

## **NO BAKE RASPBERRY CHEECAKE POTS**

Sarah Dorrrough  
Oakvale 4-H  
Junior Division

### Ingredients:

1 ½ pkg (8 oz.) cream cheese  
3 Tablespoons granulated sugar  
1 cup heavy cream  
1 Tablespoon lemon juice  
8 graham crackers  
12 oz. fresh raspberries  
½ cup raspberry jam  
Mason Jars

### Directions:

1. Using an electric mixer beat the cream cheese until smooth.
2. Reduce mixer speed to low and gradually add the heavy cream. Increase the speed to high and mix until stiff then beat in the lemon juice.
3. Spoon in graham cracker crumbs into the jar and press down firmly. Top with cheesecake batter, raspberries and jam alternating red layers with the cheesecake batter.
4. Using a piping bag makes it easier to put the cheesecake batter into the jar.
5. Refrigerate for 2 hours and top with fresh whole raspberries when ready to serve.

## **MINI CHOCOLATE PUDDING CAKES**

Anna Felipe  
Island 4-H  
Junior Division

### Cake Ingredients:

1 cup flour  
2 teaspoons baking powder  
¼ tsp. salt  
¾ cup sugar  
2 Tablespoons cocoa  
½ cup milk  
2 Tablespoons vegetable oil

### Topping Ingredients:

1 cup brown sugar  
4 Tablespoons cocoa  
1 ¾ cups hot water  
Sprinkle of powdered sugar

### Directions:

Pre heat oven to 350°. For the cake, combine the flour, baking powder, salt, sugar, and cocoa. Stir in the milk and vegetable oil and mix until smooth. Divide between 8 ramekins.

For the topping, combine the brown sugar and cocoa. Sprinkle over the top of each ramekin. Pour 3 tablespoons of hot water over the batter in each ramekin. Bake for 20 minutes. Cool and sprinkle with powdered sugar.

## **SPECIAL STRAWBERRY SALAD**

Chelsea Flood  
Oakvale 4-H  
Junior Division

### Ingredients:

8 oz. cool whip  
16 oz. low fat cottage cheese  
3 oz. strawberry jello  
1 cup fresh strawberries

### Directions:

Mix first three ingredients together in a large bowl. Slice strawberries and mix them in. Refrigerate to chill and set. Enjoy!

## **CROCKPOT BLUEBERRY FRENCH TOAST**

Steven Loogman  
Kings River 4-H  
Junior Division

### Ingredients:

1 dozen eggs  
2 cups 2% reduced fat milk  
2 teaspoons ground cinnamon  
2 teaspoons vanilla extract  
½ cup brown sugar  
1 loaf of Nature's Own 100% whole wheat bread  
3 cups fresh blueberries

### Directions:

Coat your crockpot with nonstick cooking spray.

In a large mixing bowl combine eggs, milk, ground cinnamon, vanilla extract and brown sugar, mixing well. Dunk each piece of bread into the egg mixture and place inside the greased crockpot. Sprinkle blueberries throughout bread. Pour remaining egg mixture over the top of the bread.

Set crockpot to lowest cooking setting, low. Place cover on top.

Cook for 6-8 hours.

## **CHECKERBOARD BIRTHDAY CAKE**

Colten Palomino  
Kings Harvest 4-H  
Junior Division

### Ingredients:

3 cake mixes  
9 egg whites  
1 cup vegetable oil  
3 ¾ cup water  
2 cans frosting  
Decorating pearls

### Directions:

Make 3 white cake mixes according to the directions on the box in 3 separate bowls. Leave the first bowl uncolored, 2<sup>nd</sup> bowl tint whatever color you wish and 3<sup>rd</sup> bowl divide in half, tint half the color of the 2<sup>nd</sup> bowl and leave the other half white. Use a special checkerboard cake pan, following directions for the batter on the cake pan box. Then bake cake as directed on cake mix box. Frost and decorate when cool.

## **CARAMELIZED WHITE CHOCOLATE CHEESECAKE WITH PECAN BACON PRALINE CRUMBLE**

Shyanna Ward  
Kings Harvest 4-H  
Junior Division

### Cheesecake Ingredients:

600 grams heavy cream  
4 grams kosher salt  
28 grams sugar  
227 white chocolate  
114 grams cream cheese

### Directions:

In the bowl of an electric mixer fitted with the whisk attachment, add cream, salt and sugar. Whip to soft peak stage and set aside.

In a small pot, add white chocolate and cook over low heat for approximately 15 to 20 minutes or until light brown in color. *Be sure to stir constantly so the chocolate so the chocolate does not burn. Chocolate will melt and then begin to harden to a past consistency, this is normal.*

In the bowl of the electric mixer fitted with the paddle attachment, add the hot white chocolate and cream cheese. Beat until creamy. Fold cream into chocolate mixture. Transfer to a 2 quart serving dish or pipe 35 grams of cheesecake into individual serving dishes or jars. Refrigerate until chilled.

### Pecan Bacon Praline Crumble Ingredients:

6 oz. sugar  
6 oz. brown sugar  
3 oz. heavy cream  
1.5 oz. whole milk  
1.5 oz. butter  
6 oz. pecans, chopped  
1 oz. cooked bacon, chopped  
½ teaspoon kosher salt  
¼ teaspoon vanilla extract

In a medium size pot, combine brown sugar, heavy cream, milk and butter. Stir until well mixed. Place mixture over medium heat and cook until a candy thermometer registers at 237°F. Remove from heat and stir in the pecans, bacon, salt and vanilla and allow mixture to cool slightly. Spread mixture on a parchment paper lined baking sheet. Let pralines cool for 30 minutes and break into small pieces.

Sprinkle praline crumble over chilled cheesecake prior to serving.

## **MINI PEACH COBLER**

Lauren Ables  
Kings River 4-H  
Intermediate Division

### Ingredients:

1 cup sugar  
1 cup flour  
2 teaspoons baking powder  
Dash of salt  
¾ cup milk  
1 stick melted butter  
Brown sugar  
Cinnamon  
1 can diced peaches

### Directions:

Put 1 teaspoon melted butter into each regular size muffin tin. For batter, combine the first ingredients by hand-sugar, flour baking powder, salt and milk. Put 2 tablespoons of batter into each muffin tin on top of melted butter. Then put 1 tablespoon diced peaches on top of batter. Sprinkle with brown sugar and cinnamon. Bake for 12 minutes. Let them cool almost completely before taking out of pan. Use butter knife to loosen edges then left them out.

## **CONFETTI BEAN SALAD**

Hannah Costa  
Kings Harvest 4-H  
Intermediate Division Winner

### Ingredients:

1 can corn  
1 can black beans  
1 can kidney beans  
1 can garbanzo beans  
1 avocado, diced  
½ cup shredded low fat mozzarella cheese  
1 large tomato, diced  
1 small red onion, chopped  
½ bunch chopped cilantro  
1/8 teaspoon cumin  
3 tablespoons of fresh lime juice  
Pita pocket bread  
Salt and pepper to taste

### Directions:

1. Combine first 8 ingredients into a large mixing bowl.
2. Whisk the remaining ingredients in a small bowl.
3. Mix both bowls together.
4. Salad can be served at room temperature or chilled.

## **POT 'O' GOLD BROWNIES**

Laura Denham  
Grangeville 4-H  
Intermediate Division  
Overall Winner

### Ingredients:

1 14 oz. bag of caramels  
2/3 cup evaporated milk  
1 box German Chocolate Cake mix with pudding  
½ cup butter  
1 cup walnut pieces  
1 6 oz. bag of milk chocolate chips

### Directions:

- Preheat oven to 350°.
- Melt the caramels with 1/3 cup evaporated milk over low heat.
- In a bowl, combine the remaining milk (1/3 cup), cake mix, and melted butter.
- Mix well.
- Press half of cake mixture into bottom of greased 13x9x2 pan.
- Bake for 6 minutes.
- Take out of oven and sprinkle chocolate chips and walnuts over the crust.
- Top with caramel mixture spreading nearly to edge of pan.
- Top with teaspoons of remaining cake mix. (Pressing lightly into caramel.)
- Bake at 350° for 20 minutes. Cool slightly and then refrigerate.
- Cut into bars to serve after caramel hardens.

## **PUMPKIN PASTIES**

Brooklyn Young  
Oakvale 4-H  
Intermediate Division

### Ingredients:

Large can pumpkin  
1 tablespoon pumpkin pie spice  
Refrigerated pie dough  
1 egg, beaten  
Sanding sugar

### Directions:

Pumpkin Pasties: Making these half moon-shaped turnovers is as easy as pie. Literally. Roll out a batch of your favorite pastry dough or pate brisee recipe. Cut out 4 or 5 inch circles – the soon-to-be-empty, large pumpkin can makes a great tart cutter. Top with a tablespoon of pumpkin filling – canned pumpkin mixed with a little pumpkin pie spice. Moisten the edges with water, fold in half and crimp the edges with a fork. Brush with beaten egg, sprinkle with white sanding sugar, and cut a small vent for steam. Bake at 375° until golden brown, about 20-30 minutes.

## RASPBERRY TRIFLE

Aleksandra DeFant  
Kings Harvest 4-H  
Senior Division

### Ingredients:

1 angel food cake mix  
2 12 oz. packages of frozen raspberries  
1 8 serving raspberry flavored gelatin  
1 32 oz. Dannon all natural vanilla low fat yogurt  
1 can Redi Whip whipping cream (optional)

### Angel Food Cake:

1 pkg white angel food cake mix  
1 ¼ cups cold water

Preheat oven to 350°. Beat cake mix and 1 ¼ cups cold water in extra large glass mixing bowl on low speed for 30 minutes. Then beat on medium speed for 1 minute. Pour into ungreased angel food cake pan and bake for 47 minutes, on lowest rack (remove other racks). Cool cake thoroughly, upside down, on heat resistant surface. Remove angel food cake from pan, and tear into bite size pieces and store in covered container.

### Raspberry mixture:

1 pkg (8 servings) regular raspberry flavored gelatin  
2 cups boiling water  
2 pkg (12 oz.) frozen raspberries

Use a large glass bowl, Pour hot water into bowl with gelatin and mix thoroughly. Add frozen raspberries making sure they are not clumped together. If they are, use wooden mallet to separate frozen berries. Mix well and use immediately.

Combine ingredients: angel food cake, raspberry mix and yogurt.

Use trifle glass bowl or another extra large container. First, place a layer of torn pieces of angel food cake on the bottom of the container. Second, layer fruit/gelatin mixture over cake. Third, layer yogurt over gelatin. Repeat 2 more times or until all ingredients are used. You should finish with the yogurt layer. Refrigerate for 2 hours and serve with or without Redi Whip whipped cream.

## S'MORES IN A JAR

Tara Fry  
Oakvale 4-H  
Senior Division  
Bronze Medal Winner

### Ingredients:

15 sheets honey-flavored graham crackers, crushed (as fine or as rough as you prefer)  
1 sheet honey-flavored graham crackers, finely crushed & set aside for garnish  
2 pkgs (3.9 oz.) jello chocolate instant pudding  
2 cups cold milk  
1 tub (12oz) cool whip whipped topping, thawed, divided  
1 cup jet-puffed miniature marshmallows  
4 (8 oz.) mason jars  
Chocolate sauce- to dip the rims of jars into and roll in graham cracker crumbs, set aside for garnish

### Directions:

In a large mixing bowl, combine milk and pudding mixes. Mix on low speed for 30 seconds, then on medium speed for 2 minutes. Stir in 2 cups cool whip whipped topping. Refrigerate until ready to use. Place one cup of jet-puffed miniature marshmallows and one cup of cool whip whipped topping into microwave safe bowl, and microwave for 30 seconds. Remove from microwave and stir well, adding in the remaining cool whip whipped topping.

If topping your jars in chocolate & graham cracker crumbs, pour approximately four tablespoons of chocolate sauce onto a plate, and dip the rim of your jar into the chocolate sauce, then into the finely crushed graham cracker mixture. Repeat with remaining jars.

Time to fill your jars: spoon approximately 4 tablespoons of graham cracker crumbs into the bottom of each 8 oz. jar. Next, spoon a layer of cool whip whipped topping and jet puffed miniature marshmallow mixture into each jar, using approximately ½ cup for each jar. Next, spoon your pudding into each jar, using approximately ½-2/3 cup of pudding into each jar. You can put additional cool whip on top and/or top with marshmallows and a graham cracker stick for garnish. You can substitute ground nuts for the garnish around the jar rim with chocolate sauce if you prefer nuts over the graham cracker crumbs.

## DOUBLE CHOCOLATE PEPPERMINT CHEESECAKE

Ashley Olson  
Oakvale 4-H  
Senior Division

### Crust:

1 ½ cups chocolate wafer cookie crumbs  
¼ cup butter, melted  
2 tablespoons sugar

### Filling:

4 pkgs (8 oz. each) cream cheese, softened  
¼ cup sugar  
1 (14oz) can sweetened condensed milk  
1/3 cup whipping cream  
2 tablespoons flour  
2 teaspoons vanilla  
3 eggs

### Ganache:

6 oz. bittersweet chocolate, chopped  
2/3 cup heavy whipping cream  
1 teaspoon vanilla

### Directions:

Heat oven to 350°. Wrap outside bottom and side of 9 inch spring form pan with heavy-duty foil to prevent leaking. Spray inside bottom and side of pan with cooking spray. In a small bowl, mix crust ingredients. Press firmly in bottom of pan. Bake 10 minutes. Reduce oven temperature to 300°. Cool crust 10 minutes.

Meanwhile, in large bowl, beat cream cheese and ¼ cup sugar with electric mixer on medium high speed until light and fluffy. Gradually add condensed milk, beating just until blended. Add 1/3 cup whipping cream, flour and vanilla; beat just until blended. Add eggs one at a time, beating just until blended. Pour over crust.

Bake 1 hour 15 minutes to 1 hour 25 minutes or until edge of cheesecake is set at least 2 inches from edge of pan but center of cheesecake still jiggles slightly when moved. Turn oven off; open door oven at least 4 inches. Let cheesecake remain in oven 30 minutes. Run small metal spatula around edge of pans to loosen cheesecake. Cool pan on cooking rack until 30 minutes. Cover, refrigerate.

For ganache, place chocolate in small bowl. In a small saucepan, bring cream just to a boil. Pour over chocolate; whisk until smooth. Stir in vanilla. Cool to room temperature or until ganache is set. Refrigerate 1 hour until set. Remove from pan.

## **FALAFEL STUFFED PITAS**

Susannah Day  
Island 4-H  
Junior Division  
Healthier Living Winner

### Ingredients:

#### Falafel:

¼ cup dry breadcrumbs  
¼ cup chopped cilantro  
1 ½ teaspoons ground cumin  
½ teaspoon salt  
¼ teaspoon ground red pepper  
2 garlic cloves, crushed  
1 large egg  
1 (15 oz) can chickpeas (garbanzo beans), drained  
1 tablespoon olive oil

#### Sauce:

½ cup plain low-fat yogurt  
2 tablespoons fresh lemon juice  
2 tablespoons tahini (sesame-seed paste)  
1 garlic clove, minced

#### Remaining ingredients:

4 (6 in) whole wheat pitas, cut in half  
8 curly leaf lettuce leaves  
16 (1/4 in thick) slices tomato

To prepare falafel, place first 8 ingredients in a food processor; process mixture until smooth. Divide mixture into 16 equal portions, and shape each portion into a ¼ inch thick patty. Heat olive oil in a large skillet over medium-high heat. Add the patties, and cook 5 minutes on each side or until patties are browned.

To prepare sauce, combine yogurt, lemon juice, tahini, and 1 garlic clove, stirring mixture with a whisk. Spread about 1 ½ tablespoons tahini sauce into each pita half. Fill each pita half with 1 lettuce leaf, 2 tomato slices, and 2 patties.

## **LAUGHING COW MICE APPETIZERS**

Trist Fry  
Oakvale 4-H  
Primary Division

Unwrap wedges from a 6 oz wheel of low fat Laughing Cow cheese (any flavor); cut each in half horizontally, creating 16 wedges. Place each on a whole wheat snack cracker that is large enough to support the size of the cheese wedge. Cut 16 thin strips from a green onion top, curl each around a straw and place curls in ice water. Use the end of the straw to cut 16 round pieces from black olives; attach one to the pointed end of each wedge for the nose. Attach caraway seeds for eyes. Cut 32 thin slices from small carrots and press into the top of wedges for the nose. Attach caraway seeds for eyes. Cut 32 thin slices from small carrots and press into the top of wedges for ears. Remove onions from water; drain on a paper towel. Insert one end of each onion curl into the rounded end of each wedge for a tail. Serve immediately.