

KINGS COUNTY 4-H FOOD OLYMPICS



2015 Recipes

No-Fire-Needed S'More Cupcakes

Shyanna Ward – Junior Division
Kings Harvest 4-H
Overall Favorite Foods Winner

Cupcakes:

½ cup unsweetened cocoa powder	½ cup granulated sugar
¾ cup all purpose flour	½ cup light brown sugar
½ tsp. baking soda	1/3 cup vegetable oil
¾ tsp. baking powder	2 tsp. vanilla extract
¼ tsp. salt	½ cup buttermilk
2 large eggs, at room temperature	

Preheat oven to 350° and line a 12 cup muffin pan with cupcake liners. In a large bowl, whisk dry ingredients until combined. In a medium bowl, whisk eggs, both sugars, oil and vanilla until smooth. Pour half the wet ingredients into dry ingredients. Add half the buttermilk. Gently stir. Repeat with remaining wet ingredients and buttermilk. Stir until just combined. Do not over mix. Spoon batter into lined cupcake pan. Only fill halfway. Bake for 18-19 minutes or until toothpick in the center comes out clean. Cool completely before continuing.

Marshmallow Filling:

¼ cup unsalted butter, softened
2/3 cup marshmallow crème
½ tsp. vanilla extract
2 T. heavy cream
¾-1 cup confectioners' sugar
¼ tsp. salt

In a medium bowl with an electric mixer, beat butter, marshmallow crème, vanilla and cream on medium speed until completely smooth. Add ¾ cup confectioners' sugar and salt slowly with mixer on low. Then increase speed to high and beat for 1 minute. If too thin, add ¼ cup more confectioners' sugar. Refrigerate filling until ready to use.

Milk Chocolate Frosting:

1 ¾ cups confectioners' sugar
¼ cup unsweetened cocoa powder
½ cup unsalted butter, softened
2 T. heavy cream
1 tsp. vanilla extract
Salt, to taste

Sift together confectioners' sugar and cocoa powder, set aside. With a mixer beat butter on medium speed until creamy 2 min. Gradually add sifted sugar/cocoa powder alternately with heavy cream and vanilla. Beat on low after each addition. Once all combined, beat on high speed until creamy 2 min. Add a pinch of salt if frosting is too sweet. Set aside until ready to use.

Topping:

12 marshmallows
4 full sheet graham crackers, crushed

Assemble cupcakes by creating a ¾ in. deep hole in the center of each cupcake. Spoon a helping teaspoon of filling into each hole and cover with top of removed cupcake piece. Frost cupcakes with chocolate frosting and sprinkle with crushed graham crackers. Toast marshmallows on large baking sheet under over broiler. Let cook 5 min. and use spatula to put a marshmallow on top of each cupcake.

Triple Chocolate Cake

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

Vegetable Oil Spray
Flour (dusting pan)
1 pkg. Devil's Food Chocolate Cake
1 pkg. chocolate instant pudding mix
4 large eggs
½ cup warm water
1 ½ cup semisweet chocolate chips
1 cup sour cream
½ cup vegetable oil

Place a rack in the center of the oven & preheat oven to 350° F. Lightly mist a 12 cup Bundt pan with vegetable oil spray and dust with flour. Shake out excess flour. Set pan aside.

Place the cake mix, pudding mix, eggs, sour cream, warm water and oil in a large mixing bowl. Blend in electric mixer on low for 1 minute. Stop the machine and scrape down the sides. Increase the mixer to medium speed for 2 to 3 minutes more, scraping down the sides if needed. The batter should be thick and well combined. Fold in chocolate chips, making sure they are well distributed throughout the batter. Pour batter into floured pan, smoothing out the batter. Place pan in oven.

Bake the cake until it springs back when lightly pressed with your finger and just starts to pull away from the pan. 45-50 minutes. Remove from the oven and place on wire rack for 20 minutes. Run a long sharp knife around the edge of the cake and invert it onto the rack to cool completely. 20 minutes more or invert onto a serving platter and serve warm. Sprinkle the cake with powdered sugar and garnished with raspberries. Serves 16.

S'Mores Cookie Bars

Laura Denham – Intermediate Division
Grangeville 4-H
Intermediate Division Winner

2 cups all purpose flour
2 cups graham cracker crumbs
1 tsp. baking powder
¼ tsp. salt
16 T. (2 sticks) unsalted butter, at room temperature
1 ½ cup packed light brown sugar
2 large eggs, beaten
2 cups marshmallow topping (such as Marshmallow Fluff)
2 cups milk chocolate chips

Preheat oven to 350° F. Line a 9x13 baking pan with foil, leaving a 2 inch overhang on 2 sides. Mist foil with cooking spray.

In a bowl, combine flour, graham cracker crumbs, baking powder and salt; mix well. In a large bowl, using an electric mixer on medium speed, beat butter and sugar until light, about 2 minutes. Beat in eggs until well combined. Reduce mixer speed to low and slowly beat flour mixture into butter mixture. Divide dough in half. Press half of dough into pan until dough is uniform and flat. Spread with marshmallow topping and sprinkle chocolate chips on top. Scatter remaining dough over in clumps. Don't worry about covering the top; marshmallow and chocolate chips should peek through.

Bake until golden brown 30-35 minutes. Place on wire rack to cool completely. Remove from pan; peel off foil and cut into bars. Best served warm.

Carrot Cake

w/ Fresh Orange Cream Cheese Frosting

Ashley Olson – Senior Division
Oakvale 4-H
Senior Division Winner

Carrot Cake:

1 pkg. plain yellow cake mix
1 pkg. (3.4 oz) vanilla instant pudding mix
2/3 cup fresh orange juice
½ cup vegetable oil (canola, corn or safflower)
4 large eggs
2 tsp. ground cinnamon
3 cups grated carrots
½ cup raisins
½ cup chopped pecans

Place a rack in the center of the oven and preheat the oven to 350°F. Generously grease two 9 inch round cake pans with cooking spray and dust with flour. Set the pans aside.

Place the cake mix, pudding mix, orange juice, oil, eggs, and cinnamon in a large bowl. Blend with an electric mixer on low speed for 1 minute. Stop the machine and scrape down the sides of the bowl with a rubber spatula. Increase the mixer speed to medium and beat 2 minutes more, scraping the sides. The batter should look thick and well-blended. Gently fold in the carrots, raisins, and nuts with a rubber spatula. Divide the batter between the prepared pans, smoothing it out with the rubber spatula. Place the pans in the oven side by side.

Bake the cakes until they are golden brown and spring back to the touch. 30-35 minutes. Remove the pans from the oven and place on a wire rack to cool for 10 minutes. Run a knife around the edges of each layer and invert each onto a rack, then invert each again onto another rack so that the cakes are right side up. Allow them to cool completely. 30 minutes more.

Prepare the Fresh Orange Cream Cheese frosting.

Place one cake layer, right side up, on a serving platter. Spread the top with frosting. Place the second layer, right side up, on top of the first layer and frost the top and sides of the cake with smooth strokes.

Place this cake, uncovered in the refrigerator until the frosting sets, 20 minutes. Cover the cake with waxed paper and store in the refrigerator for up to one week.

Fresh Orange Cream Cheese Frosting:

1 pkg. (8 oz) cream cheese, room temperature
8 T. butter, room temperature
3 cups confectioners' sugar, sifted
2 T. fresh orange juice
1 T. grated orange zest

Place the cream cheese and butter in a large mixing bowl. Blend with an electric mixer on low until combined, approximately 30 seconds. Stop the machine. Add the confectioners' sugar a bit at a time, blending until the sugar is well combined, approximately 1 minute. Then add the orange juice and zest to the mixture. Increase the mixer speed to medium and beat until the frosting is light and fluffy, 1 minute.

Use at once to frost the top and sides of the cake of your choice.

S'mores Dip

Aaron Dorrough – Primary Division
Oakvale 4-H

2 cups mini chocolate chips
10-12 jumbo marshmallows, halved
1 pkg. graham crackers

In a cast iron skillet place chocolate chips on the bottom, top with jumbo marshmallows.
Place skillet in the oven to melt chocolate and toast marshmallows.
Toast for 5 minutes or so. Watch marshmallows carefully.

Individual Oreo Trifles

Anthony Felipe – Junior Division
Island 4-H

1 pkg. Oreo cookies
1 pkg. (8oz) cream cheese
16 oz. Cool Whip
1 lg. pkg. instant chocolate pudding
6 T. melted butter
2 T. sugar
3 cups cold milk

Separate the cream from 1 package of Oreo cookies. Place the cookies in a blender or food processor and process until fine crumbs. Reserve 2 T. of crumbs and add melted butter to the rest. Place a heaping tablespoon of the cookies mix into the bottom of each container. Blend the cookie cream, sugar, and cream cheese until smooth. Fold in 1 cup of the cool whip. Add a layer of the cream mixture in each cup on top of the oreo mixture. Combine the pudding with the milk and whisk until blended. Add a layer of the pudding mixture to each cup on top of the cream mixture. Finally, garnish each cup with a dollop of cool whip and a sprinkle of the reserved cookie crumbs.

Tangy Pot Roast

Steven Loogman – Junior Division
Kings River 4-H

1 3 lb. sirloin tip or rump roast
¼ cup red wine vinegar
¼ cup ketchup
2 T. Worcestershire Sauce
2 tsp. dry mustard
2 T. soy sauce

Brown roast on all sides in a skillet with a little oil.
Combine all ingredients and pour over meat.
Cover and cook at 325°F to 350°F for 2 hours or until done.

Chocolate Dipped Coconut Macaroons

Laney Dorrrough – Junior Division
Oakvale 4-H

1 pkg. (14 oz) sweetened shredded coconut
4 large egg whites
2/3 cup all purpose flour
¼ tsp. kosher salt
½ tsp pure vanilla extract
6 oz. semisweet chocolate melted and cooled to room temperature

Heat oven to 325°F. In a medium bowl, combine the coconut, egg whites, sugar, flour, salt and vanilla. Drop packed tablespoons of the mixture onto parchment-lined baking sheets, spacing them 1 inch apart. Bake, rotating the baking sheet halfway through, until lightly golden, 25-20 minutes. Cool slightly on the baking sheet, then transfer to wire rack to cool completely. When cool, dip the bottom of each macaroon in the chocolate and place on a parchment lined baking sheet and refrigerate until firm 20-30 minutes. Store macaroons in an air tight container for up to 7 days.

Chocolate Rice Krispies Treats

Angelina Raulino – Junior Division
Lemoore 4-H

3 T. butter
1 pkg. (10 oz) marshmallows
6 cups Rice Krispies cereal
1 pkg. chocolate chips

In a large pan melt butter over low heat, once butter is melted, add marshmallow and stir until completely melted. Remove from heat.

Add Rice Krispies cereal and ¾ bag of chocolate chips. Set the ¼ bag of chocolate chips to the side, you will need these later. Stir until well coated.

In a 13x9x2 pan pour the Rice Krispies mix and using wax paper press until all mixture is evenly in pan.

Place the ¼ pkg. of chocolate chips in microwave safe bowl. Melt the chocolate chips in microwave – 30 seconds at a time. Each time take out and stir and check consistency. Once all are melted, use spoon and drizzle chocolate over Rice Krispies treats. Let cool. Cut into squares or use cookie cutters to make the shape you would like.

Chicken Croissant Sandwiches

Sarah Dorrough – Intermediate Division
Oakvale 4-H

2 cups pulled chicken
2 T. mayonnaise
¼ cup diced pickles
1 tsp. celery salt
½ cup shredded cheddar cheese
1 small bunch of grapes quartered
Salt & pepper
Croissants

In a large mixing bowl mix chicken, mayonnaise, pickles, celery salt, cheese grapes, salt & pepper. Allow mixture to chill for approximately 1 hour.

Cut croissants in half horizontally and spread salad mixture on both halves. Place croissants back together and cut vertically. Croissants are now ready to be served.

Neiman Marcus Bars

Jenna Dragt – Intermediate Division
Kings Harvest 4-H

1 box yellow cake mix
3 eggs
1 pkg. (8oz) cream cheese, softened
½ cup (1 stick) butter, melted
4 cups (1 lb.) powdered sugar
1 tsp. vanilla

Preheat oven to 300°F and spray a 9x13 dish with cooking spray. Mix cake mix, melted butter and one egg to a soft dough. Press into the bottom of the pan. Mix powdered sugar, softened cream cheese and remaining two eggs and vanilla until smooth, about 1-2 mins. Pour on top of crust. Bake at 300°F for 40-50 minutes until top is golden brown.

Summer Smoothie

Anna Rioux – Intermediate Division
Grangeville 4-H

1 cup blueberries- fresh & washed
1 cup strawberries- fresh, washed and chopped
½ cup low fat dairy milk
½ cup low fat dairy yogurt
½ cup ice
Whipped cream

Take one blueberry and set it aside. Put the remaining blueberries in the blender with the strawberries. Then, add the low fat milk, yogurt and ice and blend. Blend for 2 minutes, or until the mixture is a solid color. Top with whipped cream and the blueberry. Serve immediately.

Yummy Thin Mint Dessert Cups

Anna Felipe – Intermediate Division
Island 4-H

1 pkg. Thin Mint Cookies
1 pkg. (8oz) cream cheese
16 oz cool whip
1 lg. pkg. instant white chocolate pudding
6 T. melted butter
2 T. sugar
½ tsp. peppermint extract
3 cups cold milk

Place the cookies in a blender or food processor and process until fine crumbs. Reserve 2 tablespoons of crumbs and add melted butter to the rest. Place a heaping tablespoon of the cookie mixture into the bottom of each container. Blend the cream cheese, sugar, and the peppermint extract until smooth. Fold in 1 cup of the cool whip. Add a layer of the cream cheese mixture in each cup on top of the cream mixture. . Combine the pudding with the milk and whisk until blended. Add a layer of the pudding mixture to each cup on top of the cream mixture. Finally, garnish each cup with a dollop of cool whip and a sprinkle of the reserved cookie crumbs.

Puppy Chow

Lauren Dutra – Intermediate Division
Grangeville 4-H

1 cup chocolate chips
1 cup peanut butter
7 ½ cups rice chex cereal
12 oz powdered sugar
½ cup butter

Melt the butter, chocolate chips and peanut butter together in the microwave. Pour rice chex cereal into a double layer brown bag. Next, pour the melted chocolate mixture over the cereal. Fold the top of the bag down and shake/stir until all the cereal is coated. Allow to cool for 3 minutes. Sprinkle powdered sugar over the cereal and shake well. Add more if needed until all the cereal is covered and coated white. If wanted, you can add sprinkles or any edible decoration.

Chicken and Vegetable Wraps

Angelina Raulino – Junior Division
Lemoore 4-H
Healthier Living Overall Winner

2 avocados
2 wedges of garlic herb cheese spread
2 spinach tortillas
2 leaves of romaine lettuce
1 roma tomato
1 pkg. of chicken breasts
¼ cup light corn syrup
½ cup honey
½ cup mustard
¼ cup mayonnaise
1 T. dried onion flakes

To make honey mustard dressing, in a medium bowl, combine the mustard, honey, corn syrup, mayonnaise and dried onion flakes. Cover and refrigerate.

Bake chicken breasts in the oven at 350°F for 40 minutes.

Prepare the wrap. Cut the avocado into slices, tear the lettuce into pieces; cut the roma tomato into rounds and once chicken is cooled, cut chicken into strips.

Take the 2 tortillas and lay them on plates, then spread 1 wedge of garlic herb cheese spread per tortilla. Now layer your chicken, avocado, lettuce, tomato and honey mustard dressing.

Roll the tortillas and your wrap is ready to enjoy.

Scooter Snacks

Trista Fry – Junior Division
Oakvale 4-H
Healthier Living Category

16 slices zucchini (1/4" thick)
4 pretzels sticks, divided
4 pretzel rods, cut into 3" pieces
4 pieces reduced fat string cheese
4 T. spreadable garden vegetable cream cheese
8 cherry tomatoes, halved
8 toothpicks

For each of the four axles, thread two zucchini slices through toothpick, leaving a 1" space in the center. For each scooter, position string cheese between two axles. Attach a pretzel rod with cream cheese to each scooter; top each pretzel stick for handlebars. Add tomato hubcaps and enjoy a healthy snack. Makes 4 scooter snacks.