

## 2023 Weber County 4-H Food Contest Recipes

### CONTEST: FAVORITE FOODS

#### **Homemade Queso** (Recipe adapted from A Bountiful Kitchen) (Prepared by 4-H'er)

16 ounce Queso Blanco Velveeta Cheese (cut in cubes)

1 can (10 ounces) Rotel tomatoes

¼ cup green chili sauce

1/3 cup red enchilada sauce

3 TBS Dr. Pepper or Coke (can use diet)

¼ cup chopped cilantro

3 stems green onion, chopped

Place cubed Velveeta cheese in a pan on low heat. Add the tomatoes, green chili sauce, red enchilada sauce to the pan. Stir together until the cheese is melted.

Add the chopped cilantro and green onions, stirring until well mixed. Stir in the soda. Serve warm with tortilla chips.

#### **Restaurant Style Salsa** (recipe from The Pioneer Woman) (Prepared by 4-H'er Annika Fuller)

2 (10 ounce) can diced tomatoes with green chilies, like the brand Rotel

1 (28 ounce) can whole tomatoes with juice

½ cup chopped fresh cilantro, leaves only

¼ cup chopped onion

1 clove garlic, minced

1 washed and stemmed jalapeno

¼ tsp cumin

¼ tsp salt

¼ tsp sugar

½ lime, juiced

Add diced tomatoes, whole tomatoes, cilantro, garlic, pepper, cumin, salt, sugar, and lime juice to a large blender or food processor. Pulse the mixture until the desired consistency desired. Add any other (or more) seasonings as desired. Refrigerate before serving.

#### **Lucas's M&M Brownies** (Prepared by 4-H'er Lucas)

1 box Hershey's Triple Chocolate Fudge Brownie Mix

½ cup vegetable oil

2 eggs

2 TBS. water

2 cups plain M&M's

Pre-heat oven to 325°F. Grease bottom of an 8x8 pan. Place brownie mix, oil, eggs, and water in a bowl and mix until well blended. Spread into pan, and top with M&M's.

Bake at 325°F for 47-50 minutes, or until toothpick inserted in the middle comes out almost clean. Cool. Cut and serve.

#### **Congo Bars** (Prepared by 4-H'er)

2 cups brown sugar

2/3 cup salted butter, softened

3 eggs, whisked

2 ½ cups flour

2 ¼ tsp baking powder

½ tsp salt

2 cups choc. Chips

Preheat oven to 325 °F. Grease a 9x13 pan. Cream butter and sugar in a large bowl. Add in eggs and stir until combined. Mix the baking powder and salt with 1 cup of the flour. Pour into the butter mixture and stir. Add in the remaining flour. Stir. Fold in the chocolate chips. Press dough into the pan. Bake 30 minutes or until the edges are lightly browned. Test with a toothpick if needed. Allow the bars to cool before cutting. Enjoy with a cold glass of milk.

#### **Jacob's Taco Salad** (Prepared by 4-H'er Jacob)

2 heads of Romaine lettuce, chopped

1 bunch of green onions, chopped

1 cup crushed tortilla chips

1 lb. ground beef, cooked and crumbled

2 tsp taco seasoning mix

½ cup cheddar cheese, shredded

Catalina Dressing to taste

Wash and rinse lettuce and green onions. Drain. Place in a large salad bowl. Brown the ground beef then add in the taco seasoning mix. Set aside to cool.

Crush tortilla chips and add to lettuce mixture. Top mixture with ground beef, shredded cheese. Toss. Add salad dressing and toss again. Makes 6 large servings. Enjoy!

#### **Joshua's Candy Bar Cookies** (Prepared by 4-H'er Joshua)

1 cup unsalted butter, softened

½ cup granulated sugar

1 ½ cups brown sugar, packed

2 large eggs

2 ½ tsp real vanilla extract

3 ½ cups all-purpose flour

¾ tsp sea salt

1 tsp baking powder

1 tsp baking soda

11.5 ounce bag Butterfinger baking bits

2 cups semi-sweet chocolate chips

1 cup plain M&M's or Reese's Pieces

Preheat oven to 350°F. In a large mixing bowl mix the butter, sugars, eggs, vanilla, salt, baking powder, and baking soda with an electric mixer until smooth. Stir in the flour, Butterfinger bits, M&M's, or Reese's Pieces, and chocolate chips to combine. Shape dough with hands into golf ball sized dough balls. Place on a greased cookie sheet about 2" apart. Bake 13-15 minutes or until the edges are a light brown.

#### **Caleb's No Bake Banana Cream Pie** (Prepared by 4-H'er Caleb)

Store bought Graham cracker crust, 9"

1 (3.4 ounce) package banana cream instant pudding

1 cup whole milk

4 ounce cream cheese, room temperature

½ cup sweetened condensed milk

1 ½ cup frozen whipped topping, thawed

2-3 large bananas, sliced

In a medium bowl, whisk together pudding mix and milk until combined and smooth.

In a separate large bowl, beat cream cheese until light and fluffy, then mix in the condensed milk. Fold pudding into cream cheese mixture, then mix in frozen whipped topping until fully incorporated. Place sliced bananas on the crust. Add a portion of the pudding mixture on the bananas and smooth out evenly, then layer more bananas on top of the pudding mixture, continuing to layer with a last layer of the pudding mixture. Top with additional whipped topping or whipped cream. Refrigerate until well set. Serve with additional banana slices if desired. Enjoy!

**Grandpa's Noodles** (Prepared by 4-H'er)

4 eggs, whipped

3 TBS cold water

1 tsp salt

2 cups flour

Mix and add more flour if needed. Cut dough into 3rds. Roll out the dough and cut into thin strips.

*Soup using noodles:*

2 quarts water

8 tsp soup base

1 medium onion, chopped

1 ½ cups chopped celery

1 ½ cup sliced carrots

2 cups chopped cooked chicken

Salt and pepper to taste

1 pinch of parsley to garnish

Bring water to a boil. Add soup base, onion, celery, chicken, and carrots. Bring mixture to a boil then add the noodles. Simmer for 30 minutes or until noodles and veggies are tender. Salt and pepper to taste. Top with chopped parsley. Enjoy!

**Spaghetti** (Prepared by 4-H'er)

Spaghetti noodles

Hamburger

Diced tomatoes

Tomato sauce

Parmesan Cheese

Seasonings of choice: garlic salt, onion powder, garlic powder, etc.

Cook the hamburger in a pan and break it up with a spatula as the meat cooks. Then when there is no more pink, drain the grease and add in the tomato sauce, diced tomatoes, and seasonings. Cook the noodles until soft. Serve and enjoy!

**Butter Mochi** (Prepared by 4-H'er Hosanna Hirokawa)

1 lb. mochiko (Japanese glutinous rice flour)

3 cups sugar

1 ½ tsp baking powder

4 eggs

2 tsp vanilla extract

½ cup butter, melted

1 can (13.5 ounce) coconut milk

1 can (14.5 ounce) evaporated milk

Pre-heat oven to 350°F. Grease a 13x9 inch pan. In a large bowl combine the mochiko flour, sugar, and baking powder. Add remaining ingredients and mix well with a wire whisk. Pour into prepared pan and bake for 50-60 minutes and then let cool completely. Cut and serve.

### **Fruit Pavlova** (Prepared by 4-H'er)

*For Pavlova:*

6 large egg whites, room temperature  
1 ½ cup granulated sugar  
2 tsp corn starch  
½ TBS lemon juice  
½ TBS vanilla extract

Pre-heat oven to 225°F. Line a large baking sheet with parchment paper. Using a stand mixer, beat egg whites on high speed for 1 minute until soft peaks form. With mixer on, gradually add sugar and beat 10 minutes on high speed, or until stiff peaks form. It will be smooth and glossy.

Use a spatula to fold in lemon juice and vanilla, then fold in the corn starch and mix until well blended. Pipe or drop meringue into 3 to 3 ½ inch wide nests onto the parchment paper. (A Wilton 1 M tip can be used.) Bake at 225°F for one hour and 15 minutes then turn the oven off and without opening the door, let the meringues stay in the hot oven another 30 minutes. Outsides of the meringues will be dry and crisp to the tap and a very pale cream color, with the inside marshmallow soft.

Transfer the pavlova shells by leaving on the parchment and onto the counter or cooking rack. Once cool, top with the whipped cream and fruit, OR, store shells in an airtight container for 3-5 days at room temperature...low humidity.

*For cream filling:*

1 ½ cups heavy whipping cream, cold  
2 TBS sugar

Beat cold whipping cream with sugar in a cold bowl for 2-2 half minutes or until whipped and spreadable.

*For topping:*

4-5 cups fresh fruit, blueberries, kiwi, raspberries, sliced strawberries, etc.  
15 mint leaves for garnish

### **Pumpkin Bars with Cream Cheese Frosting** (Prepared by 4-H'er)

*For bars:*

4 eggs  
2 cups pumpkin puree  
1 ½ cups white sugar  
1 cup vegetable oil  
2 cups all-purpose flour  
1 tsp baking powder  
1 tsp baking soda  
2 tsp ground cinnamon  
Pinch of salt

Pre-heat oven to 350°F. Spray a large jelly roll pan with cooking spray. Beat eggs in a mixer until foamy and light colored. Add in the oil, pumpkin, and sugar. Beat on medium speed until well mixed...about 2 minutes. In a separate mixing bowl add the flour, baking powder, baking soda, cinnamon, and salt. Mix. Add the flour mixture to the egg mixture on low speed, if using a mixer. Pour batter into prepared pan. Bake 25 minutes or until a toothpick inserted comes out clean. Cool completely before frosting.

*Frosting:*

1 8 ounce package cream cheese, room temperature

1 cup butter, room temperature

2 tsp vanilla

3 cups powdered sugar

Beat cream cheese, butter, and vanilla together in a bowl with a mixer until creamy and smooth.

Gradually add the powdered sugar, and beat until smooth. Spread frosting evenly over cooled bars.

Sprinkle with additional cinnamon, if desired. Enjoy!

### **Apple Cider Donut Cake** (Recipe source: Cake by Courtney) (Prepared by 4-H'er)

*For cake:*

3 cups (360g) all-purpose flour

2 tsp (5g) ground cinnamon

¼ tsp (1g) nutmeg

1 tsp (5.6g) salt

1 ½ TBS (21g) baking powder

1 ½ cups (300g) granulated sugar

½ cup (110g) brown sugar

1 cup (224g) vegetable oil

3 eggs, room temperature

1 cup (250g) applesauce, room temperature

1 cup (248g) apple cider, room temperature

1 tsp (5.6g) vanilla extract

*Cinnamon Sugar Coating:*

¼ cup (56g) unsalted butter, melted

¼ cup (50g) granulated sugar

2 tsp (5g) cinnamon

Pre-heat oven to 325°F. Spray bundt pan with nonstick cooking spray, and dust with flour. Set aside.

In a medium mixing bowl, combine the flour, cinnamon, nutmeg, salt, and baking powder. Whisk to combine and set aside.

In a large mixing bowl combine the sugar, brown sugar, and oil. Mix on medium speed to combine. Add the eggs to the sugar mixture and mix about 2 minutes. Add in the applesauce and vanilla extract. Mix well.

With the mixer on low speed, add 1/3 of the flour mixture and apple cider, mix. Then add in the flour and cider, alternately. Mix until no streaks of flour remain. The batter will be slightly thin, not thick.

Pour batter into eh Bundt pan and bake for 50 minutes. Cake is done when a toothpick inserted comes out clean...only a few crumbs.

Cool the cake for an hour in the Bundt pan before turning out onto a plate or cooling rack. Using a pastry brush, coat the cake with butter. Mix the sugar and cinnamon. Sprinkle onto the top and sides of the cake.

### **Bubbies Bagels** (Prepared by 4-H'er)

1 ½ cups warm water

1 TBS yeast

2 TBS molasses

2 TBS oil

4 cups bread flour

1 ½ tsp salt

Water bath:

8 cups water  
2 TBS molasses

Glaze:

1 egg beaten with 1 TBS water

Place warm water in a large bowl. Add yeast and molasses. Stir. Allow it to bubble. Add 1 cup of flour and salt when yeast has bubbled. Stir and mix well. Continue adding the flour. Dough will be hard to knead. Throw the dough down on the counter a couple of times. Then, let the dough rise in a greased bowl for about 45 minutes.

Boil water and molasses in a large pan. Then punch down the dough and divide into 10 pieces. Form each piece into a ball. Poke your thumbs into the middle of the ball to form a donut shape. Place 4-5 bagels into boiling water, smooth side down into water first. Use a slotted spoon to remove bagels after boiling for 1 minute. Drain.

Place bagels onto a large, greased pan and brush with beaten egg with 1 TBS water mixed in. Sprinkle bagels with rock salt, seeds, dried garlic flakes, or grated cheese. Bake 400°F. until lightly browned...about 14-15 minutes.

Tip: As you first start to bake the bagels, put some ice cubes on the bottom of the oven. It creates some steam that helps form a nice crust on the bagel.

#### **CONTEST: 4-H COOKING CHALLENGE RECIPES**

##### **Cranberry Pecan Chicken Salad** (Prepared by 4-H'er)

3 cups shredded chicken  
½ cup dried cranberries (Craisins)  
½ cup chopped celery  
½ cup lightly chopped pecans  
1 ½ cup mayonnaise  
2 TBS lemon juice  
2 TBS sugar  
½ tsp salt  
¼ tsp black pepper

Place shredded chicken in a mixing bowl, add in the dried cranberries, pecans, and celery. Stir well. In a separate mixing bowl combine the mayo, lemon juice, sugar, salt, and pepper. Pour mixture over the chicken mixture and stir well. Serve on croissants, bread, or crackers.

##### **Fruit Salsa and Cinnamon Crisps** (Kaylee Casperson, 4-H'er)

Crisps:

10 flour tortillas  
½ cub butter (1/4 cup), melted  
½ cup sugar  
1 tsp cinnamon

Fruit Salsa:

2 Granny Smith apples, chopped  
1 lemon  
1 cup chopped melon or kiwi  
1 lb strawberries, washed, topped, and chopped  
½ lb raspberries  
4 TBS fruit jam

Crisps: Pre-heat oven to 350°F. Combine cinnamon and sugar. Set aside. Brush both sides of each tortilla lightly with melted butter, and sprinkle with cinnamon and sugar mixture. Stack 3 tortillas at a time together and using a pizza cutter, cut tortillas into 12 wedges. Place on a baking sheet and bake 8-11 minutes or until crisp.

Salsa: Zest the lemon and set aside. Juice the lemon and in a bowl add the chopped apples and lemon juice. Stir. Add remaining chopped fruit. Add lemon zest and fruit jam. Gently stir in the raspberries. Serve with crisps.

### **Strawberry Cheesecake Salad**

1 box (3.4 ounces) cheesecake pudding mix  
12 ounces frozen whipped topping, thawed  
18 ounces strawberry yogurt  
1 lb. fresh strawberries, sliced  
2 bananas, sliced (add just before serving or they will brown)

Place whipped topping, pudding mix, and yogurt into a large bowl. Whisk together well. Cover and refrigerate until just before serving. Slice strawberries and bananas and gently stir into pudding mixture. Stir gently. Serve immediately. Can garnish with additional sliced strawberries if desired.

### **Crepes** (Mattie Fuller, 4-H'er)

1 cup flour  
2 ½ TBS sugar  
2 large eggs  
¼ cup milk  
½ cup water  
3 TBS melted butter  
Oil, for griddle, if needed

While preparing batter, pre-heat griddle to 375 degrees. In a medium bowl, combine ingredient in the order listed, and use a whisk to blend together well. (Can also use a blender to mix ingredients, if desired.)

Brush griddle with oil (or more melted butter) and pour ¼ cup batter. Turn pan to this out batter is a circle. Flip when lightly browned. Remove from griddle and spread crepes with topping of your choice...fruit, whipped cream Nutella, etc.

### **Smoothie** (Annika Fuller, 4-H'er)

1 banana  
2 cups strawberries, washed and topped  
1 cup blueberries, washed and dried  
1 ¼ cup milk  
½ cup Greek yogurt  
Ice

In a blender combine all ingredients and blend until smooth. Serve and enjoy!

### **Berry Broccoli Salad** (Prepared by 4-H'er Aubree Casperson)

1 ½ lbs. fresh broccoli, washed, drained, cut in small pieces  
1 cup fresh blueberries washed and drained well  
½ cup dried cranberries

¼ cup sunflower seeds

1 large apple, cut in small pieces

1 TBS lemon juice

Place broccoli, blueberries, dried cranberries, and sunflower seeds in a large bowl. In a small bowl toss the apple pieces with lemon juice. Drain and add to the broccoli mixture. Stir well. Make dressing and pour over broccoli mixture and stir well.

*Dressing:*

1 cup mayonnaise

¼ cup honey

1 TBS lemon juice

2 tsp apple cider vinegar

1 TBS poppy seeds

In a small bowl combine and stir well. Pour over broccoli mixture and toss well.