

**2015**  
**4-H FAVORITE FOODS SHOW**  
**Midway Extension District**



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**January 25, 2015**  
**2:00PM**  
**Russell County 4-H Building**

# MAIN DISH

## CREAMY PENNE WITH CHICKEN

By Caden Pfeifer – Fossil Creek

### Ingredients

2 Servings

2 chicken breasts	6 oz penne
2 cloves garlic	1 t chili flakes
1½ oz sun-dried tomatoes	1 shallot
4 oz sour cream	5 oz spinach
½ C mozzarella	1 T olive oil



### Tools

Pot Pan Strainer

- Bring a large pot of water to a boil with a large pinch of salt. Mince the garlic. Slice the sun-dried tomatoes. Peel & finely chop the shallot. Roughly chop the spinach. Cut the chicken into thin, bite size strips.
- Add the pasta to the boiling water & cook for 8-10 minutes, or until al dente. Reserve ¼ C pasta water before draining.
- Meanwhile, heat 1 tablespoon olive oil in a pan over medium heat. Season the chicken strips with salt & pepper. Sear them for about 3-4 minutes, until golden brown. After 2 minutes, add the shallot, garlic & sun-dried tomatoes, and as many chili flakes as you dare. Cook for about 3 minutes, until softened. Season with salt & pepper.
- Add sour cream & ¼ C pasta water to the pan. Reduce heat to low & cook for 3 minutes, until thickened.
- Add the spinach & half the mozzarella cheese. Drain the pasta & add it to the pan. Toss to combine & cook for about 2 minutes, until spinach has wilted.
- Serve the pasta with remaining mozzarella on top!



# DESSERT



## TEAGEN'S WHOOPIE PIE COOKIES

By Teagen Pfeifer – Fossil Creek

### Ingredients

#### Cookie:

½ C butter, softened	1 t baking soda
½ C butter flavored shortening	1 t ground cinnamon
1 C packed light brown sugar	½ t ground cloves
½ C white sugar	½ t salt
2 eggs	3 C rolled oats
1 t vanilla extract	1½ C all-purpose flour

#### Filling:

½ C shortening	1/3 C powdered sugar
1 regular size jar marshmallow fluff	
3 t of hot water with ¼ t salt dissolved in it	

#### Cookie:

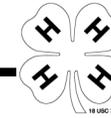
- Preheat oven to 350 degrees F
- In a large bowl, cream together the butter, butter flavored shortening, brown sugar, white sugar, eggs & vanilla until smooth. Combine the flour, baking soda, cinnamon, cloves & salt; stir into the sugar mixture. Stir in the oats. Drop by rounded teaspoonfuls onto ungreased cookie sheets.
- Bake 10-12 minutes until light & golden. Do not overbake. Let them cool for 2 minutes before removing from cookie sheets to cool completely.

#### Filling:

- Blend shortening, powdered sugar, marshmallow fluff & hot water together in a bowl with an electric mixer at medium speed until smooth, about 3 minutes.

#### Assembly:

- Spread a rounded tablespoonful of filling on flat side of cookie; top with another cookie flat side.



# DESSERT

## STELLA STYLE RICOTTA CHEESECAKE

By Kalli Pfeifer – Fossil Creek

### Ingredients

Vegetable oil spray	24 oz cream cheese, softened
1/3 C heavy cream	1 T pure vanilla extract
1 T fresh lemon juice	2 large eggs
3 large egg yolks	
1 C extra-fine ricotta cheese (see hint)	
1 ½ C bulk sugar substitute (recommended: Splenda)	



- Place the oven rack in the center position & preheat to 400 degrees. Spray an 8" springform pan with vegetable oil spray. Wrap the entire outside of the springform pan in aluminum foil to prevent any water from seeping into the cake.
- Make a water bath so the top of the cheesecake won't split as it bakes: Pour about 1" hot water into a shallow roasting pan big enough to hold the cake pan & place it on the center rack of the oven to heat.
- With an electric mixer on low speed, beat the cream cheese, ricotta & sugar substitute for about 1 minute, until well blended.
- In a separate bowl, whisk the cream, vanilla, lemon juice, eggs & egg yolks until blended.
- Turn the mixer on medium speed & slowly pour the egg mixture into the cream cheese mixture. Beat just until blended; be careful not to over-whip.
- Pour the batter into the greased springform pan & smooth the top with a spatula. Place the pan in the heated water bath & bake for 15 minutes.
- Lower the oven temperature to 325 degrees. Continue baking for about 1½ hours, until the top is a light golden brown & the cake is pulling away from the sides of the pan.
- Remove from oven & let cool on counter for 1 hour, and then refrigerate at least 8 hours before slicing to serve.

Hint: We usually process the ricotta cheese with a hand-blender or food processor until it is nearly as smooth as sour cream. It only takes about a minute & helps make for the smoothest cake.



# MAIN DISH

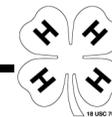
## SPINACH LASAGNA ROLLS

By Katherine Krauss – Fossil Creek

### Ingredients

12 lasagna noodles	2½ C ricotta cheese
2 eggs, lightly beaten	¼ t salt
2½ C shredded mozzarella	¼ t pepper
½ C grated parmesan cheese	¼ t ground nutmeg
10 oz fresh spinach, chopped	1 24oz jar spaghetti sauce

- Cook lasagna noodles according to package directions & drain. Meanwhile, in a large bowl, combine the eggs, cheeses, spinach, salt, pepper & nutmeg. Spread 1/3 C of cheese mixture over each noodle & roll up.
- Pour 1 C spaghetti sauce into an ungreased 9" x 13" baking dish. Place rolls, seam side down, over sauce. Top with remain sauce. Bake, uncovered, at 375 degrees for 25 minutes.



# MAIN DISH

## MOROCCAN STEAK

By Lori VonFeldt – Big Creek

### Ingredients

1-2lb beef flank, flat iron, shoulder steak  
1 T lemon or orange juice  
1-2 dash worcestershire sauce  
2 t sea salt  
1 t olive oil  
1 t cumin  
1 t turmeric  
1 t coriander  
1 t garlic  
1 t onion powder  
1 t chili powder  
1/8 t ginger & cinnamon  
1-2 dash cayenne pepper  
zest of one orange  
black pepper

- Cut meat into 6-8 oz, serving size pieces.
- Place into zipper storage bag. Add other ingredients. Shake vigorously.
- Let marinate in refrigerator 8-12 hours, shaking bag every few hours.
- Set out 20 minutes prior to grilling.
- Enjoy!



# DESSERT



## GERMAN CHOCOLATE CAKE COOKIE

By Gracie Karst – Fossil Creek

### Ingredients

#### Chocolate Cookie:

2 sticks Butter, softened  
2 large eggs, beaten  
1 C light brown sugar  
2 1/4 C all-purpose flour  
1 C granulated sugar  
1/2 C unsweetened cocoa powder  
2 t vanilla extract  
1 t baking soda  
pinch of salt

#### German Chocolate Frosting:

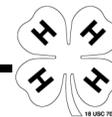
1 C evaporated milk  
1 t vanilla  
1 C sugar  
1 1/3 C sweetened shredded coconut  
3 egg yolks  
1 C chopped pecans  
1/2 C butter  
1/4 C chocolate candy coating or chocolate chips, melted for drizzle

#### Chocolate Cookie:

- Preheat the oven to 375 degrees F. Line baking sheets with parchment paper.
- In a stand mixer or large bowl using a hand mixer, blend the butter, brown sugar, granulated sugar, vanilla & eggs. In a medium bowl, stir together the flour, cocoa, baking soda & salt. Gradually add the flour mixture into the butter mixture & blend until combined.
- Drop the dough by tablespoonful onto the prepared baking sheets, 12 cookies per sheet, and bake 8-10 minutes. Cool on a baking rack.

#### German Chocolate Frosting:

- Add evaporated milk, sugar, egg yolks, butter & vanilla to a large pan & place on stovetop over medium heat.
- Stir so that it becomes well combined. Continue stirring until thickened, this takes approximately 11-12 minutes. (I set my time for 11 minutes & 30 seconds; this seems to work every time.)
- Once thickened, remove from heat and add coconut & pecans. Beat until thick enough to spread.
- Spread frosting over the tops of cooled cookies.
- Drizzle with melted candy coating & chocolate chips; let set up.



# DESSERT

## FRENCH SILK PIE

By Emma Karst – Fossil Creek

### Ingredients

#### Crust:

1½ C graham cracker crumbs  
¼ C brown sugar  
7 T butter

#### Filling:

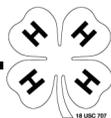
1 jar (7oz) marshmallow creme  
1 C (6oz) semisweet chocolate chips  
¼ C butter, cubed  
2 oz unsweetened chocolate  
2 T strong brewed coffee  
1 C heavy whipping cream, whipped

#### Topping:

1 C heavy whipping cream  
2 T confectioners' sugar  
chocolate curls, optional



- Combine dry ingredients for crust. Add melted butter. Pour this mixture into a 9" pie plate. Then use your fingers to pack down the mixture in the pie pan. Chill crust for 1 hour.
- Meanwhile, in a heavy saucepan, combine marshmallow creme, chocolate chips, butter, unsweetened chocolate & coffee; cook & stir over low heat until chocolate is melted & smooth. Cool. Fold in whipped cream; pour over crust.
- For topping, in a large bowl, beat cream until it begins to thicken. Add confectioners' sugar; beat until stiff peaks form. Spread over filling. Refrigerate at least 3 hours before serving. Garnish with chocolate curls if desired.
- Yield: 6-8 servings.



# SIDE DISH



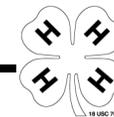
## SIDE SALAD

By Lindsey Cole – Fossil Creek

### Ingredients

1½ C chopped lettuce  
5 cherry or other small tomatoes  
5 slices cucumber  
2 T shredded carrots  
French dressing to taste

- On a plate, spread out chopped lettuce.
- Place tomatoes & cucumbers on top of the lettuce.
- Sprinkle the salad with the shredded carrots.
- Drizzle the salad with French dressing



# DESSERT

## CREAM CHEESE BROWNIES

By Emily Cole – Fossil Creek

### Ingredients

- 1 pkg Betty Crocker super Moist German Chocolate cake mix
- 1 pkg (8oz) cream cheese, softened
- 1 egg
- ½ C sugar

### Optional:

- ½ C milk chocolate chips
- ½ C chopped nuts

- Heat oven to 350 degrees.
- Spray jelly roll pan with cooking spray.
- Prepare cake mix as directed on package. Pour batter into pan.
- Mix remaining ingredients.
- Drop by tablespoonful onto batter.
- Cut through batter with butter knife several times for a marbled effect.
- Sprinkle with the chocolate chips & nuts, if desired.
- Bake until cake springs back when lightly touched in center or when wooden pick inserted in center comes out clean, approximately 25-30 minutes.



# DESSERT



## PUMPKIN CHIP COOKIES

By Tagen Davis – Trying Tommies

### Ingredients

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 1½ C butter, softened                 | 2 C packed brown sugar          |
| 1 C sugar                             | 1 can (15oz) solid-pack pumpkin |
| 1 egg                                 | 1 t vanilla extract             |
| 4 C all-purpose flour                 | 2 C quick cooking oats          |
| 2 t baking soda                       | 2 t ground cinnamon             |
| 2 C (12oz) semi-sweet chocolate chips |                                 |
| 1 t salt                              |                                 |

- In a large mixing bowl, cream butter & sugars.
- Beat in the pumpkin, egg & vanilla.
- Combine the flour oats, baking soda, cinnamon & salt.
- Gradually add to creamed mixture.
- Stir in chocolate chips.
- Drop by tablespoonfuls 2" apart onto ungreased baking sheets.
- Bake at 350 degrees for 10-12 Minutes or until light browned.
- Remove to wire rack to cool.
- Yields 10 dozen.

