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2016 Favorite Foods Show:

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Kate Weber
Dana Weber

and

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2017
4-H FAVORITE FOODS SHOW
Midway Extension District



January 22, 2017
2:00PM
Russell County 4-H Building

BREAKFAST

QUICK & EASY BLUEBERRY MUFFINS By Jaden Hammersmith—Big Creek Cloverbud

Makes 8 large, big-topped muffins / 10 standard muffins
/ 20-22 mini muffins



INGREDIENTS

- 1 1/2 c (195 grams) all-purpose flour
 - 3/4 c (150 grams) granulated sugar, plus 1 tablespoon for muffin tops
 - 1/2 tsp kosher salt
 - 2 tsp baking powder
 - 1/3 c (80 ml) neutral flavored oil; canola, vegetable and grape seed are great
 - 1 large egg
 - 1/3 – 1/2 c (80 ml – 120 ml) milk; dairy and non-dairy both work
 - 1 1/2 tsp vanilla extract
 - 6 to 8 ounces fresh or frozen blueberries; frozen berries (about 1 cup)
- Heat oven to 400 degrees F. For big-topped muffins, line 8 standard-size muffin cups with paper liners. For standard-size muffins line 10 muffin cups. Fill the remaining cups with 1 to 2 tablespoons of water to help the muffins bake evenly.
 - Whisk the flour, sugar, baking powder, and salt in a large bowl.
 - Add oil to a measuring jug that holds at least 1 cup. Add the egg then fill the jug to the 1-cup line with milk (1/3 to 1/2 cup milk). Add vanilla and whisk to combine.
 - Add milk mixture to the bowl with dry ingredients then use a fork to combine. Do not over mix. (The muffin batter will be quite thick. Fold in the blueberries.
 - Divide the batter between muffin cups. (If making big-topped muffins, the batter will come to the tops of the paper liners). Sprinkle a little sugar on top of each muffin.
 - Bake muffins 15 to 20 minutes or until tops are no longer wet and a toothpick inserted into the middle of a muffin comes out with crumbs, not wet batter. Transfer to a cooling rack.
 - To store, place them in a plastic bag, seal, and store at room temperature for 2 to 3 days. To freeze, wrap them tightly in aluminum foil or place them in freezer bags. Freeze for up to 3 months.



DESSERT

SURPRISE CUPCAKES By Aundrea Haberer—Wolf Creek Valley



INGREDIENTS

Yellow Cupcake:

- Yellow Cake Mix
- Eggs per mix plus one
- Vegetable Oil per mix instructions
- Milk in place of water

- Preheat oven to 350°.
- Follow instructions on box mix. Mix dry cake mix for a few seconds. Add vegetable oil, eggs plus one, and milk in place of water and mix for two (2) minutes on medium speed.
- Place cupcake liners in cupcake pan.
- Place approximately three (3) T of batter in each cup.
- Bake according to directions or until toothpick inserted in center comes out clean.
- Cool ten (10) minutes before removing from pan. Cool completely before frosting.

Chocolate Ganache:

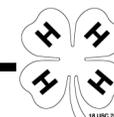
- 1 Tbsp butter
- 2/3 c heavy whipping cream
- 1/4 c chocolate chips

- Heat cream for one (1) minute, add chips, and let sit for thirty (30) seconds.
- Add butter and let sit for thirty (30) more seconds.
- Stir until combined and chill until spreadable.
- Remove top center of cupcake and insert approximate one and one half teaspoon (1 1/2t) chocolate ganache.

Chocolate Buttercream Frosting:

- 1/2 c solid vegetable shortening
- 1/2 c butter, soft
- 3/4 c cocoa
- 1 tsp vanilla extract
- 4 c sifted confectioner's sugar
- 3 – 4 tbsp milk

- Mix shortening and butter together until well blended.
- Add cocoa. Add vanilla.
- Alternate adding confectioner's sugar and milk.
- Mix until well blended. Spread or pipe onto cupcakes and decorate.



DESSERT

PUMPKIN PIE

By Abigale Hopper—Big Creek

INGREDIENTS

Pie Crust: (makes 2 8" crusts)

2 c flour

½ c oil

¼ c milk

- Mix with fork.
- Put on wax paper then place another piece of wax paper on top and roll out.

Pie:

2 eggs, slightly beaten

¾ c sugar

½ tsp salt

1 tsp cinnamon

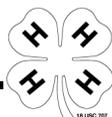
½ tsp ginger

¼ tsp pumpkin pie spice

1½ (12oz) can evaporated milk

2 c of pumpkin

- Pour into a 9" pie shell.
- Bake at 425° for first 15 minutes, then reduce heat to 350° for another 45 minutes or until knife comes out clean.



BREAKFAST

CINNAMON MONKEY BREAD

By Leighton Dinkel—Big Creek Cloverbud

INGREDIENTS

1 package of bread dough or you can purchase 2 cans of Pillsbury Grand Flake biscuit containers and cut each raw biscuit into quarters.

1 c of white sugar

4 tbsp of cinnamon

½ c of brown sugar

½ c of Butter

Cinnamon Bun Icing

(if you want extra sweetness)

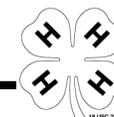
2 tbsp melted butter

1 c of powdered sugar

3 tbsp of milk



- Preheat oven to 350°
- In a small bowl mix sugar and cinnamon. Melt 1/2 cup of butter.
- Pull apart bread dough pieces and roll into balls, about 1¼ inches in diameter. (You will need 40-45 balls) or you can simply quarter the Pillsbury biscuit dough into 4 pieces.
- Dip each ball into the butter then dip in the cinnamon mix . Place each one in your bundt pan. (or you can use a 9×13 pan as well and just layer it)
- Melt ½ cup of butter and whisk in brown sugar. Pour over the top.
- Bake in the oven for 30-40 minutes or until the top is golden brown.
- Meanwhile in a large bowl mix together 1 cup of powdered sugar and 3 tbsp of milk and set aside.
- When your monkey bread is done tip it over on a plate and coat with the icing mix. Serve warm.



APPETIZER

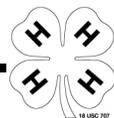
MINI PEPPERONI PIZZAS

By Cooper Gier—Fossil Creek Cloverbud

INGREDIENTS

1 can of jumbo refrigerated buttermilk biscuits
1 jar of pizza sauce
1 package of mini pepperonis
1½ c shredded mozzarella cheese

- Preheat the oven to 350 degrees.
- Flatten the biscuits with your hands.
- Add a spoonful of pizza sauce to each biscuit.
- Sprinkle a little bit of cheese over the sauce.
- Add mini pepperonis on top of the cheese.
- Add a little more cheese on top.
- Bake on a greased cookie sheet for 8-10 minutes.



DESSERT

GRANDMA'S BROWNIES

By Gracie Karst—Fossil Creek

INGREDIENTS

1 stick Oleo (or Butter)
1 c Water
¼ c Cocoa
½ c Crisco
2 c Flour
2 c Sugar
½ tsp salt
½ c Buttermilk
2 Eggs
4 tsp Baking Soda
1 tsp Vanilla

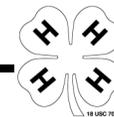


- Combine flour, sugar and salt in large mixing bowl.
- In saucepan, boil Oleo, Water, Cocoa & Crisco.
- After it comes to a boil, pour it over the dry ingredients.
- Then add the buttermilk, eggs, baking soda and vanilla.
- Mix everything together.
- Pour into a greased & floured pan. Use jelly roll pan about 11" X 16".
- Bake 20 minutes at 400 degrees.

Frosting:

1 stick Oleo (or Butter)
¼ c Cocoa
1/3 c Buttermilk
4 c Powdered Sugar or 1 Box
1 tsp vanilla

- Bring to a boil Oleo, Cocoa and Buttermilk.
- Add the powdered sugar.
- Mix together and add to the brownies immediately upon removing from the oven.



MAIN DISH



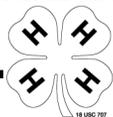
GENERAL TSAO'S CHICKEN II

By Caden Pfeifer—Fossil Creek

INGREDIENTS

- | | |
|---|----------------------|
| 4 c vegetable oil for frying | 1 strip orange zest |
| 1 egg | ½ c white sugar |
| 1 tsp salt | ¼ tsp ground ginger |
| 1 tsp white sugar | 3 Tbsp chicken broth |
| 1 pinch white pepper | 1 Tbsp rice vinegar |
| 1 c cornstarch | ¼ c soy sauce |
| 2 Tbsp vegetable oil | 2 tsp sesame oil |
| 3 Tbsp chopped green onion | 3 Tbsp peanut oil |
| 1 clove garlic, minced | 2 tsp cornstarch |
| 6 dried whole red chilies | ¼ c water |
| 1½ lbs boneless, skinless chicken thighs, cut into ½" cubes | |

- Heat 4 cups vegetable oil in a deep-fryer or large saucepan to 375°F (190°C).
- Beat the egg in a mixing bowl. Add the chicken cubes; sprinkle with salt, 1 tsp sugar, and white pepper; mix well. Mix in 1 cup of cornstarch a little bit at a time until the chicken cubes are well coated.
- In batches, carefully drop the chicken cubes into the hot oil one by one, cooking until they turn golden brown and begin to float, about 3 minutes. Remove the chicken and allow to cool as you fry the next batch. Once all of the chicken has been fried, refry the chicken, starting with the batch that was cooked first. Cook until the chicken turns deep golden brown, about 2 minutes more. Drain on a paper towel-lined plate.
- Heat 2 Tbs vegetable oil in a wok or large skillet over high heat. Stir in the green onion, garlic, whole chiles, and orange zest. Cook and stir a minute or two until the garlic has turned golden and the chiles brighten. Add ½ cup sugar, the ginger, chicken broth, vinegar, soy sauce, sesame oil, and peanut oil; bring to a boil and cook for 3 minutes.
- Dissolve 2 tsp of cornstarch into the water, and stir into the boiling sauce. Return to a boil and cook until the sauce thickens and is no longer cloudy from the cornstarch, about 1 minute. Stir the chicken into the boiling sauce. Reduce heat to low and cook for a few minutes until the chicken absorbs some of the sauce.



APPETIZER

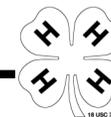
DEER JERKY

By Zach Rose—Wolf Creek Valley

INGREDIENTS

- ½ cup soy sauce
- 1 tsp liquid smoke
- ½ tsp onion powder
- ½ tsp garlic powder
- 1 tsp sea salt
- 1 lb ground deer

- Mix meat and seasoning ingredients in large bowl and let rest for 4 hours (refrigerated).
- Load mixture in jerky gun and make strips on dehydrator tray.
- Dry at 145°-165° for 4-12 hours. Jerky should be hard, but flexible and have no pockets of moisture in strips.
- Jerky will last for a few months refrigerated in an airtight container.



APPETIZER



GRILL MASTER CHICKEN By Teagen Pfeifer—Fossil Creek

INGREDIENTS

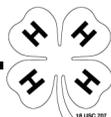
Chicken:

- ½ c soy sauce
- ½ c Italian-style salad dressing
- 3 lbs chicken

Sauce:

- ¼ cup butter
- 1 tsp soy sauce
- ¼ cup hot pepper sauce (such as Frank's RedHot®) or to taste

- Combine ½ cup soy sauce, Italian dressing, and chicken in a large, zip-top bag. Close bag and refrigerate 4 hours to overnight.
- Preheat an outdoor grill for medium heat. In a small saucepan, melt the butter. Stir in the 1 teaspoon soy sauce and the hot pepper sauce. Turn off heat and reserve.
- Remove the chicken from the marinade and pat dry. Cook the chicken on the preheated grill, turning occasionally, until the chicken is well browned and no longer pink, 25 to 30 minutes.
- Place grilled chicken in a large bowl. Pour butter sauce over chicken; toss to mix well.



MAIN DISH

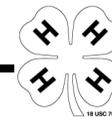
CAJUN FRIED CRAPPIE By Dakota Whitman—Fossil Creek

INGREDIENTS

- 8 filets deboned crappie
- 2 c buttermilk
- 2 c corn meal
- 3 Tbsp flour
- 2 tsp Cajun spice
- 1 Tbsp parsley
- Salt & pepper to taste
- 1 qt canola oil



- Place fish in bowl and pour buttermilk over, completely covering the fish.
- Let soak for approximately 2-3 hours.
- In a deep fry pan pour in 1-2 quarts of canola oil. Bring temp to around 350°.
- Place all dry ingredients in a large zip lock bag.
- Drain butter milk off fish, do not rinse, then place fish in zip lock bag and seal.
- Shake bag, making sure each piece of fish is thoroughly coated.
- Place three to four pieces of fish in hot oil and cook 8-10 min. remove and place on a plate lined with paper towel.
- Continue process.
- Salt and pepper to taste!



MAIN DISH

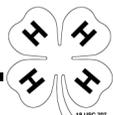
MOMMA'S MEAT LOAF

By Brody Whitman—Fossil Creek

INGREDIENTS

1½ lbs burger	1 tsp dry mustard
1 lb ground pork	1 sleeve saltine crackers
2 eggs	1 tsp brown sugar
1 can stewed tomatoes	1 clove crushed garlic
1 c cheddar cheese	Salt & pepper
2 Tbsp parsley	
7-8 slices bacon	1/3 c brown sugar
1 c ketchup	1 tsp worcheshire

- Pre heat oven to 375°.
- In large mixing bowl combine the first set of ingredients and knead together, making sure u do not over knead. Form mixture in a loaf shape and place on a cookie sheet lined with parchment paper.
- In a separate mixing bowl combine remaining ingredients and evenly spread over the top of the loaf then line strips of bacon over the top, tucking the ends underneath the loaf.
- Place in oven for approximately 1 hour or until the center of the meat loaf reaches 170-175°.
- Slice and serve.



MAIN DISH

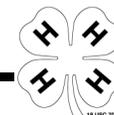
THREE BEAN CHILI

By Hailey Gier—Fossil Creek

INGREDIENTS

1 lb lean ground beef
½ chopped onion
1 pepper, chopped (green, yellow, or red)
1 can diced tomatoes
1 can of stewed tomatoes
1 can chili beans
1 can kidney beans
1 can black beans
1 can of corn or 1 cup of frozen corn
1 can puréed pumpkin (not pie filling)
1 tsp minced garlic
1 tbsp chili powder (or to your heat liking)
½ tsp cumin

- Place all ingredients in the crockpot on low for 4-6 hours.
- Serve with shredded cheddar cheese and plain Greek yogurt or sour cream (optional).



MAIN DISH

LOW CARB MEATBALLS

By Emma Karst—Fossil Creek

INGREDIENTS

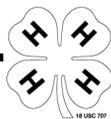
1 jar (24 oz.) light marinara sauce
1 c mozzarella cheese, shredded
1 Tbsp fresh basil, chopped

MEATBALLS:

1 lb. ground beef
1 Tbsp garlic, minced
1 egg, beaten
1 Tbsp Worcestershire sauce
½ c Italian bread crumbs
½ c grated Parmesan
Salt & pepper to taste



- Combine all the meatball ingredients in a large mixing bowl and mix thoroughly with your hands
- Scoop out about 1 golf ball sized meatball mixture, roll it in your hands to make meatballs.
- In a cast-iron skillet, over medium-high heat, brown the meatballs in batches until evenly browned, about 5-8 minutes.
- Remove meatballs and drain on paper towels. Drain any excess oil from the skillet.
- Reduce heat to medium-low and pour the marinara sauce in the skillet.
- Add the meatballs back to the skillet and roll them around to coat them in the marinara sauce. Simmer for 5 minutes or until internal temperature of meatballs is 165°F.
- Top with mozzarella cheese. Cover and simmer until cheese melts or broil at 450°F for 3-5 minutes for browned cheese.
- Dish and serve hot sprinkled with fresh chopped basil.



MAIN DISH

BAKED SWEET & SOUR CHICKEN

By Delainey Pospichal—Fossil Creek

INGREDIENTS

The Chicken Coating:

3-4 boneless chicken breast
Salt & pepper
1 c cornstarch
2 eggs, beaten
¼ c canola oil

The Sweet and Sour Sauce:

¾ c sugar
4 Tbsp ketchup
½ c distilled white vinegar
1 Tbsp soy sauce
1 tsp Garlic salt



- Start by preheating your oven to 325°.
- Rinse chicken breasts in water and then cut into cubes.
- Season with salt and pepper to taste.
- Dip chicken into the cornstarch to coat then dip into the eggs.
- Heat your ¼ cup oil in a large skillet and cook your chicken until browned but not cooked through.
- Place the chicken in a 9x13 greased baking dish.
- Mix all of your sweet and sour sauce ingredients in a bowl with a whisk and then pour evenly over the chicken.
- Bake for one hour and during baking process you will need to turn the chicken every 15 minutes.

