

The Midway District
4-H Program would like
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their support of the
2024 Favorite Foods Show

Judges:

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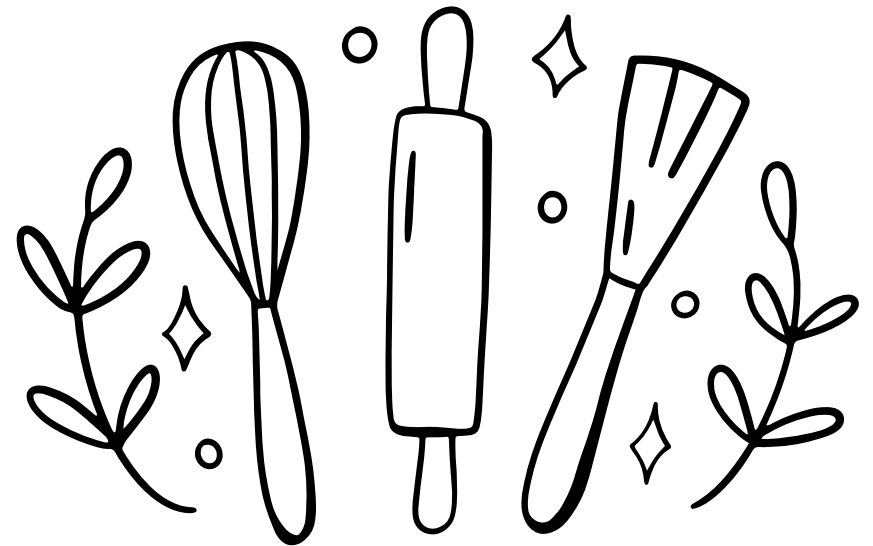


Midway
District

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2024
4-H FAVORITE FOODS
SHOW

Midway Extension District



January 21, 2024

2:00 PM

Russell County 4-H Building

Playing it Safe While Cooking

Before Starting a Recipe

- Read the recipe twice so you understand all the steps. If you have questions, ask an adult.
- The recipe in a cookbook will tell you:
 - a. The name of the recipe.
 - b. How much the recipe will make—how many servings and how big each serving should be (Serving Size).
 - c. How long it will take you to make the recipe (Time).
 - d. What foods you need to make the recipe (What You Need). Some ingredients are optional that means you can choose if you want to add them.
 - e. The steps to follow to make the recipe.
- Gather all kitchen tools (like measuring spoons and cups) needed for the recipe.
- Check that you have all the ingredients before you start. Put all the ingredients in one place, so they are easy to grab while cooking.
- Some ingredients in the list may tell you things you need to do before you even get to the directions. You may need to peel, grate, or cut foods or thaw frozen foods.
 - Peeling: Hold the fruit or vegetable tightly in one hand. Use the peeler in the other hand to peel off the skin. Always move the peeler away from you. Make sure to avoid your fingers with the sharp blade.
 - Grating: Place box grater on a plate or cutting board. Hold firmly with one hand, with the other hand, hold the item you are grating. Press it against the large holes on the grater and push from top to bottom. Keep your fingers away from the sharp holes.
 - Cutting: Use a cutting board every time you cut. Clean as you go. Put measuring spoons, cups, and other kitchen tools in the sink when you are done using them. Wash your hands, knives (carefully), and cutting boards between tasks.
 - Measuring: Choose the correct measuring cup or spoon. Cooking is a good way to learn more about fractions. You will need measuring cups and spoons to measure fractions. Fill the measuring cup or spoon right to the top but not over. Do not pack down the ingredient.

- Always wash your hands with soap and hot water before you begin. Start with a clean work space.
- Clean countertops and kitchen tools are an important part of keeping food safe.
- Wash fruits and vegetables with water even if you will remove the peel.
- Rinse the tops of cans with water before you open them.
- When you are using a knife:
 - Be sure to have an adult working with you.
 - Always put the food you are cutting on a cutting board. It is best to have one cutting board for fruits and vegetables and another for ingredients like raw meat, poultry, and fish.
 - Choose a knife that feels comfortable in your hand. Hold the knife firmly by the handle. With the other hand, hold the item you want to cut. Keep your fingertips away from the blade. Make a “claw” with your hand to keep your fingertips curled under.
 - Cut straight down, not toward yourself or another person. To slice, cut in thin or thick pieces.
 - To chop, cut into squares. Try to make all the pieces close to the same size.
- Clean means safe.
- After touching meat, eggs, chicken, or fish, carefully wash the counter, your cooking tools, and your hands with soap and hot water.
- Always use clean, dry oven mitts whenever you use the oven.
- You may want to have an adult help you.
- When cooking on the stove: Be safe when cooking on the stove.
- Make sure pot handles are turned away from the front of the stove so they are not accidentally bumped or knocked off. When uncovering a pot on the stove or a container from the microwave, open the lid away from you to let the steam out.
- When using a blender, keep the lid on.
- Turn the blender off before putting any utensils inside the blender container.
- Keep foods at the right temperature.
- Hot foods need to stay hot, and cold foods need to stay cold. Cold foods such as milk, cheese, and eggs need to be refrigerated.
- Separate uncooked and cooked foods.
- Raw (uncooked) meat, poultry, and eggs can have harmful bacteria that is killed during cooking. Keep these foods away from uncooked foods like fruits and vegetables. Also, wash cutting boards, countertops, and knives that touch raw meats, fish, and eggs.

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Breakfast

Layne Vaughan Meier - Trying Tommies
Senior (14+)

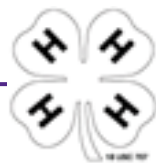
Frozen Caramel Coffee

Ingredients:

4 cups of brewed coffee cooled
1 cup of milk
1/2 cup of caramel syrup
2 cups of ice cubes
Whipped cream for topping
Caramel drizzle for garnish

Directions:

1. In a blender, combine the coffee, milk, caramel syrup, and ice cubes.
2. Blend until smooth and creamy.
3. Pour into glasses and top with whipped cream.
4. Drizzle caramel syrup over the whipped cream.
5. Serve immediately and enjoy!



Soup

Taylor Cook - Sunflower
Senior (14+)

Homemade Chicken Noodle Soup (Part 2)

Instructions

BROTH:

Place the chicken in a large pot. Add the remaining Broth ingredients, then add enough water so the chicken is just covered (too much water = weak broth).

Cover with a lid, and bring the water to a gentle simmer over medium heat. Then adjust the heat so its simmering GENTLY with the lid on. Simmer for 1.5 hours until chicken is tender and easily comes off the bone. (Or 8 hours on low in a slow cooker)

Scoop fat off the surface once or twice during the first 30 minutes.

Transfer chicken to pan. Shred meat and discard bones. You'll only need half the chicken meat, save the rest for another purpose.

Remove carrots, celery, etc from broth, and discard. Optional: Chop carrot and celery, and add back into soup with chicken.

Optional: Refrigerate soup for a few hours until the fat sets, then scoop the fat off the surface (I do this, healthier & makes soup clearer).

SOUP:

Heat oil in a large pot over medium heat. Add onion and garlic and cook for 2 minutes. Add celery and carrots and cook for 5 minutes until softened and a bit sweet, dont let them brown.

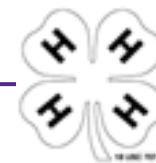
Turn the heat up to medium-high. Gently pour 8 cups broth in (top up with water if necessary), leaving behind residue settled in the bottom of the broth pot.

Add vegetable (stock powder), thyme, bay leaf, and pepper. Stir.

When it starts bubbling, add noodles/pasta. Cook as directed on the package MINUS 2 minutes. Stir gently only once or twice.

Add half the chicken and stir (it warms quickly), then season with salt and pepper to taste season well!

Serve soup immediately, garnished with fresh parsley.



Soup

**Taylor Cook - Sunflower
Senior (14+)**

Homemade Chicken Noodle Soup (Part 1)

Ingredients:

HOMEMADE BROTH:

3.5 lb whole chicken, rinsed and cleaned, home-raised, or the best quality you can afford

- 1 head of garlic, cut in half horizontally
- 2 carrots, cut into chunks
- 2 celery ribs, cut into chunks
- 2 onions, peeled and cut into quarters
- 1 tbsp black peppercorns
- 2 bay leaves, fresh or dried
- 4 thyme sprigs (or 1 1/2 tsp dried thyme leaves)
- 9-10 cups water (enough to just cover the chicken)

SOUP:

- 1 tbsp olive oil
- 1 large onion, diced
- 3 garlic cloves, minced
- 2 medium carrots, cut in quarters lengthwise then chopped
- 2 celery ribs, cut into 1 cm/ 1/2 thick pieces
- 2 cups shredded chicken (from homemade broth)
- 2 quarts homemade chicken broth (above)
- 6 oz egg noodles or pasta of choice
- 2-3 tsp vegetable stock powder
- 1/2 tsp black pepper
- 4 thyme sprigs, optional
- 1 bay leaf, optional
- Finely chopped parsley, for garnish (optional)



Breakfast

**Ari Robbins - Big Creek
Junior (7-9)**

Okonomiyaki (Japanese cabbage pancake)

Ingredients:

- 3/4 lb. bacon, pork steak(sliced thin), or side pork
- 1/2 lb. raw shrimp(peeled, tail-off, cut into 1/3s)
- 1/2 - 3/4 head shredded cabbage
- 5 scallions
- 3 eggs
- 1 1/2 c. pancake mix
- 3/4 c. water
- Japanese mayo or mayonnaise
- Bonito flakes
- Homey okonomiyaki sauce
- Salt
- Pepper
- Oil

Directions:

Whisk together the pancake mix and water, and a couple dashes salt and pepper. Cover and chill at least 15 minutes. Preheat oven to 250. Spray a baking sheet with cooking spray and set aside. Cut bacon or other pork into 4 strips. Trim ends of scallions and chop. Remove batter from fridge. Add 3 eggs, chopped cabbage, shrimp, and 1/2 of the chopped scallions to the batter and stir to incorporate all. In a large skillet or griddle, coat with small amount of oil and heat to med-high. Pour batter into 6 pancakes approximately 3/4 thick. Place 2-3 bacon or pork strips on top of each pancake. Cover pan and cook until nicely browned. Gently flip each pancake and cook until nicely browned on that side. Remove from skillet and place on baking sheet in oven to stay warm until all pancakes are complete. To serve, spread Homey okonomiyaki sauce on the meat covered side of each pancake, add mayo, and sprinkle with remaining chopped scallions and Bonito flakes. Enjoy!



Dessert

**Zoe Raymer - Sunflower
Senior (14+)**

Cheese Cake

Graham Cracker Crust

- 1 1/2 cup graham cracker crumbs
- 1/3 butter
- 3 TBS sugar

Mix graham cracker crumbs with the sugar. Melt butter and pout over the graham crackers and press into a 9" pie plate.

Filling

- 2 8oz pkg cream cheese
- 1/2 Cup sugar
- 1/2 teaspoon vanilla
- 2 eggs

Mix cream cheese, sugar, and vanilla at med speed until well blended. Add eggs and mix until blended. Pour into crust. Bake at 350 for 35-40 min or until center is almost set. Cool and refrigerate for 3 hrs or overnight.



Soup

**Emma Karst - Lone Star
Senior (14+)**

Baked Potato Soup

Soup

- 6 TBSP Butter or Margarine
- 1/2 Cup All-Purpose Flour
- 2 3/4 Cups Vegetable or Chicken Broth
- 2 Cups Milk
- 2 Cups Half-and-Half
- 4 1/2 Cups Peeled, Diced Baking Potatoes
- 1 3/4 tsp. Seasoning Salt
- 1/8 tsp. White Pepper

Toppings

- 1/2 Cup Green Onions, Sliced
- 8 Slices Bacon, Cooked Crisp, Crumbled
- 1/2 Cup Sour Cream
- 1 Cup Shredded Cheddar Cheese

Boil potatoes until just tender, about 10 minutes, drain and set aside (do not rinse).

Melt the butter in a heavy-bottomed soup pot. Stir in the flour and whisk until smooth. Cook this mixture (called a roux) for 2 minutes over low heat, stirring constantly. Gradually add the broth, while stirring. Add the milk and half-and-half; continue stirring until smooth.

Stir in the potatoes and seasonings (start with 1 3/4 tsp. of seasoning salt, then add more to taste.) Simmer on very low heat for 8-10 minutes, stirring often. Serve hot with toppings of choice on the side.



Side Dish

**Layken Eck - Sunflower
Intermediate (10-13)**

Layken's Deviled Egg Chicks

Ingredients:

12 hard-boiled eggs, peeled
3 tablespoons mayonnaise
1 ½ tablespoons yellow mustard
1/2 teaspoon pickle juice
Salt and ground black pepper to taste
1 carrot, cut into rounds
12 slices canned black olives, or as needed

Directions:

Peel and wash the eggs. Use a v shaped tool, like a straw cut down the middle and folded, to cut a jagged top off of each egg.

Cut a flat bottom on each egg. Cut off the smallest amount of egg white to make a flat surface.

Carefully remove the yolks and put them into a bowl or food processor.

Mix egg yolks with mayonnaise, mustard, pickle juice, salt, and pepper. Fill a piping bag or a plastic bag with the egg yolk mixture. Snip off one corner if using a plastic bag. Pipe yolk mixture into the hollowed egg whites creating the chick, ensuring there is enough filling exposed at the top to add eyes and a beak.

Slice small wedges out of carrot rounds to create 12 beaks. Add a beak to each chick.

Slice olive pieces into small squares to be used as eyes. Add 2 eyes to each chick. Place the egg tops onto each chick so it looks like the chicks are peeking out of the eggs. Store in air tight container in the refrigerator.

Serve and Enjoy



Dessert

**Kambri Kasper - Wilson Winners
Junior (7-9)**

Cherry Crisp

Ingredients:

1 can cherry pie filling
3/4 cup flour
1/2 cup brown sugar
1/2 cup oatmeal
1 stick of butter

Directions:

Pour the cherry pie filling into a small casserole dish. Mix the flour, brown sugar and oatmeal in a bowl. Cut in the butter to the dry mixture. Once crumbly, pour over the top of cherry pie filling. Bake in the oven 350° for 30 minutes. (Recipe can be doubled for a larger dish)



Dessert

**Cord Norris - Elkhorn
Junior (7-9)**

Chocolate Surprise Cupcakes

Ingredients:

Chocolate Mixture:

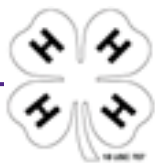
3 c. flour
2 c. sugar
1/2 c. cocoa
1 tsp. salt
2 tsp. baking soda
2/3 c. oil
2 c. water
2 T. vinegar
2 tsp. vanilla

Filling:

8 oz cream cheese
1 egg
1/3 c. sugar
1/4 tsp. salt
1 c. chocolate chips

Directions:

Mix dry ingredients together in a bowl.
Add oil, water, vinegar, and vanilla and mix until combined.
In a separate bowl, mix the ingredients for the filling, and mix until fluffy.
Put cupcake papers in the cupcake pan.
Fill 1/3 full with chocolate filling.
Add 1 tsp of cream cheese filling mix.
Finish filling the cupcake with chocolate mix until 2/3 full.
Bake 25 minutes at 350 degrees.
Let cool and frost with favorite frosting.



Side Dish

**Payton Maske - Sunflower
Intermediate (10-13)**

Dutch Oven Baked with Homemade Butter

Ingredients:

Dough:

3 1/2 c flour
2 tsp Salt
1/4 tsp yeast
1 3/4 cup warm water (100-110degrees)
Flour for kneading.

Butter:

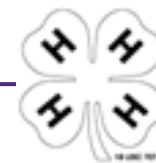
2 cups whipping cream
Pinch of salt

Directions:

Mix flour, salt and yeast in a mixing bowl. Add in warm water. Dough will be sticky. Cover to proof for 5-6hrs.
Once dough has doubled in size, pour onto a floured surface. Fold dough edges to center from all angles, folding 5-6xs maximum. Place dough onto parchment paper and cover with a bowl for 30 mins.
While your Dough is resting, preheat your oven with the Dutch Oven inside to heat up.
Once the dough has rested, put a cut across the dough using a dough blade. Lift the paper/dough into the Dutch Oven. Cover with lid and bake for 30mins. Uncover and bake an additional 10-15mins or until golden brown.

Butter:

Pour whipping cream and salt into a stand mixer bowl. Using the whisk attachment, whisk cream on high. This will take approximately 10-15mins for the butter to form. Once the cream breaks the butter will separate from the buttermilk. You can save the buttermilk for other recipes. Place butter into a ice bath. Rinse the butter in a ice bath 2-3xs. Serve on the warm bread and enjoy.



Side Dish

Colt Soldan - Big Creek
Cloverbud (5-6)

Crockpot Cream Cheese Corn Dip

Ingredients:

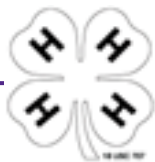
8 oz. cream cheese
30 oz. Corn drained of water
10 oz. Rotel Tomatoes
8 oz. Cheddar Cheese Shredded
Recommended Seasonings
2 tsp. chili powder
2 tsp. cumin
1 tsp. garlic powder
salt and pepper to taste

Dippers

tortilla chips
corn chips
Veggie Sticks

Instructions

Add cream cheese, drained corn, Rotel tomatoes, chili powder, cumin, and garlic powder to a slow cooker.
Gently stir and season with salt and pepper. The cream cheese doesn't need to be stirred.
Heat corn dip on low for 30 minutes and stir.
Cover slow cooker and heat for an additional 30 minutes and stir.
Stir in shredded cheese and heat for an additional 30 minutes.
Stir until shredded cheddar cheese is completely melted, and serve immediately with tortilla chips or dipper of choice.



Dessert

Kierra Eck - Sunflower
Senior (14+)

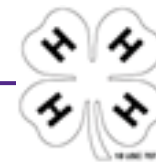
Delightful Mini Pecan Pies (Part 1)

Ingredients:

1/4 cup of brown sugar firmly packed
2 tablespoons of granulated sugar
1 tablespoon of unsalted butter melted and cooled to room temperature
1 large egg preferably organic, beaten until homogeneous
1/3 cup of light corn syrup
1 teaspoon of pure vanilla extract
A pinch of fine kosher or sea salt
1/2 cup of pecans freshly chopped
Miniature Pie Plates

Directions:

Begin by preheating the oven to a steady 350 degrees Fahrenheit. Prepare with nonstick spray or a thin layer of grease coated with flour.
On a clean, flat surface, roll out the pie crusts with a rolling pin to an even thickness. Utilize a circular cookie cutter or the open end of a glass. Cut a scalloped or braided edge if you wish to dress it up. Maximize dough usage by cutting the circles as closely together as possible.
With deliberate and careful motions, press each dough circle into the cups of the prepared muffin pan, making sure the dough extends up the sides of each cup to form a crust. Bake crusts at 350* for 8 - 10 minutes or until just starting to crust. Pull out of the oven and have ready for the filling.
In a medium-sized, non-reactive mixing bowl, combine the brown sugar, granulated sugar, and melted butter, whisking until well combined. Add the beaten egg, light corn syrup, vanilla extract, and a pinch of salt. Continue to whisk until the mixture is thoroughly combined. Stir in the chopped pecans until evenly distributed throughout the filling.
Distribute the filling among the pie crusts. Do not overfill, as the filling will expand during the cooking process.



Dessert

**Kierra Eck - Sunflower
Senior (14+)**

Delightful Mini Pecan Pies (Part 2)

Place the pie plates on a flat cookie sheet and put on the center rack of the preheated oven and bake for approximately 25 minutes. The pies are done when the centers are set and no longer appear liquid or jiggle upon gentle shaking of the pan.

Remove the pan from the oven and allow the pies to cool completely while still in their pans. This will ensure that the pies retain their shape if you wish to remove them from their pans.

Only if you wish to remove them once cooled, use a dull knife to gently loosen the pies from the muffin cups. Carefully remove each pie from the pan, taking care to preserve the integrity of the crust. They do not have to be removed.

These mini pecan pies are now ready to be served. They may be presented as is or garnished with a light dusting of powdered sugar or a dollop of whipped cream, if desired. Enjoy your impeccably crafted Mini Pecan Pies.

Delicious Flaky Pie Crust:

Ingredients:

3 cups all-purpose flour

1/2 tsp salt

3/4 cup vegetable oil

1/3 cup milk plus 1-2 tbsps extra if needed or becomes too dry

Directions:

Sift the flour twice, then whisk in the salt and create a little well.

Pour in the oil, then milk and stir everything together. If the dough seems too dry, add 1-2 tbsps of milk.

Once the dough starts to form, finish working it by gently kneading it on a sheet of wax paper.

Divide into two parts. Roll the dough out in between 2 sheets of wax paper.

Remove the top sheet of wax paper. Use the bottom sheet to lift and flip the dough onto the pie plate and on top of the filling.

Trim and seal edges. Cut some slits for ventilation. Baking instructions are included with the pie recipe. Store in an air tight container.



Main Dish

**Aden Raymer - Sunflower
Junior (7-9)**

Tater Tot Casserole

Ingredients:

2 lb hamburger

1 can cheddar cheese soup

1 bag of frozen tater tots

2 cups shredded cheddar cheese

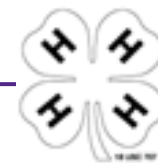
salt and pepper

Directions:

Preheat oven to 350

Brown the hamburger and add cheddar cheese soup

Pour into a 13x9 baking dish. Sprinkle 1 cup of shredded cheese. Place a single layer of tater tots on top of the shredded cheese. Bake uncovered until tater tots are golden brown 35-45 min. Remove from oven sprinkle on the remaining cheddar cheese and place back in the oven until the cheese is melted.



Main Dish

Skylar Vaughan-Meier - Trying Tommies
Senior (14+)

Rib Crown Mac & Cheese

Ingredients:

Ingredient for Crown

Ingredient for Mac & Cheese

Rack of pork ribs 6 tbsp butter (separated in half)

String 1 cup of flour

1 cup of milk

4 cups of cheddar cheese

1 box elbow noodles

Salt and Pepper to taste

3 tbsp bacon cut up into pieces

Directions for Crown

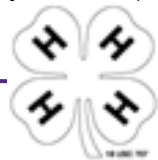
Take the rack of ribs and pull off the membrane. Season the ribs with your favorite rub. Tie it together to make a crown. Smoke the ribs for three hours at 250 degrees. Put on favorite BBQ sauce both sides and put back into the smoker for another two hours. To make sure that ribs are fully cook check them with a thermometer. It should read 180 degrees. Once the mac & Cheese is done, take the crown out and place the mac& cheese into the center of the ribs and top with bacon.

Directions for Noodles for Mac & Cheese

In a pot, fill $\frac{3}{4}$ way with water. Put on stove medium-high. Wait for water to come to a rolling boil. Put in the noodles. Return to heat and stir occasionally. Cook pasta until noodles are soft. Take the pot and dump into a strainer and let sit for about 1-2 minutes so that all the water gets out of it.

Directions for Mac & Cheese

In a pan put 3 tbsp butter in and turn up to medium heat. Let melt and sprinkle flour over the butter so that it makes a rue. Mix in the cheese and let melt down. Place the other 3 tbsp of butter into the mixture. Add noodles to the mixture and stir thoroughly. Salt and pepper to taste.



Dessert

Josey Norris - Elkhorn
Senior (14+)

Double Chocolate Chunk Biscotti

Ingredients:

Biscotti:

1/3 c. softened butter

2/3 c. sugar

1/4 c. unsweetened cocoa powder

2 tsp. baking powder

2 eggs

1 $\frac{3}{4}$ c. flour

1/2 c. white chocolate chips

1/2 c. semi-sweet chocolate chips

Chocolate Drizzle:

2 Tbsp. butter

1/4 c. semi sweet chocolate chips

OR:

1/2 brick dipping chocolate

Instructions:

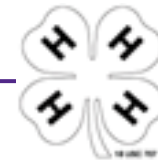
Beat the butter for 30 seconds. Add sugar, cocoa powder, and baking powder.

Beat in eggs. Beat/stir in flour. Stir in chocolate chips.

Divide dough in half. Shape each into a 9 inch long roll. Place 4 inches apart on a greased cookie sheet. Flatten to 2 inches thick.

Bake at 375 degrees for 20 to 25 minutes. Cool on wire rack for 1 hour. Use serrated knife to cut each roll into 1/2 inch slices. Lay slices, sliced side down on a cookie sheet. Bake slices at 325 degrees for 8 minutes. Turn slices over and bake for 7-9 minutes more. Let cool.

Melt butter and chocolate. Drizzle over pieces, or dip the sliced side into the chocolate. Store in airtight container.



Dessert

Trent Norris - Elkhorn
Intermediate (10-13)

Hot Water Chocolate Cake

Ingredients:

Hot Water Chocolate Cake

- 2 c. flour
- 2 c. sugar
- 1 tsp. baking soda
- 1 tsp. salt

Sift dry ingredients into a bowl.

- 1 c. butter
- 5 T. cocoa
- 1 c. water

In microwave safe bowl, add butter, cocoa, and water. Heat and bring to a boil.

Pour into the dry ingredients and mix until combined.

Add the following ingredients and mix well:

- 1/2 c. buttermilk
- 1 tsp. vanilla
- 2 eggs

In a greased jelly roll pan, pour the batter and smooth out. Tap gently to get the air bubbles out.

Bake at 375 for 15-20 minutes.

After the cakes is out of the oven, make the frosting:

- 1/4 c. butter
- 2-1/2 T. buttermilk

Melt butter and buttermilk together. Add:

- 2 c. powdered sugar
- 2 T. cocoa
- 1/2 tsp. vanilla

Mix until smooth and pour over warm cake.



Dessert

Stetson Moubry - Sunflower
Junior (7-9)

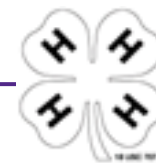
Game Day Mini Pizza

Ingredients:

- 12 plain bagels regular size or mini
- One jar of your favorite pizza sauce
- One bag of mozzarella cheese
- Pepperoni, beef, sausage, or topping of choice

Directions:

Line baking sheet with foil. Pre heat oven to 400 degrees. Separate your bagel and place it inside side up. Spoon on your favorite pizza sauce and spread it evenly across the bagel. Top with cheese and your topping of choice. Bake in oven until cheese is melted 5-8 minutes. Serve while warm.



Main Dish

**Teagen Pfeifer - Lone Star
Senior (14+)**

Creamy Tuscan Chicken Pasta (Part 2)

Reduce heat to low; add onion and garlic to skillet. Cook and stir until softened, about 5 minutes. Pour in white wine and use a wooden spoon to scrape up any browned bits from the bottom of the pan. Cook until wine is almost evaporated, 3 to 5 minutes.

Add in sundried tomatoes and cook for 1 minute. Stir in chicken broth and Italian seasoning. Bring to a simmer, and cook until mixture has slightly reduced, about 5 minutes. Add spinach to skillet and cook until wilted, 1 to 2 minutes.

Reduce heat to low; stir in Asiago and heavy cream until well combined. Stir in lemon juice. Season to taste with salt and ground black pepper.

Return chicken thighs to skillet; heat until warm, 5 to 7 minutes. Turn off heat; allow pan to sit off heat while cooking the pasta. Sauce will thicken as it cools.

Fill a large pot with lightly salted water and bring to a rolling boil. Stir in mini farfalle; return to a boil. Cook pasta uncovered, stirring occasionally, until tender yet firm to the bite, 7 to 8 minutes; drain.

Divide pasta between four bowls, and top each with chicken thighs and sauce to serve.



Dessert

**Makenzie Raymer - Sunflower
Senior (14+)**

Pumpkin Pie

Ingredients:

3/4 cup sugar
1/2 tsp salt
1 tsp ground cinnamon
1/2 tsp ground ginger
1/4 tsp ground clove
2lg eggs
1 cab pumpkin
1 can of evaporated milk
1 unbaked pie crust

Directions:

Mix sugar, salt, and spices in a small bowl. Beat eggs in a large bowl. Stir in the pumpkin and sugar-spices mixture. Gradually stir in evaporated milk. Pour into pie shell. Bake @425 for 15 min. Reduce heat to 350 and bake 40-50 min. or until knife inserted in center comes out clean.



Main Dish

Coy Cook - Sunflower Junior (7-9)

20 Minute Pizza Dough

Prep Time: 20 minutes
Total Time: 20 minutes
Makes: One 14-inch pizza

Ingredients:

1 1/2 cups bread flour (all-purpose flour works too)
3/4 teaspoon yeast (instant or active dry)
3/4 teaspoon sugar
1/4 teaspoon salt
up to 2/3 cup warm water (120-130° F for instant yeast or 110-120°F for active dry)
1 Tablespoon olive oil

Instructions:

Place the flour, yeast, sugar & salt into a mixing bowl.
Slowly add warm water and oil until dough forms a mass. (you may not need all the water)
If using a stand mixer with a kneading paddle, knead until dough is smooth & elastic (1 - 2 minutes).
If using a hand mixer or if mixing by hand with a spoon, combine and transfer dough to a floured surface.
Knead 50 turns by hand (1 minute).
Cover with plastic wrap and let rest 10 minutes.
It's ready! You can: 1) Use it right away. 2) Let it rest for up to an hour. 3) Refrigerate it for up to 3 days.
To use a pizza pan, bake in a preheated 425°F oven for 15-20 min. To use a pizza stone, bake at 500°F on a well preheated stone for 7-10 min.
Note: Refrigerating the dough overnight enhances the flavor and texture, plus it's convenient to have it ready whenever you are.



Main Dish

Teagen Pfeifer - Lone Star Senior (14+)

Creamy Tuscan Chicken Pasta (Part 1)

Prep Time: 20 mins
Cook Time: 45 mins
Total Time: 1 hr 5 mins

Ingredients

3 tablespoons olive oil
4 skinless, boneless chicken thighs
¾ teaspoon kosher salt
¼ teaspoon ground black pepper
1 large onion, finely chopped
4 cloves garlic, minced
½ cup dry white wine
½ cup chopped, drained oil-packed sun-dried tomatoes
1 cup low-sodium chicken broth
1 ½ teaspoons Italian seasoning
4 cups fresh baby spinach
1 cup freshly grated aged Asiago cheese
1 cup heavy cream
1 tablespoon freshly squeezed lemon juice
1 (16 ounce) package mini farfalle pasta

Directions

Heat olive oil in a large skillet over medium-low heat.
Season both sides of chicken thighs with salt and pepper, and place into hot skillet. Cook until golden, thighs are no longer pink in the center, and the juices run clear, 8 to 10 minutes per side. An instant-read thermometer inserted near the center should read 165 degrees F (74 degrees C). Remove chicken thighs from pan; set aside.



Main Dish

**Ethan Raymer - Sunflower
Intermediate (10-13)**

Chicken Gravy Potatoes

Ingredients:

5 Chicken Breasts
8-10 med potatoes
32 oz of Chicken Broth
Corn Starch
2-4 TBS Country Crock
Salt and pepper to taste

Directions:

Place chicken breasts, 2/3 of the container of chicken broth, salt, and pepper into the crock pot and cook on low for 5-6 hrs.

Wash and peel potatoes. Cut into 6ths and place into pot. Bring to a boil and cook till fork tender.

Once the chicken is done remove it from the crockpot and shred the chicken. In a skillet pour chicken stock out of the crockpot and bring to a boil. Mix 1 to 1 cornstarch and water. Add mixture to skillet and constantly stir.

Once the potatoes are fork-tender drain off the water and beat with a hand mixer. Add Butter and continue to Beat until desired thickness. Pour gravy over mashed potatoes and enjoy.



Main Dish

**Ethan Maske - Sunflower
Intermediate (10-13)**

Bacon Chicken Ranch Pasta *Made in a Crockpot*

Ingredients:

4 boneless, skinless chicken breast
3/4 cup cooked chopped bacon
1- 8oz cream cheese
1- 10.5 oz cream of chicken soup
1/2 cup chicken broth
1- 1oz package of ranch dressing mix
1 1/2 cup shredded cheddar cheese
1 lb cooked pasta of your choice (added after the chicken is cooked)

Directions:

Place chicken and bacon in a 6-qt slow cooker. Cut cream cheese into small pieces and add into the slow cookers.

Combine cream of chicken soup, broth, ranch dressing pk, and cheddar cheese. Mixed, pour over chicken.

Cover and cook on low 4-6hrs.

Once the chicken is cooked, use a hand mixer to shred your chicken.

Cook your pasta of choice as directed on the box. Once the chicken is shredded and pasta is cooked, mix the pasta into the chicken mixture.

You can serve with extra bacon and cheese sprinkled on top.

Enjoy!!



Main Dish

**Charlie Herbal - Wolf Creek Valley
Junior (7-9)**

Ball Park Chili Dog

Ingredients:

8- all beef hot dogs
1lb. ground beef
8- hot dog buns
1tsp of garlic and onion powder
1 can of tomato sauce
1/2 tsp chili powder
1/2 tsp kosher salt
1tsp Olive oil
1/4 c. chopped onions
1/2 c. cheddar cheese
Mustard and ketchup

Directions:

Heat the oil in a skillet over medium-heat until simmering. Add beef, garlic and onion powder, kosher salt and chili powder, cook until beef is browned and cooked (about 8 min). Add the tomato sauce and reduce the heat to low. Simmer for 10 to 12 minutes to let the flavors blend. Meanwhile, prepare the hotdogs.

Cook hotdogs either on an outdoor grill or by boiling them in water. Toast the buns if desired. To serve, place a hotdog in each bun and top with chili, cheddar, cheese, and onions, if desired. Mustard and Ketchup if desired.



Main Dish

**Sasha Robbins - Big Creeek
Intermediate (10-13)**

Cajun Shrimp and Cheesy Grits

Ingredients:

1 lb. jumbo shrimp, peeled, tail-on
6 slices bacon
2 t. Creole seasoning
¼ t. ground cayenne pepper
1 t. garlic powder
1 t. onion powder
1 t. dried parsley flakes
1 T. canola oil
3 scallions, chopped
2 t. minced garlic
1 ¼ c. low sodium chicken, vegetable, or seafood broth
1 c. quick grits
4 c. water
¼ t. salt
3 T. butter
2 T. whipping cream
1 ½ c. sharp cheddar, shredded

Directions:

Prep by finely chopping the scallions and lightly salt and pepper the shrimp. Set aside. In skillet, cook bacon until crispy. Set aside in a paper towel to drain. Then, roughly chop when cool. Using the bacon grease in the skillet, add the shrimp, seasoning with Creole and cayenne. Allow to cook approx. 1 minute per side. Remove from skillet and set aside. Reduce heat, add canola oil, then chopped scallions and minced garlic. Once these are tender, add the broth, shrimp, and bacon. Allow to simmer for about 5 minutes. Lastly, in a medium saucepan, bring water to a boil, add grits and salt. Cook 5-7 minutes or until tender. Remove from heat, stir in butter, cream, and cheese. Plate grits, add the broth amount to your liking, and top with shrimp. Garnish with parsley. Enjoy!

