

The Midway District  
4-H Program would like  
to thank the following for  
their support of the  
2025 Favorite Foods Show

**Judges:**

Arlene Bliss

Donna Maskus

Danielle Shumacher



**K-STATE**  
Research and Extension



Midway  
District

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Karrie Van Winkle two weeks prior to the start of the event at 785-483-5137 and [karrievan@ksu.edu](mailto:karrievan@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

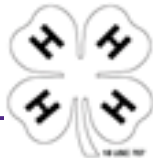
2025  
4-H FAVORITE FOODS  
SHOW  
Midway Extension District



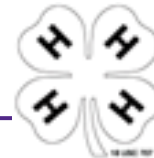
January 19, 2025  
2:00 PM  
Russell County 4-H Building



# Recipes



# Recipes

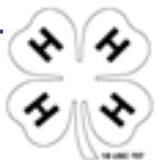


## Before Starting a Recipe

- 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.

## Playing it Safe While Cooking

- 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.



# Table of Contents

## Breakfast

No-Bake Gratitude Granola - Kashden Kasper.....1

## Dessert

Axolotl Fun Fruit Frenzy with The Best Strawberry Cream Cheese Fruit  
Dip - Layken Eck.....2  
Brownie Layer Desserts - Sasha Robbins.....3  
Chuckwagon Blueberry Dump Cobbler - Charlie Herbel.....4  
Colt's Sunshine Explosion Cake - Colt Soldan.....5  
Sweetheart Strawberry Bundt Cakes - Kierra Eck.....6-7

## Main Dish

Argentine Carne Asada - Ari Robbins.....8  
BBQ Venison Sandwiches - Cord Norris.....9  
Massaman Curry - Jack Enger.....10  
Soft & Fluffy Homemade Pizza Dough - Coy Cook.....11  
Tailgate Turkey Sandwiches - Collins Sturgeon.....12  
Wilderness Marinated Chicken - Payton Maske.....13

## Side Dish

Homemade Mac and Cheese - Ethan Maske.....14  
Jambalaya Rice - Rylee Bradshaw.....15-16  
Loaded Mashed Potatoes - Kambri Kasper.....17  
Salsa - Julien Robbins.....18

## Snack

Refrigerator Sweet Pickles - Trent Norris.....19  
Taylor's Deer Jerky - Taylor Cook.....20

## Soup

Cheeseburger - Josey Norris.....21

# Soup

**Josey Norris - Elkhorn  
Senior (14+)**

## Cheeseburger Soup

### Ingredients:

1 lb. ground beef	3 c. chicken broth
$\frac{3}{4}$ c. chopped onions	4 c. potatoes, peeled and diced
$\frac{3}{4}$ c. shredded carrots	$\frac{1}{4}$ c. all-purpose flour
$\frac{3}{4}$ c. diced celery	12 oz. Velveeta
1 tsp dried basil	1 $\frac{1}{2}$ c. milk
1 tsp dried parsley	$\frac{3}{4}$ tsp salt
$\frac{1}{4}$ tsp garlic powder	$\frac{3}{4}$ tsp pepper
3 tbsp butter	2 tbsp cream cheese

### Instructions:

1. Brown the ground beef in a large skillet over medium-high heat; remove cooked beef from pan, drain, and add to slow cooker.
2. Add onion, carrots, celery, basil, parsley flakes, broth, and potatoes into the slow cooker. Press garlic into crock.
3. Cook soup on low for 6-8 hours or on high for 3-4 hours, or until potatoes and veggies are tender.
4. About an hour before you intend to serve the cheeseburger soup, make a roux in a small skillet by melting 3 tablespoons butter. Add flour; cook and stir for 3-5 minutes or until bubbly. Add salt, pepper, milk, and cream cheese and mix well.
5. Add roux to soup. Add roux and cheese to the soup. Turn slow cooker to high and cook for an additional 30 minutes, stirring a few times until the cheese melts.
6. Serve with optional toppings immediately.



# Snack

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

## Taylor's Deer Jerky

This jerky recipe is great for venison, but you can use any meat you like.  
Large, inexpensive beef roasts with as little fat and marbling as possible make great jerky.

### **Marinade Ingredients:**

- ½ cup soy sauce
- ¼ cup Worcestershire sauce
- 1 teaspoon hot pepper sauce (e.g. Tabasco), or to taste
- ½ teaspoon liquid smoke flavoring
- ½ cup brown sugar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon black pepper

### **Directions:**

Stir together soy sauce, Worcestershire sauce, hot pepper sauce, and liquid smoke in a bowl. Mix in sugar, garlic powder, onion powder, and pepper until combined.

Mix 1 pound thinly sliced or ground meat with marinade in a bowl until well mixed or coated. Place meat and marinade into a resealable plastic bag, squeeze out the air, and seal well.

Marinate in the refrigerator for 24-48 hours, mixing twice if using sliced meat. Remove meat from bag and discard any excess marinade.

Preheat the oven to 170 degrees or as low as your oven will go.

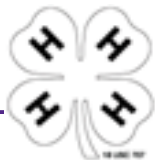
Place a cooling rack on top of a baking sheet.

For thin strips, lay the strips across the cooling rack.

For ground meat, use a jerky gun and a jerky nozzle to squeeze long strips across the cooling rack

Dry in the oven for 90 minutes, flip over, and dry for approximately 90 more minutes.

Note: You can also dry the jerky according to the manufacturer's directions for your smoker or dehydrator.



# Breakfast

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

## No-Bake Gratitude Granola

### **Ingredients:**

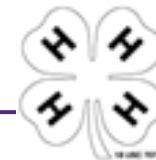
- ¾ cup creamy peanut butter
- ½ cup honey
- 1 tsp vanilla
- 2 cups quick oats
- 1 cup Rice Krispies cereal

Topping options:

- raisins
- craisins
- butterscotch chips
- mini chocolate chips
- toffee pieces
- almonds
- pretzel pieces
- M&Ms

### **Directions:**

Mix peanut butter, honey, and vanilla in a bowl and heat in the microwave until it's slightly melted, then add oats and Rice Krispies cereal to peanut butter and honey mixture. Once combined, press into a 9x9" dish or bar cookie mold. Add various toppings of your choice and press into the granola mix. Allow the mixture to set up a bit before cutting bars apart, then ENJOY!



# Dessert

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

## **Axolotl Fun Fruit Frenzy with the Best Strawberry Cream Cheese Fruit Dip**

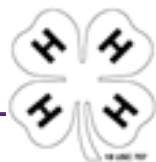
### **Ingredients:**

½ cup heavy whipping cream, cold  
¾ cup powdered sugar, sifted and divided  
¾ heaping cup fresh strawberries, sliced  
8 oz Cream cheese, room temperature, (cut into pieces)  
1/4 tsp Vanilla Extract

### **Directions:**

- 1.) In a large bowl, add heavy whipping cream and 1/4 cup of powdered sugar along with 1/4 tsp vanilla extract.
- 2.) Mix using a hand mixer until fluffy and can hold stiff peaks. Set aside.
- 3.) Place strawberries into a blender or food processor and blend.
- 4.) Blend in cream cheese. (Scrape down the sides of the blender with a rubber spatula if needed.)
- 5.) Blend in remaining powdered sugar (1/2 cup)
- 6.) Gently fold the strawberry-cream cheese mixture into the whipped cream mixture until completely combined and there are no streaks.
- 7.) Place into a serving dish and serve immediately for a whipped texture, or refrigerate for 1-2 hours for a firmer texture.
- 8.) Use within 1-2 days. Store leftovers in an airtight container in the fridge.

**\*\*** Serve with a displayed fruit display in the image of an Axolotl, use your favorite fruits to make a fruit bowl around this display.



# Snack

**Trent Norris - Elkhorn**  
**Intermediate (10-13)**

## **Refrigerator Sweet Pickles**

### **Ingredients:**

7 cups thinly sliced cucumbers (ends of cucumbers discarded)  
1 cup thinly sliced onion chopped into smaller pieces if desired  
1 cup diced green bell pepper  
1 tablespoon pickling salt  
2 cups granulated sugar  
1 cup white vinegar  
1 tablespoon celery seed  
big sprig of fresh dill

### **Directions:**

Combine cucumbers, onions, bell pepper, and pickling salt in large heat-proof bowl, preferably one with a lid. Stir and let sit on the counter for 1 hour. Drain well.

Meanwhile, in a medium saucepan over medium-high heat, heat the sugar, vinegar, and celery seed. Whisk rapidly until sugar dissolves completely. Remove saucepan from heat. Pour the hot brine over the cucumbers. Add the dill and fold everything to combine. Place a lid on the bowl and refrigerate for 2 days before eating, to let flavors mingle. Eat straight from the bowl, or transfer to jars if desired. Pickles keep well for up to 3 weeks



## Side Dish

**Julien Robbins - Big Creek  
Cloverbud (5-6)**

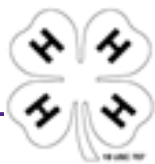
### Salsa

#### Ingredients:

1 - 28oz can diced tomatoes  
1- 4oz can diced green chili peppers  
1-2 jalapeno peppers  
1 c. fresh cilantro  
1/2 onion  
1 T. minced garlic  
1 T. cider vinegar  
1 1/2 T. lime juice  
1 t. salt  
1 t. pepper

#### Directions:

Place chunks of onion and jalapenos in food processor along with garlic, cilantro, salt, pepper, vinegar, and lime juice. Pulse until finely chopped. Add tomatoes and green chilies. Pulse until larger chunks are smaller or desired consistency is reached. Enjoy with your favorite tortilla chips or foods!



## Dessert

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

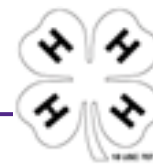
### Brownie Layer Desserts

#### Ingredients:

1 pkg chocolate brownie mix (including mix ingredients)  
1 pkg instant chocolate pudding (including mix ingredients)  
2 c. powdered sugar  
1 4oz pkg cream cheese (softened)  
1-2 t. milk  
1/4 t. vanilla  
1 c. mini chocolate chips  
1/2 of an 8oz container whipped topping

#### Directions:

Prepare brownie mix according to package for a 13x9" pan. Cool completely. Prepare pudding mix according to package directions. Beat powdered sugar, cream cheese, milk, and vanilla in medium bowl until creamy. Fold in chocolate chips. Cut cooled brownies into 8 circles (size of jar). Layer in jars in the following order: brownie, 1/4 c. cream cheese filling, 1/2 c. pudding, brownie, whipped topping. Refrigerate until ready to serve.



# Dessert

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

## Chuckwagon Blueberry Dump Cobbler

### Ingredients:

6 c. Frozen Blueberry's  
1/2 c. Brown sugar  
1/8 c. Water  
1 box yellow cake mix  
1 1/2 sticks of butter  
1 tsp cinnamon  
1 lemon  
Ice cream optional

### Directions:

1. Blueberries at room temp
2. Place in baking dish
3. Cover with 1/4 c. Brown sugar
4. Cut lemon in half and squeeze into blueberries
5. Stir in water
6. Sprinkle cinnamon over fruit
7. Pour in cake mix over the fruit.
8. Sprinkle remaining brown sugar over mix
9. Slice butter and lay over cake mix
10. Sprinkle remaining cinnamon
11. place in preheated oven at 350 and cook for 35 min
12. Serve warm add scope of ice cream.



# Side Dish

**Kambri Kasper - Wilson Winners  
Intermediate (10-13)**

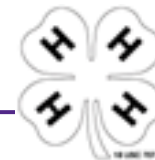
## Loaded Mashed Potatoes

### Ingredients:

4 slices of bacon, or more to taste  
3 pounds of potatoes, or more to taste, peeled and cut into chunks  
1/2 cup of butter, cut into pieces  
1 (16 ounce) container of sour cream  
8 ounces of shredded cheddar cheese  
1/2 cup of (fresh) chopped chives (optional)  
salt & ground black pepper to taste

### Directions:

1. Gather the ingredients.
2. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until crisp and browned, about 10 minutes; drain on paper towels.
3. Meanwhile, place potatoes into a large pot of lightly salted water and bring to a boil; reduce heat to medium-low and simmer until tender, about 20 minutes. Drain well and return potatoes to the pot.
4. Mash butter into the potatoes using a potato masher or electric hand mixer until well combined. Add sour cream and continue to mash or beat until combined. Crumble bacon into potato mixture; stir in cheddar cheese and chives. Season with salt and pepper, then enjoy!





# Side Dish

**Rylee Bradshaw - Wolf Creek Valley  
Intermediate (10-13)**

## Jambalaya Rice (Part 2)

### Instructions

For the spice mix

- \* Combine all ingredients and divide into 3 jars, seal and add printed instructions if giving as a gift.
- \* Store up to 6 months.

For the jambalaya (full batch)

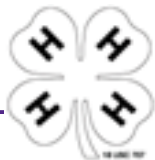
- \* Bring the water to boil in a large sauce pan.
- \* Add the bell pepper and the rice/spice mix and stir.
- \* Return to a boil, then reduce to a simmer. Cover and simmer for 15-25 minutes or until the rice is tender.
- \* In another saucepan, combine the tomato sauce and sausage.
- \* Combine both pans and mix well. If the sauce is too thick, add a bit of water and stir.

### Notes

This recipe makes the full batch of 12 servings.

### Nutrition

Calories: 517kcal | Carbohydrates: 16g | Protein: 21g | Fat: 41g |  
Saturated Fat: 14g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 19g |  
Cholesterol: 107mg | Sodium: 2310mg | Potassium: 770mg | Fiber: 3g |  
Sugar: 6g | Vitamin A: 695IU | Vitamin C: 33mg | Calcium: 80mg | Iron: 3mg



# Dessert

**Colt Soldan - Big Creek  
Junior (7-9)**

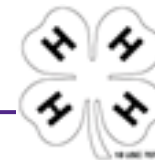
## Colt's Sunshine Explosion Cake

### Ingredients:

- ¾ cup unsalted butter, softened (melted about 30 seconds)
- 1 ½ cup white sugar
- 1 small instant lemon pudding MINUS 1 tablespoon
- 2 tablespoons fresh lemon zest (2 lemons)
- Lemon juice of ½ lemon
- 4 eggs
- 1 ¼ c milk
- 1/3 cup canola oil
- 1 teaspoon vanilla
- 1 ¾ cup flour
- 3 tablespoons cornstarch
- 4 teaspoons baking powder
- 1 teaspoon salt

### Directions:

1. Preheat oven to 350 degrees. Grease a standard Bundt pan.
2. In a medium bowl, whisk together flour, cornstarch, baking powder and salt then set aside.
3. Using an electric mixer on medium speed, cream together the butter and granulated sugar until fluffy, about 3 minutes. Add in lemon pudding (powder-do not cook) and combine well.
4. Beat in the eggs, one at a time, making sure each is thoroughly incorporated.
5. Mix in lemon zest.
6. Combine the milk, oil, vanilla and lemon juice in a large bowl.
7. Starting with the dry ingredients, alternate pouring a third of the wet and dry ingredients. Mix on medium speed for 2 minutes after the last addition.
8. Pour the cake batter in the prepared Bundt pan and bake for 50 to 60 minutes, or until tester inserted come out clean.
9. Invert the cake onto a baking rack to cool.
10. Frost or sprinkle with powdered sugar. Another option would be to sprinkle with lemon zest.



# Dessert

Kierra Eck - Sunflower  
Senior (14+)

## Sweetheart Strawberry Bundt Cakes (Part 1)

### Ingredients:

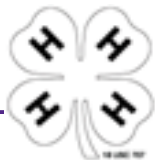
1 stick of Butter  
1 cups white sugar  
2 eggs  
1 tsp vanilla extract  
2-¼ cups cake flour  
Pinch of salt  
2-½ tsp baking powder  
¾ cup pureed strawberries fresh or frozen

\*\*Buttercream Cream Cheese Icing  
7 oz cream cheese at room temperature  
3 Tbl Butter  
1 cup powdered sugar  
2-3 tbsp milk

\*\*Decorate and Garnish with edible flowers or what your heart's desire

### Directions:

Preheat oven to 350°F. Grease a mini bundt tray well with non-stick spray.  
Cream the butter and sugar together until light and fluffy.  
Add the egg and vanilla extract and beat well.  
In a separate bowl, sift together the cake flour, salt and baking powder.  
Add the flour mixture to creamed mixture, alternating with the pureed strawberries.  
Fill the bundt about ¾ full with mixture and bake for 15-17 minutes until lightly golden brown.  
Allow to cool in the tin for 15 minutes, then turn out onto a wire rack.



# Side Dish

Rylee Bradshaw - Wolf Creek Valley  
Intermediate (10-13)

## Jambalaya Rice (Part 1)

Prep Time 10 minutes  
Cook Time 30 minutes  
Total Time 40 minutes

Servings 12  
Calories 517kcal

### Ingredients:

For the rice/spice mix  
\* 3 cups rice uncooked  
\* 3 tablespoons dried minced onion  
\* 3 tablespoons dried parsley  
\* 4 teaspoons beef bouillon granules  
\* 1 tablespoon dried minced chives  
\* 1 tablespoon dried celery flakes  
\* 1½ teaspoons ground black pepper  
\* ¾ teaspoon cayenne pepper  
\* ½ tablespoon garlic powder  
\* ¾ teaspoon dried thyme

### For the jambalaya (full batch)

\* 6 cups water  
\* 1 ½ cup green bell pepper chopped  
\* Rice/spice mix from above  
\* 24 ounces tomato sauce  
\* 3 pounds smoked sausage cut into rounds  
\* 2-16 ounce cans sweet corn, drained  
\* 2-10 ounce cans of diced tomatoes with green chilies  
\* Feta cheese, crumbled



# Side Dish

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

## Homemade Mac and Cheese

### Ingredients:

1/3 cup Butter	
1/3 cup Flour	
3-4 cups Whole Milk (adjust to desired thickness)	
1 1/2 Tbsp Garlic Powder	
1 1/2 Tbsp Onion Powder	
1 1/2 Tbsp Smoked Paprika	2 cups Mild-Medium Cheddar
3/4 Tbsp Cayenne Pepper	1 cup Gruyere cheese
Salt and Pepper to taste	1 cup Gouda
1 Tbsp Dijon Mustard	2 cups Mozzarella Cheese
2 cups Velveeta	2 lbs. of Pasta (your choice)

### Directions:

Start by grating all of your cheeses, and set aside. In a small bowl, add all of the seasonings (except salt and pepper) to create your season blend.

Begin to cook your pasta as instructed on the box.

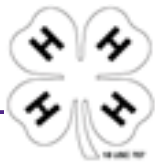
In a pot, over med-high heat, add your butter. While melting your butter add 1/4 of the season blend and toast off the seasoning. Whisk and cook for 1-2mins then add your flour. Cook out the flour for 1-2 mins before adding your milk. Start by streaming in your milk. At first it will clump up and become a paste, but its ok, continue to add milk until it becomes a nice smooth bechamel. At this time, add 1/2 of the seasoning and continue to whisk the bechamel. Add a generous amount of salt and pepper and the Dijon mustard and combine.

Turn off heat and start adding in the shredded cheese. Only add 3/4 of your cheese blend. Whisk the cheese in and continue to mix until cheese has completely melted. At this time, add additional seasonings if needed.

Once melted add your pasta to the cheese blend. Coat your pasta thoroughly, then pour into a baking dish.

Cover the pasta with additional cheese right on top.

Bake in a 350-degree oven for 20mins and broil for 2-3mins to create a nice cheesy crust. Enjoy!



# Dessert

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

## Sweetheart Strawberry Bundt Cakes (Part 2)

### \*\*Cream Cheese Icing

Beat the cream cheese and butter in a medium size bowl until smooth.

Add in the powdered sugar and continue mixing.

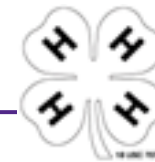
Add in the first tablespoon of milk to see what your consistency is like. You may need a further 1 or 2 spoonsful of milk until the icing is a drizzle consistency.

### \*\*To Decorate

Drizzle the cream cheese icing over the cooled bundts, allow it to fall over the sides.

Garnish each cake to your sweethearts desire.

Enjoy!



## Side Dish

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

### Argentine Carne Asada

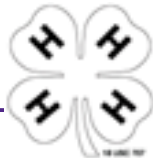
#### Ingredients:

5 cloves garlic  
2 t. salt  
1 t. black peppercorn  
1 c. orange juice  
1/4 c. fresh lime juice  
1/4 c. fresh lemon juice  
1 c. onion, minced  
2 t. oregano  
1 c. olive oil

#### Instructions:

Mash garlic, salt, and peppercorn into a paste using a mortar and pestle. Stir in juices, onion, and oregano. Let sit at room temperature 30 minutes or longer. Whisk this mixture into olive oil until well blended.

Meat - Place meat in a large bowl or pan. Add enough marinade to cover the meat. Cover pan and refrigerated 5-12 hours. Grill meat when coals are hot and white. Serve as is, or with an Argentine chimichurri sauce.



## Main Dish

**Payton Maske - Sunflower  
Senior (14+)**

### Wilderness Marinated Chicken

#### Ingredients:

2lbs chicken breasts  
1/2c Olive oil  
1/4c Soy sauce  
1/4c Worcestershire sauce  
1/8c Lemon juice  
3/4c Brown sugar  
2tsp Rosemary  
2Tbsp Dijon mustard  
1 1/2tsp Salt  
1tsp Pepper  
2tsp Garlic powder

#### Directions:

Step 1, Clean and skin your chicken breasts. Place in a large bag and set aside.

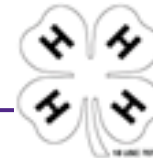
Step 2, Mix all marinade ingredients in a bowl. Pour 3/4 of the marinade over the chicken. Reserve remainder marinade for grilling.

Step 3, Seal the plastic and bag rub the marinade all over the chicken. Set the bag in the refrigerator overnight to marinate.

Step 4, Preheat grill to medium-high heat and lightly oil the grate. Place chicken breasts, smooth-side down on preheated grill.

Step 5, Cook on medium-low heat. Brush marinade on chicken prior to turning, again after flipping. Cook until the chicken is no longer pink and juices run clear, about 5 minutes per side. Once cooked, the center of your chicken should read 165 degrees F.

Step 6, Remove chicken from grill, serve, and enjoy.



# Main Dish

**Collins Sturgeon - Wolf Creek Valley  
Junior (7-9)**

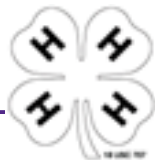
## Tailgate Turkey Sandwiches

### Ingredients:

1 package of Hawaiian rolls  
1lb. of sliced turkey  
1lb. of sliced cheese of choice  
Choice of condiments: mayonnaise, mustard, tomato, lettuce, pickles

### Directions:

Assemble and Enjoy!!



# Main Dish

**Cord Norris - Elkhorn  
Intermediate (10-13)**

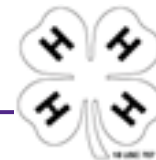
## BBQ Venison Sandwiches

### Ingredients:

1 (2-4lb) venison roast  
1 Tbsp. olive oil  
1 yellow onion, sliced  
4 garlic cloves, minced  
1 cup of your favorite barbecue sauce  
1/2 cup beef stock  
1 Tbsp. apple cider vinegar  
1 tsp. Dijon mustard  
1/2 tsp. salt  
1/2 tsp. pepper  
buns of choice, for serving  
pickles, for serving

### Directions:

1. Start by letting the roast come to room temperature for 30 minutes before you sear it (if you can). This helps create a nice crust on the sear you'll perform by ensuring the meat heats evenly. Then, pat it dry with a paper towel.
2. Next, heat a skillet over medium-high heat with olive oil. Once hot, sear the roast on all sides until a nice, brown crust has formed. Take your time this could take 15-20 minutes.
3. Then, place your seared roast into the bottom of a slow cooker. Cover it with the onions, garlic, barbecue sauce, beer or stock, vinegar, mustard, salt and pepper.
4. Cook for 8 hours on low or until the meat is literally falling apart. If it is too tough to pull apart, it needs more time. Shred the meat with forks.
5. To serve, pull some out, place it on a bun, add more barbecue sauce, and top with pickles. Enjoy!



# Main Dish

**Jack Enger - Sunflower  
Intermediate (10-13)**

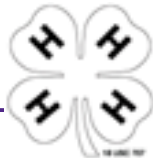
## Massaman Curry

### Ingredients:

50g Curry Paste  
60g Oil  
150g Chicken (or favorite meat)  
600ml Coconut Milk  
75g Palm Sugar  
60g Fish Sauce  
45g Tamarind Paste  
200g well chopped onion  
200g Potato (bite size pieces)  
50g roasted Peanuts

### Directions:

1. stir curry paste with oil over medium high heat for 1.5 mins.
2. add favorite meat (chicken), coconut milk, palm sugar, fish sauce, tamarind paste, chopped onion, potato cut into bite size pieces, roasted peanuts.
3. simmer on medium heat for at least 30 mins until desired doneness.
4. serve with rice.



# Main Dish

**Coy Cook - Sunflower  
Intermediate (10-13)**

## Soft & Fluffy Homemade Pizza Dough

### Ingredients:

(8 g) 1 pouch instant (rapid rise) dry yeast  
2 tsp sugar  
1 1/4 cup milk, warmed to about 38C to 45C  
3 tbsp melted butter  
About 3 cups unbleached all-purpose flour  
1 tsp salt

### Instructions:

In a large bowl, mix yeast, sugar, warm milk (do not bring to a boil), and melted butter.

Let rest for 10 minutes to allow the yeast to activate. Foam will form along the surface.

Mix flour and salt. Gradually add to bowl, mixing with a fork, and eventually with your hands if using a fork becomes difficult. Incorporate flour until the dough is consistent and fairly firm.

Flour a work surface and knead the dough, adding a bit of flour until the dough no longer sticks. To knead, fold and flatten the dough for roughly 5 minutes, using the palm of your hand or fist.

Place the dough ball in a bowl greased with butter. Cover and allow the dough to rise in a warm, draft-free location. The dough must double in volume, which should take about 45 minutes.

Deflate the dough before working it according to the chosen recipe.

