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You

**2018**  
**4-H FAVORITE FOODS SHOW**  
Midway Extension District

The Midway District  
4-H Program would like  
to thank the following for  
their support of the  
2018 Favorite Foods Show:

Judges: Sarah Maass & Dana Weber

The Favorite Foods Committee

Midway District Ambassadors



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**January 21, 2018**  
**2:00PM**  
**Russell County 4-H Building**

# BREAKFAST

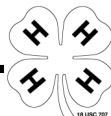
## BISCUIT EGG CASSEROLE By Emma Karst—Fossil Creek

### INGREDIENTS

- 1 can Grand biscuits
- 1 pkg of Jimmy Dean pre-cooked Sausage Crumbles
- 1 c shredded mozzarella cheese
- 1 c shredded cheddar cheese
- 8 eggs, beaten
- 1 c milk
- ¼ tsp. salt
- ⅛ tsp. black pepper

### DIRECTIONS

- Preheat oven to 425.
- Line bottom of greased 9x13 inch baking dish with biscuit dough, firmly pressing to seal.
- Sprinkle with sausage and cheese
- Whisk together eggs, milk, salt and pepper in a medium bowl until blended; pour over sausage and cheese.
- Bake 25-30 minutes or until set. Let stand for 5 minutes before cutting into squares; serve warm.



# DESSERT

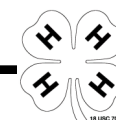
## BLUEBERRY CREAM CAKE By Cheyenne Blundon – Big Creek

### INGREDIENTS

- 1 cup whipping cream
- 2 Tbsp sugar
- 4 cups blueberries
- 1 (4oz) box instant vanilla pudding
- 1 loaf pound cake, cut into ¼" slices
- 1 (14oz) can sweetened condensed milk
- 1 tsp almond extract
- ½ tsp vanilla
- 1 cup cold water

### DIRECTIONS

- Prepare whipped cream by first chilling mixing bowl & beaters of electric mixer.
- Pour cream into chilled bowl.
- Beat on medium speed adding sugar & vanilla as you beat.
- Continue beating until soft peaks form.
- Refrigerate till ready to use.
- Combine condensed milk, water & almond extract in a large mixing bowl. Beat well.
- Add pudding mix & continue beating well.
- Chill 5 minutes.
- Fold whipped cream mixture into milk & pudding mixture.
- Layer half the cake slices on bottom of 9"x13" pan, then spread half the pudding mixture over cake slices, sprinkle with half the blueberries.
- Repeat layers
- Chill 4 hours before serving.



# DESSERT

## BLACK FOREST TRIFLE By Gracie Karst –Fossil Creek

### Brownies:

- ½ c butter, cubed
- 1 c all-purpose flour
- 4 oz German sweet chocolate, chopped
- ½ tsp baking powder
- 2 large eggs, lightly beaten
- ¼ tsp salt
- ½ c sugar
- 1 tsp vanilla extract



### Layers:

- 2 Boxes (3.9 oz) instant chocolate fudge pudding & pie filling
- ¾ c skim milk
- 1 can (21 oz) cherry pie filling
- 2 tubs (8 oz) extra creamy whipped topping, thawed
- ¼ c mini chocolate chips

### DIRECTIONS:

- Preheat oven to 350°. In a microwave, melt butter & chocolate; stir until smooth. Cool slightly. In a large bowl, beat eggs & sugar. Stir in vanilla & chocolate mixture. Combine flour, baking powder & salt; gradually add to chocolate mixture.
- Pour into a greased 9-in. square baking pan. Bake 18-22 minutes or until a toothpick inserted near the center comes out clean (do not overbake).
- While brownies are baking, mix pudding mix with skim milk until smooth. Cover & refrigerate until ready to use.
- Allow brownies to cool on a wire rack. Once cooled, cut brownies into small 1"x 1" squares. Layer half the brownies into the bottom of the large trifle dish or clear glass bowl. Top with half of the prepared pudding, half of the cherry pie filling & one tub of the whipped topping.
- Repeat layering with the remaining ingredients. Sprinkle the top of the trifle with mini chocolate chips or chocolate curls.
- Refrigerate the trifle until ready to serve.



# BREAKFAST

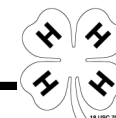
## PUMPKIN MUFFINS By Cooper Gier—Fossil Creek Cloverbud

### INGREDIENTS

- 1 can pumpkin
- 1 yellow cake mix-do not bake
- 1 package white chocolate chips

### DIRECTIONS

- Mix all ingredients in a bowl.
- Use small or large muffin pan.
- Drop spoon-size batter in greased pan.
- Bake at 350° for 10-15 minutes.



# BREAKFAST

## CHEESY BACON EGG BREAKFAST SLIDERS

By Zach Rose—Wolf Creek Valley

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

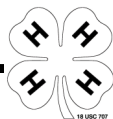
**Serves:** 12 sliders

### INGREDIENTS

- 1 (12 count) package Hawaiian Sweet Rolls
- 8 slices Crystal Farms Marble Jack Cheese Slices
- 1 (16 oz) package bacon
- 6 eggs
- ¼ c. milk
- ½ tsp salt
- ¼ tsp pepper
- ¼ c. butter, melted
- ½ tsp onion powder
- ½ tsp garlic powder
- 1 tsp dried parsley

### DIRECTIONS

- Preheat the oven to 350 degrees.
- Prepare bacon according to package directions. Drain on paper towels and set aside.
- In a small mixing bowl combine eggs, milk, salt and pepper. Whisk until combined. Pour into skillet over medium low heat and scramble. Remove from heat and set aside.
- Slice Hawaiian rolls horizontally and place the bottoms of the rolls into a 13x9 inch baking dish.
- Layer scrambled eggs, bacon and cheese on top of rolls. Place the top of the rolls on top.
- Slice the buns following the lines of the rolls to form individual sandwiches.
- Mix together butter, onion powder, garlic powder and parsley in a small bowl. Brush on top of buns.
- Bake for 10-15 minutes or until heated through and cheese is melted.



# DESSERT

## CAROB HONEY COOKIE BARS

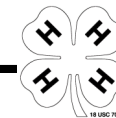
By Layne Vaughan-Meier—Trying Tommies

### INGREDIENTS:

- 1 c sugar
- 1 c honey
- 1 Tbsp Carob
- 2 tsp cinnamon
- 2 tsp vanilla
- 1 c butter or shortening (or mix)
- 2 chicken eggs or 1 large duck egg
- 1 tsp salt
- 1 tsp baking soda
- 2 tsp baking powder
- 4 c flour
- ½ c nuts, if preferred

### DIRECTIONS:

- Cream butter or shortening together with sugar. Add cinnamon, carob, salt, honey, vanilla, egg or eggs. Mix well.
- Add nuts if desired.
- Add sifted flour, baking powder, and baking soda gradually. Spread evenly onto a baking sheet.
- Bake in oven at 350 four about 10 min.



# DESSERT

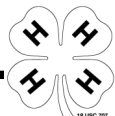
## POPCORN SNOWBALLS By Josey Norris—Elkhorn

### INGREDIENTS:

- ¼ c butter or margarine
- 1 pkg (10½ oz) Jet-Puffed miniature marshmallows
- 1 pkg (3 oz) JELL-O gelatin, blue raspberry or any flavor
- 3 qt (12 c) popped popcorn
- Cooking spray

### DIRECTIONS:

- Microwave butter & marshmallows in a large microwaveable bowl on HIGH 1½-2 minutes or until marshmallows are puffed.
- Add dry gelatin mix; stir until blended.
- Pour over popcorn in a large bowl & mix until coated.
- Spray hands with cooking spray & form into baseball-sized balls.
- Place balls on waxed paper & wrap individually.
- Makes 16.



# APPETIZER

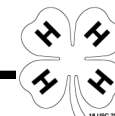
## JERKY By Renya Anschutz – Big Creek

### INGREDIENTS

- Lean Muscle Meat
- Cure (1 Tbsp per pound)
- To Taste: Liquid Smoke, Garlic & Onion Powder, Pepper, Seasoned Salt & Chipotle Sauce

### DIRECTIONS

- Slice meat 1/8-1/4" thick. Partly frozen meat slices easier.
- Sprinkle cure, according to weight.
- While layering slices in a non-reactive container (plastic or stone), season each layer to taste.
- Marinate overnight refrigerated.
- Dehydrate to desired texture (chewy or hard) in dehydrator, oven or smoker.
- Freeze what is not immediately consumed.





# APPETIZER

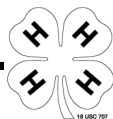
## LITTLE BEAR'S HONEY BISCUITS By Julia Diehl—Elkhorn Cloverbud

### INGREDIENTS

- 1 can biscuits
- 1 package of little chicken sausages
- 1 bottle of honey

### DIRECTIONS:

- Preheat oven 350°.
- Spray cookie sheet with oil.
- Take one biscuit out and roll flat.
- Put 1 tsp of honey in the middle of the biscuit.
- Take 1 sausage and roll 1 biscuit with honey around the middle of the sausage.
- Do this for entire package of sausages.
- Put all sausage biscuits on cookie tray.
- Place in oven for 20-25 minutes or until golden brown.



# MAIN DISH

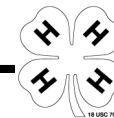
## KOREAN GROUND BEEF & RICE BOWLS By Teagen Pfeifer—Fossil Creek

### INGREDIENTS:

- 1 lb lean ground beef (90% lean)
- 3 garlic cloves, minced
- ¼ c packed brown sugar
- ¼ c reduced-sodium soy sauce
- 2 tsp sesame oil
- ¼ tsp ground ginger
- ¼ tsp crushed red pepper flakes
- ¼ tsp pepper
- 2 c hot cooked white or brown rice
- sliced green onions & sesame seeds for garnish

### DIRECTIONS:

- In a large skillet, cook the ground beef & garlic, breaking it into crumbles over medium heat until no longer pink.
- In a small bowl, whisk brown sugar, soy sauce, sesame oil, ginger, red pepper flakes & pepper. Pour over the ground beef & let simmer for another minute or two.
- Serve over hot rice & garnish with green onions & sesame seeds.



# MAIN DISH

## PANERA BROCCOLI CHEESE SOUP By Hope Lumpkins—Fossil Creek

### INGREDIENTS:

- 1 Tbsp melted butter
- ½ medium chopped onion
- ¼ c melted butter
- ¼ c flour
- 2 c half-and-half cream
- 2 c chicken stock
- ½ lb fresh broccoli (chopped into bite size pieces)
- 1 c carrot, julienned, grated
- ¼ tsp nutmeg
- 8 oz grated sharp cheddar cheese
- salt & pepper
- crusty bread or bread bowl
- 2 c whole milk



### DIRECTIONS:

- Sauté onion in butter. Set aside.
- Cook melted butter & flour using a whisk over medium heat for 3-5 minutes or until you see a noticeable golden brown color in your pan.
- Slowly add in the chicken stock & whisk again to combine. Simmer contents covered (stirring occasionally) for 20 minutes on medium heat.
- Add the broccoli, carrots & the sautéed onions, into the pot. Stir; add the milk and half & half. Cook covered over low heat 20-25 minutes but do not bring to a boil. This may cause the milk to curdle.
- Add salt, pepper & nutmeg. Note: you can purée half of your soup in a blender or with a handheld immersion blender if you choose however it isn't a requirement. Continue to cook the soup on low heat & slowly add the grated cheese a handful at a time & stir to avoid clumps. Once all the cheese has been added is melted, remove from heat & serve immediately.
- Refrigerate leftovers after they have cooled & store in a airtight container up to 5 days in the refrigerator.



# MAIN DISH

## TUSCAN CHICKEN MAC & CHEESE By Caden Pfeifer—Fossil Creek

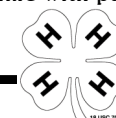
### INGREDIENTS:

- 2 large skinless boneless chicken breasts pounded to 1-inch thickness (or 4 boneless and skinless chicken thigh fillets)
- Salt and pepper, to season
- 1/2 tsp paprika (sweet or smokey)
- 1/2 tsp dried parsley
- 1 Tbsp oil, divided (use olive or canola oil)
- 2 Tbsp butter
- 1 small yellow onion chopped
- 6 cloves garlic finely diced
- 1/3 c white wine OPTIONAL (use chicken broth instead if you wish)
- 9 oz (250g) jarred sun dried tomato strips in oil (reserve 2 Tbsp of oil & drain the rest)
- 3 level Tbsp flour
- 2 c chicken broth
- 3 c milk OR light cream or half & half, divided
- 2 tsp dried Italian herbs
- 10 oz (300g) elbow macaroni uncooked (3 cups!)
- 3 c baby spinach leaves
- 1 c fresh grated Parmesan cheese
- 3/4 c mozzarella cheese shredded
- 1/2 c grated cheese Cheddar or Gruyere
- 2 Tbsp fresh parsley chopped



### DIRECTIONS:

- Season chicken with salt, pepper, paprika, dried parsley & 2 Tbsp of the oil. Heat the remaining oil in a large (12") pot or pan over medium-high heat. Add the chicken & sear on both sides until golden brown, cooked through & no longer pink in the middle. Transfer the chicken to a warm plate, tent with foil & set aside.
- To the same pan, add the butter & fry the onion & garlic until the onion becomes transparent, stirring occasionally (about 2 minutes). Pour in the white wine & allow to simmer for 5 minutes or until beginning to reduce down.
- Add the sun dried tomatoes with 2 Tbsp of the sun dried tomato oil from the jar & cook for 1-2 minutes to release as much flavor as possible.
- Stir the flour into the pot & allow to cook for a further minute. Then, add the broth, 2 ½ c of milk (or cream/half & half), herbs, salt & pepper & bring to a very low simmer (lower the heat if you need to).
- Add the dry macaroni & stir occasionally as it comes to a simmer. Reduce heat down to medium low & stir regularly while it cooks (for about 9-10 minutes) or until the sauce thickens & the macaroni is just cooked (al dente: tender but still firm). Add the spinach & stir through until wilted.
- Take the pot off the stove & stir all the cheese in quickly. Adjust salt & pepper to taste. If the sauce is too thick, add the remaining ½ c milk (or cream) in ¼ c increments, until desired thickness.
- Slice the chicken into strips & stir through the pasta (pour in any juices left from the chicken). Sprinkle with parsley & stir through.
- Serve immediately!



# MAIN DISH

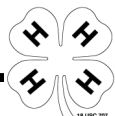
## PEANUT BUTTER—CHOCOLATE SANDWICH By Melanie Harrison—Elkhorn

### INGREDIENTS:

- 2 Slices Honey Wheat Bread
- 2 Tbsp Creamy Peanut Butter
- 2 Tbsp Nutella

### DIRECTIONS:

- Spread peanut butter on one piece of bread.
- Spread Nutella on the other piece of bread.
- Put the two pieces of bread together with the peanut butter & chocolate on the inside.
- Eat Up!!!



# MAIN DISH

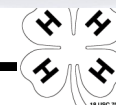
## PORCUPINE MEAT BALLS By Gabbie Fontanez – Fossil Creek

### INGREDIENTS

- 1½ lbs Ground Beef
- ½ cup Rice
- 1 tsp Salt
- ½ tsp Pepper
- 1 Tbsp Minced Onion
- 1 small can Tomato Soup
- ½ cup water

### DIRECTIONS

- Wash rice thoroughly.
- Combine, meat, rice, salt, pepper & onion.
- Shape into small balls.
- Heat tomato soup & water in cooker.
- Drop meat balls in soup mixture.
- Close cover securely.
- Place pressure regulator on vent pipe & cook 10 minutes with pressure regulator rocking slowly.
- Let pressure drop of its own accord.





# MAIN DISH

## HAM ROLL UPS By Hailey Gier—Fossil Creek

### Grandma's Roll Mix:

- 18# 3 oz flour
- 2# 5 oz sugar
- 2.25 oz salt
- 1# 7 oz dry milk
- 1# 4 oz shortening

Combine dry ingredients then cut in shortening.

This mix can be used in bread machines or may be mixed by hand. It makes great cinnamon rolls, dinner rolls, breadsticks, bierocks, and ham & cheese roll-ups.



### Ham Roll Ups:

- 2# thinly sliced ham
- 12 slices American cheese

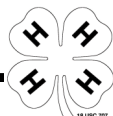
### Dough:

- 1 c warm water
- 1 # or 4 c Grandma's Roll Mix
- 1 scant Tbsp yeast
- ½ tsp instant potato flakes

Add ingredients in order suggested by bread machine manufacturer. Using the dough setting mix ingredients. Remove dough at end of cycle. If using an electric mixer, combine ingredients and knead using a dough hook or by hand. Let dough rise until double in bulk. Punch down and let rest 5 minutes.

### DIRECTIONS:

- On a floured surface roll dough to ½ inch thick, using a round 3 inch biscuit cutter cut dough into circles.
- Place ½ slice of cheese on dough & top with 3-4 slices of thinly sliced ham.
- Fold dough over ham & seal by pinching it together.
- Place pinched side down on a parchment paper lined baking sheet.
- Bake at 375 degrees for 10-12 minutes or until browned.



# MAIN DISH

## SALISBURY STEAK Caleb Hays—Ash Creek

### INGREDIENTS:

- 1 lb. ground beef
- 1 small onion
- 1 c. crushed corn flakes
- ½ c. milk
- 1 egg
- 1 tsp salt
- Dash pepper
- 1 can of cream of mushroom soup

### DIRECTIONS:

- Mix all ingredients together except the soup and make patties.
- Roll the patties in flour and brown them in oil.
- Put the patties in baking dish and cover with cream of mushroom soup.
- Cover the dish with foil.
- Bake at 350 degrees for 45 minutes.



# MAIN DISH

## RHETT'S KABOBS By Rhett Pospichal—Fossil Creek

### KABOB MARINADE INGREDIENTS:

- 1 c vegetable oil
- $\frac{3}{4}$  c soy sauce
- $\frac{1}{2}$  c lemon juice
- $\frac{1}{4}$  c Worcestershire sauce
- $\frac{1}{4}$  c prepared mustard
- $1\frac{1}{2}$  tsp coarsely cracked black pepper
- 2 cloves garlic, minced
- 1 tsp meat tenderizer



### DIRECTIONS:

- In a large resalable plastic bag, combine the oil, soy sauce, lemon juice, Worcestershire sauce, mustard, ground black pepper, garlic & meat tenderizer.
- Mix well & add your meat.
- Seal the bag & marinate in the refrigerator for 4 to 24 hours.

### KABOB INGREDIENTS:

- Beef or chicken
- Green, Red, and/or Yellow peppers
- Onions
- Potatoes

### DIRECTIONS:

- Cut meat into bite size pieces and place in Kabob Marinade.
- Shortly before you are ready to grill, cut vegetables & potatoes into bite size pieces.
- Place potatoes in a microwave-safe container. Cover & microwave on High until just tender when pierced with a fork. 3 to 3  $\frac{1}{2}$  minutes.
- Place meat, vegetables & potatoes on skewers alternating them.
- Grill over medium heat for 5-10 minutes depending on how well you want your meat done. Flip once or twice during grilling time.



# MAIN DISH

## ALBONDIGAS By Kara Hays—Ash Creek

### INGREDIENTS:

- 1 quart of water
- 4 carrots, sliced
- 2 small potatoes, peeled and diced
- 1 medium onion, diced
- $1\frac{1}{2}$  cups salsa, medium or hot
- 2 beef bouillon cubes
- $1\frac{1}{2}$  lbs ground beef
- $\frac{1}{3}$  c seasoned dry bread crumbs
- $\frac{1}{3}$  c milk
- Chopped fresh cilantro ( optional)

### DIRECTIONS

- In a large stock pot, bring water, carrots, potatoes, onion, salsa & bouillon cubes to a boil. Reduce to a medium simmer, stirring occasionally, for approximately 10 minutes.
- Mix the beef, breadcrumbs & milk together in a bowl. Form into 1-inch meatballs & drop into the boiling broth. Once soup returns to a boil, reduce heat to a medium-low.
- Cover & cook for 20 minutes, or until meatballs are no longer pink in the middle & vegetables are tender. Serve with sprinkled cilantro for garnish.

