



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Storri Simmons

CATEGORY

Please check one



Breads &
Cereal



Fruits &
Vegetables



Main
Dish



Nutritious
Snack

COUNTY

ANDERSON

AGE DIVISION:



Junior



Intermediate



Senior

Name of Recipe: PUMPKIN BREAD

Prep Time:

Cook Time:

Type Recipe Here:

PUMPKIN BREAD

5 EGGS

3 CUPS SUGAR

1 TEASPOON NUTMEG

1 TEASPOON CINNAMON

1 ½ TEASPOON SALT

1 CUP SALAD OIL

1 (No. 2) CAN PUMPKIN (1 lb can)

3 ½ CUPS FLOUR

2 TEASPOONS SODA

2/3 CUP WATER

2/3 CUP NUTS

Directions:

1. Beat eggs. Add sugar, spices and salt.
 2. Gradually add oil and pumpkin.
 3. Add flour and soda alternately with water.
 4. Grease and flour 4 (1 pound) coffee cans. Fill each half full.
 5. Bake for 1 hour at 350 degrees. Turn out on rack to cool.
 6. Wash coffee cans and put the bread back into them. Cover cans with lids and place in the refrigerator. Will keep in the fridge for about one month. Can be frozen.
- This bread is very good served warm with butter or Cool Whip.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Sarah Reed

CATEGORY

Please check one



Breads &
Cereal



Fruits &
Vegetables



Main
Dish



Nutritious
Snack

COUNTY

ANDERSON

AGE DIVISION:



Junior



Intermediate



Senior

Name of Recipe: SWEET MOLASSES ROLLS

Prep Time:

Cook Time:

Type Recipe Here:

SWEET MOLASSES ROLLS

- 1 CUP WARM WATER
- 1 TABLESPOON ACTIVE DRY YEAST
- 1 TABLESPOON SUGAR
- 1 ¾ CUPS WHOLE WHEAT FLOUR
- 1 EGG
- 2 TABLESPOONS BUTTER, ROOM TEMP
- 2 TABLESPOONS MOLASSES OR CANE SYRUP
- ¼ CUP HONEY
- 1 ½ TO 2 CUPS OF BREAD FLOUR
- 1 TEASPOON NATURAL BAKING COCOA
- 1 TEASPOON SALT

Directions:

1. Put warm water, active yeast, and sugar in stand mixer and let sit for 10 minutes.
2. Add whole wheat flour, egg, butter, molasses and honey and turn mixer on low, using the dough hook.
3. Add 1 cup of bread flour, cocoa and salt and continue to mix on low. Gradually add remaining half to one cup of bread flour. Continue to knead on low for about 10 minutes until dough is soft and elastic.
4. Roll the entire thing into a ball and allow it to rise in a warm place, covered for about 60 – 90 minutes.
5. Form them into little balls and place them into a 9 x 13 pan and bake them at 350 degrees for 20 minutes.
6. Then let them cool down a little before eating.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Luke Reed

CATEGORY

Please check one

<input checked="" type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
COUNTY ANDERSON							

AGE DIVISION:

☐ Junior

☒ Intermediate

☐ Senior

Name of Recipe: SWEET MOLASSES ROLLS

Prep Time:

Cook Time:

Type Recipe Here:

SWEET MOLASSES ROLLS

- 1 CUP WARM WATER
- 1 TABLESPOON ACTIVE DRY YEAST
- 1 TABLESPOON SUGAR
- 1 ¾ CUPS WHOLE WHEAT FLOUR
- 1 EGG
- 2 TABLESPOONS BUTTER, ROOM TEMP
- 2 TABLESPOONS MOLASSES OR CANE SYRUP
- ¼ CUP HONEY
- 1 ½ TO 2 CUPS OF BREAD FLOUR
- 1 TEASPOON NATURAL BAKING COCOA
- 1 TEASPOON SALT

Directions:

1. Put warm water, active yeast, and sugar in stand mixer and let sit for 10 minutes.
2. Add whole wheat flour, egg, butter, molasses and honey and turn mixer on low, using the dough hook.
3. Add 1 cup of bread flour, cocoa and salt and continue to mix on low. Gradually add remaining half to one cup of bread flour. Continue to knead on low for about 10 minutes until dough is soft and elastic.
4. Roll the entire thing into a ball and allow it to rise in a warm place, covered for about 60 – 90 minutes.
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6. Then let them cool down a little before eating.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Holden Boulware

CATEGORY
Please check one

<input checked="" type="checkbox"/> Breads & Cereal	<input type="checkbox"/> Fruits & Vegetables	<input type="checkbox"/> Main Dish	<input type="checkbox"/> Nutritious Snack
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COUNTY

Angelina

AGE DIVISION:

☐

Junior

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Intermediate

☒

Senior

Name of Recipe: Hibachi-Style Fried Rice

Prep Time: 20 minutes

Cook Time: 10 minutes

Type Recipe Here:

3 tablespoons butter substitute, divided
1 egg, beaten
1/4 cup diced onion
1 clove garlic, minced
2 cups leftover white rice
2 tablespoons soy sauce
1 tablespoon teriyaki sauce
1 teaspoon sesame oil
1 teaspoon diced green onions
1 teaspoon toasted sesame seeds

Heat griddle on medium high heat. Once hot, add one tablespoon of butter substitute and allow it to coat the surface. Add beaten egg to the griddle and allow it to set, moving it gently until cooked. Once the egg is cooked, chop it up and remove from griddle; set aside.

Add another tablespoon of butter substitute to the griddle. Once melted, add the onions and garlic and cook for three minutes or until onions are transparent. Push the onions to the side of the griddle and add the last tablespoon of butter to the empty space. Add the rice to the griddle and begin to saute. After 30 seconds, move the vegetables back into the center of the pan and toss with the rice. Add the soy sauce, teriyaki sauce, sesame oil, sesame seeds, and diced green onions. Cook an additional 2-3 minutes, moving the mixture constantly to develop the flavors. Add the egg back to the griddle and mix thoroughly with the rice mixture. Cook for an additional minute. Serve hot.

Yield: 4 servings (1/2 cup)



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Caitlin Herman

CATEGORY

Please check one



Breads &
Cereal



Fruits &
Vegetables



Main
Dish



Nutritious
Snack

COUNTY

AGE DIVISION:



Junior



Intermediate



Senior

Name of Recipe: Like Logan's Roadhouse Dinner Rolls

Prep Time: 2 hours

Cook Time: 15 minutes

Type Recipe Here:

Ingredients:

¾ cups Warm Water (105-115 F)

2-¼ teaspoons Active Dry Yeast 1 teaspoon

Granulated Sugar ½ cups Warm Milk (105-115 F)

¼ cups Granulated Sugar (can Use Up To 1/3 Cup Sugar If You Like Your Dinner Rolls Sweeter)

¼ cups Butter Or Margarine, Softened

1 teaspoon Salt 1 whole Large Egg 3-½ cups Bread Flour 2 Tablespoons Butter 2 Tablespoons Honey

Preparation:

To make the sponge... Put the warm water into a small bowl. Stir the yeast and 1 teaspoon sugar into the warm water until the yeast and sugar are dissolved. Set the mixture aside until it gets foamy, about 15 minutes.

To make the dough, combine the milk, sugar, 1/3 cup butter and salt in a large bowl, mixing well. Add the egg and the yeast mixture and mix well. Stir in just enough of the flour to make a soft dough.

Turn the dough onto a floured surface and knead in enough of the remaining flour until the dough is smooth and elastic, 8-10 minutes.

Butter the inside of a large bowl. Add the dough, turning it to coat the surface with the butter. Cover the bowl with plastic wrap or a clean linen or cloth towel and let the dough rise in a warm, draft-free place until it is doubled in bulk, about 1 hour.

Punch down the dough. Shape dough into rolls. The amount of rolls you get out of one batch depends on how big or small you make them. I prefer pan rolls, so I weigh the dough, divide it into 18 equal pieces and place the formed rolls into two 8" round cake pans with 9 rolls in each pan. Each piece of dough used weighs about 1.9 ounces. I shape them into round balls, but you can shape this lovely dough into any roll shape you choose. Rolls can also be baked in 1 greased 13×9-inch pan or on greased baking sheets—it's totally up to you.

Place the rolls in or on the greased pan(s), cover the pan lightly with plastic wrap that has been sprayed with nonstick cooking spray or a clean linen or cotton towel. Let them rise in a warm, draft-free place until doubled in size, about 20-30 minutes.

Preheat the oven to 400 F.

For the glaze, melt 2 tablespoons of butter in a small saucepan. Stir in the honey until well mixed.

Brush the honey-butter mixture generously over the tops of the rolls. If there is any honey-butter mixture left over, you can use it to brush the tops of the rolls again when they come out of the oven.

Bake at 400 F for 10-15 minutes, or until the rolls are golden brown. Remove from the oven and brush with any remaining honey butter if desired. Immediately remove rolls from the pans. Serve warm. Makes 18

Healthy Cheesy Breadsticks

Ingredients

- 1 and 1/2 cup wholewheat flour plus a little more for dusting
- 1/4 cup cheddar cheese, grated
- 2 tablespoons butter melted
- 3 and 1/2 tablespoons Greek yogurt
- 1 large egg
- 1 teaspoon baking soda
- 1/4 cup water (if needed)

Instructions

1. Preheat the oven to 350 F. Prepare cookie sheet by lining it with parchment paper or use a cookie stone. Set aside.
2. Whisk together the egg, yogurt, and butter. Add the cheese and stir well.
3. Combine the flour with baking soda and tip all at once into the cheese mixture. Stir well to combine. Tip the dough onto a lightly floured surface and knead for a minute. The dough shouldn't be sticking to your hands but it shouldn't be dry either. (Add the water a Tbsp at a time if needed to make the dough moist enough.)
4. Divide the dough into 2 parts. Roll each part into a thin sausage shape and cut into approximately 5 cm long pieces. Roll each piece a little more to make thin finger shapes and place on the baking tray spreading them out as they will expand in the oven.
5. Bake for about 18-20 minutes until the breadsticks are lightly brown.
6. Serve with dipping sauce.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Noah Russell

CATEGORY
Please check one

<input checked="" type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
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COUNTY

AGE DIVISION:

☐ Junior

☐ Intermediate

☒ Senior

Name of Recipe: Pumpkin Bread

Prep Time: 15 minutes

Cook Time: 60 to 85 minutes

Type Recipe Here:

Ingredients:

- 3 cups all purpose flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- 1 teaspoon ground all spice
- 1 teaspoon salt
- 1/4 teaspoon baking powder
- 3 cups granulated white sugar
- 4 large eggs
- 1 cup vegetable oil (can sub 1/3 cup unsweetened apple sauce)
- 2 cups pure unsweetened pumpkin puree
- 2/3 cup water

Directions:

1. Preheat oven to 350 degrees. Grease and flour two 9x5 inch loaf pans.
2. In a medium bowl, whisk together the flour, baking soda, spices, baking powder and salt.
3. In a large bowl, whisk together the sugar, eggs and oil.
4. Stir the dry ingredients into the wet mixture. Add the pumpkin and water and stir until all of it is combined.
5. Divide the batter between the two prepared pans. Bake for 1 hour or until a toothpick inserted into the center comes out clean. It could take an extra 15 minutes depending on the type of pan you use.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Jack Tyler

CATEGORY

Please check one

<input checked="" type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
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COUNTY

AGE DIVISION:

☒ Junior

☐ Intermediate

☐ Senior

Name of Recipe: Whole Wheat Blueberry Muffins

Prep Time: 10 minutes

Cook Time: 20 minutes

Type Recipe Here:

Ingredients:

- 1 1/2 cups flour, whole wheat
- 2 cups flour, all-purpose
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 3/4 cup butter, salted
- 1 cup sugar
- 1/2 cup applesauce, unsweetened
- 2 large eggs
- 1 tablespoon vanilla extract
- 1 1/2 cups buttermilk
- 3 cups blueberries
- 24 standard cupcake liners

Directions:

1. Preheat oven to 400 degrees.
2. Place dry ingredients in a food processor and pulse until well mixed. Add cold cubed butter into the dry mixture and pulse until the mixture resembles small pebbles.
3. In a separate bowl, whisk together sugar, applesauce, eggs, vanilla and buttermilk. Slowly pour into dry mixture, and mix with a wooden spoon just until the dry mixture is moistened. Gently fold in blueberries.
4. Line a muffin tin with paper liners or spray with non-stick cooking spray. Spoon batter into liners about 3/4 full.
5. Place in oven and bake for 10 minutes at 400 degrees, then reduce heat to 350 and bake for another 8-10 minutes, or just until the tops are a light golden brown and the muffins bounce back.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Andrew Childress

CATEGORY
Please check one

<input checked="" type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
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COUNTY

AGE DIVISION:

☐

Junior

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Intermediate

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Senior

Name of Recipe: Panera Bread's Macaroni and Cheese

Prep Time: 5 minutes

Cook Time: 15 minutes

Type Recipe Here:

Ingredients:

- 1 to 1 1/2 cups uncooked elbow macaroni
- 1/4 cup margarine or butter
- 1 small onion, chopped (about 1/4 cup)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup flour
- 1 3/4 cups milk
- 8 ounces sharp cheddar cheese

Directions:

Cook the macaroni as directed. Cook and stir margarine, onion, salt, and pepper over medium heat until onion is tender. Stir in the flour. Cook over low heat, stirring constantly, until mixture is smooth and bubbly. Remove from heat and stir in milk. Heat to boiling and stir constantly. Then pour over cooked pasta and serve.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Kallie Stephens

CATEGORY
Please check one

<input checked="" type="checkbox"/> Breads & Cereal	<input type="checkbox"/> Fruits & Vegetables	<input type="checkbox"/> Main Dish	<input type="checkbox"/> Nutritious Snack
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COUNTY

Houston

AGE DIVISION:

☒ Junior

☐ Intermediate

☐ Senior

Name of Recipe: Low Carb Pretzels

Prep Time: 15 mins

Cook Time: 20 mins

Type Recipe Here:

Ingredients:

3 eggs
1 1/2 cups almond flour
1/2 teaspoon salt
1 Tablespoon butter (or coconut oil for dairy-free) melted
1-3 Tablespoon coconut flour
1 teaspoon water
3 large pinches salt for topping

Directions:

1. Beat 2 eggs, and set them aside.
2. Add the almond flour, salt and butter together. Add your eggs and mix together.
3. Add In one tablespoon of coconut flour and mix in well. Allow mixture to sit for about a minute for coconut flour to absorb. You are looking for the dough to be easily kneaded and will not stick to your hands. If it is still rather wet add 1 Tablespoon as a time of coconut flour until the dough reaches a play-doh like texture.
4. Let dough rest for about 5 minutes. Preheat oven to 350 degrees F.
5. Prepare a baking sheet by greasing it with oil or cooking spray.
6. Take a golf size ball of dough and roll the dough under your hands into a long skinny pencil and the length of a pencil. Very carefully lift the dough to the cookie sheet. Twist it carefully into the shape of a pretzel.
7. Bake for 10 minutes. Meanwhile, take your remaining egg and beat in a small bowl with 1 teaspoon of water.
8. Remove the pretzels from the oven - Turn heat up to 400 degrees F
9. Turn all of pretzels over. Those bottoms will actually be the top of your pretzels. Lightly brush the beaten egg and sprinkle with coarse salt. Return to the oven and bake for another 5 minutes.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Matthew Self

CATEGORY

Please check one

<input checked="" type="checkbox"/> Breads & Cereal	<input type="checkbox"/> Fruits & Vegetables	<input type="checkbox"/> Main Dish	<input type="checkbox"/> Nutritious Snack
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COUNTY

Nacogdoches

AGE DIVISION:

☐

Junior

☐

Intermediate

☒

Senior

Name of Recipe: Mediterranean Naanchos

Prep Time: 1 hour 25 minutes

Cook Time: 20 minutes

Type Recipe Here:

Ingredients:

1/4 cup warm water
1 tablespoon sugar
1 package (2 1/4 teaspoons) active dry yeast
4 cups all-purpose flour
1 teaspoon kosher salt
1/4 pound lamb
3/4 cup warm milk
3/4 cup plain yogurt
1 stick melted butter for brushing

4 cloves of minced garlic
1/4 cup black olives
1/4 cup red onion
1/2 cup tomatoes
2 tablespoons of chopped basil
1 tablespoon oregano
1/4 cup of feta cheese

Tzatziki Sauce:

1/2 cup peeled cucumber
16 ounces cold, plain Greek yogurt
4 cloves pressed garlic
1/3 cup chopped dill

1 1/2 tablespoons freshly squeezed lemon
1/2 teaspoon salt
1/8 teaspoon black pepper

Instructions:

1. Combine the yeast, sugar, and water and let sit until very foamy (about 10 minutes). Meanwhile, whisk the flour and salt together in a large bowl and create a well in the center.
2. While waiting for yeast to foam, you can begin searing your lamb meat to 170 degrees. After cooked, chop into smaller cubes and, then begin to work on your naan bread.
3. Whisk warm milk and plain yogurt into the yeast mixture until well-combined. Pour into the well of dry ingredients. Stir until a dough is formed, then place on lightly floured surface and knead for 3-4 minutes. Transfer the dough to a large, lightly oiled bowl and cover with a damp towel. Let rise at room temperature until doubled in size, about an hour.
4. Turn the dough out onto a floured surface. Knead briefly into a disc and cut the dough into 12 equal-sized pieces. Roll each into a ball.
5. Heat skillet over medium heat. Roll each dough ball out until it is about 1/4 inch thick and approximately 6 inches wide. Brush the dough with butter and place in skillet. Cook until large bubbles form on the surface, about 2 minutes. Flip the dough and cook the other side until golden. Stack the flat bread on a plate.
6. Add minced garlic to the remaining melted butter. Loosely cover and microwave for 15 seconds. Brush the warm naan with the garlic butter. While still warm, cut naan into triangles to resemble chips.
7. Once done cooking naan bread, drain the black olives and cut them into fourths. Dice the tomatoes and red onions. After all of them are chopped, mix them together in a bowl and place on top of the naan bread triangles. Next sprinkle the top of the naanchos with feta cheese and cooked lamb, and begin to make the tzatziki sauce.
8. To begin your sauce, the cucumber should be peeled, finely diced and strained of its juices.
9. Combine the strained and chopped cucumber with the Greek yogurt, pressed garlic cloves, chopped dill, freshly squeezed lemon, salt, and black pepper.
10. Mix everything together and place in a bowl. The sauce may then be used as a dipping sauce for the Mediterranean Naanchos. Recipe makes 2 servings.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Grayson McPhail

CATEGORY
Please check one

<input checked="" type="checkbox"/> Breads & Cereal	<input type="checkbox"/> Fruits & Vegetables	<input type="checkbox"/> Main Dish	<input type="checkbox"/> Nutritious Snack
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COUNTY

Newton

AGE DIVISION:

☒ Junior

☐ Intermediate

☐ Senior

Name of Recipe: Oatmeal Chocolate Chip Muffins

Prep Time: 30 minutes

Cook Time: 20-25 minutes

Type Recipe Here:

INGREDIENTS:

- 1 1/4 cups quick-cooking rolled oats
- 1 1/4 cups milk
- 1 egg
- 1/2 cup vegetable oil
- 3/4 cup firmly packed brown sugar, divided
- 3/4 cup sugar-free chocolate chips
- 1 cup chopped pecans, divided
- 1 1/4 cups all-purpose flour
- 4 teaspoons baking powder
- 1 teaspoon salt

DIRECTIONS:

1. Combine oats and milk; allow to stand 15 minutes.
2. Preheat the oven to 400 degrees.
3. Stir egg, oil, 1/2 cup brown sugar, chocolate chips, and 1/2 cup pecans into oat mixture.
4. In a large bowl, combine flour, baking powder, and salt.
5. Add oat mixture to flour mixture, stirring just until all dry ingredients are moistened.
6. Fill each cup of a 12-cup muffin tin with a cupcake liner.
7. Fill each liner two-thirds full with batter.
8. Sprinkle tops with remaining brown sugar and pecans.
9. Bake 20-25 minutes, or until the top of a muffin springs back when lightly touched.

Yield: 12 muffins



District 5 4-H Food Show Recipe Information

CONTESTANT NAME:

Sarah Beth Twomey

CATEGORY

Please check one

<input checked="" type="checkbox"/> Breads & Cereal	<input type="checkbox"/> Fruits & Vegetables	<input type="checkbox"/> Main Dish	<input type="checkbox"/> Nutritious Snack
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COUNTY

AGE DIVISION:



Junior



Intermediate



Senior

Name of Recipe:

Strawberry Pancakes with Whipped Cream

Prep Time:

Cook Time:

Type Recipe Here:

Ingredients:

- 1 1/2 c. flour
- 3 1/2 tsp. baking powder
- 1 tsp. salt
- 1 tbsp. sugar
- 1 1/4 c. milk
- 1 egg
- 3 tbsp. butter, melted
- 1 tsp. vanilla extract

Toppings:

Homemade Whipped Cream

Ingredients:

- 1 c. heavy whipped cream
- 3 tbsp. sugar
- 1/4 tsp. lemon extract
- 4 strawberries

Directions:

1. Whisk the flour, baking powder, salt, and sugar together. Combine the milk and egg together.
3. Add the milk mixture to the dry ingredients, gently stir until combined.
4. Heat your frying pan or griddle to medium heat and pour the batter on a lightly oiled pan in small amounts. Roughly the size of a saucer. Flip when bubbles start to pop. Cook for additional 2 minutes. Remove from frying pan or griddle and place on plate.

Directions for toppings:

1. Pour heavy whipping cream into a mixing bowl. Whisk until fluffy and you notice peaks. Add sugar and lemon extract and continue to whisk until combined. Add a dollap to the top of your pancakes.
2. Slice 3 strawberries to your desired thickness and place around dollap of whipped cream. Add the last strawberry to top of dollap.

Cinnamon-Topped Oatmeal Muffins

Submitted by Grace Pitts — Junior

Category: Breads & Cereal

Prep Time: 10 minutes

Cook Time: 13 minutes

1/2 cup flour

1/2 cup whole-wheat flour

1/4 cup sugar

3 teaspoons baking powder

1/2 teaspoons salt

1 cup quick or old-fashioned oats

1/2 cup raisins

3 Tablespoons unsweetened applesauce

1 beaten egg

1 cup 2% milk

Topping ingredients:

2 Tablespoons sugar

2 teaspoons flour

1 teaspoons cinnamon

1 teaspoons melted butter

Pre-heat the oven to 425 degrees (400 degrees for dark pans). Sift together flour, whole-wheat flour, sugar, baking powder, and salt. Stir in oats and raisins. In a separate bowl, mix together the wet ingredients: applesauce, egg, and milk. Add wet ingredients into dry ingredients, stir until just moistened. Do not overmix. Grease a 12-muffin standard sized muffin pan. Fill each muffin opening 2/3 full.

To make the topping, combine the sugar, flour, cinnamon, and melted butter. Sprinkle muffins with cinnamon topping. Bake 13 minutes. Makes 12 muffins.

To store, put in a plastic container or cover with plastic wrap and leave at room temperature for up to three days.

Breads & Cereals
Intermediate

Peyton Clifton
Rusk Co. 4-H
Saturday, December 1, 2018

Seeded Honey-Whole Wheat Bread

a healthy take on Saltgrass Steakhouse's Bread

Ingredients:

- 1 package of dry yeast
- 1/4 cup honey
- 1/8 cup butter, softened
- 1 1/2 teaspoons pink Himalayan salt
- 1 3/8 cups warm water
- 2 1/4 cups whole wheat flour
- 1 1/2 cups all purpose flour
- 2 Tablespoons Trilogy Seed Mix
- 1 egg, beaten
- 1 tsp water

Using a bread machine to mix, sprinkle yeast around edge of bread machine basin. Add flours to bread machine. Next, add warm water, honey, butter and salt to the mixture. Turn machine on to knead. Allow machine to knead twice. In a greased bread pans place bread dough. Remember that the dough will rise, so don't fill all the way. Loosely cover with saran wrap and allow dough to double in size. While dough is rising, preheat oven to 375 degrees. Make an egg wash for your bread, by mixing together 1 beaten egg and 1 tsp of water. Brush the tops of bread with egg wash and sprinkle seed mixture on top. Bake until golden brown.

Makes three small loaves.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Clara Brown

CATEGORY

Please check one

<input checked="" type="checkbox"/> Breads & Cereal	<input type="checkbox"/> Fruits & Vegetables	<input type="checkbox"/> Main Dish	<input type="checkbox"/> Nutritious Snack
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COUNTY

Smith

AGE DIVISION:

☐

Junior

☒

Intermediate

☐

Senior

Name of Recipe: Multigrain Bread

Prep Time: 3 hours 10 minutes

Cook Time: 30 minutes

Type Recipe Here:

1 ¼ cups 5-grain cereal mix 1/3 cup honey
2 ½ cups boiling water ¼ cup butter melted
2 ½ cups bread flour 2 ½ teaspoons dry active yeast
1 ½ cups whole wheat flour ½ cup sunflower seeds
½ tablespoon salt 1 tablespoon chia seeds
½ cup quick oats

1. Place cereal mix in bowl of stand mixer fitted with dough hook and pour boiling water over it. Let stand, stirring occasionally, until mixture cools (about 1 hour)
2. Meanwhile, whisk flours and salt together in separate bowl; set aside
3. Once grain has cooled add honey, butter, and yeast and mix until combined
4. Let mixture sit for 5-10 minutes
5. Add flour mixture, ½ cup at a time and knead until dough starts to come together.
6. Cover bowl tightly with plastic wrap and let dough rest for 20 minutes
7. Knead on medium low speed or using your hands until dough clears the sides . keep adding flour as needed 2 tablespoons at a time and knead until it comes together.
8. Once it comes together, continue to knead dough for additional five minutes
9. Add seeds, and knead until seeds are evenly dispersed throughout the dough and dough forms smooth, round ball
10. Place dough in large, lightly greased bowl; cover tightly with plastic and let rise at room temperature until nearly doubled in size, 45-60 minutes
11. Grease two 9x5 inch loaf pans
12. Transfer dough to lightly floured counter and divide in half
13. Stretch first piece of dough into 9x6 inch rectangle
14. Roll dough into a cylinder and place dough seam-side down in prepared loaf pan.
15. Repeat with second piece of dough
16. Spray loaves lightly with water or vegetable oil
17. Sprinkle both loaves in oats
18. Cover loosely with greased plastic, and let rise at room temperature until nearly doubled in size 30-40 minutes
19. Preheat oven to 375 degrees
20. Bake 30-40 minutes
21. Transfer to wire rack to cool
22. Remove loaves from pans and let them cool to room temperature on cooling rack.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Emmeline Brown

CATEGORY

Please check one



Breads &
Cereal



Fruits &
Vegetables



Main
Dish



Nutritious
Snack

COUNTY

Smith

AGE DIVISION:



Junior



Intermediate



Senior

Name of Recipe: Fluffy Berry Oat Pancakes

Prep Time: 10 minutes

Cook Time: 15 minutes

Type Recipe Here:

Fluffy Berry Oat Pancakes

1 cup buttermilk
½ cup whole wheat baking flour
½ cup quick oats
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
2 tablespoons brown sugar
1 egg
1 cup fresh blueberries
Butter for frying
Maple serving for serving

1. Mix flour, oats, baking powder, baking soda, salt and sugar in medium bowl.
2. Measure 1 cup buttermilk; add egg to buttermilk and whisk together
3. Add egg mixture to dry ingredients, stirring until just combined (do not overwork the batter)
4. Fold in 1 cup of berries into the batter gently
5. Heat a heavy or cast iron skillet/griddle and cook pancakes in melted butter in 1/3 amounts over medium heat. Flip when slightly browned around the edges and bubbles form at the top.
6. Serve with extra berries and maple syrup.

Landen Hooks
Junior (4th grade)
Bread & Cereals
Tyler County

Keto Bread

1 tablespoon Coconut Flour
1 tablespoon Coconut Oil
 $\frac{1}{4}$ cup Almond Flour
 $\frac{1}{4}$ teaspoon Baking Powder
1 Egg

Place all the ingredients into a mug. Mix until combines with a fork. Microwave for 90 seconds. Cut and enjoy.

Weight Watchers Banana Bread

- 3 medium banana(s)
- 1 Egg
- 1 Tbsp vanilla extract
- 2 Tbsp Splenda Brown sugar blend
- 1 tsp baking soda
- 1 tsp baking powder
- 1 ¼ cup (s) white self-rising flour
- 3 Tbsp unsweetened applesauce

1. Preheat oven to 350 degrees and spray loaf pan (9×5 or 8×4) with non stick cooking spray.

2. In a medium bowl add bananas and use a fork to mash well.

3. Add egg, vanilla, brown sugar/stevia. Stir well.

4. In a separate bowl combine flour, baking soda & powder.

5. Add dry ingredients into the wet slowly as you stir.

Before the two are incorporated add in applesauce. Stir just until barely combined.

The number one tip is to not over mix.

6. Pour into pan and bake for 30-45 minutes or until an inserted knife or toothpick comes out clean. If making them into muffins decrease the cooking time to 14-16 minutes.

Store in an airtight container



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Raleigh Rhodes

CATEGORY

Please check one



Breads &
Cereal



Fruits &
Vegetables



Main
Dish



Nutritious
Snack

COUNTY

Wood

AGE DIVISION:



Junior



Intermediate



Senior

Name of Recipe: A New Take on Tacos

Prep Time:

Cook Time:

Type Recipe Here:

1 bulb fennel, sliced
1 bunch radishes about 8-9, sliced
1 small sweet potato, chopped
3 green onions, cut into long slices
3/4 teaspoon sea salt
1/2 teaspoon ground black pepper
Drizzle of veggie broth or your favorite oil for roasting
9 corn or flour tortillas
Optional but highly recommended toppings: cabbage, sliced into shreds; Avocado, sliced, Citrus salsa
Citrus Cream Sauce

1. Preheat oven to 400 F.
2. Toss fennel, radishes, sweet potato and green onions with salt, pepper and drizzle of broth or oil.
3. Place on a parchment lined baking sheet and roast them at 400 degrees F for 45 minutes.
4. While they are cooking, make citrus salsa and citrus cream sauce if they are not prepared. Prep cabbage and avocado.
5. When the veggies are done, assemble tacos by putting cabbage at the bottom of the tortilla, then topping with roasted veggies, salsa, cream sauce and avocado. Devour.

This recipe makes an average of 9 tacos but can make more or less depending on how much you fill them.

4-H Food Show

Recipe

Name Southwestern Pizza (Based on California)
Pizza Kitchen

Age Division

 Clover Kid

X Junior

 Intermediate

 Senior

Food Division (Check only 1)

 Main Dish

 Fruit/Vegetables

X Breads/Cereals

 Nutritious Snacks

Serves 2

RECIPE

Crust:

- $\frac{1}{3}$ C. warm water
- $\frac{3}{4}$ t. yeast
- 1 t. sugar
- 1 C. flour
- $\frac{1}{2}$ t. salt
- $\frac{1}{2}$ T. olive oil

To make crust:

Make 1 day ahead. Dissolve yeast and sugar in water. Let sit 5 minutes. Sift flour and salt together. Add in oil and yeast. Stir until combined. Knead 10 minutes. Cover ball of dough ~~with oiled plastic wrap~~ in a bowl with plastic wrap. Keep in warm place for 2 hours. Punch dough down, cover in bowl again and refrigerate overnight. Take out 2 hours before you are ready to make pizza.

Pizza:

- 1 boneless chicken breast - Antipasto bites (marinated in Santa Fe style marinade)
- $\frac{3}{4}$ C. refried black beans
- 1 T. water
- $\frac{1}{4}$ t. cayenne
- $\frac{1}{4}$ C. sliced onion
- 1 whole canned green chili
- $\frac{1}{2}$ C. Monterey Jack cheese
- 1 C. shred. cheddar cheese

1. Heat small skillet with 1 t. olive oil, cook chicken until done.

2. Mix black beans with water and cayenne pepper

3. Roll out pizza crust into 10" circle and place on baking sheet. Preheat oven to 475°.

4. Spread bean mixture over crust.

5. Arrange chicken over beans.

6. Add onion, green chili

7. Add both cheeses.

8. Cook pizza 12-15 minutes.

9. Serve with tomatillo salsa or sour cream.

Kierney Wallis
Wood Co.

NOV 7 2018

4-H Food Show

Recipe

Name The Best Fried Rice (Based on P.F. Changs)

Age Division

____ Clover Kid

____ Junior

____ Intermediate

☒ Senior

Food Division (Check only 1)

____ Main Dish

____ Fruit/Vegetables

☒ Breads/Cereals

____ Nutritious Snacks

RECIPE

INGREDIENTS

- 2 tablespoons butter, divided or olive oil
- 3 eggs, whisked
- 2 medium carrots, small dice
- 1 small onion, small dice
- 3 cloves garlic, minced
- 1 cup frozen peas, thawed
- 4 cups cooked and chilled rice, (I either use white or brown rice)
- 3 tablespoons low sodium soy sauce
- 2 tablespoons oyster sauce
- 1 teaspoon sesame oil
- sliced green onions for garnish, if desired

INSTRUCTIONS

1. Heat 1 tablespoon of butter into a large skillet.
2. Add the eggs and scramble until fully cooked. Remove them from the pan and set aside.
3. Add the remaining tablespoon of butter into the pan.
4. Add carrots and onion to the pan and cook until tender, 3-4 minutes.
5. Stir in garlic and cook for an additional minute.
6. Add in the cold rice and peas and sauté for 3-4 minutes. The rice should brown up a bit.
7. Add the eggs back to the pan and stir in soy sauce, oyster sauce and sesame oil. Cook for 1-2 minutes to heat through.
8. Serve immediately with green onions for garnish, if desired.