

Chippewa County 4-H Foods Revue



**March 14, 2015
Lafayette Town Hall
Chippewa Falls**

NOTES:

1. Preheat oven to 400°F. Line baking sheet with baking parchment paper.
2. Place egg whites in bowl and beat on high until soft peaks start to form. Slowly add 2 T. of sugar and continue beating until stiff and glossy. In another bowl beat egg yolks and remaining sugar. Whip until thick and very pale in color.
3. Sift flour and baking powder together on a sheet of wax paper. Fold half the egg whites into the egg yolk mixture. Fold in flour and then add the remaining egg whites. Transfer mixture to pastry bag and pipe out onto prepared baking sheet. Bake 8 minutes.

Apple Dumpling Tart
Jessica Sikora, Otter Creek Ramblers



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| 1 large apple | 1 stick of butter (1/2 c.) |
| 8 ct. tube of crescent rolls | 3/4 c. white sugar |
| 1/2 tsp. cinnamon | 1 1/2 T. flour |
| 6 oz. Sprite | |

Preheat oven to 350°F.

1. Core and peel apple into eight slices.
2. Open can of crescent rolls and unroll. Place 1 apple on the wide end of crescent and roll it up in the crescent.
3. Place in a greased 8x8 or 9x9-inch pan. Continue with other rolls.
4. In a small bowl, combine melted butter, sugar, cinnamon, flour and mix until just combined.
5. Spoon over each crescent.
6. Pour Sprite into empty space in middle of pan. (Not over the crescents)
7. Bake for 35-40 minutes or until crescents are golden brown.
8. Serve warm. May be served with whipped cream or vanilla ice cream.

Food Preservation (Grades 9-13)

No Entries.

Cherry Chocolate Tiramisu
Josie McCarthy, Wissota Raptors

1 c. water
1/4 c. sugar
2 tsp. instant coffee grounds
1 tsp. vanilla extract
6 oz. ladyfingers, separated and torn into 1/2 inch pieces
8 oz. frozen whipped topping, thawed
2 T. unsweetened cocoa powder
16 oz. frozen unsweetened pitted dark cherries, thawed
2 T. sugar
1 T. cornstarch
1/4 tsp. almond extract
1/4 c. slivered almonds, dry roasted

Directions:

In a small bowl, stir together water, 1/4 c. sugar, coffee granules, and vanilla until sugar is dissolved.

To assemble, place 1/2 ladyfinger pieces in an 8-inch square baking pan. Stir coffee mixture and spoon half over ladyfingers. Spooner 1/2 whipped topping over ladyfingers, spreading evenly. Using a fine sieve, sprinkle 1/2 of cocoa powder over all. Repeat. Cover with plastic wrap. Refrigerate for 8-24 hours.

Meanwhile, halve cherries if desired. In a large skillet, stir together cherries and their liquid, 2 T. sugar and cornstarch until cornstarch is completely dissolved. Bring to a boil over medium-high heat. Boil for 1 minute, stirring constantly. Remove from heat.

Put skillet on cooling rack. Stir in almond extract. Let mixture cool completely, about 15 minutes. Refrigerate in airtight container until serving time.

To serve, spoon cherry mixture over individual servings of tiramisu. Sprinkle with almonds.

Ladyfingers
Josie McCarthy, Wissota Raptors

4 eggs, separated
7/8 c. all purpose flour
2/3 c. white sugar
1/2 tsp. baking powder

Cloverbud Project (Grades 1 & 2)

Pillsbury Milk Chocolate Brownie
Eagan McCarthy, Wissota Raptors

Brownie Mix
1/4 cup water
1/2 cup oil
2 eggs

1. Preheat oven to 350°F for metal or glass pan. Grease bottom of pan or spray with no-stick cooking spray.
2. Combine brownie mx, oil, water, and eggs in one bowl; stir 50 strokes with spoon. Spread into greased pan.
3. Bake for 28-30 minutes.



Supreme Brownie Mix Turtle with Hershey's
Evangeline Duenas/Johnson, Howard-Wheaton

Brownie Mix
1/4 cup water
1/3 cup vegetable oil
1 egg

1. Preheat oven to 350°F. Grease bottom of pan.
2. In medium bowl, stir in brownie mix (with walnuts), water, oil and egg until well blended.
3. Squeeze the caramel pouch for 10 seconds to soften. Open and squeeze in lines and use knife to move it around.
4. Bake at 350°F for 35 to 38 minutes (pan 8x8). After time, check with toothpick inserted 2 inches from side of pan, toothpick should come out almost clean.
5. Let cool.

Crème Patissiere (vanilla, pastry cream)

Samantha Wirtz, Wissota Raptors

Adapted from Ina Garten, "Barefoot in Paris"

****AWARD OF EXCELLENCE****

5 egg yolks, room temperature	3/4 c. sugar
3 T. cornstarch	1 1/2 c. hot milk
1 tsp. vanilla extract	1 T. unsalted butter

1. In the bowl of an electric mixer fitted with the paddle attachment, beat the egg yolks and sugar on medium-high speed for 4 minutes, or until very thick. Reduce to low speed, and add the cornstarch.
2. With the mixer still on low, slowly pour the hot milk into the egg mixture. Pour the mixture into a saucepan and cook over low heat, vigorously whisking until the mixture thickens, 5-7 minutes. The custard will come together and become very thick, like pudding. As soon as the pastry cream reaches this stage, remove the pan from the heat and stir in the vanilla extract and the butter. Transfer the pastry cream to a bowl, place a piece of plastic wrap directly on the surface to prevent a skin from forming, and refrigerate until cold.

If there are a few specs of cooked egg white in your pastry cream, strain it through a sieve.

Food & Nutrition (Grades 7-13)

Baked Creamy Chicken Taquitos

Haley Kragness, Sunnyside

3 oz. cream cheese	1/4 c. salsa
1/2 tsp ground cumin	1 tsp chili powder
1/2 tsp onion powder	2 cloves garlic, minced
3 T chopped cilantro	2 T sliced green onions
2 c. shredded cooked chicken	2 c. shredded cheddar
Small flour or corn tortillas	Cooking spray

1. Preheat oven to 425°F.
2. Combine cream cheese, salsa, ground cumin, onion powder, and garlic in a bowl and stir until well combined. Once combined, stir in the cilantro and green onions. Add the chicken and cheese; mix thoroughly.
3. Spoon 2-3 T of the chicken mixture on the lower third of a tortilla.

1. Preheat oven to 350°F.
2. Melt butter, whisk in sugar and vanilla. Let cool before beating in each egg, one at a time.
3. Add flour, cocoa powder, baking powder and salt.
4. Stir in melted Nutella. Fold in chocolate chips.
5. Pour into pan and bake for 30-40 minutes (it's done when you shake pan slightly and it does not jiggle).
6. Let cool completely.

Stained Glass Cookies

Emily Honaker, Hallie

1/2 c. (1 stick) butter	1/2 c. sugar
1/4 c. brown sugar	1 T. molasses
1/2 tsp. vanilla extract	1 egg
2 c. flour	3/4 tsp baking powder
30-40 hard candies	

1. Pre-heat oven to 375° F. Line two baking sheets with parchment paper or Silpat.
2. In a large bowl, using an electric mixer, cream together butter and sugars until fluffy, about 2 minutes. Add molasses and vanilla extract, mixing until incorporated. Add egg and mix until light and smooth, about 1 minutes on medium speed.
3. Sift together flour, salt, and baking powder. Fold dry ingredients into wet mixture. Use electric mixer to blend just until flour is incorporated. Divide dough in half and flatten into two disks. Wrap disks in plastic wrap and refrigerate at least an hour and up to 2 days.
4. Remove any wrappers on candies and separate them by color into plastic bags. Put in blender and turn into powder.
5. Place one disk between two large sheets of waxed paper and roll to 1/4" thickness. Use cookie cutters to cut dough into desired shapes. Transfer cookies to prepared baking sheets, about 1 inch apart. Using a smaller cookie cutter or a knife, cut shapes into centers of cookies, reserving these center bits to add into extra dough.
6. Use a spoon to sprinkle the crushed candy into the hollowed-out centers of the cookies, filling to the edges. Try to keep the candy within the centers. Any candy specks that fall on the cookie will color the cookie.
7. If cookies will be hung as ornaments decorations, poke a small hole in the top of each cookie before baking.

- Bake 9 to 10 minutes. The candy should be melted and bubbling and the cookies just barely beginning to brown. Remove baking sheets from oven and place on wire racks to cool. Allow cookies to cool on pans at least 10 minutes; otherwise, the candy centers may separate from the dough. When cookies are completely cooled, remove and store in an airtight container.

Exploring Project (Grade 3)

Turkey Roll-Ups

Morgan Wirtz, Wissota Raptors

****AWARD OF EXCELLENCE****

2 Thinly slices pieces of turkey
Avocado slices

Alfalfa sprouts
Tomato slices

Other optional ingredients: pickle, ranch dressing, mayo, cucumber, salt or pepper, beef slices, ham slices, or anything you want.

Lasagna

Blake Sikora, Howard-Wheaton

6 lasagna noodles
24 oz. can spaghetti sauce
16 oz. cheese (8 oz. each mozzarella and cheddar)

1 lb. hamburger

- Preheat oven to 350°F. Fill a large pot 3/4 full of water and bring it to a boil. Once it is boiling put your 6 lasagna noodles in and cook for 10 minutes.
- Put the hamburger in a pan and cook until it is brown (add seasonings you like). Ground to small pieces.
- Lay 3 noodles on bottom of a 9 x 13 pan. Then 1/2 can of sauce. Add half the hamburger and even throughout the pan. Next sprinkle 4 oz. mozzarella and 4 oz. cheddar cheese evenly. Repeat one more time.
- Cook for 30 minutes.
- Let sit 5 minutes to cool and set before eating.

Store leftovers in cooked container in the fridge.



Cool Whip Dessert **Isabel Lebakken, Woodmohr**

1/2 c. pecans or walnuts, crushed	1 c. powdered sugar
1/2 c. butter, softened	Large Cool Whip
1 c. flour	2 pkg. any flavor
pudding	
8 oz. cream cheese	toasted coconut,
optional	

- Mix flour, butter and nuts. Pat into 9x13-inch pan. Bake 10 minutes at 350°F. Cool.
- Mix cream cheese and powdered sugar. Fold in Cool Whip. Spread on cool crust.
- Mix pudding according to package directions. Spread over second layer. Let pudding set in refrigerator. Then top with Cool Whip and sprinkle with coconut. Refrigerate.

Pate Brisse (Pie Dough)

Samantha Wirtz, Wissota Raptors

****AWARD OF EXCELLENCE****

1 T. sugar	Ice water
1 stick of unsalted butter, chilled, cut into small cubes	
Pinch of salt	

- Mix the flour and sugar with a whisk until combined. Combine butter with dry ingredients using a pastry cutter (two forks also works well). When the mixture resembles coarse crumbs, add ice water, one tablespoon at a time, and process until dough comes together. Shape dough into a disk, wrap in plastic wrap, and refrigerate for at least one hour.
- Preheat over to 400°F. Using a floured rolling pin, roll the dough on a well-floured work surface into a circle a few inches larger than the tart pan. Carefully maneuver dough into the tart pan, trimming excess with a paring knife. Prick the bottom of the dough with a fork to prevent the dough from puffing up as it bakes. Bake until lightly browned, about 10 minutes. Set aside to cool.

Be gentle with the dough (barely any kneading) for a flakier texture. Don't stretch the dough when trying to fit it in the pan or it will shrink during baking.

Makes one 9-inch tart or four (4), 1/2 inch tarts.

Food & Nutrition (Grade 4)

Pistachio Fluff

Alexa Liszewski, Edson Hilltop

- 1 (4 oz.) pkg. pistachio Jell-O instant pudding mix
- 1 (20 oz.) can crushed pineapple
- 1/2 miniature marshmallows
- 1/2 c. chopped nuts
- 1 (8 oz.) container cool whip, thawed



1. Combine dry pudding mix, pineapple (with juice), marshmallows and nuts in large bowl and mix well.
2. Blend in cool whip and chill until ready to serve.

Foods & Nutrition (Grades 5-6)

Strawberry Banana Brownie Trifle

Emily Syverson, Howard-Wheaton

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| Brownie mix | 1/2 c. oil (coconut) |
| 1/4 c. water | 3 eggs |
| 2 qt. strawberries | 3 bananas |
| 1 pt. heavy whipping cream | 1 c. milk |
| 1 small box cheesecake instant pudding | |

1. Mix brownie mix with the oil, water and eggs. Spread in a 9x13 pan sprayed with PAM. Bake at 350°F for 21 minutes. Remove from the oven to cool.
2. Clean, wash, and slice strawberries. Slice bananas. Set aside.
3. Mix box of pudding with milk and set aside.
4. Whip the heavy whipping cream with a mixer. When the cream is thickened fold in the pudding mixture.
5. Cut the brownies in bit size pieces.
6. Layer the brownies in the trifle bowl (tall glass bowl) put the strawberries around the bottom edge of the bowl, and 1/3 on top of the brownies. Next add 1/3 of the bananas. Then spread on 1/3 of the whipped cream mixture over the bananas evenly. You will then repeat these steps two more times to finish the trifle.
7. Save a few strawberries, bananas and brownies on top to garnish.

Carrot Cake Cookies *Abigail Werner, Woodmohr*

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| 1 1/2 c. all-purpose flour | 1/2 tsp. baking soda |
| 1 tsp. ground cinnamon | 1/2 tsp. salt |
| 3/4 c. packed brown sugar | 1 egg |
| 1/2 c. (1 stick) butter, softened | 1/2 tsp. vanilla |
| 1 c. grated carrots (about 2 medium) | 1/2 c. chopped walnuts |
| 1/2 c. raisins or chopped dried pineapple | |

1. Preheat oven to 350°F. Grease two cookie sheets or line with parchment paper.
2. Stir together the flour, cinnamon, baking soda and salt in a medium bowl. Beat the brown sugar and butter in a large bowl with an electric mixer at medium speed until creamy. Add the egg and vanilla; beat until well blended.
3. Stir in the flour mixture. Stir in the carrots, walnuts and raisins. Drop the dough by tablespoonfuls 2 inches apart onto the cookie sheets.
4. Bake for 12 to 14 minutes or until the cookies are set and edges are lightly browned. Cool the cookies on the cookie sheets for 1 minutes. Transfer to wire racks to cool completely.

Makes about 3 dozen cookies

Strawberry Pretzel Squares

Isabella Duenas/Johnson, Howard-Wheaton

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| 2 c. finely crushed pretzels | 1/2 c. sugar (divided) |
| 2/3 c. butter or margarine, melted | 2 T. milk |
| 1 1/2 pkg (8 oz. each) Philadelphia Cream Cheese, softened | |
| 1 c. thawed Cool Whip whipped topping | |
| 2 c. boiling water | |
| 1 pkg (6 oz.) Jell-O Strawberry Flavor Gelatin | |
| 4 c. fresh strawberries, sliced | 1 1/2 c. cold water |

1. Heat over to 350°F.
2. Mix pretzel crumbs, 1/4 c. sugar and butter; press into bottom of 13x9-inch pan. Bake 10 minutes. Cool.
3. Beat cream cheese, remaining sugar and milk with mixer until blended. Stir in Cool Whip; spread over crust. Refrigerate until ready to use.
4. Add boiling water to gelatin mix in large bowl; stir 2 minutes until dissolved. Stir in cold water. Refrigerate 1 1/2 hours or until thickened. Stir in berries; spoon over cream cheese layer.
5. Refrigerate 3 hours or until firm.