

“Movies are Sweet” Cookbook

Dunn County UW-Extension

2017 Food Revue



“Movies are Sweet”

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The Foods Revue is a fantastic time for Foods & Nutrition project members, Cloverbuds, Explorers to learn about nutrition and share new ideas.

This year’s theme “Movies are so Sweet” was inspired by the 40th anniversary of “Star Wars” and the 20th anniversary of the movie, “Titanic” along with this year’s fair theme, “A Sweet Treat since 1885”. Dishes could be inspired by family traditions, 4-H discovery, and relate to this year’s theme. Each recipe in this book is largely written verbatim from the participants themselves, some wording has been altered for flow. *Enjoy!*



Meet the Chefs

Josh Hecker is a sixth grader from the Ideal 4-H club. Josh took his inspiration for his recipe from the BFG movie and created frobscottle.

Ella Ivens is an eighth grader from the Cederalings 4-H club. Ella took her inspiration for her recipes from *The Pirates of the Caribbean* movies. Ella created sandbakkell, raspberry and jack fruit sauce, chocolate truffles and the Caribbean-s[liced shrimp with pineapple sauce.

Aidan McGoven is a third grader from the Ideal 4-H club. Aidan took his inspiration for his recipes from *Fantastic Beasts and Where to Find Them* to create Niffler case-rice chex bars.

Emma McGoven is a freshman from the Ideal 4-H Club. Emma took her inspiration for her recipes from *The Lord of the Rings* as well as the *Harry Potter* series for her recipes. She created a vegetarian hobbit hole and vegan butter beer respectively.

Tessa McGoven is a sixth grader from the Ideal 4-H club. Tessa took her inspiration for her recipes from *Finding Nemo* and she created sea glass candy and coral cauliflower.

Jenessa Smiskey is third grader from the Elk Meadow 4-H club. Jenessa took her inspiration from *Snow White and the Seven Dwarfs* to create her recipe for vanilla cupcakes with buttercream frosting.



Frobscottle

Inspired by: BFG

Ingredients:

2 cups Lemonade

1 ½ cups Lime Gatorade or Mtn. Dew

½ pkg of Green Kool-aid or 3 drops of Green Food Coloring

2 scoops of Mint or Vanilla Ice Cream

Instructions:

Combine all ingredients. Stir. Enjoy!

Vegan Butter Beer

Inspired by: Harry Potter

Ingredients:

½ cup Club Soda

¼ cup Butter Scotch Syrup

¼ tbsp. Vegan Butter

Instructions:

1. Melt butter and butterscotch syrup.
2. Stir for 30 seconds and allow to cool.
3. Slowly mix in club soda.
4. Enjoy!

Coral Cauliflower

Inspired by: Finding Nemo

Ingredients:

1 medium Cauliflower
Seasoning to Taste
2 drops of Pink Food Coloring
¼ cup Water

Instructions:

1. Cut Cauliflower
2. Put in a microwaveable dish with seasoning and dye
3. Cook in microwave
4. Drain Water
5. Put on plate and enjoy

Pineapple Salsa

Inspired by Pirates of the Caribbean

Ingredients:

1 Pineapple, cored and cubed
¼ cup finely chopped Red Onion
2 tbsp. chopped Fresh Mint
1 tbsp. fresh Lime Juice
2 tsp. minced Fresh Ginger
2 tsp. Honey
¼ tsp. Salt
1/8 tsp. freshly Ground Pepper

Instructions:

1. Pulse Pineapple in a food processor just until finely chopped.
2. Place pineapple in a wire-mesh strainer, and let drain for 15 minutes.
3. Transfer drained pineapple to a bowl; stir in onion and remaining ingredients.

Raspberry and Jack Fruit Sauce

Inspired by: Pirates of the Carribean

Ingredients:

2 cups Fresh Raspberries or 350 Frozen Raspberries

3 tbsp. Caster Sugar

1-14oz can of Jack Fruit

Instructions:

1. Place the raspberries and sugar in a small saucepan and cook over lower heat, stirring occasionally, until it simmers.
2. Cook for 5 minutes, then remove from heat to cool.
3. While the syrup is cooling, slice Jack Fruit and put in blender.
4. Pour the raspberry sauce into the blender with Jack Fruit and blend together for a few seconds. Strain through a fine, nylon sieve to remove



Caribbean-spiced Shrimp with Pineapple Salsa

Inspired by: Pirates of the Caribbean

Shrimp Ingredients:

- 1 tbsp. Paprika
- 2 tsp. Curry Powder
- 2 tsp. Ground Cumin
- 1-1/2 tsp. Ground Allspice
- 1 tsp. Ground Ginger
- 1 tsp. Ground Coriander
- ¾ tsp. Salt
- ½ tsp. freshly Ground Black Pepper
- 1/8 tsp. Ground Red Pepper
- 2 lbs. raw, tail-on, peeled and deveined Jumbo Shrimp (16-20 count)
- ¼ cup Olive Oil, divided



Instructions:

1. Combine first 9 ingredients, in a small bowl.
2. Dredge shrimp in spice mixture/
3. 3. Heat 2 tbsp. oil in a large skillet over medium-high heat. Add shrimp, in batches, and cook 2 to 3 minutes or until shrimp turns pink. Add remaining 2 tablespoons oil to skillet, as needed, to cook remaining shrimp. Serve shrimp warm or at room temperature with Pineapple Salsa.

Pineapple Salsa

The pineapple salsa recipe is located on page 4.

Vegan Hobbit Hole

Inspired by: The Lord of the Rings

Ingredients:

Hobbit Hole Eggs (Vegan)

1 Cup Chickpeas
1 T Flour
1/3 Cup Chopped Mushrooms
1/3 Cup Chopped Bell Peppers
1/3 Cup Chopped Onions
1/3 Cup Chopped Tomatoes
¼-1/2 Cup Water
1 Tsp Turmeric
1/2 TB Dried Parsley
Black Pepper and Salt to Taste

Hashbrown Ingredients:

1 Package of Hashbrown
1 Vegan Butter
Black Pepper & Salt to taste

Instructions:

1. In a lightly oiled saute pan, add the mushrooms, bell pepper, and onions. Saute for a few minutes until things begin to sweat. Turn pan down to medium-low. Then add the smashed chickpeas, flour, 1/4 cup of water, and the tomatoes and spices.
2. Cover the pan and let cook for 5-10 minutes. Check it and make sure it a “pancake” type of look is forming. Once things look like they are coming together, mash up the “pancake” and create a scrambled texture. Turn off the heat and let sit covered in the pan for 5 minutes.
3. Add 2TBL spoons vegan butter to another saute pan. Heat at medium-high until melted. Spread hashbrowns around the pan, season and place a few dollops of began butter on top. Let sit to crisp up for 10 minutes or so. Flip and crisp up the other side.
4. Make toast and butter.

Vegan Hobbit Hole

Inspired by: The Lord of the Rings

To assemble the hobbit hole....

1. Use a small glass to cut out a small round door near the bottom of the toast. Save door piece.
2. Place scramble on plate in a heap. Save 1-2 tsp to spill out the doorway.
3. Lean toast on scramble and place last tsp of scramble in doorway and lean door against the scramble.
4. Place hashbrown thatch opposite of toast side as top of the roof.
5. Add garnish and enjoy.

Chocolate Truffles

Inspired by: Pirates of the Carribbean

Ingredients:

½ lbs. Bittersweet Chocolate Chips

½ lbs. Semisweet Chocolate Chips

1 cup Heavy Cream

1 tbsp. prepared coffee

½ tsp. vanilla extract

Confectioner's Sugar

Cocoa Powder

Instructions:

1. Place chocolate chips in a heat-proof mixing bowl.
2. Heat the cream in a small saucepan until it just boils. Turn off heat and allow the cream to sit 20 seconds. Pour the cream through a fine-meshed sieve into the bowl of chocolate.
3. With a wire whisk, slowly stir the cream and chocolate together until the chocolate is completely melted.
4. Whisk in the coffee and vanilla.
5. Set mixture aside at room temperature for 1 hour.
6. Line a baking sheet with parchment paper.
7. With 2 spoons, spoon round balls of the chocolate mixture onto the baking sheet.
8. Refrigerate for 30 minutes, until firm.
9. When firm, roll each dollop of chocolate in your hands to roughly make a round ball.
10. Roll balls in confectioners' sugar, cocoa powder or both.
11. These will keep refrigerated for a week.

Niffler Case-Rice Chex Bars

Inspired by: Fantastic Beasts and Where to Find Them

Ingredients:

8 cups rice Chex Cereal
4 cups Mini Marshmallows
4 tbsp Butter
½ cup Peanut Butter
1 cup Chocolate Chips
½ cup Butterscotch Chips
Caramel candy
Tootsie Rolls



Instructions:

1. Put rice chex in large bowl.
2. Melt butter and marshmallows.
3. After melted, add peanut butter and pour over rice chex. Mix quickly.
4. Pour into greased jelly roll pan and press into bar shape with buttered hands.
5. Let cool and cut into case shapes.
6. Melt 1 cup. Chocolate chips with ½ cup butterscotch chips. Spread on top/sides.
7. Make coins from soft caramels and case handles from tootsie rolls.
8. Find/make Niffler chocolate-a small duck shape works well.



Sandbakkel

Inspired by the Pirates of the Caribbean

Ingredients:

2 cups butter
1-1/2 cups sugar
2 eggs
1 tsp. vanilla extract
5 cups flour (approximately)

Instructions:

1. Preheat the oven to 350 F. Mix the butter and sugar together well in a large bowl. Add the eggs and vanilla, and mix.
2. Add the flour and salt, mix well, using your fingers.

Chef's note: (I don't put more than 5 cups of flour to start with, then I add more if needed, but don't exceed 6 cups.)

3. Press thinly into bakkel tins, place the tins on cookie sheets and bake for 25 to 30 minutes until golden brown.

Sea Glass Candy

Inspired by Finding Nemo

Ingredients:

Sugar
Water
Corn syrup
Various Food Coloring

Instructions:

1. Put sugar, water and corn syrup in a medium size pan.
2. Heat until it is 300 F.
3. Pour into bowls and dye.
4. Pour onto a pan and let it dry.
5. After it dries, break the candy into small pieces and enjoy.

Vanilla Cupcakes with Buttercream Frosting

Inspired by Snow White and the Seven Dwarfs

Ingredients (Buttercream Frosting):

- 1 cup Crisco
- 1 cup Butter (salted)
- 2 lbs. Powdered Sugar
- ½ tsp. salt
- 2 tsp. Vanilla Extract
- 3 tbsp. Heavy Whipping Cream



Instructions (Buttercream Frosting):

1. Cream Crisco and butter until smooth.
2. Slowly beat in powdered sugar.
3. Add remaining ingredients and beat until fluffy.

Frosts 48 cupcakes.

Vanilla Cupcakes

- 1 box of Pillsbury moist cake mix
- Follow the recipe that uses egg whites.
- Bake for 18 minutes.
- Makes 24 cupcakes.

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