

4-H SUMMER FUN RECIPE BOOK



SUMMER 2018
HARNETT COUNTY 4-H

Farm to Kitchen Recipes

Baked Sweet Potato Fries

Ingredients:

- 2 lbs. Sweet potatoes
- 6 tbsp. butter
- 3 tbsp. honey
- Corn starch
- 1 tsp. lemon juice
- 1 tsp. salt
- 1 tsp. pepper



Instructions:

1. Preheat the oven to 425 degrees Fahrenheit.
2. Peel the sweet potatoes and cut them into fry-shaped pieces. Try to cut them into similarly sized pieces so the fries will bake evenly.
3. In a bowl, melt butter in microwave (start with 30 seconds, check and then continue to heat if needed).
4. Add lemon juice and honey to the melted butter and set to the side.
5. In a separate bowl toss the uncooked fries into a mixing bowl Sprinkle with cornstarch and pour in a few tablespoons of butter mixture, enough to lightly coat the fries. Season with salt, pepper, and spices. Mix/shake to distribute evenly (corn starch should be evenly mixed in so there are no powdery spots).
6. Pour the fries directly onto a dark, non-stick baking sheet for best results. Arrange your fries in a single layer and don't overcrowd, otherwise they will never crisp up (If needed spray pan with non spick spray)
7. Bake for 15 minutes, then flip the fries so they can cook on all sides.
8. Bake for 10 more minutes, or until the fries are crispy.
9. Remove fries and use a brush to lightly cover the tops of the fries with the butter mixture then replace in the oven for 3 more minutes.
10. Let cool 3 to 5 minutes before serving.

Crispy Eggplant

Ingredients:

- 2 tablespoons canola oil
- 1 large eggplant, peeled and sliced
- 3 eggs, beaten
- 2 cups dry bread crumbs

Instructions:

1. Heat oil in a large skillet over medium-high heat.
2. Dip eggplant slices in egg, then in crumbs, and place in hot oil.
3. Fry 2 to 3 minutes on each side, or until golden brown.
4. Drain on paper towels.



Zucchini Fritters

Ingredients:

- 1 1/2 pounds zucchini, grated
- 1 teaspoon salt
- 1/4 cup all-purpose flour
- 1/4 cup grated Parmesan
- 1 teaspoon garlic powder
- 1 large egg, beaten
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil

Instructions:

1. Place grated zucchini in a colander over the sink. Add salt and gently toss to combine; let sit for 10 minutes. Using a clean dish towel or cheese cloth, drain zucchini completely.
2. In a large bowl, combine zucchini, flour, Parmesan, garlic and egg; season with salt and pepper, to taste.
3. Heat olive oil in a large skillet over medium high heat. Scoop tablespoons of batter for each fritter, flattening with a spatula, and cook until the underside is nicely golden brown, about 2 minutes. Flip and cook on the other side, about 1-2 minutes longer.
4. Serve immediately.
5. Yields 4 servings.



Hard Boiled Eggs

Ingredients:

- 6 large eggs (preferably older eggs—this will make them easier to peel)

Instructions:

1. Place the eggs in a saucepan and fill with enough cold water to cover the eggs (they should sit in a single layer). Bring to a boil over medium-high heat.
2. As soon as the water comes to a boil, turn off the heat and cover the pan; let sit for 13 minutes (15 minutes if you're cooking a dozen).
3. Drain the eggs, then transfer to a bowl of ice water. Let cool completely.
4. To peel, gently crack the eggs on the countertop all over, then roll them between your hands. Peel the eggs.

Poached Egg

Ingredients:

- 1 Large Egg

Instructions:

1. Heat 1 ½ inches of water in a saucepan to a simmer (approximately 190 degrees F)
2. Use a glass or cup to crack single egg into.
3. Gently place egg into the water.
4. Let cook until white is cooked and firm
5. Remove egg from the pan carefully not to break the yoke and place on towel or paper towel.
6. Serve.

Hamburger Sliders

Ingredients:

- 1 lb. lean ground beef
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/2 tbsp. onion powder
- 1/2 tbsp. garlic powder
- 12 Hawaiian rolls



Condiments: red onion, shredded lettuce, cheese, ketchup, mustard, or any other of favorites.

Instructions:

1. Turn on skillet or flat top grill to medium to medium high heat.
2. Make the spice mixture by mixing the garlic and onion powders, salt and pepper together.
3. Add the spice mixture to the ground beef. Massage the mixture into the meat gently. Just enough to distribute the spices evenly.
4. Create 12 small patties approximately 1 inch in thickness.
5. Spray skillet with non-stick spray.
6. Place the hamburgers in the skillet. When one side begins to brown flip to the other side.
7. Check the burger with a thermometer. The burger is done when the internal temperature reaches 160°F for 3 seconds.
8. When the burger is done remove from skillet and let it rest on a plate or serving tray for 5 minutes before assembling and eating.

Homemade Blueberry Syrup

Ingredients:

- 2 cups blueberries (fresh or frozen)
- 1 cup water
- 1/2 cup sugar
- 1 1/2 tablespoons cornstarch dissolved into 3 tablespoons water
- 1/2 teaspoon vanilla

Instructions:

1. Place 2 cups blueberries in a small saucepan. Cover with water and add sugar and vanilla. Heat over medium-high heat until mixture comes to a low boil and blueberries just start to break apart.
2. Add dissolved cornstarch to saucepan and bring mixture to a rolling boil. Turn heat down and simmer on low heat for 2-3 minutes, or until sauce reaches desired consistency. Add water, one tablespoon at a time, if the sauce gets too thick.
3. Remove from heat. Serve warm or cold.



Microwave Corn on the Cob

Ingredients:

- Corn
- Butter
- Salt



Instructions:

1. Place the corn in the microwave, do not remove the husk. Microwave the corn on the high setting for 4 minutes.
2. Use a kitchen towel or pot holder to remove corn from the microwave (it's hot!) Cut off the bottom of the corn, stem end, about one row of corn in from the stem.
3. Slip off the husk and silk.

Oven Baked Corn on the Cob

Ingredients:

- Corn
- Butter
- Salt

Instructions:

1. Place rack in center position of oven. Preheat oven to 350°F.
2. Wash ears of corn. Cut off any silk hanging out the ends. ...
3. Place ears of corn directly on oven rack. Cook for 30 minutes.
4. Remove corn from oven. Corn is done when it gives a little beneath the husk when you squeeze it.



Boiled Corn on the Cob

Ingredients:

- Corn
- Butter
- Salt

Instructions:

1. Just before cooking, husk the corn, pull off the silky threads, and cut out any blemishes with a pointed knife.
2. Drop the corn into a large pot filled with boiling salted water.
3. Cover the pot and let the water return to a boil again, then turn off the heat and keep the pot covered.
4. After about 5 minutes, remove enough ears for a serving.
5. Add salt and butter to taste



Corn Stir Fry

Ingredients:

- 2 Peppers
- 1 Ears Corn
- 1 Onion
- 1/4 cup low sodium soy sauce
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1 teaspoon pepper



Instructions:

1. Cut corn from the cob.
2. Dice onions and peppers.
3. Heat oil in a pan on medium high heat.
4. Add diced veggies and sauté until cooked.
5. Add spice powders, salt, soy sauce and fry for 2 to 3 minutes.

Stir Fry Sauce

Ingredients:

- 2 -3 tablespoons cornstarch
- 1/4 cup brown sugar, packed
- 1/4 teaspoon ground ginger
- 2 cloves garlic, minced
- 1/2 cup soy sauce
- 1/4 cup cider vinegar
- 1/2 cup water
- 1 1/2 cups broth

Instructions:

1. Combine all ingredients in a large glass jar with a lid.
2. Screw lid on.
3. Shake well.
4. Can store in fridge up to 2 weeks.
5. Shake well before using.
6. To use sauce: stir fry your vegetables and meat as desired, add appropriate amount of sauce, bring to a boil, boil for 1 minute or until slightly thickened.
7. Serve.

Cloverbud Cooking Recipes

Butterscotch Brownies (Blondies)

Ingredients:

- ¼ cup unsalted butter
- 1 cup packed dark brown sugar
- 1 egg
- 1 teaspoon vanilla
- ¾ cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup chopped nuts

Instructions:

1. Preheat oven to 350° and grease an 8x8 baking dish.
2. Melt butter over stovetop or at 50% power in the microwave. Remove from heat and stir in sugar, egg and vanilla; mix until completely incorporated.
3. Stir in remaining ingredients. The mixture will be thick. Spread in greased baking dish. Bake 20-25 minutes in preheated oven. The bake time will depend on the dish you choose!
4. Betty Crocker suggests cutting these while still warm. I think they actually cut cleaner when completely cooled. Not that I waited until they were cooled to eat one. No patience! Makes 16 bars.

Notes:

Recipe from Betty Crocker's Cookbook 1984 Edition Note: The only thing I modified in this recipe was the butter. Betty Crocker calls for shortening, but, in my humble opinion, it's not butterscotch without butter.

Mom's Best Brownies

Ingredients:

- 1/2 cups sifted cake flour
- 1/2 cup unsweetened cocoa
- 1/4 teaspoon salt
- 2 egg whites
- large egg
- 3/4 cup granulated sugar
- 6 tablespoons unsweetened applesauce
- 2 tablespoons vegetable oil
- 1/2 teaspoons vanilla extract
- tablespoon chopped walnuts (optional)

Instructions:

1. Preheat oven to 350 degrees. Spray an 8-inch square baking pan with vegetable cooking spray and set aside.
2. In a medium bowl, combine flour, cocoa and salt. Mix well. In a large bowl, whisk together egg whites, egg, sugar, applesauce, oil and vanilla. Stir in flour mixture until just blended; do not over mix.
3. Pour batter into prepared pan; sprinkle with walnuts. Bake until just set and toothpick inserted in center comes out clean, about 25 minutes. Place pan on a wire rack and cool for at least 15 minutes.
4. Cut brownies into squares and place on a serving plate.

Variation:

- For slightly chewier brownies, replace the 1/2 cup of cake flour with 7 tablespoons of all-purpose flour.
- Sifting is not necessary. Proceed with the recipe as directed.
- Instead of walnuts, try sprinkling brownie batter with chopped pecans or almonds.

Yield: 12 servings

Yellow Cupcakes

Ingredients:

- 2 1/3 cups Gold Medal™ all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- cup butter or margarine, softened
- 1/4 cups sugar
- 3 eggs
- teaspoon vanilla
- 2/3 cup milk

Instructions:

1. Heat oven to 350°F. Place paper baking cup in each of 24 regular-size muffin cups, grease bottoms and sides of muffin cups with shortening and lightly flour, or spray with baking spray with flour.
2. In medium bowl, mix flour, baking powder and salt; set aside.
3. In large bowl, beat butter with electric mixer on medium speed 30 seconds. Gradually add sugar, about 1/4 cup at a time, beating well after each addition and scraping bowl occasionally. Beat 2 minutes longer. Add eggs, one at a time, beating well after each addition. Beat in vanilla. On low speed, alternately add flour mixture, about one-third at a time, and milk, about half at a time, beating just until blended.
4. Divide batter evenly among muffin cups, filling each with about 3 tablespoons batter or until about two-thirds full.
5. Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Remove cupcakes from pans; place on cooling racks. Cool completely, about 30 minutes. Frost with desired frosting.

Jackie's 4-H Biscuits

Ingredients:

- 3 cups self-rising flour
- ¼ cup butter
- ¼ cup vegetable shortening
- 9 oz milk

Instructions:

1. Preheat oven to 450 degrees F.
2. Sift 3 cups of flour into large mixing bowl.
3. Cut butter and shortening into flour until it looks like small peas.
4. Create a well in the center of the flour and pour milk.
Combine into dough.
5. Roll dough onto floured cutting board.
6. Fold dough 10 to 12 times to help create layers.
7. Press or roll dough and cut biscuits.
8. Place on lightly greased pan.
9. Bake 12 to 14 minutes. Serve hot.



4-H Food Competition Recipes

Vegetable stir-fry with a blueberry filled baked sweet potato

Ingredients:

Pork Tenderloin, Sweet Potatoes, Zucchini, Blueberries and Oriental flavored Ramen Noodles

Instructions:

1. Boil Ramen noodles.
2. Cut sweet potato in half, wrap in foil and place in skillet.
3. Mash blueberries, sugar and butter together- then fill in sweet potatoes.
4. Sautee pork tenderloin, zucchini and Ramen in skillet with soy sauce.
5. Mix together and serve.

Created by: Ryan Helton, Jacob Allen, Tyler Clayton



4-H Food Competition Recipe

Ramen crusted pork tenderloin with sweet potato mash and blueberry syrup and sautéed veggies

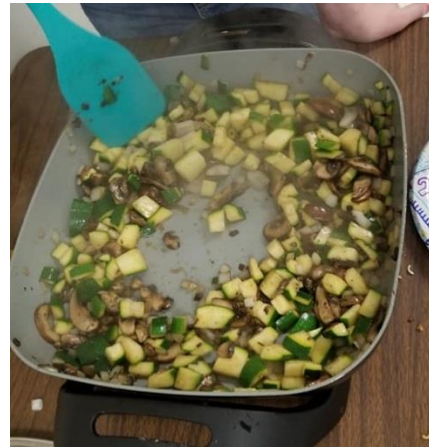
Ingredients:

Pork Tenderloin, Sweet Potatoes, Zucchini, Blueberries and Oriental flavored Ramen Noodles

Instructions:

1. Marinade tenderloin in pineapple juice and rosemary.
2. Dip tenderloin in eggs, flour and ramen to crust tenderloin- then place in skillet.
3. Boil and mash sweet potatoes in mandarin seasoning, chicken broth and butter.
4. To create the blueberry sauce- mix blueberries, 1 part butter, 1 part broth, rosemary, salt and pepper. Place on top of mashed sweet potatoes.
5. Chop zucchini and onion, sauté in skillet with olive oil.
6. Serve.

Created by Catalina Rodriguez, Danielle Helton and Makayla Black



4-H Food Competition Recipes

Sweet and Spicy Ramen Noodles

Ingredients:

Pork Tenderloin, Sweet Potatoes, Zucchini, Blueberries and Oriental flavored Ramen Noodles

Instructions:

1. Boil Ramen noodles.
2. Grill pork tenderloin with cayenne and brown sugar rub.
3. Sautee chopped zucchini and sweet potatoes.
4. Blueberry syrup recipe: 1 tsp. chili powder, 1 tsp. cayenne, 1/4th cup of brown sugar, 1 cup water, 1/2 cup of blueberries, 1/2 cup sugar, 1 tbsp. cornstarch, 1/4th cup of water
5. Mix together and serve.

Created by Ben Helton, Madalyn Powell, Kassidy Sauls, Kai-Maree Malaga



Outdoor Cookery Dry Rub & Marinade Recipes

Rub:

1 tsp. Paprika
2 tsp. Essence Grill Rub
2 tsp. Chili Powder
1 ½ tsp. Famous Dave's Rib Rub
2 ½ tsp. Cajun Pepper
2 tsp. Pepper
1 tsp. Brown Sugar
1 tsp. Parsley
1 tsp. Oregano

Marinade:

½ Cup of Pepsi
¼ Cup Olive Oil
1 tsp. Salt
1/3 Cup of Brown Sugar
2 tsp. Sriracha
1/8 Cup Hickory BBQ Sauce
½ tsp. Adobo
1 tsp. Oregano
1 tsp. Parsley
½ tsp. Paprika
½ tsp. Garlic
1 tsp. Worcestershire Sauce
1 ½ Cups of Pineapple Juice

Created by: Catalina Rodriguez and Jacob Allen



Rub:

2 tbsp. Brown Sugar
1 tbsp. Dave's Famous Rib Rub
1 tbsp. Sriracha Garlic

Marinade:

1 Cup Vegetable Oil
1 Cup Soy Sauce
1 Cup 7-UP

Created by: Jackie Helton and Greg Huneycutt

Rub:

¼ tbsp. Pepper
1 ½ tbsp. Adobo
2 tsp. Garlic Powder
2 tsp. Onion Powder
2 tsp. Chili Powder
2 tsp. Salt
2 tsp. Cilantro

Marinade:

2 tbsp. Olive Oil
3 tbsp. Pineapple Juice
3 tbsp. Orange Juice
1 tsp. Onion Powder
½ tbsp. Mountain Dew
1 tbsp. Cinnamon
4 tbsp. Coca-Cola
3 drops of Lemon Juice

Created by: Genevieve Fleming and Michaela Rouchon

Rub:

2 tbsp. Onion Powder
2 tbsp. Salt
2 tbsp. Pepper
2 tbsp. Garlic Sriracha

Marinade:

¼ tsp. Chili Powder
½ tsp. Soul Food Seasoning
¼ tsp. Cream of Tartar
¼ Cup of Lemon Juice
1 tbsp. Cinnamon
¼ cup of red Wine Vinegar
1 Can of Mountain Dew
½ Cup of 7-UP
½ tsp. Hot Sauce
2 ½ tbsp. Brown Sugar
¼ Cup Apple Juice
1 tbsp. of Lime Juice

Created by: Logan Stappenbeck and Alyssa Bibbens

***Rub:***

1 tbsp. Cajun Seasoning

1 tsp. Chili Powder
1 tbsp. Dave's Famous Dry Rub
1 tsp. Adobo
¼ tsp. Cinnamon
¼ Cup Brown Sugar

1 tbsp. Garlic Powder
½ tsp. Parsley
½ tsp. Garlic Sriracha Seasoning

Marinade:

2 tbsp. Vinegar
½ tsp. Chili Powder
½ tsp. Ketchup
¼ Cup BBQ Sauce
1 tsp. 7-UP
1 tbsp. Cajun Seasoning
1 tbsp. Brown Sugar

*Created by: Madelyn Powell and
Myron Patterson*



Rub:

1 tsp. Sugar
1 tsp. Lemon Pepper
1 tsp. Jerk Seasoning
1 tsp. Garlic Powder

Marinade:

¼ tbsp. Balsamic Vinegar
¼ Cup Italian Dressing
½ tsp. Garlic Powder
½ tbsp. Parsley
¼ Cup Soy Sauce
½ tsp. Salt
½ tsp. Pepper
½ tbsp. Chicken Seasoning

*Created by: Anna Rodriguez and
Sadie Broadwell*



Rub:

½ tsp. Garlic Powder
½ tsp. Jerk Seasoning
½ tsp. Cayenne Red Pepper
½ tsp. Ground Ginger

Marinade:

½ tsp. Broth Base
½ tsp. Pepper
½ tsp. Cinnamon
½ tsp. Lemon Pepper Seasoning
½ tsp. Cream of Tartar
½ tsp. Fajita Seasoning
½ tsp. Soul Food Seasoning
1 tsp. Salt

*Created by: Gabriel Rouchon and Hailey
Rodriguez*