

Rockingham County 4-H Food Fair

October 29, 2024
6pm



Sponsored By:



Desserts

Fruit Snake

Chef: Eli Kallam

Age Division: Cloverbud

Ingredients:

Strawberries
bananas
chocolate chips
coconut flakes
Twizzlers

Directions:

Chop up bananas and strawberries, melt chocolate chips, pour melted chocolate on backs of fruit slices to stick them together. Lay out fruit like a snake over a bed of shredded coconut and use 2 chocolate chips as eyes and cut up Twizzlers to be the tongue.

Cheerful Cherry Cobbler

Chef: Christopher Daniel Keen

Age Division: Cloverbud

Ingredients:

4 cups frozen sweet dark cherries
¼ cup coconut sugar
⅓ cup coconut oil, refined
⅔ cup coconut sugar
2 teaspoons cornstarch
½ teaspoon salt
2 teaspoons vanilla extract

5 tablespoons water
1 tablespoon cornstarch
1 ⅔ cup oat flour
2 teaspoons baking powder
½ teaspoon cinnamon
1 ⅓ cups fat free milk



Directions:

1. Preheat the oven to 350°F and set aside a 9x13 baking dish.
2. Pit the cherries and slice them in half. In a small bowl, stir together one tablespoon of cornstarch and two tablespoons of water. Set aside.
3. Add the cherries, coconut sugar, and the three tablespoons of water to a medium-size saucepan and bring to a boil. Reduce heat to medium and stir in the cornstarch mixture. Simmer for about 5 minutes or until the mixture is thickened slightly. Remove from heat.
4. In a large bowl, whisk together the oat flour, coconut sugar, baking powder, cornstarch, cinnamon, and salt. Stir in the milk and vanilla extract until relatively smooth, breaking up any lumps. Set aside.
5. Melt the coconut oil and pour it into the bottom of your baking dish. Pour the batter on top of the oil. Do not stir. Spoon the cherry mixture evenly (with the juice) on top of the batter. Do not stir that either.
6. Bake for 40-45 minutes or until the batter is set and slightly golden. Remove from the oven and allow to cool for at least 15 minutes.
7. Enjoy warm with a scoop of ice cream.

Nannie Grey's Best Apple Pie

Chef: Gunner Clabeaux

Age Division: Cloverbud

Ingredients:

1 Deep Dish Frozen Pie Crust

5 to 8 Apples - depending on the size (enough to fill the pie crust, kind of high. They will cook down a little)

1 Stick of butter

1/2 C Sugar

1 C Flour

1/2 TSP Salt

1/4 C Sugar to Sprinkle over apples

Directions:

1. Go to Century Farm Orchards (1614 Rice Road, Reidsville, NC) and get some apples. Nannie Grey has the best apples.

2. Preheat oven to 350 degrees. Take frozen crust out of the freezer and let thaw. When thawed poke holes (lightly with a fork) in the bottom of the crust.

3. Wash and peel apples. Put them in a bowl of water with a little salt mixed in so they do not turn brown. Then drain & place in the bottom of the pie crust. Sprinkle with a little water with your hand & 1/4 cup sugar.

4. Mix dry ingredients, then cut in the butter with a pastry cutter. Sprinkle on top of apples S

5. Place in oven and cook 40-45 minutes or until apples are soft.

Serve with a scoop of vanilla ice cream!

Banana Pudding

Chef: Raylan Maness

Age Division: Cloverbud

Ingredients:

2 large boxes of instant banana creme pudding

3 cups milk

2 - 8 oz cool whip

8 oz sour cream

bananas

Nilla wafers

Directions:

Mix your pudding, milk, 1 cool whip, sour cream together. Slice bananas. Layer Nilla wafers in bottom of dish, then layer bananas on top of wafers, then layer pudding over bananas. Then repeat layers until you are at the top of your dish. At the top use 8 oz of cool whip to put on the top. Put in the fridge to chill before serving.



Mini Ice Cream Cookie Treat

Chef: Hadlee James

Age Division: Cloverbud

Ingredients:

Nilla Wafers

Ice Cream (Vanilla and Chocolate)

Sprinkles

GF Nilla Wafers (allergy)



Directions:

Gather your supplies. Pan, sprinkles, cookies, ice cream, spoon, and bowl.

Have cookies laid on flat pan with flat side up. Add spoonful of ice cream to top of cookie- your choice of chocolate or vanilla. Add cookie to top of other cookie and ice cream and gently push together. Dip cookie sandwich in sprinkles and spin around covering edges to your liking. Eat immediately or put in freezer for ice cream to harden and refreeze.

Nana's Pound Cake

Chef: Ryleigh Johnson

Age Division: Junior

Ingredients:

3 sticks butter

3 cups sugar

8 ounces cream cheese (softened)

3 cups all purpose flour

1 teaspoon vanilla flavoring

1 teaspoon lemon flavoring

1 teaspoon butter flavoring

6 eggs

Directions:

1. Cream butter, gradually add sugar and beat at medium speed
2. Add cream cheese and beat until light and fluffy
3. Add eggs and flour one at a time beginning and ending with flour
4. Stir in flavorings
5. Pour into greased and floured tube pan
6. Bake at 325 degrees for 1 hour and 10 minutes
7. Cool in pan for 10 minutes then remove

Pumpkin Pie

Chef: Emma Walls

Age Division: Junior

Ingredients:

- 1- large can pumpkin (or 4 cups fresh pumpkin puree)
- 3- cups milk of choice
- 1- 1.5- cups sugar, sweetener, or maple syrup
- 1- tsp salt
- 2- tsp cinnamon
- 1- tsp ginger
- 1/2- tsp cloves
- 1-tbs vanilla extract
- 4- large eggs
- 2- deep dish pie crust



Directions:

Preheat oven to 425. Mix sugar, salt, cinnamon, ginger and cloves in a small bowl. Beat eggs and vanilla in large bowl. Stir in pumpkin and sugar spice mixture. Gradually stir in milk. Cook for 15 minutes then turn oven to 350, bake for 45 minutes. Check center with knife or toothpick, done when comes out clean. Cool at room temperature for 2 hours. Serve with whipped topping.

Pumpkin Pound Cake

Chef: Abby Trollinger

Age Division: Junior

Ingredients:

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|----------------------------|-------------------------------|
| 3 cups flour | 1 tablespoon cinnamon |
| 2 teaspoon ground ginger | 1 teaspoon nutmeg |
| 1/2 teaspoon ground cloves | 1/2 teaspoon ground all spice |
| 2 teaspoon baking powder | teaspoon salt |
| 2 cups dark brown sugar | 1 cup white sugar |
| 1 cup butter | 2 teaspoon vanilla |
| 7 eggs | 1 cup butter milk |
| 15 Oz can pumpkin puree | |

Directions:

1. Heat oven to 350 degrees. In a mixing bowl, stir together the flour, spices, baking powder, and salt. shift into another bowl
2. Add the dark brown sugar, white sugar, butter and vanilla to a separate large mixing bowl cream ingredients over medium speed until light and fluffy about 5 minutes.
3. Beat in the eggs one at a time once you beat all the eggs add about 1/2 cup of the flour mixture into batter until combined on low speed beat in a splash of buttermilk. Repeat until all are incorporated, ending with the buttermilk stir in the pumpkin puree.
4. Grease and flour the bundt pan then pour in batter
5. Bake for 60 minutes .Enjoy.

Snacks/Appetizer

Fruit Salad

Chef: Addie Walls

Age Division: Cloverbud

Ingredients:

Honey crisp apple
red and green grapes
strawberries
blueberries
mandarin oranges
honey
lemon juice
cinnamon



Directions:

Chop/drain desired amount of fruit and add to bowl, add desired amount of honey, add splash of lemon juice and dash of cinnamon, stir, refrigerate for one hour, serve.

Cowboy Bean Salsa

Chef: Lucas Johnson

Age Division: Junior

Ingredients:

1 can black beans (drained)
1 can kernel corn (drained)
1 bunch of cilantro (washed and chopped)
1/2- 1 red onion (chopped)
1/4 Cup olive oil
1/2 Teaspoon ground cumin
1 Tablespoon of lime juice
1/2 Teaspoon salt
Optional: 1 avocado chopped
1 bag of tortilla chips

Directions:

Drain beans and corn and mix together in bowl. Add in onion and cilantro and stir well (and avocado if using). In small bowl mix oil, salt, cumin and lime juice together. Pour mixture over bean and corn mixture and stir well. Refrigerate until ready to serve. Serve with tortilla chips or a spoon!

Mexican Street Corn Dip

Chef: Landon Cayton

Age Division: Junior

Ingredients:

32 ounces frozen corn (fire roasted, white, yellow, etc.)

4 ounces green chilies (one can)

1 jalapeno pepper, minced 1

1/4 cup red onion, minced

6 ounces cream cheese

1/2 cup mayonnaise

2 cups Monterey Jack Cheese, shredded

1 tablespoon fresh lime juice

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon salt

1/2 teaspoon ground cumin

1/2 teaspoon ground smoked paprika

1/2 teaspoon ground cayenne pepper

Fresh cilantro as garnish



Directions:

Place all of the ingredients except the cilantro in the crock pot and mix well. Cook on low heat for 4 hours or on high heat for 2 hours. Garnish with cilantro. Serve with tortilla chips or Frito scoops.

Main Dish

Old Fashion Fried Chicken

Chef: Josie Cobb

Age Division: Junior

Ingredients:

1 egg

2c. flour

1 1/2c. buttermilk

1/4 teaspoon (season salt, black pepper, paprika, garlic salt)

Enough canola oil for frying

Directions:

Soak chicken strips in 1c. butter milk for 1 hour then drain. Mix all dry ingredients divide in 2 large zip lock bags. Mix 1/2c buttermilk with egg in large bowl. Place chicken strips in 1st bag of flour mixture and shake then remove. Next dip in egg mixture then into the 2nd flour mixture bag to shake. Remove and place in deep fryer approx. 5min or until floats check internal temp. Make sure done. Serve with favorite sides.

Han and Cheese Delights

Chef: Ryan Clabeaux

Age Division: Junior

Ingredients:

3/4 Cup Melted Butter

1 1/2 TBSP Dijon Mustard

1 1/2 TSP Worcestershire Sauce

Poppy Seeds

1 TBSP Dried Minced Onion

24 Mini Sweet Dinner Rolls

1lb Thinly Sliced Cooked Deli Ham

1lb Thinly Sliced Swiss Cheese

Directions:

1. Gather all ingredients. Preheat the oven to 350 degrees. Grease 9x13" baking dish.
2. Melt butter and mix with Dijon mustard, Worcestershire sauce and dried onions in a bowl.
3. Cut the rolls in half by slicing through the middle of the rolls and place the bottom of the rolls in the baking dish. Set the top aside.
4. Add a layer of ham, followed by a layer of swiss cheese, then another layer of ham. Cover with the top of the rolls.
5. Pour mixture evenly over the rolls, using a pastry brush to help and then sprinkle poppy seeds on top.
6. Bake in oven until the rolls are lightly browned and the cheese is melted, about 20 minutes, but check after 10 minutes. When done, slice into individual rolls through the ham and cheese layers to serve.

**Special Thanks to our 4-H Food Fair judges
for coming out and spending time with our
4-H members!**

