



Chippewa County 4-H Foods Revue

**March 4, 2017
9:00 a.m.**



**Chippewa Moose Lodge
Chippewa Falls**

**Judges: *Melanie Donath &
Cindy LaPorte***

**Superintendent:
*Kim Syverson***

No Entries.

NOTES:

NOTES:

Cloverbud Project (Grades K & 2)

Cranberry Dessert

Samantha Wirtz, Wissota Raptors

Dessert Cake:

1 c. sugar	2 c. flour
2 tsp. baking powder	1 c. milk
2 c. cranberries, cut or whole	2 T melted butter

1. Preheat oven to 350 degrees.
2. Mix dry ingredients together.
3. Add milk and butter.
4. Fold in cranberries.
5. Place in 9 x 9 pan and bake until lightly brown, about 25-40 minutes.

Sauce:

1 c. sugar	1/2 c. butter
3/4 c. half 'n half	

1. Boil in a double boiler or a heavy pan at a very low heat for 10 minutes.
2. Serve over a square of the dessert cake.

Melon Smoothie

Kristine Felmlee, Jim Town Jumpers

1/2 melon	10 ice cubes
2 c. vanilla yogurt	1 T milk
8 T sugar	

1. Cut the melon in half and remove the rind.
 2. Cut the melon up in chunks.
 3. Put all ingredients in the blender.
 4. Mix until smooth.
 5. Enjoy.
- * Makes a pitcher.

what's
cooking

Food Preservation

Peanut Butter Cookies

Kaitlyn Liszewski, Edson Hilltop

Cookie Mix	3 T vegetable oil
1 T water	1 egg

1. Follow directions on package.



Peanut Butter Cookies

Gabrielle Sikora, Howard-Wheaton

Peanut Butter Cookie Mix	3T vegetable oil
1 T water	1 egg

1. Preheat oven to 375°F (or 350°F for dark or non-stick cookie sheet).
2. Stir cookie mix, oil, water and egg in a medium bowl until soft dough forms.
3. Shape dough into 36 balls about 1 inch each (or drop dough by rounded teaspoonfuls) Place 2 inches apart on ungreased cookie sheet. Flatten in crisscross pattern with fork.
4. Bake as directed below or until edges are light and golden brown. Cool 2 minutes before removing from cookie sheet. Cool completely; store in airtight container.
5. Bake time: 8-10 minutes.
6. Makes: 3 dozen 2 inch cookies.

Bella's Special Smoothie

Arabella Knuth, Jim Town Jumpers

6 large strawberries (quartered)	1/2 c. Blueberries
1 c. milk	1- 1 1/2 c. ice

1. Add all to blender and mix.
2. Drink.



Fruit & Yogurt Smoothie
Abigail Sikora, Howard-Wheaton
****AWARD OF EXCELLENCE****

3/4 c. nonfat plain yogurt 1/2 c. 100% pure fruit juice
 1 1/2 c. (6 1/2 oz) frozen fruit, such as blueberries, raspberries,
 pineapple or peaches

1. Puree yogurt with juice in a blender until smooth. With the motor running, add fruit through the hole in the lid and continue to puree until smooth.
2. Serving size 2 cups.

Ervin's Banana Smoothie
Ervin Tuschel IV, Jim Town Jumpers

1/2 banana 1/2 c. vanilla yogurt
 1/2 c. milk 1 c. ice

1. Put in blender and mix.

Exploring Project (Grade 3)

Ham Sandwich
Jeffrey Sikora, Howard-Wheaton

Ham slices 2 slices 100% wheat bread
 2 T Mayo 1 leaf of lettuce
 2 slices of cheese (optional)

First spread a tablespoon of Mayo onto each slice of bread. Then put 2 slices of ham and a leaf of lettuce on. Ready to eat.



10. Place pan in oven and cook for 40 minute until golden brown.
11. Serve warm - with ice cream.



Mini Cheesecake
Emily Syverson, Howard-Wheaton
****AWARD OF EXCELLENCE****

Crust:
 2/3 c. graham crackers crumbs 1 1/2 T sugar
 3 T unsalted butter, melted

Filling:
 2- 8 oz. pkg. softened cream cheese 1/2 c. sugar
 1 tsp. vanilla extract 2 large eggs
 1/4 c. sour cream (room temp) pinch of salt

Topping:
 1/2 c. Seedless jam, warmed
 1 1/2 pt. fresh berry of choice
 Mix together lightly

1. Preheat oven to 325 degrees.
2. Line muffin tin.
3. Combine crust ingredients and divide between the 12 muffin cups.
4. Press the crust into each muffin liner with the back of a spoon.
5. Place softened cream cheese in a large bowl and mix on medium speed until creamy and smooth.
6. Add sugar, salt and vanilla.
7. Mix until completely combined.
8. Add eggs one at a time.
9. Add sour cream until mixed well.
10. Spoon mixture evenly into muffin tins over the crust.
11. Bake for 18-20 minutes or until centers are almost set.
12. Cheese cakes will rise while baking and may crack a bit.
13. Remove from oven and set on rack in muffin tin to cool completely.
14. When cooling the centers will begin to sink.
15. Chill cheese cakes in muffin tin for 2 hours or more.
16. Remove chilled cheesecake from liners and top each with a heaping teaspoon of jam and berries.
17. Enjoy.



Food & Nutrition (Grade 4)

Foods & Nutrition (Grades 7-13)

Chili

Josie McCarthy, Wissota Raptors

1 1/2 lbs. hamburger	1/4 c. chopped onion
1 can tomato juice	1 can chili beans
1 28 oz. crushed tomatoes	1 T cumin
1 can light kidney beans	2 T chili powder
1 T Frank's Red Hot Sauce	3/4 c. elbow noodles

1. Brown hamburger and onions. Salt and pepper to taste.
2. Add tomato juice, crushed tomatoes, beans, cumin, Frank's Red Hot Sauce, and chili powder. Simmer for 30-45 minutes. Cook elbow noodles and add to chili.
3. Optional: Top with sour cream and cheddar cheese.

Peach Dumplings

Jessica Sikora, Otter Creek Ramblers

2 cans crescent rolls (16)	3/4 c. white sugar
1- 13 oz. can sliced peaches	1/2 c. brown sugar
1 tsp. cinnamon	1/4 tsp. nutmeg
1 tsp. vanilla	1/2 c. butter
1- 8 oz. can mountain dew	

1. Drain peaches saving the liquid. Set aside.
2. Butter a 9 x 13 cooking pan.
3. Preheat oven to 350 degrees.
4. Open crescent rolls, separate.
5. In a 2 qt. sauce pan over medium heat, melt butter, add sugars, vanilla and liquid from peaches. Stir until sugar dissolved. Set aside.
6. Take a peach slice and a crescent roll, and starting in the big end, wrap each peach and place in buttered pan. Do this with the remaining 15.
7. Place any remaining peaches on top of the dumplings.
8. When all are placed in pan, pour the mixture from sauce pan over all dumplings, making sure all are covered.
9. Take the can of Mountain Dew and pour only around the outside of the dumplings.

Pillsbury White Premium Cake

Evangeline Duenas-Johnson - Howard-Wheaton

Cake mix	1/2 c. oil
1 c. water	3 eggs

1. Preheat oven to 350°F.
2. Coat bottom of pan with non-stick cooking spray and a flour dusting.
3. Beat cake mix, water, oil and eggs in bowl with mixer on medium speed for 2 minutes. Pour batter into pans.
4. Bake for 38 minutes. When toothpick inserted in center comes out clean, cake is done.
5. Cook for 10 to 15 minutes.
6. Remove from pan, cool cake completely before frosting.

Cream Cheese Frosting

2 pkgs. Cream cheese (softened)	2 T milk
2 tsp. vanilla	Dash of salt
5 c. confectioners sugar	Red color dye

1. Blend cheese, milk, vanilla and salt. Gradually add sugar, beating until frosting is smooth and or spreading consistency.
2. If necessary, stir in additional milk 1 teaspoon at a time.

Mint Chocolate Chip Ice Cream

Logan Lubs, Wissota Raptors

****AWARD OF EXCELLENCE****



1 T sugar	6 T rock salt
1/2 c. almond milk, vanilla	ice cubes
1/4 tsp. mint extract	1 pint sized baggie
1-2 drops green food color	1 gallon sized baggie
1/4 c. Mini chocolate chips	

1. Fill the gallon sized baggie 1/2 full with ice and add rock salt. Seal the bag.
2. Put milk, mint extract, food color and sugar into pint sized baggie.
3. Place the pint sized baggie into the gallon sized baggie and seal.
4. Shake until the mixture is ice cream, about five (5) minutes.
5. Carefully open gallon sized baggie to remove pint sized baggie.



Open and enjoy!

Pistachio Dessert
Eagan McCarthy, Wisconsin Raptors

50 Ritz crackers, crushed	1 stick butter, melted
2 pkg. instant pistachio pudding	1 1/2 c. milk
1 qt. vanilla ice cream	Cool Whip
Heath bits	

1. Mix Ritz crackers and butter together.
2. Pat out on a 13x9 cake pan.
3. Mix pudding, milk and ice cream together and pour over cracker mixture.
4. Top with Cool Whip.
5. Sprinkle with Heath bits.

Orange Smoothie
Natalie Liszewski, Edson Hilltop

1 c. vanilla ice cream or vanilla frozen yogurt
3/4 c. low fat milk
1/4 c. frozen orange juice concentrate

1. Combine ice cream, milk and juice concentrate in blender. Process until smooth.
2. Pour into 2 glasses.
3. Serve immediately.
4. Make 2 servings.

Foods & Nutrition (Grades 5-6)

Broccoli-Cheddar Soup
Teryn Close, Otter Creek Ramblers

6 T unsalted butter	1/4 c. all-purpose flour
1 small onion, chopped	2 c. half and half
3 c. chicken broth	1/4 tsp ground nutmeg
4 c. broccoli florets	1 large grated carrot
2 1/2 c. shredded sharp cheddar cheese	

5. Preheat oven to 400 degrees.
 6. 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.
 7. Carefully maneuver dough into the tart pan, trimming excess with a paring knife.
 8. Prick the bottom of the dough with a fork to prevent the dough from puffing up as it bakes.
 9. Bake until lightly browned, about 10 minutes.
 10. 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 tart pan or it will shrink during baking.
* Makes one 9-inch tart or four 4, 1/2- inch tarts

Crème Patissiere (vanilla pastry cream)

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 in the egg mixture.
 3. 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.
 4. As soon as the pastry cream reaches this stage, remove the pan from the heat and stir in the vanilla extract and the butter.
 5. 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.



6. Add gummy worms.

Trix Cereal Crunch Cake
Isabella Duenas-Johnson, Howard-Wheaton

1 box white cake mix
Ingredients as noted on cake box (water, oil, egg whites)
2 tsp. grated orange peel
2 tsp. grated lime peel
1/2 c. Trix cereal, coarsely crushed
Yellow, red, neon green and neon blue liquid food colors

1. Heat oven to 350 degrees (325 degrees for dark or nonstick pans)
2. Grease bottoms only of 2 (8-9 inch) round cake pans with shortening or cooking spray.
3. Make cake mix as directed on box, using water, oil and egg whites.
4. Divide batter evenly between 2 bowls (about 2 cups each). To batter in 1 bowl, add 25 drops yellow food color and 4 drops red food color; mix well. Stir in orange peel. Pour into 1 cake pan.
5. To second bowl, add 25 drops neon green food color and 2 drops neon blue food color; mix well. Stir in lime peel. Pour into second cake pan.
6. Bake and cool as directed on box for 8-9 inch rounds.
7. On serving plate, place green cake layer, rounded side down. Spread with 1/3 c. frosting. Top with orange cake layer, rounded side up. Frost side and top of cake with remaining frosting.
8. Sprinkle cereal on top of cake.



Pate Brisse (Pie Dough) and
Crème Patissiere (Vanilla Pastry Cream)

Morgan Wirtz, Wissota Raptors
****AWARD OF EXCELLENCE****

Pate Brisse (Pie Dough)

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

1. Mix the flour and sugar with a whisk until combined.
2. Combine butter with dry ingredients using a pastry cutter (two forks also works well).
3. When the mixture resembles coarse crumbs, add ice water, one tablespoon at a time, and process until dough comes together.
4. Shape dough into a disk, wrap in plastic wrap and refrigerate for at least one hour.

Salt and pepper to taste

1. Melt the butter in a large Dutch oven or pot over medium heat.
2. Add the onion and cook until tender, about 5 minutes.
3. Whisk in the flour and cook until golden, 3-4 minutes, then gradually whisk in the half and half until smooth.
4. Add the chicken broth, nutmeg and then season with salt and pepper and bring to a simmer.
5. Reduce the heat to medium-low and cook, uncovered, until thickened, about 20 minutes.
6. Add the broccoli and carrot to the broth mixture and simmer until tender, about 20 minutes.
7. Puree the soup in batches in a blender until smooth; you'll still have flecks.

Beef Enchiladas
Adia Hardt, Sunnyside

2 lbs. hamburger	1 pkt. taco seasoning
1 c. shredded cheese	10 flour tortillas
1 can enchilada sauce	1 c. water
1 can refried beans	

1. Brown 2 lbs. hamburger.
2. In a 9 x 13 pan, pour a small amount of enchilada sauce to the tortillas won't stick.
3. When hamburger is browned add taco seasoning packet and 3/4 c. water.
4. Cook for 1 minute.
5. Add 1 can of refried beans and 1/4 c. water, bring to a simmer.
6. Assemble burritos by placing meat mixture in a line in the center, then sprinkle cheese over the meat mixture.
7. Fold two ends of the tortilla in and roll it.
8. Place in pan seam side down.
9. Drizzle with enchilada sauce
10. Sprinkle with cheese.
11. Cover with tin foil.
12. Bake at 350 degrees for 20 minutes.



Creamy Garlic Noodles
Alexa Liszewski, Edson Hilltop

1 jar alfredo sauce	1 tsp. garlic powder
3 c. chicken broth	2/3 c. parmesan cheese
1 lb. pasta noodles, uncooked	4 c. broccoli
2 chicken breasts, cooked and cut into strips	

1. In a skillet, cook chicken in broth with garlic powder.
2. Steam broccoli and prepare noodles. Add alfredo sauce.
3. Add chicken to noodle mixture.
4. Sprinkle with parmesan cheese.

Spanish Rice Enchiladas
Janelle Schesel, Edson Hilltop

Spanish Rice	
1- 4 oz. can green chilies	1 c. chicken broth
1 c. tomato sauce	1 c. white rice
1 1/2 T taco seasoning	2 T vegetable oil

1. Heat vegetable oil in medium saucepan over medium heat.
2. Add the rice and stir to coat completely in oil.
3. Cook, stirring occasionally for 2-3 minutes, until rice is lightly toasted.
4. Add chicken broth, tomato sauce, diced green chilies, and taco seasoning and stir to combine.
5. Turn the heat up to high, and bring the mixture to a boil. Once the mixture is boiling, put the lid on the saucepan and reduce heat to low.
6. Cook for 20 minutes, or until liquid is absorbed and rice is fully cooked.
7. Once rice is done cooking, remove from heat and allow it to rest for about 5 minutes. Using a fork, fluff the rice and incorporate any tomato sauce that has come to the top.

Enchiladas

1 1/2 lbs. ground beef	1 pkt. taco seasoning
2 1/2 c. water	1 pkg. flour tortillas
2 c. shredded cheese	1 can tomato sauce
Spanish rice (recipe above)	

1. In a skillet, cook beef over the medium heat until no longer pink.

2. Add taco seasoning to beef with 3/4 c. water; cover and simmer for 15 minutes.
3. Add Spanish rice to beef mixture and incorporate mixtures together.
4. Spread mixture over tortillas to within half inch of edge. Sprinkle with cheese.
5. Roll up and place seam down in a greased 9 x 13 x 2 inch baking dish.
6. Pour tomato sauce over the enchiladas and sprinkle with cheese. Cover and bake at 350 degrees for 30 minutes or until heated through.
7. Serve with toppings of your choice. Suggestions: sour cream, salsa, avocado, sliced black olives, shredded lettuce, fresh tomatoes or taco sauce.

Taco
Blake Sikora, Howard-Wheaton

1 lb. ground hamburger	1 pkt. taco seasoning
1/2 c. shredded lettuce	1/2 c. shredded cheese
1/2 c. diced tomatoes (optional)	1 large flour tortilla
1/2 c. sour cream (optional)	

1. Put the ground hamburger in a pan on the stove and cook it until it is all brown.
2. Add taco seasoning and water, as directed on packet.
3. Place tortilla shell on plate, add 1/2 c. ground hamburger in middle, add cheese, shredded lettuce and optional toppings.
4. Roll up and enjoy!

Dirt Cake
Marlene Atter, Sunnyside

28 oreos	1 pkg. cream cheese
1/4 c. butter, softened	1 c. powdered sugar
3 1/3 c. milk	2 pkg. pudding
1- 8oz. whipped topping	gummy worms

1. Crush cookies.
2. Beat cream cheese, butter and sugar.
3. In another bowl, whisk milk and pudding.
4. Fold pudding into mix.
5. Start with a layer of cookie crumbs, then layer of pudding mix and repeat.

