



**Chippewa  
County  
4-H Foods  
Revue**

**April 13, 2019  
9:00 a.m.**

**Lake Hallie Village Hall  
Chippewa Falls**

**Judge: *Marie Swartz***

**Superintendent:  
*Kim Syverson***



Notes

Notes



**Easy Chocolate Mousse**  
**Samantha Wirtz, Wissota Raptors**  
**\*\*AWARD OF EXCELLENCE\*\***

- 2 eggs
- 1/4 c. granulated sugar
- 2 1/2 c. cold heavy whipping cream, divided
- 6 oz semi-sweet chocolate (about 1 c. semi-sweet chips)

1. Beat eggs and granulated sugar with your mixer for about 3 minutes.
2. Meanwhile heat 1 cup heavy whipping cream in a small saucepan until just hot, not boiling. With mixer on low, pour the hot cream into the egg mixture slowly until combined.
3. Next, add the egg/cream mixture back into the saucepan and over low heat, stir for five minutes constantly until thickened. Do not boil.
4. Remove from heat and stir in chocolate until melted. Cover and refrigerate for 2 hours, until chilled, stirring occasionally.
5. When the mixture is completely chilled and firm, use your whisk attachment on your stand mixer to whip the remaining heavy cream until stiff peaks form. Remove chocolate from fridge and using the paddle attachment or a spoon, fold/stir the whipped cream into the chocolate until incorporated and smooth. I found using the paddle attachment on low speed worked best.
6. Serve immediately as-is, or refrigerate until ready to use.



**Yellow Cake**  
**Samantha Wirtz, Wissota Raptors**  
**\*\*AWARD OF EXCELLENCE\*\***



- Yellow cake mix
- 1/3 c. vegetable oil
- 1 c. water
- 3 large eggs

1. Preheat oven to 350°F for metal and glass pans or 325°F for dark or coated pans.
2. Grease side and bottom of pans and flour lightly.
3. Blend cake mix, water, oil and egg in a large bowl at low speed until moistened (about 30 seconds).
4. Beat at medium speed for 2 minutes.
5. Pour batter into baking pans and bake immediately.
6. Bake 23-28 minutes for 13 x 9 pans.
7. Cook cake in pan on wire rack for 15 minutes.
8. Cut and frost as desired after completely cool.

## **Cloverbud Project (Grades K & 2)**

**Betty Crocker Fudge Brownies**  
**Isaac Lubs, Wissota Raptors**

- Brownie Mix
- 3 T water
- 1/2 c. applesauce
- 2 eggs

1. Preheat oven to 325°F for 8 x 8 glass pan. Grease bottom of pan.
2. Empty brownie mix, egg, water and applesauce in a large bowl. Stir until well blended (about 50 strokes). Spread into greased pan and bake.
3. Bake in center of oven for 50-52 minutes or until toothpick inserted 2 inches from the edge of the pan comes out clean.
4. Cool in pan on wire rack before cutting and serving.
5. Store tightly covered.

**Ervin's Peanut Butter Cookies**  
**Ervin Tuschel IV, Jim Town Jumpers**

- 2 Bags of Betty Crocker Peanut Butter Cookie Mix
- 6 T vegetable oil
- 2 eggs
- 2 T water
- Hershey Kisses

1. Preheat oven to 350°F for a nonstick cookie sheet. Stir cookie mix, oil, water and eggs in stand mixer until soft dough forms.
2. Scoop dough with small scoop into balls. Place 2 inches apart on greased cookie sheet.
3. Bake 8-10 minutes or until edges are light golden brown. Cool for 1 minute then add Hershey kiss to center of the cookie and let cool for another 1 minute before removing from cookie sheet. Cool completely; store in airtight container.

**Fun with 4-H Foods**

**Triple Threat Fruit Smoothie**  
***Gabrielle Sikora, Howard-Wheaton***

1 banana, peeled and chopped  
1/2 c. blueberries  
1 c. ice cubes  
1 (8 oz) container peach yogurt  
1 kiwi, sliced  
1 c. strawberries  
1/2 c. orange juice

Put all ingredients into a blender and blend together until smooth. Pour into glass and enjoy.

## **Exploring Project (Grade 3)**

**Blueberry Cheesecake Bars**  
***Arabella Knuth, Jim Town Jumpers***

**Crust:**

2 c. crushed graham cracker crumbs  
1/2 c. sugar  
1/2 c. butter (melted)

**Filling:**

1 c. sugar  
2 (8 oz) cream cheese, softened  
4 eggs  
1 tsp. vanilla

**Topping:**

1 c. blueberry pie filling (or filling of choice)

1. Preheat oven to 350°F.
2. Crust: Mix crushed graham crackers, sugar and melted butter. Once mixed well, pat into 9 x 13 pan.
3. Filling: Mix cream cheese, sugar, eggs and vanilla. Spread on top of crust.
4. Bake 20 minutes; cool.
5. Top with 1 can of blueberry pie filling. (or filling of choice)
6. Top with whipped cream or cool whip. Chill overnight.

This is a family recipe that has been passed down the generations.

8. Bake for 16-22 minutes, depending on the depth of pans. If the cake layers are thin, they will cook in less time than the thicker layers.
9. Let cakes cool. Run knife around edge of cake pan and flip over. Frost with cream cheese frosting.

**Frosting:**

1. In a large mixing bowl, cream together softened cream cheese and butter until light and fluffy, about 3-5 minutes.
2. Add powdered sugar and mix until creamy.
3. Add vanilla extract to frosting and stir until combined.
4. Spread on cooled red velvet cake.
5. Cover tightly.



**Meyer Lemon Mousse**  
***Samantha Wirtz, Wissota Raptors***  
**\*\*AWARD OF EXCELLENCE\*\***

1 1/2 c. organic heavy cream  
1 1/4 oz can sweet condensed milk  
1/2 c. fresh Meyer lemon juice  
Organic blueberries for garnish  
Lemon zest for garnish  
Mint leaves for garnish

1. Chill metal mixing bowl and beaters in the freezer for 15 minutes.
2. Add heavy cream to chilled bowl and beat until stiff.
3. Slowly add sweetened condensed milk until well blended.
4. Add lemon juice until just blended.
5. Spoon into serving cups or ramekins.
6. Top with blueberries, lemon zest and mint leaves.



For Filling:

1. Beat cream cheese, sugar and vanilla in large mixer bowl until smooth. Beat in eggs and flour. Gradually beat in evaporated milk and sour cream. Pour over crust.
2. Sprinkle with remaining chocolate chips.
3. Bake for 25 minutes.
4. Cover loosely with aluminum foil. Bake for additional 30-40 minutes or until edge is set, but center still moves slightly.
5. Place in refrigerator immediately; refrigerate for 20 hours or until firm.
6. Remove side of springform pan.

Note: Cheesecake may be baked in a 13 x 9 inch pan. Prepare as above. Bake in preheated 300°F oven for 20 minutes. Cover loosely with aluminum foil. Bake for an additional 20-30 minutes.

### **Red Velvet Cake with Sweet Cream Cheese Frosting** *Alyssa Hysell, Howard-Wheaton*

3 c. cake flour	1 3/4 c. sugar
3 T unsweetened cocoa powder	1 tsp. baking soda
1/2 c. butter, cubed	1/4 tsp. salt
3 eggs	1 c. buttermilk
1 T pure vanilla extract	3/4 c. canola oil
1-2 T red food coloring	

Cream Cheese Frosting:

2 (8 oz) pkgs. cream cheese (room temp and softened)  
12 T butter (3/4 c softened)  
4 1/2 c. powdered sugar  
2 tsp. pure vanilla extract

1. Preheat oven to 350°F.
2. In a stand mixer stir together flour, sugar, cocoa powder, baking soda and salt.
3. Beat the butter into the flour mixture, one cube at a time. Continue to beat until it resembles coarse crumbs.
4. In a small bowl, whisk together eggs, buttermilk, oil, red food coloring and vanilla.
5. Add the buttermilk mixture to dry ingredients and beat the batter until thoroughly mixed.
6. Take a spatula and scrap the sides of the bowl.
7. Spread into two greased 8 or 9 inch cake pans and smooth tops with a spatula.



### **Marbled Chocolate Cheesecake Bars**

*Jaella Schesel, Edson Hilltop*

**\*\*AWARD OF EXCELLENCE\*\***

**Batter:**

3/4 c. water	1/2 c. butter
2 c. flour	1 tsp. baking soda
1 1/2 c. packed brown sugar	1/2 tsp. salt
2 eggs	1/2 c. sour cream
1 1/2 squares (1 1/2 oz.) unsweetened chocolate	

**Cream Cheese Mixture:**

1 (8 oz) pkg. cream cheese, softened  
1 c. semi sweet chocolate chips  
1/3 c. sugar  
1 egg, beaten

1. Preheat oven to 375°F.
2. In a small saucepan, combine water, butter and chocolate. Cook and stir over low heat until smooth. Cool.
3. In mixing bowl, combine flour, brown sugar, baking soda and salt. Add eggs and sour cream.
4. Beat on low just until combined.
5. Stir in chocolate mixture until smooth. In another bowl, beat cream cheese, sugar, egg, vanilla and set aside.
6. Spread chocolate mixture into a greased 15 x 10 x 1 inch baking pan. Drop cream cheese mixture by tablespoons over the batter. Cut through the batter with a knife to swirl. Sprinkle with chocolate chips.
7. Bake for 20-25 minutes or until toothpick comes out clean.
8. Cool. Keep refrigerated.



## Food & Nutrition (Grade 4)

### Molten Hot Lava Cakes

*Kara Kempe, HayCreek Ramblers*

2 oz semi-sweet chocolate chips  
1/4 c. unsalted butter  
1 egg  
1/2 tsp. Vanilla

1/2 c. powdered sugar  
1 egg yolk  
1/4 c. flour

1. Preheat oven to 425°F.
2. Spray 2 mini tins with nonstick spray and place on a cookie sheet.
3. Add the butter and chocolate chips to a microwavable bowl and heat for 60 seconds. Whisk until smooth.
4. Add powdered sugar, whisk until well combined. Add the egg, egg yolk and vanilla until fully combined. Then add the flour.
5. Divide the batter evenly between two mini tins.
6. Bake for 10-12 minutes or until the edges are firm and the center is still liquid.
7. Let stand for 1 minute. Carefully invert on to a plate, serve and enjoy!
8. Add ice cream and toppings as you wish!



### Very Chocolate Ice Cream

*Abigail Sikora, Howard-Wheaton*

**\*\*AWARD OF EXCELLENCE\*\***

3/4 c. sugar  
1/4 tsp. salt  
2 c. heavy cream  
2 T unsweetened cocoa powder  
2 oz semisweet chocolate, chopped

1 c. milk  
3 egg yolks, lightly beaten  
1 tsp. vanilla

1. Combine sugar, milk, salt and cocoa powder in a saucepan over medium heat, stirring constantly. Bring to a simmer. Place the egg yolks into a small bowl. Gradually stir in about 1/2 cup of the hot liquid and return to the saucepan. Heat until thickened, but do not boil. Remove from the heat and stir in the chopped chocolate until chocolate is melted. Pour into a chilled bowl, and refrigerate for about two hours until cold, stirring occasionally.
2. When chocolate mixture has completely cooled, stir in the cream and vanilla. Pour into an ice cream maker and freeze according to manufacturer's directions.

### Strawberry Lemon Dumplings

*Jessica Sikora, Otter Creek Ramblers*

1 pint strawberries (sliced)  
1 (8 count) tube of crescent rolls  
1/4 tsp. lemon extract

1 T butter  
1 T white sugar  
4 oz Sprite

1. Clean and core strawberries.
2. Open can of crescent rolls and unroll. Place 1 strawberry sliced on the wide end of crescent and roll it up in the crescent.
3. Using the tablespoon of butter, grease 9 x 9 pan.
4. Continue with other rolls.
5. In a small saucepan, combine sugar, Sprite, lemon zest and strawberries. Cook over low to medium heat. Crush berries while cooking. (5 minutes)
6. Pour over each crescent.
7. Bake for 30 minutes or until crescents are golden brown.
8. Serve warm. May be served with whipped cream or vanilla ice cream.

### Chocolate Chip Cheesecake

*Janelle Schesel, Edson Hilltop*

Crust:

1 1/2 c. (about 15) crushed chocolate sandwich cookies  
2 T butter or margarine, melted  
2 c. semi-sweet mini chocolate chips, divided

Filling:

2 pkgs (8 oz) cream cheese, softened  
1/2 c. granulated sugar  
2 large eggs  
2 T all-purpose flour

1 T vanilla  
3/4 c. evaporated milk  
1/2 c. sour cream

For Crust:

1. Preheat oven to 300°F.
2. Combine cookie crumbs with butter in medium bowl until moistened; press onto bottom of ungreased 9-inch springform pan. Sprinkle with 1 cup chocolate chips.

## **Foods & Nutrition (Grades 5-6)**

### **Spaghetti**

***Blake Sikora, Howard-Wheaton***

8 oz or 1/2 lb spaghetti noodles      1 lb hamburger  
Parmesan Cheese, chunk  
1 (24 oz) jar of Prego Traditional Italian sauce

1. Cook the hamburger in a frying pan until it is brown.
2. Put sauce and meat into pan and warm.
3. Bring water to a boil in a pot and boil spaghetti noodles for 10 minutes.
4. Place noodles on a plate, spoon meat sauce into noodles, grate Parmesan cheese over the sauce and serve.

### **Blueberry Zucchini Cupcakes with Lemon Buttercream**

***Teryn Close, Otter Creek Ramblers***

3 large eggs      1 c. vegetable oil  
1 T vanilla extract      2 1/4 c. sugar  
2 c. shredded zucchini      3 c. all-purpose flour  
1 tsp. salt      1 tsp. baking powder  
1/4 tsp. baking soda  
1 pint blue blueberries (tossed in 1 tsp. flour)

Lemon buttercream:

1 c. butter, room temp      juice of one lemon  
4 c. confectioners' sugar

1. Preheat oven to 350°F. Lightly grease and flour or line muffin tins.
2. Beat the eggs, oil, vanilla and sugar until well blended. Fold in the zucchini.
3. Whisk flour, salt, baking powder, and baking soda to combine. Slowly add it to the wet mixture, mixing just enough to blend.
4. Fold in the blueberries and pour the batter into the tin. Bake for 23-25 minutes, just until the top is turning golden and a toothpick inserted in the center comes out without wet batter clinging to it. Cool on a rack.
5. To make the frosting, put the softened butter into a bowl and mix until creamy. Add the sifted powdered sugar, one cup at a time, processing till smooth after each addition. After the second cup of sugar, add in the lemon juice. Scrape down the sides of the bowl as necessary. Adjust the texture by adding a little more lemon or a little more sugar.
6. Frost the cooled cupcakes, top with a blueberry and store in refrigerator. Serve chilled.

### **Lasagna**

***Jeffrey Sikora, Howard-Wheaton***

6 lasagna noodles      1 lb hamburger  
2 c. mozzarella cheese, shredded  
2 c. cheddar cheese, shredded  
1 (24 oz) jar of Prego Traditional Italian Sauce

1. Preheat oven to 350°F.
2. Cook hamburger in a frying pan until it is brown. Set aside.
3. Bring water to a boil in a pot and boil lasagna noodles for 10 minutes.
4. Take a 13 x 9 glass pan and lay 3 of the noodles length wise in the pan. Pour 12 oz of spaghetti sauce over the noodles. Evenly distribute half of the hamburger over the sauce. Sprinkle 1 cup of mozzarella cheese and 1 cup of cheddar cheese over the meat evenly. Repeat the next layer the same way.
5. Bake for 30 minutes or until the top layer of cheese is golden brown.
6. Let sit for 10 minutes. Cut and serve.

### **Banana Bread Crumb Cake**

***Logan Lubs, Wissota Raptors***

2 c. flour      3 tsp. baking powder  
1 tsp. salt      3 ripe bananas  
1/2 c. butter, room temp      2 c. granulated sugar  
2 eggs      1 tsp. vanilla  
1 c. milk

Crumb Filling:

1 c. cold butter, cubed      2 c. flour  
2 c. light brown sugar

\*Optional Glaze

1 c. powdered sugar      1-2 T milk

1. Preheat oven to 350°F.
2. Spray 9 x 13 baking dish with cooking spray, set aside.
3. In a medium bowl, whisk together flour, baking powder and salt. Set aside.
4. In a large bowl, mash bananas until they become liquefied.

- Mix in butter until combined and then stir in sugar, eggs and vanilla until mixed well.
- Stir in milk and flour until combined.

#### Crumb Filling:

- Prepare crumb filling/topping, in medium bowl, by combining all the ingredients together cutting them together with a fork or pastry cutter until a coarse crumb forms.
- Pour 1/2 of the batter into the prepared pan. Top with 1/3 of the crumb mixture. Cover the filling with the remaining batter and top with remaining crumb mixture.
- Bake for 50-55 minutes until the center is set and toothpick comes out clean.
- Cool for 10 minutes.
- \*If desired, mix powdered sugar and milk together and drizzle on top.
- Can be served warm or at room temperature. Store airtight for up to 2 days.



#### Macaroons

*Airiana Bremness, Jim Town Jumpers*

- |  |                        |
|--|------------------------|
| 1 3/4 c. confectioners' sugar              | 1 c. almond flour      |
| 3 large egg whites, at room temp           | Pinch of salt          |
| 1/4 tsp. cream of tartar                   | 1/4 c. superfine sugar |
| 1/2 tsp. vanilla, almond                   |                        |
| 2-3 drops of gel food coloring (see below) |                        |

- Preheat oven to 300°F using the convection setting. Line 3 baking sheets with silicone mats. Measure the confectioners' sugar and almond flour by spooning them into measuring cups and leveling with a knife. Transfer to a bowl; whisk to combine.
- Sift the sugar-almond flour mixture, a little at a time, through a fine-mesh sieve into a large bowl, pressing with a rubber spatula to pass through as much as possible. It will take a while, and up to 2 tablespoons of coarse almond flour may be left; just toss it.
- Beat the egg whites, cream of tartar and salt with a mixer on medium speed until frothy. Increase the speed to medium high; gradually add the superfine sugar and beat until stiff and shiny, about 5 more minutes.
- Transfer the beaten egg whites to the bowl and the almond flour mixture. Draw a rubber spatula halfway through the mixture and fold until incorporated, giving the bowl a quarter turn with each fold.
- Add royal blue food dye (or color of choice) and vanilla extract to the mix. Continue folding and turning, scraping down the bowl,

until the batter is smooth and falls off the spatula in a thin flat ribbon, 2 to 3 minutes.

- Transfer the batter to a pastry bag fitted with a 1/4 inch round tip. Hold the bag vertically and close to the baking sheet, pipe 1 1/4 inch circles (24 per sheet). Firmly tap the baking sheets twice against the counter to release any air bubbles.
- Let the cookies sit at room temperature until the tops are no longer sticky to the touch, 15 minutes to 1 hour, depending on the humidity. Slip another baking sheet under the first batch (a double baking sheet protects the cookies from the heat).
- Bake the first batch until the cookies are shiny and rise 1/8 inch to from a "foot", about 20 minutes. Transfer to a rack to cool completely. Repeat, using a double sheet for each batch. Peel the cookies off the mats and sandwich with a thin layer of filling.
- For the filling, mix 3/4 cup mascarpone cheese, 2 tablespoons honey and 1 teaspoon ground dried lavender.

## **Foods & Nutrition (Grades 7-13)**

#### Shepard's Pie

*Emily Syverson, Howard-Wheaton*

- |  |                 |
|--|-----------------|
| 2 lbs ground beef                          | 2 eggs          |
| 1 c. crushed salt crackers                 | 1/4 c. milk     |
| 3/4 tsp. salt                              | 1/2 tsp. pepper |
| 1 1/2 cans cream of mushroom               | 1 c. milk       |
| 4 oz cream cheese                          | 4 oz sour cream |
| 1 small onion, finely diced                | 1 T butter      |
| 2 c. shredded sharp cheddar cheese         |                 |
| 6 medium-large potatoes, peeled and boiled |                 |
| 1 1/2 envelope Lipton onion soup mix       |                 |

- Combine ground beef, crushed salt crackers, eggs, 1/4 c. milk, salt and pepper. Mix well and set aside.
- In a different bowl, combine cream of mushroom soup, 1 cup milk, and the onion soup mix. Mix well and set aside.
- Once the potatoes are done, mash them, add in the cream cheese, sour cream, onion and butter. Use a 9 x 13 cake pan, layer as follows: 1/2 soup mixture, meat mixture, and the remaining soup mixture.
- Drop mashed potatoes over the soup mixture. Spread the potatoes out evenly.
- Top with cheddar cheese.
- Bake for 1 hour at 350°F.