

**K-STATE**  
Research and Extension



Dickinson  
County

# FAVORITE FOOD SHOW



2021 Cookbook

**PRESENTED BY DICKINSON COUNTY  
4-H FAMILY LIVING COMMITTEE**

WE ALL HAVE HAD MOMENTS IN LIFE THAT HAVE BROUGHT GREAT NOSTALGIA SUCH AS BAKING COOKIES OR A FAMILY RECIPE PASSED DOWN GENERATIONS.

FOOD CAN BE A TOOL TO TEACH CHILDREN ABOUT CULTURAL TRADITIONS WITHIN THEIR FAMILY AND BRING TOGETHER YOUNGER AND OLDER GENERATIONS FOR A COMMON PURPOSE. INTERGENERATIONAL COOKING CAN BUILD ON THE STRENGTHS THAT DIFFERENT GENERATIONS HAVE TO OFFER, NURTURE UNDERSTANDING AND MUTUAL RESPECT.

PLEASE ENJOY THE FOLLOWING "FAMILY FAVORITE" RECIPES PASSED DOWN GENERATIONS FROM LOCAL 4-H FAMILIES.

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**Junior 1<sup>st</sup> Place**

**Autumn Felbush**

**Cinnamon Rolls**

**Great Grandma Mc Boyle**

2 Cups milk, warmed

1 stick of butter

Mix Well.

½ cup sugar

2 tsp salt

2 eggs

Add and mix well.

2 pkgs yeast

2 cups flour

Mix well together, then add to liquid and mix well.

5 ½ cups flour

Knead into bread, and let rise until double.

Prepare baking pans. In each of the 9X13 pans (or can use 9" round pans) 1 cup brown sugar, 1 stick butter, softened.

After dough has risen, divide dough in half, roll out in rectangle. Spread butter, cinnamon, sugar, and raisins. Roll up, cut into 18 slices. Place in prepared pans. Let rise again. Bake at 350 degrees.



## Junior 2<sup>nd</sup> Place

Anna Holt

### Peanut Butter Pie

#### Ingredients:

- Graham Cracker Crust:
  - 1 ½ cup graham cracker crumbs
  - 5 Tbsp melted butter
  - ¼ cup sugar
- Pie Filling:
  - 1 box instant chocolate pie filling (made to box instructions)
  - 1 small container whipped topping
  - ½ cup crunchy peanut butter
  - ¾ cup of powdered sugar

#### Instructions:

1. Wash Hands.
2. Mix ingredients for graham cracker crust in a medium bowl until combined. Press the mixture into the bottom of a pie plate.
3. Mix peanut butter and powdered sugar. Pour 2/3 of mixture into graham cracker crust.
4. Pour prepared chocolate pie filling over peanut butter mixture in pie plate.
5. Spread whipped topping over the pie filling. Sprinkle the remaining peanut butter mixture over the top.
6. Chill in the refrigerator.
7. (Serves 8; Cost per serving: \$0.55)



**Junior 3<sup>rd</sup> Place**

**Janessa Latzke**

**RUTH ANNE'S PISTACHIO SALAD**

INGREDIENTS

- 1 can crushed pineapple (20 ounce)
- 1 package instant pistachio pudding mix (3 ounce)
- Frozen whipped topping, thawed (8 ounces)
- 3 cups mini marshmallows

INSTRUCTIONS

1. In a medium bowl, combine the crushed pineapple and the instant pudding mix and stir well.
2. Fold in the whipped cream.
3. Fold in the mini marshmallows.
4. Chill for at least 3 hours before serving cold.



## Ellason Ballou- Junior

### Snickerdoodles

#### Ingredients:

- 1 cup shortening
- 1 ½ cup white sugar
- 2 eggs
- 2 ¾ cup sifted flour
- 1 tsp. baking soda
- 2 tsp. cream of tartar
- ½ tsp. salt

#### Topping:

- 2 tbsp. white sugar
- 2 tsp. cinnamon

#### Directions:

1. Preheat oven to 375 degrees; grease cookie sheets.
2. In a medium bowl, cream together shortening and sugar. Add the eggs in one at a time. Sift together dry ingredients. Stir into the cream mixture until well- blended.
3. In a shallow bowl, stir together topping ingredients. Roll walnut sized balls of dough into sugar mixture. Place cookies two inches apart on cookie sheet. Bake 8-10 minutes in a preheated oven.
4. Cookies should be slightly golden. Cool on wire rack.



**Ava Hedstrom – Junior**

**Strawberry Rhubarb Dump Cake**

- **Ingredients:**
  - 4 Cups Chopped Rhubarb
  - 2 Cups Slice Strawberries
  - 1 3oz. Package of Strawberry gelatin
  - ¼ Cup White Sugar (optional)
  - 1 yellow cake mix
  - 1 Cups Warm Water
  - ¼ Cup Butter

**Directions:**

1. Make sure you have a clean work space and wash your hands before you begin.
2. Preheat Oven to 350° F- Grease 9x13 baking dish.
3. Cut fruit and place in pan. Sprinkle gelatin and sugar evenly over the fruit. Sprinkle the cake mix on top. Evenly pour the water over the pan (Do Not Stir). Dot the the cake with butter or melt butter and evenly pour butter on the cake.
4. Bake until bubbly usually about 20-25 minutes.



## Cora Hedstrom- Junior

### Brownies

#### Ingredients:

- 1 box of brownie mix
- 3 tbsp. water
- ½ cup vegetable oil
- 2 eggs

*(For cakelike brownies, use 3 tablespoons of water, ½ cup vegetable, and 3 eggs)*

#### Directions:

1. Heat oven as directed in the chart below. Grease bottom of pan.
2. Stir brownie mix, water, oil and eggs in medium bowl until well blended. Spread in pan.
3. Bake as directed in chart or until toothpick inserted 2 inches from side of pan comes out almost clean; cool.

**Tip:** *To cut warm brownies, use plastic knife and short sawing motions. Store tightly covered.*

Pan Size	13"x9"	9"x9"	8"x8"
Oven Temp	350° F	350° F	325° F
Bake Time (in minutes)	22-25	36-38	50-52





## Jace Latzke- Junior

### Snickerdoodles Recipe from Grandma Lois Smith

Makes about 3 dozen; \$0.14/serving

#### Ingredients:

- ½ Cup Butter, softened
- ½ Cup Shortening
- 1 ½ Cups Sugar
- 2 Eggs
- 2 ¼ Cups Flour
- 2 tsp Cream of Tartar
- 1 tsp Baking soda
- ½ tsp salt
- 2 tsp sugar
- 2 tsp cinnamon

#### Directions:

1. Wash and dry hands before baking!
2. Cream butter and shortening until light and fluffy. Add the 1 ½ Cups sugar and beat until combined. Mix in eggs.
3. Sift together the flour, cream of tartar, baking soda, and salt.
4. Stir into the shortening mix until well combined.
5. Cover and chill dough about an hour.
6. Roll into balls the size of walnuts and roll the balls into the cinnamon sugar mix.
7. Flatten slightly and bake at 375 degrees for 10-11 minutes or until the edges are golden.
8. Transfer to a rack and cool.



## Jethro Ottensmeier- Junior

### Biko Recipe

#### Ingredients:

- 2 cups glutinous rice aka sticky rice or malagkit (\$5.50)
  - 1 ½ cups of water
  - 2 cups brown sugar (\$1.00)
  - 4 cups coconut milk (\$2.90)
  - ½ tsp salt
- Total: \$9.40

#### Directions:

1. Combine the sticky rice and water in a rice cooker and cook until the rice is ready. (We intentionally combined lesser amount of water than the usual so that the rice will not be fully cooked.)
2. While the rice is cooking, combine the coconut milk with brown sugar and salt in a separate pot and cook in low heat until the texture becomes thick. Stir constantly.
3. Once the rice is cooked and the coconut milk-sugar mixture is thick enough, add the cooked rice in the coconut milk and sugar mixture then mix well. Continue cooking until all the liquid evaporates (but do not overcook).
4. Scoop the cooked biko and place it in a serving plate then flatten the surface.
5. Share and enjoy!



## Aspen Ballou – Junior

### Party Potatoes

#### Ingredients:

- 2 bags of frozen potatoes
- 16 oz container of sour cream
- 1 ½ sticks of melted butter
- 2 cans of cream of chicken soup
- 1 cup of minced onion
- 4 cups of shredded cheddar cheese

#### Directions:

1. Preheat oven to 325 degrees.
2. Spray a large roasting pan with non-stick cooking spray. Empty the 2 bags of frozen potatoes in the roasting pan. Next empty the container of sour cream, the melted butter, the 2 cans of cream of chicken soup, and the minced onions. Mix the ingredients together until blended well and then fold in the cheddar cheese. Once mixed together place the lid on the roaster and bake for 3 hours.

#### Helpful Tips:

Frequently remove the lid and stir the potatoes. This keeps the potatoes from burning around the edges.



## Intermediate 1<sup>st</sup> Place

Hayden Ballou

### Bacon-Wrapped Green beans

#### Ingredients:

- 1 – 12oz package bacon cut into ½'s
- 16 oz green beans (long cut if you can find them)
- 1 cup brown sugar, packed
- ½ cup butter
- 1 tsp. garlic salt

#### Directions:

1. Preheat oven to 400 degrees
2. Melt butter, brown sugar, and garlic salt in a pan. Let cook for 5 minutes, stirring constantly.
3. Wrap 5-6 green beans in bacon and put on baking sheet with sides. Drizzle butter mixture over the bacon wraps.
4. Bake on 400 degrees until bacon is browned. Let cook and eat right away.



## Intermediate 2<sup>nd</sup> Place

Justin Latzke

### Lyona Ground Hog Supper Whole Wheat Waffles

Recipe from the Kansas Wheat Commission and passed on to our family from Grandma and Grandpa Latzke

#### Ingredients:

- 2 1/3 Cup whole wheat flour
- 5 1/2 tsp baking powder
- 1 tsp salt
- 4 eggs separated
- 2 1/2 cups milk
- 1/3 cup canola oil
- 4 tsp honey

#### Directions:

1. Wash hands thoroughly before cooking! Sift together dry ingredients.
2. Beat egg whites until stiff and set aside. Mix together the yolks, milk, oil, and honey. Add the dry ingredients to the liquid ingredients. Whisk until just blended. Fold the egg whites into the mixture gently. Bake according to your waffle iron's directions.



## Intermediate 3<sup>rd</sup> Place

Jasmine Ottensmeier

### Pancit Recipe

- **Ingredients:**
  - 1 lb pancit bihon rice noodles (\$7.70)
  - ½ small cabbage; chopped (\$1.04)
  - 1 cup celery leaves; chopped finely (\$1.34)
  - 1 medium sized onion; chopped (\$0.20)
  - ½ tbsp garlic minced (\$1.20)
  - 1 pc chicken cube Total: \$11.48
  - 5 tbsp soy sauce
  - 3 to 4 cups water

#### Instructions:

1. In a large pot, saute the garlic and onion.
2. Add the pork and chicken then let cook for 2 minutes.
3. Add the chicken cube and water then simmer for 15 minutes.
4. Put in the carrots, cabbage, and celery leaves and simmer for a few minutes.
5. Remove all the ingredients in the pot except for the liquid and set them aside.
6. In the pot with the liquid in, add the soy sauce and mix well.
7. Add the pancit bihon (make sure to first soak it in water for about 10 minutes) and mix well.  
Cook until liquid evaporates completely.
8. Put in the vegetable hat were previously cooked and simmer for another minute or two.
9. Serve hot. Share and enjoy!



## Eyler Holt- Intermediate

### Scalloped Corn

Serves: 12/ Cost per serving: \$0.44

#### Ingredients:

- 2 eggs, slightly beaten
- 1 stick butter, melted
- 1 box jiffy corn bread mix
- 8 oz sour cream
- 1 can whole kernel corn (drained)
- 1 can cream style corn
- 2 cups of grated cheese

#### Directions:

1. Wash hands.
2. Preheat oven to 350 degrees
3. Mix all the ingredients together except cheese, put in large casserole dish.
4. Top with grated cheese.
5. Bake for 30 minutes or until done.



## Payton Ballou- Intermediate

### Loaded Potato Salad

#### Ingredients:

- 4 lbs of potatoes
- 1 ½ cup of mayo
- 1 ½ cup sour cream
- 3 cups of cheese
- 9 strips of bacon
- 1 tsp. of salt and pepper

#### Directions:

1. Dice peeled potatoes; Boil then let cool.
2. Mix everything but the bacon.
3. Fry bacon then crumble. Set about 2 strips aside for garnishment. Mix the rest of bacon with other ingredients.

*Serving size: ½ cup- 250 calories.*





## Senior 1st Place

Annalee Greene

### Gluten- Free Southern Fried Chicken

#### Ingredients:

- Buttermilk Marinade
  - 24 Chicken wing drummies
  - 3 cups Buttermilk
  - 2 teaspoons salt
  - 1 teaspoon pepper
- Dredging Mixture:
  - 2 cups all-purpose gluten-free flour
  - 1 cup cornstarch
  - 1 tablespoon onion powder
  - 1 tablespoon garlic powder
  - 2 teaspoons salt
  - 1 tablespoon paprika
  - 1 cup coconut oil

#### Instructions:

1. In a large mixing, whisk together milk, salt, and pepper. Add in chicken pieces. Cover the bowl with plastic wrap and refrigerate for at least 2 hours. It is best to allow the chicken to marinate overnight if you can.
2. Prepare the breading by combining the gluten-free flour, cornstarch, onion powder, garlic powder, salt, paprika, in a large shallow dish.
3. Heat the coconut oil in a large skillet on medium heat. You can test the oil to see if it is hot enough by sprinkling a little bit of the flour mixture into the oil. It should sizzle, but not smoke.
4. Working one at a time, remove a chicken piece from the buttermilk mixture and place it in the gluten-free flour mixture. Place the coated chicken piece on a baking sheet. Repeat the steps until all the chicken pieces are coated.
5. Fry 4 or 6 pieces at a time (do not overcrowd the pan). Place the breaded chicken skin side down first into the oil. Watch the temperature of the oil, as the chicken causes the oil temperature to drop. Adjust your heat as needed to keep the chicken gently cooking. Fry each piece for 12-15 minutes. Turn each piece over using tongs about every 2 minutes, until the chicken is fully cooked, golden brown, and reaches an internal temperature of 165°F.
6. Remove the chicken pieces from the oil with tongs and place them on a cooling rack or paper towel-lined baking sheet. Let the fried chicken rest for at least 10 minutes before serving. The chicken can be served warm or cold.

*Adapted from "Mama Knows Gluten-Free"*



Annalee Greene

## Senior 2<sup>nd</sup> Place

Alice Bathurst

### Chicken or a La King Casserole

Yield: 8 servings

Cost per Serving: \$1.19

#### INGREDIENTS

- 2 tablespoon butter
- 2 tablespoons olive oil
- 10 ounces mushrooms, sliced
- 1 cup onion, diced
- ½ cup celery, diced
- ¾ cup carrots, diced
- 1 ½ teaspoon kosher salt
- Fresh black pepper to taste
- 1 teaspoon basil
- 2 teaspoon rosemary
- 2 teaspoons minced garlic
- ¼ cup flour
- 3 cups chicken broth
- 6oz can evaporated milk
- 1 pound cooked turkey or chicken, cubed or shredded
- 4oz cream cheese
- 1 cup grated parmesan cheese, divided
- 8 ounces egg noodles cooked and drained
- ½ cup breadcrumbs, toasted

#### INSTRUCTIONS

1. Wash hands for 20 seconds with warm water then dry with a clean towel.
2. Toast the breadcrumbs, (add the breadcrumbs to a dry skillet over medium heat. Toss the breadcrumbs until they are golden brown and then remove from the skillet.)
3. Cook the Noodles, (any other noodles or pasta would work.)
4. Preheat the oven to 350 degrees.
5. Add the butter and oil to a large, 13 inch skillet or wide dutch oven. Once the

butter has melted add the sliced mushrooms and cook for 5 minutes.6. Next add the onion, celery, carrots, garlic and seasonings stirring into the

mushrooms and cook for another 5 minutes until softened.

7. Sprinkle in the flour and stir to combine with the vegetables, let the flour cook out for 1 minute then slowly pour in the chicken broth. Whisk the stock into the vegetables so that no lumps form and bring the sauce to a simmer. 2-3 minutes.

8. Whisk in the cream cheese and evaporated milk. Add the turkey, 1/2 cup of the parmesan cheese. Let the sauce come back to a simmer for 2-3 minutes and then taste the sauce for seasonings. Adjust the salt and/or pepper if needed and then remove from the heat.

9. Add the cooked pasta to the sauce to combine. If your skillet isn't large enough for this, add the cooked pasta back to the pot you cooked it in and then pour the sauce on top.

10. Pour in the turkey and pasta filling into a 9" x 13" (2 quart) baking dish with cooking spray.

11. Top the casserole with the remaining 1/2 cup of parmesan cheese and the toasted breadcrumbs.

12. Bake for 25 minutes, uncovered until the casserole is warmed through.



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Thank You

FOR YOUR CONTINUED SUPPORT TO  
THE DICKINSON COUNTY 4-H  
PROGRAM.

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