

4-H FOODS PROJECT UNIFORM RECIPE LIST FOR FAIR ENTRIES

CLASS A

MICROWAVE RICE KRISPIE TREATS

1/4 cup butter or margarine
5 cups miniature or 40 large
marshmallows

1/4 teaspoon salt
5 cups crispy rice cereal

Melt butter in 8x8-inch dish at High power, 45 to 60 seconds. Stir in marshmallows and salt. Microwave 1 ½ to 2 minutes at High until soft and melted, stirring after 1 minute. Stir until smooth before adding cereal. Add cereal, 1/3 at a time, stirring with fork until well coated. Press into dish with fork. Cool, then cut into 36 squares. Exhibit plate of 3 squares.

EASY NO BAKE COOKIES

2 cups granulated sugar
½ cup cocoa
1 stick butter
½ cup milk

½ cup peanut butter
1 teaspoon vanilla
3 cups oatmeal

Bring sugar, cocoa, butter, and milk to a rolling boil in a medium-sized sauce pan. Let boil one minute. Remove from heat. Add peanut butter, vanilla, and oatmeal. Stir until thick. Drop mixture by spoonfuls onto waxed paper and let cool. Makes about four dozen.

(The Cookie Book, Wisconsin Electric, 1998)

CLASS B

CLASSIC PEANUT BUTTER COOKIES

1 cup butter
1 cup granulated sugar
1 cup packed brown sugar
1 cup peanut butter

2 eggs
2 ½ cups sifted all purpose flour
2 teaspoons baking soda
½ teaspoon salt

Cream butter, add sugars and peanut butter; mix well. Beat in eggs and sifted dry ingredients. Shape into balls, using a level ½ tablespoon of dough. Place on greased cookie sheets. Flatten with tines of fork. Bake at 350 degrees for about 15 minutes. Makes about six dozen cookies.

(The Cookie Book, Wisconsin Electric, 1998)

OATMEAL SUGAR COOKIES

1 cup white sugar	½ teaspoon baking powder
1 cup brown sugar	1 teaspoon cinnamon
½ cup shortening	1 ½ cups flour
2 eggs	1 teaspoon vanilla
1 teaspoon salt	3 cups oatmeal
½ teaspoon baking soda	

Cream sugars with shortening. Add eggs. Sift baking soda and powder, salt, cinnamon, and flour together. Combine sifted dry ingredients with creamed mixture; stir in oatmeal and add vanilla last. Form dough into balls the size of walnuts; roll in granulated sugar. Bake in 350 degrees oven on greased cookie sheet until cookies are brown (8 to 10 minutes).

(Centennial Cook Book - Assumption of the Blessed
Virgin Mary Catholic Church. Chelsea, WI)

CHOCOLATE CHIP COOKIES

1/3 cup shortening	1 teaspoon vanilla
1/3 cup butter or margarine	1 ½ cup all purpose flour
½ cup granulated sugar	½ teaspoon baking soda
½ cup brown sugar (packed)	½ teaspoon salt
1 egg	1 package chocolate chips

Heat oven to 375 degrees. Mix thoroughly shortening, butter, sugars, eggs, and vanilla. Stir in remaining ingredients. (For a softer, rounder cookie, add ½ cup flour)

Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased baking sheet. Bake 8 to 10 minutes or until light brown. Cool slightly before removing from baking sheet. Makes about 3 ½ dozen cookies.

(Betty Crocker)

CORN MUFFINS

1 1/4 cups cornmeal	½ teaspoon salt
1 cup all purpose flour	1 egg
1/3 cup packed brown sugar	1 cup buttermilk
1/3 cup sugar	3/4 cup vegetable oil
1 teaspoon baking soda	

In a bowl, combine cornmeal, flour, sugars, baking soda, and salt. In another bowl, beat egg, buttermilk, and oil; stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups three-fourths full. Bake at 425 degrees for 12 to 15 minutes or until muffins test done. Cool in pan for 10 minutes before removing to a wire rack. Makes one dozen. (1999 Taste of Home Quick Cooking Annual Recipes)

MICROWAVE FUDGE BROWNIES

2 ounces unsweetened chocolate, premelted or solid	½ teaspoon baking powder
½ cup butter or margarine	½ teaspoon vanilla
1 cup granulated sugar	1/4 teaspoon salt
¾ cup all-purpose flour	½ cup finely chopped nuts (optional)
2 eggs	

In mixing bowl, combine chocolate, butter and sugar. Microwave at 50% (Medium) 2 to 4 minutes, or until melted. Blend well. Add remaining ingredients; beat until well blended. Spread in 8x8-inch glass baking dish.

Place dish on inverted saucer in microwave oven. Microwave at High 4 to 7 minutes, or until done, rotating 1/4 turn after 2, 4, and 5 minutes. Cool directly on counter top. Cut into 16 squares. Exhibit plate of 3 squares.

YELLOW CUP CAKES

1 ¼ cups sifted cake flour	¾ cup sugar
1 ¾ teaspoons baking powder	½ teaspoon salt
¼ cup shortening	⅔ cup milk
1 teaspoon vanilla extract	3 egg yolks

1. Preheat oven to 375 degrees F. Grease and flour bottoms of 16 (2 ½ inch) cupcake cups; or place paper liners in cupcake cups.
2. Into large bowl of electric mixer, sift flour with sugar, baking powder and salt.
3. Add shortening, milk, and vanilla
4. At low speed, beat 30 seconds scraping side of bowl with rubber scraper. At medium speed, beat two minutes.
5. Add egg yolks; continue beating one minute longer, or until batter is smooth.
6. Spoon batter evenly into prepared cupcake cups, filling about half full.
7. Bake about 20 minutes, or until surface springs back when gently pressed with finger tip.
8. Remove to wire rack; cool completely. (McCalls 1963)

CLASS C

CARROT CAKE

2 cups flour	1 ½ cup oil
2 cups sugar	4 eggs
2 teaspoons baking soda	3 cups grated carrots
2 teaspoons cinnamon	2 teaspoons vanilla
1 teaspoon salt	

Cream oil and sugar. Add eggs, one at a time, beating well after each addition. Add the other ingredients; adding carrots last. Pour into greased and floured 9x13 inch pan and bake in a 350 degree oven for 50 to 55 minutes or until toothpick inserted comes out clear.
(Taste & See, Youth Council from Rib Lake)

QUICK YEAST BUNS

1/4 cup sugar	2 tablespoons margarine or butter, melted
2 (1/4 ounce) packages active dry yeast	½ teaspoon salt
1 1/4 cups warm water (105 to 115 degrees F.)	3 to 3 1/4 cups all purpose flour
1 egg, slightly beaten	

In large bowl dissolve sugar and yeast in warm water; let stand 5 minutes. Beat in egg, margarine and salt until well mixed. Stir in **2 cups** flour; beat until smooth (1 to 2 minutes). Stir in enough flour to make dough easy to handle. Turn dough onto lightly floured surface; knead until smooth and elastic (5 to 10 minutes). Cover; let dough rest for 10 minutes. Heat oven to 400 degrees. Divide dough into 24 pieces; shape into balls. Place in greased 13x9 inch baking pan. Cover; let rise in warm place for 20 minutes. Bake for 18 to 23 minutes or until golden brown. Makes 24 rolls.

(75 Years and Still Cooking, Lutheran Brotherhood)

REFRIGERATOR COOKIE

Brown Sugar Crispies from Quaker Oats

3/4 cup butter, softened	1 teaspoon baking soda
1 cup packed brown sugar	1 cup sugar
1 tablespoon vanilla	2 eggs
1 1/2 cup flour	3 cups uncooked one-minute oatmeal

In large bowl beat butter and sugars until light and fluffy. Blend in eggs and vanilla. Add remaining ingredients and mix well. Shape dough into 2 to 12 inch long logs. Wrap in wax paper. Freeze several hours or overnight.

Heat oven to 350 degrees F. Cut each roll into 1/4 inch thick slices. Bake on ungreased cookie sheet 8 to 10 minutes. Cool one minute on cookie sheet, remove to wire cooling rack.

Variations: Can sprinkle with colored sugar or cinnamon sugar before baking. Makes approximately 6 1/2 dozen.

(Quaker Oats)

SHORTCAKE

2 cups all-purpose flour	1/3 cup shortening
2 tablespoons sugar	1 cup milk
3 teaspoons baking powder	1 teaspoon salt

Heat oven to 450 degrees F. Grease square layer pan, 8 x 8 x 1 1/2 inches. Measure flour, sugar, baking powder and salt into bowl. Cut in shortening thoroughly until mixture looks like meal. Stir in milk just until blended. Pat into pan.

Bake 15 to 20 minutes or until golden brown. Split, spread with butter, fill and top with berries and cream.

GINGERSNAPS

3/4 cup shortening (margarine)	2 teaspoons baking soda
1 cup brown sugar	1/2 teaspoon salt
1/4 cup molasses	1 teaspoon ground ginger
1 egg	1 teaspoon ground cinnamon
2 1/4 cups all-purpose flour	1/2 teaspoon ground cloves

Cream shortening, sugar, molasses and egg until fluffy. Sift together flour, baking soda, salt, ginger, cinnamon and cloves. Stir into molasses mixture.

Form in small balls. Roll in granulated sugar. Place 2 inches apart on greased cookie sheet. Bake in 375 degree F. oven 12 minutes.

Makes about 5 dozen cookies. (Better Homes & Garden)

OLD-FASHIONED WHITE BREAD

1 packet active yeast	2 tablespoons shortening, soft or melted
1 1/4 cups warm water	1 cup warm milk
3 tablespoons sugar	5 1/2 to 6 cups all-purpose flour
1 tablespoon salt	

Place first 6 ingredients in large mixing bowl in order given. Add flour gradually to make a stiff dough. Place dough in lightly greased bowl. Cover; let rise in warm place until doubled in size, about 2 hours.

Punch down dough. Cover; let rise 30 minutes. Divide dough in half. Mold into balls. Cover with bowl. Let rest 15 minutes.

Shape into loaves. Place in well-greased 9x5x3 or 8x4x2 1/2-inch pans. Cover. Let rise until light and doubled in size, 1 to 1 1/2 hours.

Bake at 375 degrees F. for 35 to 40 minutes, or until deep golden brown. Remove from pans immediately. Cool on rack.

CLASS D

MICROWAVE ONE CRUST PASTRY

1/3 cup shortening	1/2 teaspoon salt
2 tablespoons butter or margarine, room temperature	3 tablespoons cold water
1 cup all-purpose flour	3 or 4 drops yellow food coloring (Optional)

Makes 8", 9", or 10" pie shell.

Cut shortening and butter into flour and salt using lowest speed of mixer or a pastry blender until particles resemble coarse crumbs or small peas. **Combine** water and food coloring. Sprinkle over mixture while stirring with fork, until particles are just moist enough to cling together and form a ball. You may not need all the water. **Add** just the right amount of water. Too little makes a dry dough which is hard to roll out and cracks around the edge. Too much makes a sticky dough. Either will result in tough pastry. **Flour** pastry cloth evenly, working in some flour with your hands. Cloth or stocking covered rolling pin reduces amount of flour and handling needed and makes a tender pastry. **Form** dough into ball. Flatten to 1/2". Roll out on a floured pastry cloth to scant 1/8" thick circle, at least 2" larger than inverted pie plate. **To** maintain a circular shape and even thickness, roll from the center to edge in all directions.

Transfer rolled out pastry to microwave-safe pie plate by folding in half, then in half again; lift carefully to plate. **Unfold** pastry and fit loosely into glass plate. Pat out air pockets on bottom. Lift sides and let fall gently into bend of plate. Do not stretch dough or it will shrink while microwaving. **Let** pastry relax into plate about 10 minutes to reduce shrinkage. Then make a high standing fluted rim which will contain bubbling and make more room for the filling. **Trim** overhang to a generous 1/2". Fold to form standing rim. Place right index finger inside rim and left thumb and index finger on outside of rim. Push pastry into "V" shape every 1/2". After fluting the entire rim, pinch the flutes to make sharp edges. **Prick** crust with fork continuously at bend of dish, make pricks on bottom and side 1/2" apart.

Microwave at High 5 to 7 minutes, rotating dish 1/2 turn every 3 minutes. If crust is cooking unevenly, rotate 1/4 turn every minute. If brown spots appear, cover with small piece of foil. Watch closely. Check before minimum time. Times can vary with each crust because of differences in thickness or amount of water used. If crust bubbles, gently push back into shape. Check for doneness by looking through bottom of glass pie plate. Crust will not brown, but will appear dry and opaque.

Slip into aluminum pan of same size for exhibit.

ROLLED SUGAR COOKIES

3/4 cup shortening (part butter or margarine, softened)	1 cup sugar
1 teaspoon vanilla	2 eggs
1 teaspoon baking powder	2 ½ cups all-purpose flour
	1 teaspoon salt

Mix thoroughly shortening, sugar, eggs, and flavoring. Blend in flour, baking powder and salt. Cover; chill at least 1 hour.

Heat oven to 400 degrees. Roll dough 1/8 inch thick on lightly floured cloth-covered board. Cut into desired shapes. Place on ungreased baking sheet. Bake 6 to 8 minutes or until very light brown. Makes about 4 dozen 3- inch cookies

(Betty Crocker)