



2023
Juneau County 4-H
Foods Revue

March 11, 1 p.m.
Wonewoc Center School Gym

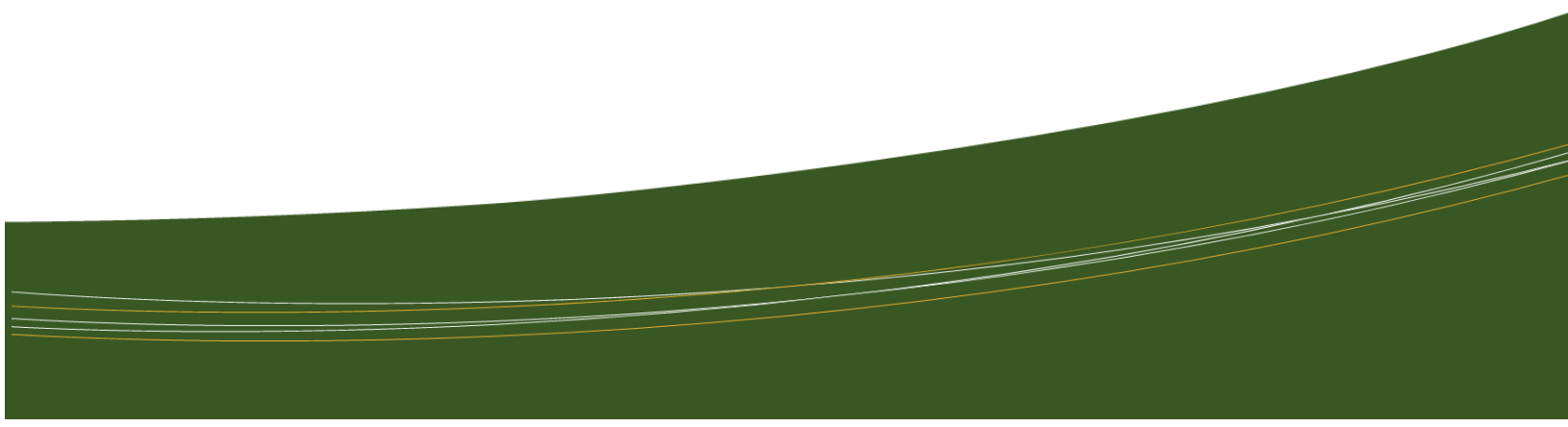


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Finley D
Cloverbud (Grade 5K-2)
Orange Mill 4-H Club
Virtual

Sweet Trail Mix

Ingredients

Cinnamon Toast Crunch
Frosted Mini Wheats
Honey and Nut Trail Mix
Honey Roasted Peanuts
M&Ms

Directions

Mix together and serve.

Vidalia W
Cloverbud (Grade 5K-2)
Wonewoc Badgers 4-H Club

Cookie Dough Dip

Ingredients

8 oz. cream cheese
1 stick butter
1 cup peanut butter
1 tsp vanilla extract
1/4 cup brown sugar
2 cups powdered sugar
2 cups quick cooking oats
3/4 cup mini M&Ms
1 cup mini chocolate chips

Directions

Using a mixer, beat the cream cheese, butter, peanut butter, vanilla extract and brown sugar together until combined.

Add the powdered sugar gradually, continuing to mix.

Then add the quick oats to the mixture.

Stir in Mini M&Ms and chocolate chips.

Anna M
Cloverbud (Grade 5K-2)
Blackhawk 4-H Club

Dirt Cake

Ingredients

3½ cups milk
2 packages (3.4 oz.) instant vanilla pudding
1 package Oreos
½ cup butter (room temperature)
8 oz. cream cheese (room temperature)
1 cup powdered sugar
8 oz. whipped topping
Gummy worms

Instructions

1. Crush Oreos and set aside.
2. Whisk milk and pudding together then set aside.
3. Cream together butter and cream cheese. Add powdered sugar and beat until smooth.
4. Add pudding to butter/cream cheese mixture. Beat on low speed.
5. Fold in whipped topping into pudding mixture.
6. Layer pudding mixture and cookies into desired dish or individual cups. Be sure the final layer on top is crumbled Oreos.
7. Add gummy worms on top for décor.
8. Refrigerate before serving.

Beau M
Cloverbud (Grade 5K-2)
Blackhawk 4-H Club

Graham Cracker Pie

Ingredients

2 packages (3.5 oz.) instant vanilla pudding
3½ cups milk
1 graham cracker crust
Whipped topping

Instructions

1. Mix pudding and milk.
2. Pour into graham cracker crust.
3. Top with whipped topping and sprinkle graham crackers on top for decoration.

Leah K
Cloverbud (Grade 5K-2)
Orange Mill 4-H Club

Lemonade Salad

Ingredients

1 15.25 ounce can crushed pineapple, drained
1 14 ounce can sweetened condensed milk
1 6 ounce can lemonade concentrate, thawed
1 8 ounce container frozen whipped dessert topping, thawed
2 cups tiny marshmallows
Mint sprigs (optional)

Directions

Step 1—In a large bowl, combine drained pineapple, sweetened condensed milk, and lemonade concentrate; fold into thawed, whipped topping and marshmallows.

Step 2—Cover and refrigerate until serving time.

Step 3—Garnish with mint, if you like.

Makes 10 side-dish servings.

Rowan C
Cloverbud (Grade 5K-2)
Mauston T-N-T 4-H Club

Fruit and Yogurt Parfait

Ingredients

32 ounces plain or vanilla Greek yogurt
1½ cups strawberries
1½ cups raspberries
1½ cups blueberries
4-5 cups granola

Directions

Layer ¼ - 1/3 cup of mixed berries in the bottom of each cup.

Next, spoon about ¼ - 1/3 cup of yogurt on top of the berries.

Continue layering until the cup is as full as you would like (with yogurt being the top layer).

Fill a snack-sized Ziploc bag with granola and seal (one for each cup).

Cover each cup tightly with plastic wrap and seal with rubber band. Place (or lie on) a granola bag on each cup along with a plastic spoon. Place in refrigerator for up to 5 days.

Charlotte G
Cloverbud (Grade 5K-2)
Wonewoc Badgers 4-H Club

Lemonade

Servings: 24 (8 oz.)

Ingredients

4 cups sugar
4 cups water (for simple syrup)
4 cups fresh squeezed lemon juice
8 to 12 cups cold water
Ice for pitcher

Directions

1. To make the simple syrup:
Place the sugar and water in a small saucepan and bring to a simmer. Stir so that the sugar dissolves completely and remove from heat.
2. Juice the lemons:
While the water is heating for the simple syrup, juice your lemons. Depending on the size of the lemons, 4 to 6 of them should be enough for 1 cup of juice.
3. Mix the lemonade:
Pour the juice and the simple syrup sugar water into a serving pitcher. Add 2 to 3 cups of cold water and taste. Add more water if you would like it to be more diluted (though note that when you add ice, it will melt and naturally dilute the lemonade). If the lemonade is a little sweet for your taste, add a little more straight lemon juice to it.
4. Chill and serve.
Refrigerate 30 to 40 minutes. Serve with ice.

Ryan D
Grade 3-5
Wonewoc Badgers 4-H Club

Maple Cream Cookies

Ingredients

1 cup butter softened
1 cup granulated white sugar
1 egg
2 tablespoons maple syrup
1 teaspoon maple extract or substitute vanilla extract
2 $\frac{3}{4}$ cups all purpose flour
 $\frac{1}{4}$ teaspoon salt

For the maple cream filling

$\frac{1}{4}$ cup butter soften
 $\frac{1}{4}$ cup powdered icing sugar
1 tablespoon maple syrup
1 tablespoon heavy cream double cream or whipping cream
 $\frac{1}{2}$ teaspoon maple extract or vanilla extract
 $\frac{1}{8}$ teaspoon salt

Instructions

1. In a large mixing bowl, beat the butter and sugar together with an electric mixer until light and fluffy. Beat in the egg, maple syrup and extract until fluffy.
2. Add the flour and salt and mix on low until combined. Wrap the dough and chill in the fridge for 30 minutes.
3. Meanwhile, make the creme filling by beating all ingredients together until smooth and creamy. It should be a pipable thickness, so if necessary, add a little more powdered sugar to thicken or cream to thin. Set aside (or put in the fridge if making it far in advance. You may need to add more cream to thin it if it has been refrigerated).
4. Preheat the oven to 350°F.
5. Lightly flour the counter, then roll out the chilled dough to $\frac{1}{8}$ inch thick. Cut out shapes with a cookie cutter (I use a maple leaf shape), re-rolling and cutting until the dough is used up.
6. Then place the cookies onto the cookie sheets.
7. Bake the cookies for 6-8 minutes or until just beginning to turn golden. Allow to cool on the cookie sheets for 5 minutes, then transfer to a wire rack to cool completely.
8. When the cookies are completely cooled, turn half of them upside down, pipe or spoon a little of the cream filling onto them, then top with the other half of the cookies to create maple sandwich cookies.

Clayton W
Grade 3-5
Wonewoc Badgers 4-H Club

Cookie Salad

Ingredients

1 package (3.4 ounce) instant vanilla pudding mix
1 cup buttermilk
8 ounces frozen whipped topping thawed
1 can (20 ounce) crushed pineapple, drained well
1 can (11 ounces) mandarin oranges, drained well
10 fudge stripe cookies, crushed

Instructions

In a large bowl, mix together the pudding mix and the buttermilk. It will be thick.
(You can use a whisk or a hand-held mixer.)

Fold in the whipped topping.

Add in the pineapple and mandarin oranges and stir well.

Chill until ready to serve.

Crush cookies and mix in just before serving. Reserve a few for garnish.

Hadley B
Grade 3-5
Wonewoc Badgers 4-H Club

Cake Mix Whoopie Pies

https://dancearoundthekitchen.com/wprm_print/3301

PREP TIME: 20 minutes

COOK TIME: 13 minutes

SERVINGS: 18 Whoopie Pies

Ingredients

One 15.25 ounce box cake mix
One 3.4 ounce box instant pudding mix
2/3 cup water
1/2 cup vegetable oil
3 eggs

Filling

3/4 cup salted butter (1 1/2 sticks), softened
3 cups powdered sugar
1 teaspoon vanilla extract
1 cup marshmallow cream

Make the Cookies

1. Preheat oven to 350°F. Line baking sheets with parchment paper or silicone baking mats.
2. In a large bowl (or the bowl of a stand mixer), add the cake mix, pudding mix, water, oil and eggs.
3. Stir to combine. Then use a rubber spatula to get the ingredients off the sides of the bowl. Then beat for 2 minutes.
4. Scoop the batter onto the prepared baking sheet, making sure to put at least 2 inches between each cookie (I use a 2 tablespoon cookie scoop).
5. Bake for 10-13 minutes. Let cool completely.

Make the Filling

1. Place the softened butter in the bowl of a stand mixer. Beat until smooth.
2. Add the powdered sugar and vanilla and beat until smooth.
3. Stir in the marshmallow crème and refrigerate until you're ready to assemble the whoopie pies.

Assemble & Enjoy

1. Lay half of the cookies upside-down (so the flat side of the cookie is on top).
2. Use a piping bag or a cookie scoop to transfer the filling onto the cookie halves.
3. Place the remaining cookies on top to form the whoopie pies.

William S
Grade 3-5
Blackhawk 4-H Club

Summer Fruit Salad Surprise

Ingredients

Various fruit of choice

Creamy Fruit Salad Dressing Syrup:

- 1 cup orange juice
- 1 tbsp. vanilla extract
- ¼ cup honey or maple syrup
- 1 tbsp. cornstarch or arrowroot powder
- ½ cup plain Greek yogurt

Instructions

Combine orange juice, vanilla extract, honey and cornstarch in a saucepan. Whisk until smooth.

Whisking constantly, bring to a boil and simmer for 1-2 minutes or until thickened to a medium syrup consistency.

Take syrup off the heat. Cool to room temperature. Whisk from time to time to avoid a skin on top.

Whisk the Greek yogurt into the cooled syrup. Chill in the fridge until ready to use.

Madalyn L
Grade 3-5
Mauston T-N-T 4-H Club

Chef Salad

Ingredients

6 cups of Romaine Lettuce
8 oz. Deli Ham
8 oz. Deli Turkey
1 cup of cherry tomatoes (halved)
1 cup cucumbers (cut into quarter moons)
1/4 cup sliced olives
1/4 cup thinly sliced onion
8 oz. shredded cheddar cheese
4 large hard boiled eggs
Handful of croutons
Dressing of choice

Instructions

Place chopped lettuce in large bowl. Top with ham, turkey, tomatoes, cucumbers, olives, onion, cheese, eggs, croutons, and dressing of choice.

Enjoy!

Westley C
Grade 3-5
Mauston T-N-T 4-H Club

Monte Cristo Sandwich

Ingredients

2 slices white bread
As needed butter
1 oz. slice turkey or chicken
1 oz. sliced ham
1 oz. sliced Swiss cheese
1 egg, beaten
2 tbsp. milk

Instructions

Place the bread on a clean work surface. Spread the tops with butter.

Place turkey, ham, and cheese slices on the buttered side of one of the pieces of bread. Top with the remaining slice of bread buttered side down.

Beat the egg and milk together.

Heat a large pan or griddle over moderately high heat.

Dip both sides of the sandwich in the batter until it is completely coated and the liquid has partially soaked into the bread.

Add butter to the pan or griddle, once melted and coating the bottom of the pan, cook the sandwich until browned on one side. Flip and brown the other side.

Cut in half and serve immediately.

Keaton B
Grade 6-8
Wonewoc Badgers 4-H Club

Tortellini and Sausage Soup

Servings: 6

Ingredients

1 lb. Italian sausage (browned & drained)
2 (15 oz.) cans Italian diced tomatoes
4 cups vegetable or chicken broth (32 oz. container)
8 ounces cream cheese (cubed)
1 (20 oz.) bag of frozen cheese tortellini
3-4 cups fresh spinach

Instructions

1. Add the browned, chopped and drained sausage, chicken broth, both cans of diced tomatoes, and cubed cream cheese to your slow cooker.
2. Give it a good stir and cook on LOW for about 4 hours or until the cream cheese has completely dissolved.
3. Stir in the spinach and frozen tortellini and cook for an additional 30 minutes or until the pasta is done to your liking.
4. Serve immediately and store any leftovers in the fridge for up to 3 days.

Recipe from: https://www.instrupix.com/wprm_print/5122

Bailey M
Grade 6-8
Mauston T-N-T 4-H Club

Ravioli Lasagna

Ingredients

1 pound hamburger, browned
1 jar (28 oz.) spaghetti sauce
2 packages (10 oz.) fresh cheese or sausage ravioli
1½ cups shredded part-skim mozzarella cheese
Minced fresh basil, optional

Steps

1. In a large skillet, cook and crumble hamburger over medium heat until no longer pink, 5-7 minutes; drain. In a greased 2½ quart baking dish, layer a third of the spaghetti sauce, half of the ravioli and hamburger, and ½ cup cheese; repeat layers. Top with remaining sauce and cheese.
2. Cover and bake at 400 degrees until heated through, 35 to 40 minutes. If desired, top with basil to serve.

Eli S
Grade 6-8
Blackhawk 4-H Club

Homestead Cornbread

Ingredients

1½ cup flour (use 1¾ if using fresh ground flour)
2/3 cup sugar
½ cup cornmeal
1 tbsp. baking powder
½ tsp salt
1¼ cups milk
2 large eggs, lightly beaten
1/3 cup oil
3 tbsp. butter, melted

Instructions

Preheat oven to 350F. Grease muffin tin/cast iron pan/9 x 13 baking pan.

In large bowl, combine dry ingredients. In separate bowl, combine milk, eggs, oil and butter (be sure butter is slightly cooled so it does not scramble the eggs). Mix thoroughly.

Mix wet and dry ingredients together until just combined.

Pour into baking pan of choice. If using muffin tin, fill¾ full.

Bake for 30-35 minutes or until edges start to brown and center is set.

Cool for at least 10 minutes. Enjoy!

Henry C
Grade 6-8
Mauston T-N-T 4-H Club

Ice Cream Cone Cupcakes

Ingredients

1—15.25 oz. box yellow cake mix plus eggs, oil and water to prepare
30 regular flat bottomed ice cream cones
1—8 oz. package cream cheese softened
½ cup salted butter softened
2-4 tablespoons heavy cream
1 teaspoon pure vanilla extract
4 cups powdered sugar
Assorted jimmies and sprinkles for decorating

Instructions

Prepare the cake mix according to the directions
Cover 3 standard muffin pans with foil. Cut an “x” into the center of each cup to form a holder.

Arrange ice cream cones in each cup. (If you have an oven safe ice cream cone holder, skip this step.) Use a measuring cup or scoop to fill cones slightly above halfway with batter.

Bake for 12-15 minutes or just until a toothpick inserted into the center comes back clean. Cool completely on a cooling rack.

To make the frosting

In a medium size mixing bowl, cream together cream cheese, butter, 2 tablespoons cream and vanilla. Lower the speed of mixer and gradually add powdered sugar. Add additional cream 1 tablespoon at a time to spreading consistency, if needed.

Frost cooled cones and decorate with jimmies or sprinkles, as needed.

Serve immediately. Cupcakes are best eaten the day they are made.

Elizabeth C
Grade 9 and over
Mauston T-N-T 4-H Club

Slow Cooker Garlic Parmesan Chicken

Ingredients

3 tbsp. extra-virgin olive oil, divided
2 lb. bone-in, skin-on chicken thighs
Kosher salt
Freshly ground black pepper
1 lb. baby red potatoes, quartered
2 tbsp. butter, softened
5 cloves garlic, chopped
2 tbsp. fresh thyme
Freshly chopped parsley
2 tbsp. freshly grated Parmesan, plus more for serving

Directions

Step 1

In a large skillet over medium-high heat, heat 1 tablespoon oil. Add chicken, season with salt and pepper, and sear until golden, 3 minutes per side.

Step 2

Meanwhile, in a large slow cooker, toss potatoes with remaining 2 tablespoons oil, butter, garlic, thyme, parsley, and Parmesan and season generously with salt and pepper. Add chicken and cook on high for 4 hours or low for 8 hours, until potatoes are tender and chicken is fully cooked.

Step 3

Garnish with Parmesan before serving.

Noah F
Grade 9 and over
Blackhawk 4-H Club
Virtual

Choux à la Crème

(French Cream Puffs)

Choux Pastry or “Pâte à Choux”

Ingredients

1 cup water
1/2 cup butter
1/4 teaspoon salt
1 cup all-purpose flour
4 large eggs (room temperature)
2 tablespoons milk
1 large egg yolk (slightly beaten)
Confectioners' Sugar

Cream Filling Ingredients

2 cups heavy whipping cream
1 cup Confectioners' Sugar
1/2 teaspoon vanilla extract

Choux Pastry or “Pâte à Choux” Directions

Step 1: Preheat oven to 400°.
Step 2: In a large saucepan, bring the water, butter and salt to a boil over medium heat.
Step 3: Add flour all at once; stir until a smooth ball forms.
Step 4: Remove from heat.
Step 5: Let stand for 5 minutes.
Step 6: Add eggs, 1 at a time, beating well after each addition.
Step 7: Continue beating until mixture is smooth and shiny.
Step 8: Drop by 1/4 cupfuls 3 inches apart onto greased baking sheets.
Step 9: Combine milk and egg yolk.
Step 10: Brush over puffs.
Step 11: Bake until golden brown, 30-35 minutes.
Step 12: Remove to wire racks.
Step 13: Immediately cut a slit in each for steam to escape.
Step 14: Let cool.

Cream Filling Directions

Step 15: In a large bowl, beat cream until it begins to thicken.
Step 16: Add sugar and vanilla; beat until almost stiff.
Step 17: Split cream puffs.
Step 18: Discard soft dough from inside.
Step 19: Fill the cream puffs just before serving.
Step 20: Dust with confectioners' sugar.
Step 21: Refrigerate leftovers.

Kyle D
Grade 9 and over
Wonewoc Badgers 4-H Club

Crockpot Garlic Chicken Parmesan with Pasta

Ingredients

4-6 chicken breasts (approximately 2 pounds)
¼ cup chicken seasoning
1 bottle Garlic Parmesan Buffalo Wild Wing Sauce
12 oz. heavy whipping cream
8 oz. cream cheese
6 oz. Parmesan Cheese grated
Box of Rotini Noodles

Instructions

1. Layer chicken breasts in bottom of crockpot.
2. Sprinkle the chicken seasoning over the raw chicken breasts.
3. Pour the entire bottle of sauce over chicken.
4. Fill the Garlic Sauce bottle with heavy whipping cream and shake. Add cream to the crockpot.
5. Add cream cheese by cubing it and layering it on top of the sauces and chicken.
6. Add shredded Parmesan Cheese.
7. Cook on low for 6 hours or on high for 3 hours.
8. Once finished cooking, shred chicken with two forks and mix to combine with sauce.
9. Cook your favorite pasta according to the package and drain. Pour cooked pasta into the slow cooker. Stir to combine.



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