

Juneau County 4-H

Foods Revue

March 16, 2025

Wonewoc Center School



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Beau Miles
Cloverbud (Grade 5K-2)
Blackhawk 4-H Club
In-Person

Chocolate Chip Biscotti

Ingredients

2 1/2 cups all purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup softened butter
1 cup brown sugar, lightly packed
2 eggs
1 teaspoon vanilla extract
1 cup chocolate chips

Instructions

Preheat oven to 350F and prepare baking sheet with parchment paper.
Cream brown sugar with butter. Add in eggs and vanilla. Mix on medium speed until smooth. Add dry ingredients to the wet mixture and mix on medium speed until just combined.
Add chocolate chips.
Form two logs on prepared baking sheet-you want them to be about 12-13" long and 3" wide. Use your clean hands to gently press down on the dough.
Bake for 20-25 minutes until very lightly golden. Turn oven down to 300F.
Allow to cool for 10 minutes before using a serrated knife to cut into 1.5" slices.
Place back on baking sheet and bake for an additional 10 minutes per side (or more if you like extra crunchy biscotti).

Recipe courtesy of The Olive Blogger

Zoey Oleson
Cloverbud (Grade 5K-2)
Lindina Busy Bees 4-H Club
In-Person

Unicorn Popcorn

Ingredients

8 cups popped popcorn
16 oz. vanilla chips
butter
food coloring
sprinkles

Instructions

Melt butter and vanilla chips in the microwave thoroughly. Divide melted chips in $\frac{1}{2}$, divide popcorn in $\frac{1}{2}$. Color the chips your 2 favorite colors and cover the popcorn with each color. Add sprinkles and mix until the popcorn is completely covered.

Gregory Oleson
Cloverbud (Grade 5K-2)
Lindina Busy Bees 4-H Club
In-Person

Monster Cookie Bites

Ingredients

1 1/2 cups old fashioned oats
1/2 cup peanut butter
1/4 cup honey
1/3 cup M&Ms
1/3 cup mini chocolate chips

Instructions

Pour all ingredients in a big bowl. Mix well, then roll into balls. Put on a plate and put them in the refrigerator until they are stiff.

Owen Murphy
Cloverbud (Grade 5K-2)
Blackhawk 4-H Club
In-Person

Dirt Cake

Ingredients

2 packages of vanilla pudding
3¹/₂ cups of milk
12 oz. Cool Whip
8 oz. cream cheese
1/4 cup butter
1 cup powdered sugar
1 package Oreos

Instructions

Mix 2 packages of pudding with 3 1/2 cups of milk until pudding is soft and set.
Mix in 12oz cool whip and set aside.
In a separate bowl, mix together 8oz cream cheese, 1/4 cup of butter, and 1 cup of powdered sugar until smooth. Add to pudding mixture. crush 1 pack of oreos and layer with pudding mixture.
Chill one hour and enjoy!

Arabella Edwards
Cloverbud (Grade 5K-2)
Blackhawk 4-H Club
In-Person

No-Bake Coconut Cream Balls

Ingredients

1 cup shredded unsweetened coconut
1 cup vanilla wafer crumbs
1/2 cup sweetened condensed milk
1/2 cup cream cheese, softened
1 teaspoon vanilla extract
1/4 cup mini chocolate chips (optional)
Extra shredded coconut for rolling

Instructions

In a large mixing bowl, combine the shredded coconut, vanilla wafer crumbs, sweetened condensed milk, softened cream cheese, and vanilla extract. Mix well until all ingredients are fully incorporated. If desired, fold in the mini chocolate chips for an added treat.

Using your hands, scoop out small portions of the mixture and roll them into 1-inch balls.

Roll each ball in the extra shredded coconut to coat them evenly.

Place the coconut balls on a parchment-lined baking sheet. Once all the mixture is rolled into balls, refrigerate them for at least 30 minutes to firm up. Serve chilled and enjoy!

Evelyn Henry
Cloverbud (Grade 5K-2)
Blackhawk 4-H Club
In-Person

Snack Mix

Ingredients

Movie theater box of M&M's
1 cup raisins
2 cups Cheerios
2 cups Pretzel Sticks (broken)
2 cups peanuts (salted)
2 cups mini marshmallows
2 cups goldfish

Instructions

1. In a large bowl, pour all ingredients.
2. Mix well.
3. Serve in an airtight container or portion into baggies.

Amandus Wolfe
Cloverbud (Grade 5K-2)
Wonewoc Badgers 4-H Club
In-Person

No Bake Peanut Butter Bars

Ingredients

1 cup butter, melted
2 cups graham cracker crumbs, (use the boxed kind, or grind them in a food processor into tiny granules.)
2 cups powdered sugar
1¼ cups peanut butter, divided
1½ cups milk chocolate chips

Equipment

Mixing Bowl (Medium)
Baking Dish (9 x 13)

Instructions

In a medium bowl, mix together the melted butter, graham cracker crumbs, powdered sugar, and 1 cup peanut butter until well blended.
Press evenly into the bottom of an ungreased 9 × 13 inch pan.
In the microwave, melt the chocolate chips with the remaining peanut butter, stirring every 30 seconds until melted until smooth. Spread over the peanut butter layer.
Refrigerate for at least one hour before cutting into squares.

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

No Bake Peanut Butter Buckeye Bars

Ingredients

Peanut Butter Layer

- 1/2 cup (113 grams) butter softened
- 2 cups (480 grams) creamy peanut butter
- 3 1/2 cups (420 grams) powdered confectioners sugar
- 1 1/2 teaspoons (7 ml) vanilla extract

Chocolate Layer

- 2 cups (360 grams) chocolate chips or chunks 12 ounces
- 1 tablespoon (14 g) butter or coconut oil

Instructions

Place 1/2 cup of butter, peanut butter, powdered sugar, and vanilla extract in a large bowl. Beat using an electric mixer until smooth. The dough will be very thick and a little crumbly.

Line a 9x13 inch pan with parchment paper. Transfer the peanut butter dough into the pan. Press the dough firmly into the dish.
Add chocolate chips and the remaining 1 tablespoon of butter into a microwave-safe bowl. Microwave in 30-second increments, stirring between intervals, until smooth (about a minute and a half total).

Pour the melted chocolate over the top of the bars and spread evenly. Let sit at room temperature until the chocolate has set, 30-60 minutes. Carefully remove the bars from the pan by pulling up on the excess parchment paper, and transfer to a cutting board. Slice with a sharp knife.
Place in the refrigerator for at least 1 hour, or until ready to serve.

Ellis Nuttall
Grade 3-5
Blackhawk 4-H Club
In-Person

Cherry Fluff

Ingredients

1 can cherry pie filling (21 oz.)
1 can crushed pineapple (20 oz), drained
1 container Cool Whip/Whipped topping (8 oz)

Instructions

Empty containers into a bowl and mix. Chill in refrigerator until ready to serve.

Adeline Nuttall
Grade 3-5
Blackhawk 4-H Club
In-Person

Apple Pickle Salad

Ingredients

1 cup diced dill pickles
2 large apples, diced
1 small to medium white onion, diced
1/4 cup sugar
1 tablespoon white vinegar
salt and pepper to taste

Instructions

Dice ingredients and combine in bowl. Add sugar, vinegar, salt, and pepper, and stir. This can be served immediately, but is best if it sits in the fridge for a few hours so the flavors can meld together.

Anna Miles
Grade 3-5
Blackhawk 4-H Club
In-Person

Sourdough Grilled Cheese Sandwich With Turkey

Ingredients

Sourdough Bread
Unsalted Butter
Seasonal Cheddar Cheese from Carr Valley Cheese
Oven Roasted Turkey Slices

Instructions

Preheat your skillet to medium heat.
Spread 1/2 tablespoon of butter on one side of two slices of bread.
Place buttered sides of the bread down on skillet.
Top with shredded cheese and turkey.
Once the cheese is starting to melt, put the slices together to create a delicious sandwich.
You may continue to cook until the bread is golden to your preference.
Enjoy!

Madalyn Laack
Grade 3-5
Orange Mill 4-H Club
In-Person

BLT Salad with Greek Yogurt Dressing

Salad

4 slices of bacon (I would use the whole pack or 2)
1 box of Rotini Pasta
2 cups of halved cherry tomatoes
2 cups of lightly packed chopped Romaine lettuce
2 cups of lightly packed chopped green leaf lettuce
3 Tablespoons of chopped chives plus a little extra to garnish

Greek Yogurt Dressing

1/2 cup of nonfat plain Greek yogurt
2 Tablespoons milk of choice
1 Tablespoon of extra virgin olive oil
1/2 teaspoon garlic powder
1/4 teaspoon of ground black pepper
1/4 teaspoon of onion powder
1/4 teaspoon dried dill weed
1/8 teaspoon kosher salt
1/8 teaspoon cayenne pepper (optional)
1 or 2 dashes Worcestershire sauce

Instructions

1. Cook bacon as directed and set aside.
2. Cook pasta as directed. Drain pasta in colander. rinse pasta with cold water. Shake off as much water as possible.
3. In small bowl, whisk together Greek yogurt, milk, olive oil, garlic powder, pepper, onion powder, dillweed, salt, cayenne pepper, and Worcestershire sauce. Pour over noodles, then toss to coat.
4. Gently fold in cherry tomatoes, romaine and green leaf lettuce, 3 Tablespoons of chives, and crumbled bacon. Sprinkle with additional chives for garnish. Taste and adjust seasoning as desired. Serve right away, at room temperature, or chilled.

Isabella Kolba
Grade 3-5
Blackhawk 4-H Club
In-Person

Classic Cheesecake

Ingredients

Crust:

1 1/2 Cups Graham Cracker Crumbs
3 TBSP Sugar
1/3 Cup Melted Butter

Filling:

4 (8 oz) Packages Cream Cheese
1 Cup Sugar
1 tsp Vanilla
4 Eggs

Topping (Optional):

2 Cups Diced Strawberries
1-2 TBSP Sugar (Depending on Strawberry Sweetness)
1 1/2 tsp Lemon Juice
1 TBSP Cornstarch
1/3 Cup Water

Instructions

- #1 Preheat Oven to 325 degrees F
- #2 Mix Graham Crackers, 3 TBSP Sugar and Melted Butter together.
- #3 Press Mixture into a Spring Form Pan
- #4 Beat Cream Cheese, 1 Cup Sugar and Vanilla with a mixer until well blended.
- #5 Add eggs 1 at a time. Mixing on low speed after each egg just until blended
- #6 Pour Cream Cheese Mixture over Crust
- #7 Bake 55 Minutes or Until Center is almost set
- #8 Loosen Cheesecake from the Rim of the Pan, but Don't Remove Ring. Refrigerate 4 hours. Remove Ring and Enjoy!

Topping:

While Your Cheesecake is baking. In a Small Sauce Pan,

- #1 Combine Strawberries, Sugar and Lemon Juice.
- #2 In a small bowl, combine water and Cornstarch to make a slurry.
- #3 Heat up Strawberry Mixture just until boiling.
- #4 Slowly mix in slurry and lower heat to a simmer.
- #5 Simmer for 5 minutes.
- #6 Remove from heat and put Topping in fridge to cool down.
- #7 Top Individual Slices as Desired or Spread all of Mixture Evenly Over the Entire Cheesecake.

Amelia Henry
Grade 3-5
Blackhawk 4-H Club
In-Person

Mac n Cheese with Bacon

Bacon Mac & Cheese is the ultimate comfort food that combines creamy cheese sauce, perfectly cooked pasta, and crispy bacon. This dish is perfect for family gatherings, cozy nights in, or any time you crave something indulgent and satisfying. Let's dive into how to make this delicious and comforting dish!

Main Ingredients

8 oz elbow macaroni or your favorite pasta shape
6 slices of bacon, diced
2 cups shredded cheddar cheese
1 cup shredded mozzarella cheese
1/2 cup grated Parmesan cheese
1/4 cup chopped fresh parsley

Seasoning and Sauce Ingredients:

3 tablespoons butter
3 tablespoons all-purpose flour
2 cups milk
1 cup heavy cream
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon paprika
Salt and pepper to taste

Instructions

Prepping the Bacon

Dice the bacon into small pieces. Set aside.

Preparing the Pasta

Bring a large pot of salted water to a boil.
Cook the pasta according to the package instructions until al dente. Drain and set aside.

Cooking the Bacon | Achieving Crispy Bacon

In a large skillet, cook the diced bacon over medium heat until crispy, about 5-7 minutes.

Infusing Flavor

Remove the crispy bacon with a slotted spoon and set aside, leaving the rendered bacon fat in the pan for added flavor.

Making the Cheese Sauce

Ingredients for the Sauce:

In the same skillet, add the butter to the rendered bacon fat and melt over medium heat. Stir in the flour to create a roux, cooking for 1-2 minutes until slightly browned.

Continued on next page

Amelia Henry
Grade 3-5
Blackhawk 4-H Club
In-Person

Continued from previous page

Steps to a Creamy and Cheesy Sauce:

Gradually whisk in the milk and heavy cream, stirring constantly until the mixture thickens and becomes smooth.

Add the garlic powder, onion powder, paprika, salt, and pepper. Stir to combine.

Gradually add the shredded cheddar cheese and mozzarella cheese, stirring until melted and smooth.

Cooking the Pasta

Choosing the Right Pasta:

Use pasta shapes that hold sauce well, such as elbow macaroni, cavatappi, or shells.

Cooking to Al Dente:

Cook the pasta until al dente, following the package instructions, to ensure it maintains its texture when combined with the sauce.

Combining Bacon, Pasta, and Sauce

Mixing Everything Together:

Add the cooked pasta and crispy bacon to the cheese sauce, stirring to combine.

Ensuring Even Coating:

Make sure the pasta and bacon are evenly coated with the cheesy sauce.

Baking the Bacon Mac & Cheese

Preparing the Baking Dish:

Preheat your oven to 375°F (190°C).

Transfer the pasta mixture to a greased baking dish.

Baking Time and Temperature:

Top with grated Parmesan cheese and bake in the preheated oven for 15-20 minutes until the cheese is bubbly and golden brown.

Serving Suggestions

Side Dishes to Complement:

Serve with a fresh green salad, garlic bread, or steamed vegetables to complete the meal.

Irene Henry
Grade 3-5
Blackhawk 4-H Club
In-Person

No Bake Cheesecake

This No-Bake Cheesecake recipe is a quick and easy dessert that offers a smooth, creamy texture without needing an oven. The rich combination of cream cheese, graham cracker crust, and a simple whipped topping creates a perfect, indulgent treat. Enjoy this no-fuss cheesecake for any occasion, with no baking required!

- Author: Camila
- Prep Time: 20 minutes
- Cook Time: 0 minutes
- Total Time: 4 hours 20 minutes (including refrigeration)
- Yield: 8-10 servings 1x
- Category: Dessert
- Method: No-Bake
- Cuisine: American
- Diet: Vegetarian

Ingredients

- 2 cups graham cracker crumbs
- 1/2 cup melted butter
- 16 oz cream cheese, softened
- 1 cup powdered sugar
- 1 tsp vanilla extract
- 1 cup heavy whipping cream

Instructions

Mix graham cracker crumbs with melted butter. Press the mixture into a springform pan to create the crust. Beat softened cream cheese, powdered sugar, and vanilla extract until smooth.

Whip heavy cream until stiff peaks form, then gently fold it into the cream cheese mixture. Spread the filling over the crust evenly.

Refrigerate for at least 4 hours or until set. Serve chilled.

Loretta Schanke
Grade 3-5
Blackhawk 4-H Club
In-Person

Hand Pies

Ingredients

Crust:

20 frozen unbaked dinner rolls, such as Rhodes or homemade dinner roll recipe
All-purpose flour, for rolling
2 eggs mixed with 2 tablespoons water, for an egg wash

Filling:

1 tablespoon vegetable oil
2 poblano peppers, seeded and chopped
1 onion, chopped
1/2 teaspoon red pepper flakes
4 cloves garlic, chopped
1 1/2 pounds ground beef
1 tablespoon chili powder
1 teaspoon ground cumin
Kosher salt and freshly ground black pepper
3 tablespoons tomato paste
1/4 cup water
1 cup grated pepper Jack cheese
1/2 cup chopped fresh parsley

Instructions

For the crust: Put the frozen rolls on a baking sheet. Cover with a tea towel and let thaw and rise for 2 to 3 hours. Or make homemade recipe, cut into 20 portions and let rise.

For the filling: Add the oil to a large skillet and set it over medium heat. Cook the peppers and onion until soft, about 5 minutes. Add the red pepper flakes and garlic, then cook for another minute. Transfer to a bowl or plate and set aside.

Put the same skillet over medium-high heat, add the beef and cook, breaking up any lumps. Add the chili powder, cumin and 3/4 teaspoon salt and cook until the meat is no longer pink, 5 to 7 minutes. Add the tomato paste and 1/4 cup water and stir until combined. Mix in the cooked vegetables. Transfer to a bowl and set aside to cool. When the meat is cool, add the cheese and parsley, then season with salt and pepper.

Preheat the oven to 400 degrees F.

To form: Roll out each dinner roll on a lightly floured surface into a 4-inch circle about 1/4 inch thick. Put 1 1/2 tablespoons of the meat mixture in the center of each circle. Brush around the outside of the circles with the egg wash and fold over the dough to form half-moon shapes. Press the edges together and crimp them with a fork. Put on a parchment-lined baking sheet and brush the tops with the egg wash.

Bake until golden brown, 10 to 12 minutes.

Ana Wurster
Grade 3-5
Blackhawk 4-H Club
In-Person

Easter Dirt Cake Casserole

Ingredients

For the Base:

1 pk (14 oz) Oreos, crushed
4 tbsp unsalted butter, melted

For the Filling:

1pk (8oz) cream cheese, softened
1/4c unsalted butter, softened
1c powdered sugar
2c cold milk
1pk (3.4oz) instant vanilla pudding mix
1 tsp vanilla extract
1 container (8oz) whipped topping, thawed

For the Topping & Decorating

Easter candies of your choice like mini chocolate eggs, m&m, peeps, and jelly beans
additional crushed Oreos for garnish
Sprinkles

Instructions

For the Topping & Decorating

Easter candies of your choice like mini chocolate eggs, m&m, peeps, and jelly beans
additional crushed Oreos for garnish
Sprinkles

Step 1: Prepare the Crust

In a bowl, mix the crushed Oreos with melted butter until well combined. Press the mixture evenly into the bottom of a 9x13 casserole dish. Place in the fridge to chill while preparing the filling.

Step 2: Make the Creamy Filling

In a large bowl, beat the softened cream cheese, butter, and powdered sugar until smooth. In a separate bowl, whisk the cold milk and vanilla pudding mix for 2 minutes until thickened. Stir in the vanilla extract. Gently fold the pudding mixture into the cream cheese mixture until smooth. Finally, fold in the whipped topping until fully combined. ADD SPRINKLES IF YOU DESIRE.

Step 3: Assemble the Casserole

Spread the creamy filling evenly over the Oreo crust. Smooth the top with a spatula.

Step 4: Decorate & Serve

Decorate with mini chocolate eggs, Peeps, jelly beans, and extra Oreos for a fun Easter theme. Refrigerate for at least 1 hour before serving to let the flavors set.

Vidalia Wolfe
Grade 3-5
Wonewoc Badgers 4-H Club
In-Person

7-Up Salad

Ingredients

1 pkg lime Jello
1 pkg lemon Jello
2 C boiling water
Mix and cool.

2 C 7-Up
1 large can crushed pineapple (drain, and save juice)
2 sliced bananas
1 1/2 C mini marshmallows
Add this to cooled Jello. Let set.

Topping:
1/2 C sugar
1/2 C pineapple juice
2 T flour
1 egg

Mix and cook until thick. Cool. Then add 1 pt whipped cream
Top Jello Salad with topping. Then serve.

Leah Krizan
Grade 3-5
Orange Mill 4-H Club
Virtual

Make Ahead S'mores Cake

Yield: 16 servings

Time: 20 minutes

Ingredients

2 cups graham cracker crumbs
1/2 cup butter, melted
1/3 cup sugar
2 cups of semi-sweet chocolate chips
5 cups mini marshmallows, divided
1 cup milk
3/4 cup graham crackers, crumbled
1.5 quart chocolate ice cream
8 oz. whipped topping

Instructions

1. Combine graham cracker crumbs, melted butter and sugar medium bowl.
2. Press into (9" X 13") glass or ceramic baking dish.
3. Microwave chocolate chips, 2.5 cups marshmallows and milk, in a small microwave-safe bowl at High for 2 minutes or until completely melted, stirring once. Cool 10 minutes then stir in remaining marshmallows.
4. Spread over crust. Freeze one hour or until firm.
5. Sprinkle graham crumbs over chocolate layer.
6. Cut softened chocolate ice cream into slices and fit into baking dish to form an even layer. Cover and freeze 4 hours or overnight.
7. Frost with whipped topping just before serving. Sprinkle with additional graham cracker crumbs.

Rowan Clark
Grade 3-5
Mauston T-N-T 4-H Club
Virtual

S'mores Brownies

Ingredients

Cooking spray
6 to 7 graham crackers
1 (18.3-oz.) box brownie mix, plus ingredients called for on box
3 (1.55-oz.) Hershey bars, chopped (about 1 c.)
1 (12-oz.) bag marshmallows

Instructions

1. Place a rack in upper third of oven; preheat to 350°.
2. Spray a 9" x 9" baking pan with cooking spray. Layer bottom of pan with graham crackers, trimming crackers to cover bottom of pan in a single layer.
3. Prepare brownie mix according to package directions.
4. Fold chopped Hershey's bars into brownie batter.
5. Pour batter over crackers and spread in an even layer.
6. Bake brownies until a tester inserted into the center comes out clean, 30 to 35 minutes.
7. Remove baking pan from oven and turn broiler on high.
8. Arrange marshmallows in an even layer on top of brownie.
9. Broil brownie, watching closely as the marshmallows will go from golden brown to burnt quickly, and remove as soon as marshmallows turn golden brown, 1 to 2 minutes.
10. Let cool at least 15 minutes or let cool completely. Using a knife sprayed with cooking spray, slice brownie into pieces and serve.

J.C. Weichelt
Grade 3-5
Cheery 4-H Club
Virtual

Yum Yum Fruit Salad

Ingredients

1/2 of a Cantaloupe
1/2 of a Honeydew
1/2 lb. Strawberries
1/2 lb. Green Grapes
1 pint Blueberries
4 Kiwis

Instructions

1. Wash all the fruit.
2. Use melon baller to scoop honeydew and cantaloupe balls. Set them aside.
3. Remove strawberry stems. Cut strawberries in half or quarters. Set them aside.
4. Peel kiwis and slice them. Set aside.
5. In a large bowl mix cantaloupe, honeydew, strawberries, green grapes, and blueberries.
6. Arrange kiwi slices on top of fruit mixture.
7. Serve and enjoy.

Serves: about 20 people

Novalee Weichelt
Grade 3-5
Cheery 4-H Club
Virtual

Cheesy Cheesy Grilled Cheesy

Ingredients

8 slices of Homemade Bread
8 oz. block Sharp Cheddar Cheese
5 oz. Pre-shredded Fresh Parmesan Cheese
1/4 cup salted Butter

Instructions

1. Slice cheddar cheese and set aside.
2. Take 4 slices of bread and spread butter evenly on one side of bread slice. (Leaving butter for the last 4 bread slices.)
3. Sprinkle shredded Parmesan cheese evenly on buttered side of bread.
4. Place Butter and Parmesan cheese side down on griddle.
5. Place cheese slices on top of bread slices on griddle.
6. Repeat step 3 and 4 with remaining 4 bread slices. Place these buttered and Parmesan cheese side up on each bread slice on griddle to create 4 sandwiches.
7. Heat griddle to 300 degrees.
8. Cook until golden brown and then flip and repeat for other side.
9. Place each sandwich on a plate.
10. Serve and enjoy.

Makes 4 sandwiches

Hadley Barreau
Grade 6-8
Wonewoc Badgers 4-H Club
In-Person

Instant Pot Lasagna Soup

Ingredients

2 teaspoons of olive oil (optional for very lean beef or if using turkey)
1 to 1.5 lb lean ground beef or ground Italian sausage or ground turkey
1 yellow onion, diced
5 cloves of minced garlic
4 cups chicken broth or vegetable broth
2 cups marinara sauce
1 - 15 oz. can of diced tomatoes
1 teaspoon dried basil
1 teaspoon dried parsley
1/2 teaspoon onion powder
1/2 teaspoon oregano
1/4 teaspoon red pepper flakes (optional)
1/4 teaspoon dried rosemary
8 lasagna noodles (broken into bite-sized pieces)
1 teaspoon balsamic vinegar
1 cup ricotta
1/2 cup freshly grated Parmesan
salt and pepper (to taste)
1 cup grated mozzarella

Optional garnish- chopped fresh parsley

Instructions

1. Turn on the Sauté function on the Instant Pot and heat the olive oil, if using. Add the ground beef. Cook until no longer pink (about 7 to 8 minutes), breaking it up into smaller pieces. Discard the excess oil. Add the onion and garlic and sauté another couple of minutes until they are starting to soften and become fragrant. Turn off the sauté function.
2. Add a small amount of the broth and deglaze the bottom of the insert (using a spatula scrape up any brown bits that are stuck). Add the remaining broth, marinara sauce, diced tomatoes, basil, parsley, onion powder, oregano, red pepper flakes, and dried rosemary. Add the broken lasagna noodles and push them down into the liquid until just submerged (do not stir). Put on the lid, set it to sealing and cook on manual high pressure for 6 minutes. it will take about 20 minutes to come to pressure.
3. At the end of pressure cooking time, quick release the pressure. Stir in the balsamic vinegar, Ricotta, and parmesan. Season with salt and pepper to taste, then sprinkle mozzarella on top. Set the instant pot lid askew on the pot to allow the mozzarella to melt. Serve immediately garnished with fresh parsley, if desired.

Ryan Degner
Grade 6-8
Wonewoc Badgers 4-H Club
In-Person

Crock Pot Bacon Mac and Cheese

Ingredients

1 (16-ounce) block sharp cheddar cheese
2 ounces American cheese
4 ounces Cream Cheese
1 (1-pound) box dried elbow macaroni (uncooked)
1/4 cup unsalted butter, melted
2 (12-ounce) cans evaporated milk
1 1/2 cups whole milk
1 teaspoon salt
1 teaspoon pepper
1 pound bacon

Instructions

Grate the cheddar and American cheeses on a box grater. Do not use pre-shredded cheese. If the American cheese is in slices, cut it into thin strips. Make sure the cream cheese is soft and to room temperature. Set aside.

Spray the crock of a 6 to 8-quart slow cooker with nonstick cooking spray. Add the uncooked macaroni, butter, evaporated milk, whole milk, salt and pepper to the slow cooker. Stir to combine. Add the cheeses and stir to combine.

Cook one pound of bacon and drain grease off of bacon and paper towel or pat to remove excess grease. Crumble the bacon and divide in half.

Cover and cook on low for 1 hour. Stir well, add 1/2 bacon and stir well again, cover again, and cook until the pasta is done to your liking – about 1 additional hour (2 hours total). Switch the slow cooker to warm, top with the remaining bacon crumble and serve immediately.

William Schanke
Grade 6-8
Blackhawk 4-H Club
In-Person

Bacon Wrapped Venison Jalapeno Poppers

Ingredients

12 jalapeno peppers approximately 3-4 inches long
1/2-1 lb venison backstrap or tenderloin
1 8 ounce block cream cheese softened
1 cup cheddar cheese
1/2 teaspoon onion powder
1/2 teaspoon salt
1/2 teaspoon pepper
12 slices bacon do not use thick cut

Instructions

Preheat the oven to 400 degrees. Line a sheet pan with parchment or silicone baking sheet.

Cut the jalapenos in half lengthwise and use a spoon to scoop out the seeds and ribs. Cut the deer backstrap into 20 thin slices that are about 1/4 to 1/2 inch thick, 1 inch wide, and 3 inches long. (Use a meat mallet if needed)

In a medium bowl mix together the cream cheese, cheddar cheese, onion powder, salt and pepper.

Fill each jalapeno half with the cheese mixture. Lay a slice of venison on top of cheese mixture.

Cut the slices of bacon in half crosswise and wrap each pepper half in a slice of bacon, using a toothpick to secure the bacon.

Arrange the peppers on the baking sheet and bake for 20-25 minutes until bacon is crispy and browned. Serve immediately.

Clayton Wolfe
Grade 6-8
Wonewoc Badgers 4-H Club
In-Person

Slow Cooker Loaded Nacho Dip

Ingredients

1 lb. bacon, sliced in 1/2 inch pieces
1 lb. ground beef
1 lb. ground sausage
1 yellow onion, diced
2 serrano peppers, diced – see notes for other heat variations
32 oz. velveeta, cubed
1.25 oz. taco seasoning
16 oz. jar of salsa
15 oz. can pinto beans, drained and rinsed
1 cup milk
3.8 oz can olives, drained

Instructions

Add the bacon to a large skillet set to medium-high heat and cook until 3/4 of the way cooked through. Drain fat.

Add the ground beef, ground sausage, onion and serrano peppers to the pan along with the bacon. Cook and crumble the meat. Drain off the fat and add the meats to the slow cook cooker.

Add the remaining ingredients to the slow cooker.

Stir.

Cook on HIGH for 2 hours, stirring occasionally.

Serve with tortilla chips and enjoy!

Ensley Reis
Grade 6-8
Orange Mill 4-H Club
Virtual

Great Grandma Anna's Banana Bread

Ingredients

1 Cup sugar
2 eggs
1/2 cup shortening
3 Tablespoons milk
1 Teaspoon baking soda
2 cups flour
3 mashed bananas
1/2 teaspoon salt
3/4 cup chocolate chips

Instructions

Mix sugar, eggs and shortening
Add milk and baking soda.
Mash bananas
Mix in flour, bananas and salt. Mix in chocolate chips
Pour into 2 greased loaf pans
Bake at 350 degrees for 1 hour or until a toothpick comes out clean.

Westley Clark
Grade 6-8
Mauston T-N-T 4-H Club
Virtual

Greek Salad

Ingredients

1 small head of romaine lettuce, washed and chopped into bite-sized pieces
1/2 cup of cherry tomatoes (or grape tomatoes), sliced into halves or quarters
1/2 hothouse or English cucumber, halved lengthwise and sliced crosswise into 1-inch pieces
1/2 cup pitted Kalamata olives, roughly chopped
1 small red onion, halved, then sliced lengthwise into half-moons
3–4 tablespoons of extra-virgin olive oil
2 tablespoons of red wine vinegar
2 tablespoons of fresh lemon juice, from about 1 lemon
1 large garlic clove, pressed or minced
1/2 teaspoon dried oregano
Kosher salt and black pepper, to taste
1/4 cup of sheep's milk feta, crumbled or sliced into shards

Instructions

To make the vinaigrette: Whisk together the red wine vinegar, lemon juice, garlic, and dried oregano
Add the olive oil, whisking to combine, and season with salt and pepper. Taste, and adjust acidity to preference.
To make the salad: Chop the vegetables
In a large bowl, combine the romaine, tomatoes, cucumber, olives, and onion.
Gently toss with your hands to evenly disperse the ingredients.
Drizzle vinaigrette dressing a few tablespoons at a time, tossing in between each addition. The romaine should be coated, but not weighed down by the vinaigrette.
Transfer to individual salad bowls if preferred, and top with feta. Sprinkle with dried oregano and serve.

Henry Clark
Grade 6-8
Mauston T-N-T 4-H Club
Virtual

Egg Fried Rice

Ingredients

3 tablespoons butter, divided
2 large eggs, whisked
2 medium carrots, peeled and diced
1 small white onion, diced
1/2 cup frozen peas
3 cloves garlic, minced
salt and black pepper
4 cups cooked and chilled rice
3 green onions, thinly sliced
3–4 tablespoons soy sauce, or more to taste
2 teaspoons oyster sauce (optional)
1/2 teaspoons toasted sesame oil

Instructions

1. Heat 1/2 tablespoon of butter in a large sauté pan* over medium-high heat until melted.
2. Add egg, and cook until scrambled, stirring occasionally.
3. Remove egg, and transfer to a separate plate.
4. Add an additional 1 tablespoon butter to the pan and heat until melted. Add carrots, onion, peas and garlic, and season with a generous pinch of salt and pepper.
5. Sauté for about 5 minutes or until the onion and carrots are soft. Increase heat to high, add in the remaining 1 1/2 tablespoons of butter, and stir until melted.
6. Immediately add the rice, green onions, soy sauce and oyster sauce (if using), and stir until combined.
7. Continue sautéing for an additional 3 minutes to fry the rice, stirring occasionally.
8. Then add in the eggs and stir to combine. Remove from heat, and stir in the sesame oil until combined.
9. Taste and season with extra soy sauce, if needed.
10. Serve immediately, or refrigerate in a sealed container for up to 3 days.

Eli Schanke
Grade 9 and over
Blackhawk 4-H Club
In-Person

Soft Pretzels with Cheese Sauce (2 pages)

Ingredients

1 1/2 cups (360ml) warm water (lukewarm– no need to take temperature but around 100°F (38°C) is great)
2 1/4 teaspoons (7g) instant or active dry yeast (1 standard packet)
1 teaspoon salt
1 Tablespoon brown sugar or granulated sugar
1 Tablespoon (14g) unsalted butter, melted and slightly cool
3 3/4-4 cups (469-500g) all-purpose flour (spooned & leveled), plus more for hands and work surface. Can also use half whole wheat.
coarse salt or coarse sea salt for sprinkling
Baking Soda Bath:
1/2 cup (120g) baking soda
9 cups (2.13L) water

Instructions

Whisk the yeast into warm water. Allow to sit for 1 minute. Whisk in salt, brown sugar, and melted butter. Slowly add 3 cups of flour, 1 cup at a time. Mix with a wooden spoon (or dough hook attached to stand mixer) until dough is thick. Add 3/4 cup more flour until the dough is no longer sticky. If it is still sticky, add 1/4–1/2 cup more, until soft dough forms. Knead the dough: Keep the dough in the mixer and beat for an additional 5 full minutes, or knead by hand on a lightly floured surface for 5 full minutes. If the dough becomes too sticky during the kneading process, sprinkle 1 teaspoon of flour at a time on the dough or on the work surface/in the bowl to make a soft, slightly tacky dough. Keep kneading until it is smooth and passes the windowpane test.

Shape the kneaded dough into a ball. Cover lightly with a towel and allow to rest for 10 minutes.

Preheat oven to 400°F (204°C). Line 2 baking sheets with parchment paper or silicone baking mats. Silicone baking mats are highly recommended over parchment paper. If using parchment paper, lightly spray with nonstick spray or grease with butter. Set aside.

With a sharp knife or pizza cutter, cut dough into 1/3-cup sections (about 75g each).

Roll the dough into a 20–22-inch rope. Form a circle with the dough by bringing the 2 ends together at the top of the circle. Twist the ends together. Bring the twisted ends back down towards yourself and press them down to form a pretzel shape.

Continued on next page

Eli Schanke
Grade 9 and over
Blackhawk 4-H Club
In-Person

Continued from previous page

Bring baking soda and 9 cups of water to a boil in a large pot. Drop 1–2 pretzels into the boiling water for 20–30 seconds. Any longer than that and your pretzels will have a metallic taste. Using a slotted spatula, lift the pretzel out of the water and allow as much of the excess water to drip off. Place pretzel onto prepared baking sheet. Sprinkle the top with coarse sea salt. Repeat with remaining pretzels. If desired, you can cover and refrigerate the boiled/unbaked pretzels for up to 24 hours before baking in step 8.

Bake for 12–15 minutes or until golden brown.

Remove from the oven, brush with egg wash and sprinkle with coarse salt. Serve with cheese sauce if desired.

Cheese Sauce

- 1 Tbsp Butter
- 1 Tbsp Flour
- 1 cup Whole Milk
- 1 cup Cheddar Cheese shredded
- 1/2 tsp Salt

Melt the butter in a large saucepan over medium heat. Whisk in the flour and continue whisking for approximately 1 minute until a thick paste is formed.

Then gradually whisk in the milk and cook uncovered until the mixture has thickened.

Remove the pan from the heat and then whisk in the cheddar cheese and salt. Whisk until the cheese is melted and the mixture is smooth.

Serve immediately and store leftovers in an air tight container in the refrigerator for up to one week.

Keaton Barreau
Grade 9 and over
Wonewoc Badgers 4-H Club
In-Person

Vegetable Lo Mein

Prep Time: 5 minutes
Total Time: 25 Minutes

Cook Time: 20 minutes
Servings: 4 Adults

Ingredients

- 8 ounces Noodles, Spaghetti works best
- 1/4 teaspoon Salt, adjust to taste
- 1/4 teaspoon Black Pepper, adjust to taste
- Sesame seeds, for garnish, if desired

For the Sauce

- 2 cups Vegetable Broth, (or water)
- 2 teaspoon Sesame oil
- 1 teaspoon Ginger, paste
- 1 teaspoon Garlic, minced
- 3 tablespoon Soy Sauce
- 1 tablespoon Vinegar, I used rice vinegar
- 1-2 teaspoon Red chili paste, adjust to taste (I used sambal oelek)
- 1 teaspoon Brown sugar

Vegetables

- 1/2 cup Cabbage, thinly sliced
- 1 Carrot, peeled and sliced into matchsticks
- 1/2 cup Bell Pepper, thinly sliced
- 1/4 cup Scallion or Green onion, white and green part divided
- 1/2 cup Broccoli, cut into very small florets

Instructions

In a bowl, add all the sauce ingredients. Whisk until evenly combined. Taste and adjust as needed.

Add the noodles to the instant pot (break spaghetti in half).

Pour the above sauce into the pot above the noodles. Add vegetables on top except broccoli. Seal your Instant Pot and set to manual, high pressure, 4 minutes. When Instant Pot is done cooking, do a quick pressure release.

Open the lid and add the broccoli florets (make sure they are cut into small pieces). Stir the noodles with tongs several times, breaking up any that may have clumped together during cooking. Add salt and black pepper to taste. Close the lid for 5 minutes so the broccoli gets cooked (do not pressure cook in this step).

Open the lid. Sprinkle some green onions and sesame seeds and serve.

Gabriel Wolfe
Grade 9 and over
Wonewoc Badgers 4-H Club
In-Person

Tres Leches Cake

Ingredients

Cake:

1 cup all-purpose flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
5 large eggs , separated
1 cup granulated sugar , divided
1/3 cup whole milk
1 teaspoon vanilla extract

Milk Mixture:

12 ounce can evaporated milk
14 ounce can sweetened condensed milk
1/4 cup whole milk

Whipped Topping:

1 pint heavy whipping cream
3 Tablespoons powdered sugar
1/2 teaspoon vanilla extract

ground cinnamon , for topping

Instructions

Preheat oven to 350 degrees F.

In a medium bowl combine flour, baking powder, and salt. Separate the eggs into two other mixing bowls.

Add 3/4 cup sugar to the bowl with the egg yolks and mix on high speed until yolks are pale yellow. Add 3/4 cup milk and vanilla and stir to combine. Pour the egg yolk mixture over the flour mixture and stir gently just until combined (don't over-mix).

Use electric beaters to beat the egg whites on high speed. As they begin to whip into stiff peaks, gradually mix in the remaining 1/4 cup of sugar. Fold the stiffly beaten egg whites into the batter gently, scraping the bottom and sides of the bowl, until combined.

Pour batter into un-greased pan and smooth it into an even layer. Bake for 25 to 35 minutes, or until a toothpick inserted in the center of the cake comes out clean. Remove from the oven and allow cake to cool completely.

Combine the evaporated milk, sweetened condensed milk, and whole milk in a small bowl.

Once the cake has cooled use a fork to poke holes all over the top of the cake.

Slowly pour the milk mixture over the top of the cake, making sure to pour near the edges and all around. Refrigerate the cake for at least 1 hour or overnight, to allow it to soak up the milk.

In the meantime, whip the heavy cream, sugar and vanilla until stiff peaks. Smooth over the top of the cake. Sprinkle cinnamon on top. Serve with fresh sliced strawberries, if desired. Enjoy!

Bailey Madden
Grade 9 & over
Mauston T-N-T 4-H Club
Virtual

Slow Cooker Loaded Potato Soup

Prep: 30 min.
Cook: 8-10 hours
12 Servings (4 Qts)

Ingredients

5 Lbs. Potatoes, Peeled & Cubed (about 10 cups)
1 Medium Onion, finely chopped
5 Cans (14 1/2 oz.) Chicken Broth
1 Garlic Clove, minced
1 1/2 Teaspoon Salt
1/4 Teaspoon Pepper
2 Packages (8 oz.) Cream Cheese, softened and cubed
1 Cup Half & Half
1/4 Cup Butter, cubed
Optional: Crumbled Bacon, Shredded Cheese and Chives

Instructions

1. Place potatoes and onion in a 6 Qt. slow cooker; add broth, garlic, salt and pepper. Cook, covered, on low 8-10 hours. or until potatoes are tender.
2. Mash potatoes to desired consistency. Stir in cream cheese, half & half and butter. Cook, covered, 15 minutes longer or until heated through.
3. Just before serving, whisk soup to combine. Top servings with bacon, cheese and chives, if desired.

Katie Miles
Adult
Blackhawk 4-H Club
In-Person

Blueberry Maple Breakfast Bake

Recipe courtesy of the U.S. Highbush Blueberry Council

Ingredients

1 loaf (14 oz) egg challah or brioche bread
4 oz cream cheese
2 cups fresh or frozen (and thawed) blueberries, divided
8 eggs, beaten
1-1/2 cups milk
1/4 cup maple syrup
1/4 cup melted butter

Instructions

Preheat oven to 350 degrees and grease a 9x9x2 baking dish. Cut bread into 1 in cubes. Cut cream cheese into small cubes. Place half of the bread cubes into the prepared baking dish. Scatter cream cheese cubes and 1 cup of blueberries over the bread. Top with remaining bread cubes and blueberries.

In a bowl, combine eggs, milk, maple syrup, and butter. Carefully pour over the bread mixture. Bake until a knife inserted in the center comes out clean, approx. 1 hr. Cover with aluminum foil if edges brown too much. To serve, cut into squares and top with additional maple syrup, if desired.

Recipe notes: This is a quick and easy recipe on its own to throw together for a family brunch! However, I did make my own sourdough brioche bread for the recipe used today from the Farmhouse on Boone blog using 100% fresh milled flour.

Ashley Oleson
Adult
Lindina Busy Bees 4-H Club
In-Person

Loaded Potato Soup

Ingredients

8 strips cooked bacon
1 medium onion diced
4 tablespoons butter
4 cups chicken broth
2 2/3 cups whole milk
2 1/2 lbs yellow potatoes cut into bite size pieces
1/2 lb shredded pepper jack cheese
1 tablespoon garlic salt
Green onions (optional)

Instructions

Boil potatoes and onions in chicken broth until mostly done, add butter, milk, cheese, and garlic salt. Cook at a low simmer until cheese is melted and potatoes are tender. Top with crumbled up bacon and pieces of green onion.



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