

Recipes for 4-H Exhibits in 2011 Fairs

Food & Food Preservation Divisions

Updated 9-13-2010

The Fantastic Foods project series has four levels—A, B, C, and D. During a program year, a member should work in one project level, learning all the skills in that level before moving to another level. For competition, it is important to read and follow the recipe exactly to produce a high quality product.

Level A Exhibit Recipes

Level A Entry: **Colossal Cookies**, p. 34

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| 2 cups all-purpose flour | 1 teaspoon vanilla |
| ¼ teaspoon baking soda | 5 tablespoons unsweetened cocoa powder |
| ¼ teaspoon salt | ¼ cup milk |
| 1 cup (2 sticks) butter or margarine, softened | 1 ½ cups semi-sweet chocolate chips |
| 1 cup sugar | 1 cup coarsely chopped nuts, optional |
| ½ cup brown sugar, packed | |

1. Preheat oven to 325°F. Line a baking sheet with foil. Use the same foil for the three batches you bake.
2. In a medium bowl, mix flour, baking soda, and salt together with a spoon.
3. In a large bowl, cream the butter, sugars, and vanilla using an electric mixer.
4. Blend the cocoa and milk, beating at low speed into the butter mixture.
5. Add flour mixture slowly. Beat at low speed.
6. Fold in chocolate chips and chopped nuts.
7. Drop ¼ cup portions of batter onto the foil-lined baking sheet.
8. Bake for 12-14 minutes or until the tops look dry.
9. Cool cookies on sheet for 5 minutes.
10. Remove cookies from the foil and place on brown paper, waxed paper, or paper toweling to finish cooling.

For the fair: Nuts may be left out. Choose four cookies that are the same size and place them in a re-closeable zip-type plastic bag.

Level A Entry: **Homemade Brownies**, p. 22

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| 1 stick plus 2 tablespoons butter or margarine, softened (not melted) | 1/3 cup unsweetened cocoa |
| 1 cup sugar | 3/4 cup all-purpose flour |
| 1 teaspoon vanilla extract | 1/2 teaspoon baking powder |
| 2 large eggs | 1/4 teaspoon salt |

1. Pre-heat oven to 350°F. Grease an 8-inch square baking pan.
2. Beat butter and sugar together with an electric mixer. Add vanilla and eggs, mixing well.
3. In a separate bowl, stir together the flour, cocoa, baking powder, and salt.
4. Add the flour mixture to the butter batter. Mix it well using an electric mixer.
5. Spread batter in greased pan. Bake for 30 minutes.
6. Cool for at least one hour before cutting. Store tightly covered.

For the fair: Cut into 2-inch squares. It is best not to exhibit corner pieces. Place 4 brownies in a re-closeable zip-type plastic bag.

Level A Entry: **Chocolate Chip Muffins**, p. 36

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| 1 stick of margarine or butter | 3/4 cup packed brown sugar |
| 2 eggs | 1 tablespoon baking powder |
| 1 cup milk | 1 teaspoon salt |
| 2 cups all-purpose flour | 1/2 cup semisweet chocolate chips |

1. Heat oven to 400°F. Grease the bottoms of muffin cups in a 12-cup pan.
2. In a small bowl, cover butter or margarine with waxed paper and microwave on high for 30 to 45 seconds (or until melted). Let the margarine cool 5 minutes.
3. Crack the eggs into a medium bowl, and then add the butter and milk. Beat mixture with a fork until mixed well.
4. In a separate medium bowl, mix together all the “dry” ingredients: the flour, brown sugar, baking powder, salt, and chocolate chips. Stir until mixed.
5. Add the “wet” ingredients to the “dry” ingredients. Stir just until the flour is wet. The batter will be lumpy.
6. Stir the chocolate chips in.
7. Spoon the batter into each muffin cup until it is about 2/3 full.
8. Bake for 18 to 20 minutes or until golden brown. Carefully remove muffins from the pan as soon as you take them out of the oven, so they won’t get soggy. Cool muffins on a wire rack.

For the fair: This recipe is based on use of a standard size muffin tin. If using a mini sized tin, reduce cooking time to 9 to 11 minutes or until golden brown. Place 4 muffins in a re-closeable zip-type plastic bag.

Level A Entry: **Granola Bars**, p. 14

Reprinted by Kentucky Cooperative Extension from **Six Easy Bites** with permission of National 4-H Council, 5-18-08.

3 ½ cups rolled oats or oatmeal, toasted
1 cup nuts, chopped
1 cup raisins
2/3 cup butter or margarine, melted
½ cup brown sugar, packed
1/3 cup honey, corn syrup, or molasses
½ teaspoon salt
½ teaspoon vanilla extract

Variations

Substitute chocolate chips for raisins.
Add ½ cup of flaked or shredded coconut.
Substitute ½ cup sunflower seeds for ½ cup nuts.

1. Mix all ingredients in a large bowl using a wooden spoon.
2. Press the mixture in a well-greased 15 ½ x 10 ½ x 1" jelly roll pan. You can also use a 13 x 9" pan for thicker bars.
3. Bake in the jelly roll pan at 350°F for 12-15 minutes. (If using the 13" X 9" pan, bake for 15-20 minutes.)
4. Cool pan on a wire rack. Cut into bars when cool.

To toast oats: Spread rolled oats or oatmeal on a cookie sheet or large baking pan. Bake at 350°F for 15-20 minutes or until lightly browned. Stir occasionally. Toasted oats have a nutty flavor.

For the fair: Cut into 1" X 2" bars. Place 4 bars in a re-closeable zip-type plastic bag.

Level A Entry: **Cornmeal Muffins**

Recipe adapted for use by Kentucky Cooperative Extension from "Southern Style Cornbread" published by Martha White Foods.

1 egg, beaten
1 1/3 cups milk or 1¼ cups buttermilk
¼ cup oil or melted shortening
2 cups self-rising cornmeal mix*

1. Preheat oven to 450°F. Spray a 12-cup muffin tin with non-stick cooking spray.
2. In a small bowl, beat the egg slightly.
3. Measure the remaining ingredients and pour them into a large mixing bowl.
4. Add the beaten egg to the large bowl.
5. Mix just enough to blend the ingredients but is still lumpy. (If the batter is smooth, it has probably been mixed too much.)
6. Fill the sprayed muffin cups two-thirds full of batter. Do not use paper or foil liners.
7. Bake at 450°F for 15 to 20 minutes or until golden brown. Yield: 12 muffins

*Be sure to read the front of the package to make sure that you are using self-rising cornmeal mix. It is usually sold in a bag similar to that in which flour is packaged. Self-rising cornmeal mix has flour and leaven already added. (Boxed corn muffin mix like that made by Jiffy is not the appropriate product to use in this recipe.)

Nutritional Analysis: 240 calories, 5 g protein, 33 g carbohydrate, 3 g dietary fiber, 10 g fat, 30 mg cholesterol, 640 mg sodium

For the fair: This recipe is based on use of a standard size muffin tin. If using a mini sized tin, reduce cooking time to 8 to 10 minutes or until golden brown. Place 4 muffins in a re-closeable zip-type plastic bag.

Level B Exhibit Recipes

Level B Entry: **Chocolate Cake**, p. 32

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| 1½ cups all-purpose flour | 1 cup buttermilk* |
| 1¼ cups sugar | 2/3 cup oil or 2/3 cup applesauce |
| 1¼ teaspoons baking soda | 1 teaspoon vanilla |
| ½ cup unsweetened cocoa | 2 eggs |
| 1 teaspoon salt | |

*To substitute for buttermilk, use 1 tablespoon vinegar or lemon juice plus milk to make 1 cup.

1. Preheat oven to 350°F. Grease and lightly flour bottoms only of two 8" round cake pans or one 13x9" pan.
2. In a large bowl, blend all ingredients with an electric mixer at low speed until moistened; beat 3 minutes at medium speed.
3. Pour batter into prepared pan(s).
4. Bake at 350°F for 25 to 30 minutes for round cake pans (or 30 to 35 minutes for 13x9" pan) or until toothpick inserted in center comes out clean.
5. Cool 5 minutes on wire racks. Using a sharp knife, loosen cake from sides of pan very carefully. Remove from pan.
6. Cool completely. Frost as desired or dust lightly with powdered sugar. Makes 12 servings.

For the fair: Use 8" round pans. Make cake with oil; do not frost. Place cake in a re-closeable plastic bag. (It is best not to leave the cake in the pan.)

Level B Entry: **Pretzels**, p. 34

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| 1½ cups all-purpose flour | ½ teaspoon salt |
| 2/3 cup milk | 2 tablespoons all-purpose flour |
| 2 tablespoons vegetable oil | 1 egg |
| 2 teaspoons baking powder | Your favorite topping (coarse salt, cinnamon-sugar, oats, or sesame seed) |
| 1 teaspoon sugar | |

1. Heat oven to 425°F.
2. In a medium bowl, mix together the 1 ½ cups flour, milk, vegetable oil, baking powder, sugar, and salt. Stir until dough is soft.
3. Sprinkle 2 tablespoons flour over a clean surface. Put the dough on the floured surface.
4. Divide the dough in half to make 2 balls. Roll each ball around 3 or 4 times.
5. Knead each ball of dough by curving your fingers around it and folding it toward you. Then push it away with the heels of your hand using rocking motion. Repeat this rocking motion 10 times.
6. Turn a bowl upside down over the two balls of dough for 15 minutes.
7. Divide each ball of dough into 8 pieces. Use plastic wrap to cover the balls you are not working with so they won't dry out.
8. Roll each ball into a 12" rope. (You can use a ruler.)
9. Twist halves together to make a pretzel shape and place on an ungreased cookie sheet.
10. Crack an egg into a small bowl. Beat the egg with a fork until yolk and white are mixed. Brush each pretzel with some of the egg mixture. Sprinkle your favorite topping on each pretzel.

11. Bake 9-11 minutes or until pretzels are light golden brown. Use a pancake turner to remove the pretzels. Cool them on a wire rack for 10 minutes. Store in a tightly covered container.

For the fair: Pretzels may be rolled, twisted, or curved; any topping may be used. Place 4 pretzels in a re-closeable zip-type plastic bag.

Level B Entry: **Baking Powder Biscuits**, p. 38

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| 2 cups all-purpose flour | ½ cup shortening |
| 2½ teaspoons baking powder | ¾ to 1 cup milk |
| ½ teaspoon salt | |

1. Heat oven to 450°F.
2. In a large bowl, combine flour, baking powder, and salt.
3. Using two knives or a pastry blender, cut shortening into flour until consistency of coarse meal.
4. Add milk; stir with fork until mixture leaves sides of bowl and forms a soft, moist dough.
5. On a floured surface, toss lightly until dough is no longer sticky.
6. Roll out ½ inch thick and cut with a floured cutter.
7. Place on ungreased cookie sheet or in a baking pan. Bake at 450°F for 8 to 12 minutes or until light golden brown. Serve hot.

For the fair: Use a 2" cutter. Place 4 biscuits in a re-closeable zip-type plastic bag.

Level B Entry: **Cheese Straws**

Sandra Bastin, Extension Specialist Food and Nutrition, Kentucky Cooperative Extension Service

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| 1¼ cups all-purpose flour | 10 ounces extra sharp cheddar cheese, shredded |
| 1 teaspoon baking powder | |
| ½ teaspoon salt | 1 stick margarine, softened |
| ¼ teaspoon red pepper | |

1. Sift together the first four ingredients; set aside.
2. Add remaining ingredients and mix until a ball forms (Once crumbles start to appear, keep mixing OR form a ball by hand if necessary)
3. Place dough in a pastry tube or cookie press to make ribbons OR roll dough out on an un-floured surface to about ⅛-inch to ¼-inch thickness. If dough tears, lightly sprinkle with flour or cooking spray such as Pam as you roll the dough to the proper thickness.
4. Cut into 2" lengths and bake on un-greased cookie sheet.
5. Bake at 350°F for 10 to 12 minutes. Yield: about 4 dozen

Nutritional Analysis: 60 calories, 2 g protein, 3 g carbohydrate, 4 g fat, 5 mg cholesterol, 85 mg sodium

For the fair: Place 4 cheese straws in a re-closeable zip-type plastic bag.

Level B Entry: **Whole Wheat Muffins**, p. 8

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| 2/3 cup all-purpose flour | 2 eggs |
| 2/3 cup whole wheat flour | 2 tablespoons oil |
| 1/3 cup sugar | ½ teaspoon lemon peel, grated |
| 2 teaspoons baking powder | ¾ cup banana, chopped |
| ¾ cup buttermilk | Vegetable cooking spray |

1. Spray a muffin tin pan with vegetable cooking spray. Set oven to 400°F.
2. Stir the flour, whole wheat flour, sugar, and baking powder together in a large bowl and set aside.
3. In a small bowl, mix the buttermilk, eggs, oil, and grated lemon peel.
4. Pour this into the flour mixture and stir just enough to make the flour moist. Then fold in the chopped bananas.
5. Spoon batter into a muffin tin, filling each three-fourths full.
6. Bake for 20 minutes or until light brown. Cool. Serves 6.

For the fair: Place 4 muffins in a re-closeable zip-type plastic bag.

Level B Entry: **Bran Muffins**

Sandra Bastin, Extension Specialist Food and Nutrition, Kentucky Cooperative Extension Service

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| 1½ cups self-rising flour | 1½ cups skim milk |
| 2/3 cup firmly packed brown sugar | 1/4 cup oil |
| 1/2 teaspoon ground cinnamon | 3 cups bran flakes |
| 2 egg whites | |

1. Preheat oven to 400°F.
2. In a large bowl, stir flour, brown sugar, and cinnamon together until thoroughly mixed.
3. In a small bowl, beat egg whites with a fork and then stir in milk and oil.
4. Add this mixture to flour mixture in the large bowl and stir until just moistened (batter will be lumpy).
5. Stir in bran flakes gently.
6. Spoon batter into greased 12-cup muffin pan, filling each cup 2/3 full. Bake 20 minutes or until golden brown. Yield: 12

For the fair: Place 4 muffins in a re-closeable zip-type plastic bag.

Level B Food Preservation Entry: **Dried Apples**

Sandra Bastin, Extension Specialist Food and Nutrition, Kentucky Cooperative Extension Service

3 apples of your choice

1. Wash 3 (about 3 cups of apples) of your favorite variety of apples.
2. Peel and core the apples.
3. Slice 1/8-inch thick; may be sliced into apple rings or apple wedges. (A handy piece of equipment called an apple turner will peel, core, and slice an apple all at the same time. Use of this equipment is not required.)
4. Dip in lemon juice.
5. Spray cookie racks (the pans you cool cookies on that have space for air to move around) with vegetable cooking spray. This will prevent sticking.
6. Arrange apples in a single layer on the cookie racks.
7. Bake apple slices at 175°F with the oven door barely cracked open. It will take 6 to 10 hours for the apples to dry so they are pliable like a fresh raisin. Too much moisture left in the apples will result in molding. Too little moisture will result in a snack that is too crispy. Note: Do not dry apples on a rainy day.
8. Cool apples and store in an airtight container for a snack or for use in baking. Yield: about 1 3/4 to 2 cups.

For the fair: Place 12 pieces of dried apple in a container suitable for long term storage of one or two cups of the dried fruit. (The container may be larger than needed for 12 pieces.) Judging will be based on suitability of container, not size.

Level C Exhibit Recipes

Level C Entry: **Banana Bread**, p. 18

Reprinted by Kentucky Cooperative Extension from **You're the Chef** with permission of National 4-H Council, 5-18-08.

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| 1¾ cups all-purpose flour | 1 egg, beaten |
| 2¼ teaspoons baking powder | 1¼ cups mashed bananas (about 2 or 3) |
| ½ teaspoon salt | 1 teaspoon vanilla |
| 1/3 cup margarine | ½ cup walnuts, chopped (optional) |
| 2/3 cup sugar | |

1. Preheat oven to 350°F. Grease bottom only of a loaf pan.
2. Mix together the flour, baking powder, and salt in a small bowl.
3. In the large bowl, cream margarine and sugar together until light and fluffy. Add egg, mashed bananas, and vanilla. Beat.
4. Add the flour mixture to the banana mixture. Beat until smooth. Add nuts, if desire.
5. Pour the batter into the loaf pan. Bake for 1 hour at 350°F or until toothpick inserted in center comes out clean. Cool completely before slicing.

For the fair: Place half of loaf in a re-closeable zip-type plastic bag.

Level C Entry: **Yeast Bread Teddy Bear**

Super Star Chef Kneads a Little Dough, Sandra Bastin, Extension Specialist Food and Nutrition, Kentucky Cooperative Extension

1 (.25 ounce) package of fast-acting yeast
1½ cups warm water (120-130 degrees F)
½ cup warm milk (120-130 degrees F)
3 tablespoons butter, softened
3 tablespoons sugar
2 teaspoons salt

5¼ to 5¾ cups all-purpose flour
12 raisins, almonds, cloves, or candies for face
1 egg
1 tablespoon cold water

1. In a large mixing bowl, combine the first seven ingredients. Mix well to form a soft dough.
2. Turn out onto a lightly floured surface and knead until smooth and elastic, about six to eight minutes, forming a ball. Gradually add more flour if dough is too sticky.
3. Place dough into a greased bowl, turning once to grease the top. Cover with a clean, damp towel. Place in a warm place and allow to double in size, about one hour.
4. Check dough with index finger. If the indentation remains, the dough is ready to punch down.
5. This recipe makes enough dough for two teddy bears. Divide the dough into four equal portions. Cut one portion in half and shape into balls; these medium sized balls will be the heads. Cut another portion into 14 pieces and shape into balls; these will be the nose, ears, arms and legs. Shape the remaining two portions into balls; these will form the bodies.
6. On a large greased baking sheet, place one large ball in the center of the baking sheet. Place a medium ball above the body for the head. Slightly flatten the balls for the head and body. Place the small balls in position for arms, legs, and ears. Place one ball on the head for a nose.
7. Cover with a clean, damp towel. Place in a warm place and allow to double in size, about one hour.
8. With scissors, cut slits to insert raisins, for eyes, nose, and belly button, if desired. Repeat shaping instructions for the second bear.
9. Beat egg and cold water together. Brush all over dough. Bake at 375°F for 25 to 30 minutes or until golden brown. Remove from oven and place on wire racks to cool.

For the fair: Place one teddy bear in a re-closeable zip-type plastic bag.

Level C Entry: **Breadsticks**, p. 34

Reprinted by Kentucky Cooperative Extension from **You're the Chef** with permission of National 4-H Council, 5-18-08.

5 to 6 cups flour
3 tablespoons sugar
2 teaspoons salt
2 packages active dry yeast

2 cups water
¼ cup oil or shortening
1 egg white, lightly beaten

1. Grease cookie sheets. Check that both cookie sheets can fit in the oven with room left for air to move. If cookie sheets do not fit, use just one cookie sheet at a time.
2. In a large bowl, combine 2 cups of flour with sugar, salt, and yeast. Blend well.
3. In a small saucepan, heat water and oil until very warm (120° to 130°F).
4. Add warm liquid to the flour mixture and blend with an electric mixer at low speed until moist. Beat 3 minutes more at medium speed.
5. By hand, stir in an additional 2 ½ cups to 3 cups of flour until dough pulls cleanly down and away from the sides of the bowl.
6. Flour the surface you will use for kneading. Knead in ½ to 1 cup of flour until dough is smooth and elastic, approximately 5 minutes.

7. Place dough in a greased bowl large enough for it to double in size. Turn the dough to coat it with grease so the surface does not dry out. Cover it loosely with plastic wrap and a clean cloth towel.
8. Let the dough rise in a warm place (80 to 85° F) until light and doubled in size, about 45 to 60 minutes. To make a warm place you can:
 - Turn on the oven at 400oF for 1 minute and then turn it off. Place the bowl of dough on the center rack. Let dough rise with the oven door closed.
 - Set the bowl in an unlit oven with a large pan of hot water under it.
9. Punch down dough several times to remove all air bubbles.
10. Divide dough in half, and cut each half into 32 pieces. Shape each into an 8-inch-long breadstick.
11. Place breadsticks on greased cookie sheets. Brush with lightly beaten egg white for a shiny crust.
12. Cover, let rise in a warm place approximately 30 minutes or until doubled in size.
13. Bake at 400°F for approximately 14 minutes. Makes 64 breadsticks.
14. Choose your favorite sauce to dip the breadsticks in. Ideas are tomato, cheese, or garlic butter sauce.

For the fair: Place 4 bread sticks in a re-closeable zip-type plastic bag. Bread sticks should not be twisted.

Level C Entry: **Whole Wheat Rolls**

Sandra Bastin, Extension Specialist Food and Nutrition, Kentucky Cooperative Extension Service

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| 3½ cups whole wheat flour | 1½ cups water |
| 2 to 2½ cups all-purpose flour | ¾ cup milk |
| 2 envelopes rapid-rise type yeast | ¼ cup molasses or syrup (maple, pancake or corn syrup) |
| 2 tablespoons sugar | ¼ cup butter or margarine |
| 1 teaspoon salt | |

1. In a large mixing bowl, combine whole wheat flour, 1 cup all-purpose flour, un-dissolved yeast, sugar, and salt.
2. Heat water, milk, molasses/syrup, and butter until very warm (120° to 130°F). Gradually add this mixture to the flour mixture.
3. Beat 2 minutes at medium speed, scraping the bowl occasionally. Stir in enough remaining flour to make soft dough.
4. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover with plastic wrap and a cloth towel; let rest 10 minutes.
5. Divide dough into 32 equal portions; shape each portion into a ball.
6. Place balls in two 9" square baking pans. Cover; let rise in a warm, draft-free place until doubled in size (about 1 hour).
7. Bake at 375°F for 20 to 25 minutes or until done. Remove from pans; serve warm.

For the Fair: Place 4 rolls in a re-closeable zip-type plastic bag.

Food Preservation: About canned products...

It is extremely important to follow the processing instructions exactly to ensure that the product is safe to eat. It is important to leave the recommended headspace between the top of the vegetable or fruit and the top of the jar. Too much or too little headspace will not create a strong seal.

Level D Exhibit Recipes

Level D Entry: **Double Crust Apple Pie**, p. 32

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For the double crust:

2 ¼ cups all-purpose flour
1 teaspoon salt
2/3 cup shortening, chilled
4 ½ tablespoons ice water

For the filling:

1 cup sugar
2 tablespoons flour
2 teaspoons ground cinnamon
¾ teaspoon ground nutmeg
6 ½ cups apples, peeled, cored and thinly sliced
2 tablespoons butter or margarine, cut into tiny pieces

1. In a medium bowl, mix flour and salt. Use two knives or a pastry blender to cut shortening into the flour mixture until it looks like coarse crumbs.
2. Sprinkle the water evenly over the flour mixture. Blend only until the dough is just moist enough to form a ball when it's lightly pressed together.
3. Divide dough into two equal portions and shape them into balls. Flatten one portion to a ½ inch thickness. Make the edges smooth and round. Chill dough for ½ hour before rolling out so it's easier to handle.
4. Place one portion on a lightly floured surface to prevent sticking. The less flour used, the flakier the dough. Roll it out to thickness of 1/8 inch as follows. Roll dough from the center out, lifting the roller as you come to the edge. Roll approximately two inches larger than an inverted 9- or 10-inch pie pan to account for shrinkage.
5. Fold the pastry in half; place in pie pan. Unfold and fit it evenly into the pan. Do not stretch it. Trim the overhang to ¾ inch.
6. Roll out the remaining dough to a thickness of 1/16 inch and set it aside; this is the top crust.
7. Before making the filling, preheat the oven to 400°F.
8. Combine the sugar, flour, cinnamon, and nutmeg in a large bowl. Add the apple slices and toss until they are well coated.
9. Fill the crust with apple slices and dot them with butter or margarine.
10. Ease the top crust over the filled bottom crust; trim the overhang to ¾ inch. Fold the top crust over the bottom. Seal the edges and flute.
11. Cut slits in the top crust to allow steam to escape.
12. Bake for 1 hour, or until the crust is golden and the apples test done. Makes 6 to 8 servings.

For the fair: Place the whole pie (including the disposable pie pan) in a re-closeable plastic bag.

Level D Entry: **Apple Cake**

Sandra Bastin, Extension Specialist Food and Nutrition, Kentucky Cooperative Extension Service

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| 3 cups apples, peeled and diced | 1 teaspoon salt |
| ¾ cup oil | 1 teaspoon cinnamon |
| 2 cups sugar | 1 teaspoon baking powder |
| 3 eggs | 1 cup walnuts or pecans, chopped (optional) |
| 1¼ teaspoon vanilla | 1 tablespoon flour |
| 2 cups all-purpose flour | |

1. Preheat oven to 350°F. Grease and flour a 13 x 9 x 2" pan.
2. Beat together: cooking oil, sugar, eggs and vanilla; set aside.
3. Sift together; flour, salt, cinnamon, baking powder.
4. Add the dry ingredients to the liquid ingredients and beat well.
5. Coat nuts in 1 tablespoon flour. Stir in apples and nuts.
6. Pour into greased cake pan.
7. Bake at 350°F for one hour or until cake tests done. Cool in pan. Yield: 24 servings

Nutritional Analysis: 240 calories, 3 g protein, 28 g carbohydrate, 1 g dietary fiber, 13 g fat, 25 mg cholesterol, 125 mg sodium

For the fair: Place half of cake in a large re-closeable plastic bag.

Level D Entry: **Brownies**

Sandra Bastin, Extension Specialist Food and Nutrition, Kentucky Cooperative Extension Service

Recipes can often be altered to produce a healthier product. This is especially helpful when family members must adjust their diets in order to maintain a healthy weight or to maintain a high quality of life with conditions such as heart disease or diabetes. When the recipe is altered, there will be changes in quality, texture, taste, etc. Families may determine that the changes are acceptable when the result allows them to maintain a high quality of life. To learn more, go to:

<http://www.ca.uky.edu/HES/fcs/factshts/FN-SSB.142.PDF>

The following recipes show an example of how the fat content can be lowered by substituting applesauce for all or a portion of the fat and using egg whites rather than a whole egg.

Original

½ cup margarine, softened

1 cup sugar
1 egg
½ teaspoon vanilla
¾ cup flour
¼ cup cocoa
¼ teaspoon baking powder
1/8 teaspoon salt
½ cup walnuts

Moderate Fat

¼ cup margarine, softened
¼ cup unsweetened applesauce
1 cup sugar
1 egg
½ teaspoon vanilla
¾ cup flour
¼ cup cocoa
¼ teaspoon baking powder
1/8 teaspoon salt
½ cup walnuts

Low Fat

½ cup unsweetened applesauce
1 cup sugar
2 egg whites
½ teaspoon vanilla
¾ cup flour
¼ cup cocoa
¼ teaspoon baking powder
1/8 teaspoon salt

Directions for the original and altered recipes above:

1. Preheat oven to 350°F. Spray 9" square baking pan with nonstick cooking spray.
2. In a mixing bowl, combine margarine and/or applesauce, sugar, egg or egg whites, and vanilla.
3. Stir in remaining dry ingredients.
4. Pour batter into prepared pan. Bake at 350°F for 20 to 25 minutes.
5. Cool in pan (about an hour). Cut into 2" squares. Store in an airtight container.

Nutritional Analysis per serving:

Original

153 calories

9 grams fat

49% fat calories

13 milligrams cholesterol

Moderate Fat

117 calories

5 grams fat

34% fat calories

13 milligrams cholesterol

Low Fat

78 calories

0.2 grams fat

3% fat calories

0 milligrams cholesterol

For the fair: Make a batch of brownies using the original recipe and one batch using either the moderate fat or low fat recipe. Label a re-closable plastic bag "original" and place 2 of the brownies made with the original recipe inside. Label another re-closable plastic bag "Altered--Moderate Fat" or "Altered--Low Fat" (depending on the recipe used) and place 2 of the altered brownies inside. On 11" X 8.5" paper, compare the two products; describe the differences in appearance, taste, nutritive value, quality and tell how the altered product might benefit members of your family. Place the labeled bags inside a bigger re-closeable bag, insert the comparison report and close the bag.

Food Preservation: About canned products...

It is extremely important to follow the processing instructions exactly to ensure that the product is safe to eat. It is important to leave the recommended headspace between the top of the vegetable or fruit and the top of the jar. Too much or too little headspace will not create a strong seal.