

# Recipes for Food Division

Updated 10-1-2018

For fair competition, Kentucky 4-H members are to use the recipes specified below. Most of the recipes are part of the **4-H Cooking 101 – 401** series, available from <https://shop4-h.org/collections/healthy-living-foods-curriculum>. Each project book explains a variety of cooking skills in easy-to-follow steps. Members who have little or no experience in cooking are encouraged to start with **4-H Cooking 101**. The higher the number on the book, the more advanced the skills. It is important to read and follow the recipe to produce a high quality product. Ovens vary; baking times may need to be adjusted if the product appears to be getting overdone or does not appear done.

## Muffins

- 841 Three **Oatmeal Muffins**: use the recipe in **4-H Cooking 101**, p. 54.  
 842 Three **Cheese Muffins**: Use the recipe in **4-H Cooking 201**, p. 49.

## Biscuits

- 843 Three **Rolled Biscuits**: Use the recipe in **4-H Cooking 201**, p. 50.  
 844 Three **Scones**: Raisins may be substituted for dried cranberries. Use the recipe in this publication.

## Quick Breads

- 845 Three **Cornmeal Muffins**: use the recipe in this publication.  
 846 Three pieces of **Coffecake with Topping**: Use the recipe in **4-H Cooking 101**, p. 59. Nuts are optional.

## Cookies

- 847 Three **Chewy Granola Bars** (gluten-free): Use the recipe in **4-H Cooking 101**, p. 35.  
 848 Three **Brownies**: Use the recipe in **4-H Cooking 101**, p. 67. Nuts are optional.  
 849 Three **Snickerdoodle Cookies**: Use the recipe in **4-H Cooking 201**, p. 88.

## Cakes

- 850 Half of one 8" or 9" layer **Rich Chocolate Cake** (no icing): Use the recipe in **4-H Cooking 301**, p. 116.  
 851 Half of one 8" or 9" layer **Carrot or Zucchini Cake** (no icing): Use the recipe in **4-H Cooking 301**, p. 119.  
 May use carrots or zucchini.  
 852 One-fourth of **Basic Chiffon Cake**: Use the recipe in **4-H Cooking 401**, p. 118. Do not use variations.

## Pies

- 853 One whole **Double Crust Apple Pie**: Use the recipes in **4-H Cooking 401**, pp. 105 and 97. May use spice variation if desired. Leave the pie in the disposable pie pan.

## Yeast Bread

- 854 Three **Cinnamon Twists** (no icing): Use the recipe in **4-H Cooking 301**, pp. 42 and 44.  
 855 Three **Soft Pretzels**: Use the recipe in **4-H Cooking 301**, p. 48. Use any one topping listed.  
 856 One loaf **Oatmeal Bread**: Use the recipe in **4-H Cooking 401**, p. 25.

## Bread Made in a Bread Machine

- 857 One loaf **Honey Whole Wheat Bread** made in a bread machine: Use the recipe in this publication. May be 1-pound loaf, 1 1/2 pound loaf or 2-pound loaf.

## Candy

- 858 Three pieces **Classic Chocolate Fudge** (size: about one-inch square): Use the recipe in **4-H Cooking 401**, p. 89. Nuts are optional.

Learn more at [www.kentucky4h.org](http://www.kentucky4h.org) or contact your county extension office.



# RECIPE: Carol's Oatmeal Muffins

From **4-H Cooking 101**, page 54

Yield: 10-12 muffins

## Ingredients

- 1 1/3 cups all-purpose flour
- 3/4 cup rolled oats, quick cooking or regular
- 1/3 cup granulated sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg
- 3/4 cup milk
- 1/4 cup oil

## Equipment

- Non-stick cooking spray
- Large mixing bowl
- Mixing spoon
- Measuring cups
- Measuring spoons
- Small bowl and fork
- Muffin pan
- Wire rack
- Hot pads



## Order of Work

1. Preheat the oven to 400 degrees F. Lightly coat the muffin pan with non-stick cooking spray.
2. Measure flour, oatmeal, sugar, baking powder, and salt into the large bowl. Mix with a spoon.
3. Break the egg into the small bowl and beat it lightly with the fork. Then stir in the vegetable oil and milk.
4. Add the egg mixture to the dry mixture in the large bowl.
5. With a large spoon, mix only about 25 times, just enough to get the dry ingredients wet. The dough is supposed to be lumpy. If you mix too much, your muffins will be tough.
6. Carefully spoon the batter into prepared muffin pan. Fill each cup two-thirds full.
7. Bake for 20 minutes or until golden brown. Remove pan from the oven with hot pads. Let muffins cool slightly; then remove them from the pan and place them on a wire rack to cool.

**Nutrition Facts per Muffin:** 148 calories, 6 g fat, 152 mg sodium, 21 g carbohydrate, 1 g fiber, 3 g protein, 42 mg calcium

- **Baking Tip:** This recipe is based on use of a standard size muffin pan. If a mini size pan is used, reduce the cooking time to 9 to 11 minutes or until golden brown.
- Dark baking pans cook products faster than light colored pans.

**From all of the muffins baked, select three to enter in the fair that are uniform in appearance.**



## For the fair:

- After the muffins cool, place three uniform muffins on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.



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Baked products by Cathy Weaver  
Photographs by Eric Comley

# RECIPE: Cheese Muffins

From **4-H Cooking 201**, page 49

Yield: 12 muffins

## Ingredients

2 cups all-purpose flour  
1 tablespoon baking powder  
1 tablespoon sugar  
1/2 teaspoon salt  
1 teaspoon powdered mustard  
1/2 teaspoon garlic powder  
1 egg, slightly beaten  
1 cup milk  
1/4 cup oil  
1/2 cup shredded cheddar cheese

## Equipment

Muffin pan  
Baking cup liners, optional  
Non-stick cooking spray  
Flour sifter  
Mixing bowls, large and small  
Measuring spoons  
Measuring cups  
Mixing spoon  
Rubber scraper



## Order of Work

1. Preheat oven to 375 degrees F. Lightly coat muffin pan with non-stick cooking spray or place a baking liner in each muffin cup.
2. Place the flour sifter in the mixing bowl. Measure flour and pour into sifter. Add baking powder, sugar, salt, mustard, and garlic powder to the flour in the sifter. Sift together into the mixing bowl.
3. Combine slightly beaten egg, milk, and vegetable oil in the small mixing bowl.
4. Add liquid ingredients to dry ingredients. Stir together until dry ingredients are just moist, but the batter is still lumpy. Stir in shredded cheese.
5. Fill muffin cups 1/2 full.
6. Bake for 20 minutes. Remove from oven. Best when served slightly warm.

**Nutrition Facts per Muffin:** 157 calories, 7 g fat, 278 mg sodium, 18 g carbohydrate, 1 g fiber, 4 g protein, 86 mg calcium

**Baking Tip:** This recipe is based on use of a standard size muffin pan. If a mini size pan is used, reduce the cooking time to 9 to 11 minutes or until golden brown.

## Which muffins are uniform in appearance?



## For the fair:

- From all of the muffins baked, select three that are uniform in appearance.
- After the muffins cool, place three muffins on a disposable plate. Place the plate in a re-closeable zip-type plastic bag.



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Baked products by Cathy Weaver  
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# RECIPE: Rolled Biscuits

From **4-H Cooking 201**, page 50

Yield:

## Ingredients

2 cups all-purpose flour  
1 tablespoon baking powder  
3/4 teaspoon salt  
1/3 cup butter or margarine, chilled  
3/4 cup low-fat milk  
Extra flour for kneading

## Equipment

Flour sifter  
Mixing bowl  
Measuring cups, dry and liquid  
Measuring spoons  
Pastry blender or fork  
Baking sheet  
Biscuit or cookie cutter



## Order of Work

1. Preheat oven to 450 degrees F.
2. Sift flour once and then measure it. Add to mixing bowl. Add baking powder and salt. Stir.
3. Measure the fat and add to flour mixture. Cut the fat into the flour mixture with fork or pastry blender until well mixed.
4. Make a hole in the center of the flour mixture. Slowly add milk and stir, using just enough to make dough soft but not sticky. Stir just enough to wet the flour.
5. Sprinkle 3-4 tablespoons of flour on a clean, dry surface and spread the flour with your hand. Turn dough onto the floured surface. Knead dough a few times. To knead the dough, rub some flour onto your hands. Use the heel of your hand to push the dough away from you, and then fold it back over itself. Give the dough a little turn, push and turn again. Repeat 6-8 more times. Over-kneading the dough or adding too much flour will make the biscuits tough.
6. Roll or pat dough to 3/4-inch thickness. Dip the biscuit cutter into the flour. Use the biscuit cutter to cut the dough or cut it into 2-inch squares with a knife. Place biscuits on ungreased baking sheet about 2 inches apart. Gather the dough scraps and reshape. Cut biscuits and add to baking sheet.
7. Bake about 10-12 minutes or until golden brown.

**Nutrition Facts per Biscuit:** 128 calories, 5 g fat, 331 mg sodium, 17 g carbohydrate, 1 g fiber, 3 g protein, 43 mg calcium

### Baking Tips:

- Use a 2" round cookie cutter.
- A biscuit forms flaky layers on the inside.



### For the fair:

- Use of a 2" biscuit cutter is preferred.
- After the biscuits have completely cooled, place 3 biscuits on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.



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Baked products by Cathy Weaver  
Photographs by Eric Comley

# RECIPE: Cranberry Scones

Recipe adapted for use in Kentucky 4-H from **Super Star Chef Kneads a Little Dough**, Kentucky Cooperative Extension Service

Yield: 16 wedges

## Ingredients

- 3 cups self-rising flour
- 1 teaspoon orange peel, grated
- 1 cup dried cranberries  
(or substitute raisins for dried cranberries)
- 1/3 to 1/2 cup buttermilk
- 1/2 cup sugar
- 1/2 cup cold butter
- 1 egg

## Equipment

- Non-stick cooking spray
- Cookie sheet
- Large mixing bowl
- Measuring spoons
- Measuring cups, dry and liquid
- Spatula or mixing spoon
- Pastry blender or fork
- Knife for cutting
- Ruler



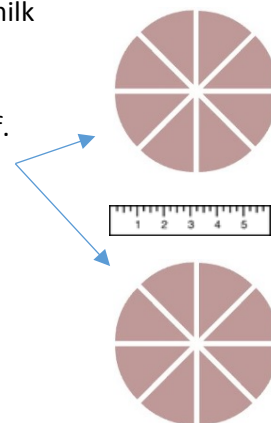
## Order of Work

1. Preheat oven to 400 degrees F. Lightly coat cookie sheet with cooking spray.
2. In a large mixing bowl, combine flour, sugar and orange peel. Mix well. Cut in butter with a pastry blender or fork until mixture resembles coarse crumbs. Gently stir in cranberries (or raisins).
3. Place egg in a 1-cup measuring cup and beat well. In the same measuring cup, add buttermilk to make 2/3 cup. Add to flour mixture and stir gently until dry ingredients begin to cling together, do not add more liquid.
4. Press dough gently together on a lightly floured surface to form a ball. Divide dough in half. Place both halves on a greased cookie sheet and flatten each into a 6-inch round. Cut each into 8 wedges. Separate wedges slightly, to about 1/2 inch apart.
5. Bake at 400 degrees for 20 to 25 minutes or until golden brown. Cool on cookie sheet 5 minutes before serving.

**Nutrition Facts per Wedge:** 150 calories, 6 g fat (36%), 22 g carbohydrates, 3 g protein

**Baking Tip:** To “cut in” butter, use a pastry blender or fork.

- If using a fork, push the tines down through the butter to work it into the flour. Continue until the pieces of butter are the size of small peas.
- To use a pastry blender, hold the handle and press the blades into the butter while rotating your wrist from side to side. Move the pastry blender around in the bowl until the pieces of butter are the size of small peas. The mixture will have a crumbly texture.



## For the fair:

- After the scones have completely cooled, place 3 scones on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.

Baked products by Cathy Weaver  
Photographs by Eric Comley

# RECIPE: Cornmeal Muffins

Recipe adapted for use by Kentucky 4-H from **Southern Style Cornbread** published by Martha White Foods

Yield: 12 Muffins

## Ingredients

- 1 egg, beaten
- 1 1/3 cups milk or 1 3/4 cups buttermilk
- 1/4 cup oil or melted shortening
- 2 cups self-rising cornmeal mix\*

## Equipment

- 12-cup muffin pan
- Cooking spray
- Small bowl
- Large mixing bowl
- Measuring cups
- Spoon for mixing



## Order of Work

1. Preheat oven to 450 degrees F. Spray a 12-cup muffin tin with non-stick 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 degrees F for 15 to 20 minutes or until golden brown.

**Nutrition Facts per Muffin:** 240 calories, 10 g fat, 640 mg sodium, 33 g carbohydrate, 3 g fiber, 5 g protein, 30 mg cholesterol

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



Baked products by Cathy Weaver  
Photographs by Eric Comley

## For the fair:

- This recipe is based on use of a standard size muffin pan. If using a mini size tin, reduce cooking time to 8 to 10 minutes or until golden brown.
- After the muffins cool, place them on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.

# RECIPE: Coffeecake with Topping

From **4-H Cooking 101**, page 59

Yield: 9-12 servings

## Ingredients

### Topping:

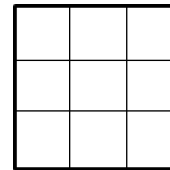
- 1/4 cup firmly packed brown sugar
- 1 teaspoon cinnamon
- 1 tablespoon all-purpose flour
- 1 tablespoon butter or margarine
- 1/2 cup chopped nuts (optional)

### Coffeecake batter:

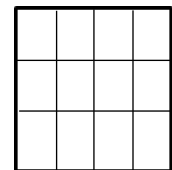
- 1 egg
- 1/2 cup granulated sugar
- 1/2 cup milk
- 2 tablespoons melted fat or oil
- 1 cup sifted all-purpose flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder

## Equipment

- Non-stick cooking spray
- Flour sifter
- Waxed paper
- Measuring cups
- Spatula or knife
- Measuring spoons
- Mixing bowls, 1 large, 2 small
- Pastry blender or fork
- Whisk or fork
- 2 mixing spoons
- Scraper
- Small pan for melting fat
- Baking pan (8" X 8")
- Wire rack
- Hot pads



9 pieces



12 pieces

## Order of Work

1. Make the topping first. Measure the brown sugar, cinnamon, and flour into the small mixing bowl and mix well.
2. Measure the fat. Cut it into the flour-sugar-cinnamon mixture. Ask someone to show you how to do this.
3. Add nuts (if you are using them) and mix well. Set topping aside until you need it.
4. Preheat the oven to 375<sup>o</sup> F.
5. Lightly coat the baking pan with non-stick cooking spray.
6. Break the egg into the mixing bowl, and beat with a whisk or fork.
7. Add the sugar, milk, and melted fat or oil to the egg, and stir until all is mixed.
8. Sift the flour once; then measure it. Add to second small mixing bowl. Add salt and baking powder. Stir flour mixture.
9. Add flour mixture to the egg mixture, and stir only until dry ingredients are wet. The batter will look lumpy. Too much mixing causes tunnels.
10. Put into the prepared pan. (Use the rubber scraper so that you won't waste batter.)
11. Use the mixing spoon to sprinkle the topping evenly over the top of the batter in the pan.
12. Put into the preheated oven. Bake about 25 minutes. The coffeecake will spring bake when lightly touched and begin to pull away from the edge of the pan when it is done. The top will be a golden color dotted with the dark brown topping.
13. Take out of the oven. Allow pan to cool. Cut cake into pieces while it is still in the pan. Use turner to remove cake pieces from the pan. Serve warm.



## RECIPE: Coffeecake with Topping continued

### Baking Tip for Topping:

To “cut in” butter or margarine, use a pastry blender or fork.

- To use a **pastry blender**, hold the handle and press the blades into the butter while rotating your wrist from side to side. Move the pastry blender around in the bowl until the pieces of butter are the size of small peas. The mixture will have a crumbly texture.
- If using a **fork**, press the fork down through the butter or margarine to break it into small pieces. The mixture will have a crumbly texture.

### Baking Tip for Coffeecake Batter:

For melted fat, you may use melted butter, margarine, or shortening in the batter. Or you may choose to use oil.

### For the fair:

- After the cake has completely cooled, place three pieces on a disposable plate. (At least one piece will be a side or corner piece.)
- Place the plate in a re-closeable zip-type plastic bag.

Baked products by Myla Leger & Alec Skinner  
Photographs by Martha Welch





# RECIPE: Chewy Granola Bars

From **4-H Cooking 101**, page 35

Yield: 12 bars

## Ingredients

2 1/2 cups rolled oats, old-fashioned or quick  
1/2 cup chopped nuts  
1 cup firmly packed brown sugar  
1/2 cup seedless raisins or dried fruit, chopped  
2 eggs  
1/3 cup butter or margarine, melted  
1 teaspoon vanilla extract

## Equipment

Mixing bowl and spoon  
Measuring cups and spoons  
Baking pan, 9" x 9"

## Order of Work

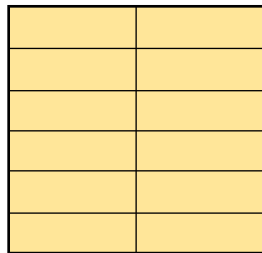
1. Preheat oven to 350° F. Lightly coat the baking pan with non-stick cooking spray.
2. In bowl, combine oats, nuts, brown sugar, and raisins or dried fruit.
3. Stir in eggs, margarine, and vanilla. Mix until evenly combined.
4. Press mixture firmly into the prepared baking pan.
5. Bake for 25 to 30 minutes. Cool for 10 minutes. Cut into bars.

**Nutrition Facts per Bar:** 242 calories, 10 g fat, 60 mg sodium, 35 g carbohydrate, 2 g fiber, 4 g protein, 26 mg calcium



**Baking Tip:** This recipe should be gluten free unless the ingredient packaging indicates otherwise.

Cut into 12 bars.  
Each bar will be  
about 4 1/2" X 1 1/2".



Inside a bar

## For the fair:

- After the bars have completely cooled, choose three bars that are the same size and place them on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.



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Baked products by Cathy Weaver  
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# RECIPE: Brownies

From **4-H Cooking 101**, page 67

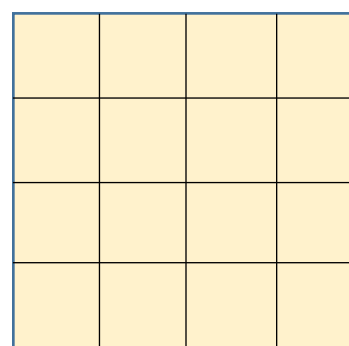
Yield: 16 squares

## Ingredients

- 1/2 cup sifted all-purpose flour
- 1/3 to 1/2 cup cocoa
- 1/3 cup butter or margarine  
(not reduced fat)
- 1 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1/2 cup chopped nuts (optional)

## Equipment

- Non-stick cooking spray
- Flour sifter
- Waxed paper
- Measuring cups
- Knife or spatula
- Measuring spoons
- Mixing bowl
- Mixing spoon
- Small microwave-safe bowl for melting fat
- Small bowl
- Scraper
- Baking pan (8" X 8" or 9" X 9")
- Hot pads
- Wire racks



16 squares

## Order of Work

1. Preheat the oven at 350<sup>o</sup> F.
2. Lightly coat the baking pan with non-stick cooking spray.
3. Sift flour once; then measure it.
4. Measure cocoa. Sift flour and cocoa together onto waxed paper and set aside.
5. Measure fat and melt it in the microwave. Time will vary depending on microwave.
6. Pour melted fat into mixing bowl. Measure the sugar and mix it with the melted fat until creamy.
7. Break one egg into a small bowl; then mix it well with the sugar and fat. Do the same with the other egg.
8. Add the vanilla and mix.
9. Add the flour-cocoa mixture and stir until all is mixed.
10. Add the nuts and stir until they are mixed in.
11. Put into the prepared pan. Use the rubber scraper to clean out the bowl.
12. Place into the preheated oven.
13. Bake for about 25 minutes or until brownies spring back when lightly touched. They will be an even dark-brown color on top. Brownies baked in a 9-inch square pan will bake quicker and be thinner than those baked in an 8-inch square pan.
14. Take the pan out of the oven. Use hot pads because the pan is hot.
15. Place pan on a rack to cool. Cut into approximately 2-inch squares to make 16 brownies. When cool, store in a container with a tight lid.

Baked products by Lucy Welch  
Photographs by Martha Welch



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## Nutrition Facts per Square:

137 calories, 7 g fat, 40 mg sodium, 18 g carbohydrate, 1 g fiber, 2g protein, 6 mg calcium

## For the fair:

After the brownies have completely cooled, choose three. Place them on a disposable plate. Place the plate in a re-closeable zip-type plastic bag.

# RECIPE: Snickerdoodles

From **4-H Cooking 201**, page 88

Yield: 3 dozen cookies

## Ingredients

1 1/2 cups sugar  
1 cup butter or margarine, softened  
1 teaspoon vanilla  
2 eggs  
2 3/4 cups all-purpose flour  
2 teaspoons cream of tartar  
1 teaspoon baking soda  
1/4 teaspoon salt  
2 tablespoons sugar  
2 teaspoons cinnamon

## Equipment

Measuring cups and spoons  
Mixing bowls, large and small  
Cookie sheet  
Spatula  
Cooling rack



## Order of Work

1. Preheat the oven to 400 degrees F.
2. In a large bowl, cream together sugar, butter, vanilla and eggs.
3. Add flour, cream of tartar, baking soda and salt to creamed mixture; blend well.
4. Combine 2 tablespoons sugar and 2 teaspoons of cinnamon in a small bowl.
5. Shape dough into 1-inch balls.
6. Roll balls in sugar mixture.
7. Place balls 2 inches apart on ungreased cookie sheet.
8. Bake for 8 to 10 minutes or until cookies spring back when lightly touched with the fingers.
9. Use a spatula or turner to remove the hot cookies from the sheet. Place them on a rack to cool. When cool, store cookies in a container with a tight lid.

**Nutrition Facts per Cookie:** 118 calories, 5 g fat, 97 mg sodium, 16 g carbohydrate, less than 1 g fiber, 1 g protein, 3 mg calcium



## For the fair:

- After the cookies have completely cooled, choose three cookies that are the same size.
- Place the cookies on a disposable plate.
- Place the plate in a re-closeable zip-type plastic bag.



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Baked products by Cathy Weaver & Martha Welch  
Photographs by Eric Comley & Martha Welch

# RECIPE: Rich Chocolate Cake

From **4-H Cooking 301**, p. 116

Yield: 12 servings

## Ingredients

3 one-ounce squares unsweetened baking chocolate, melted  
1 teaspoon all-purpose flour  
3 cups sifted cake flour  
1/2 teaspoons salt\*  
3 teaspoons baking powder  
1 1/4 cups unsalted butter\*  
2 1/4 cups sugar  
1 teaspoon vanilla  
4 eggs  
1 cup milk

## Equipment

Small pan or microwave-safe bowl  
three 8-inch\*\*or two 9-inch cake pans or one 9" x 13" baking pan  
Nonstick cooking spray  
Large and small mixing bowls  
Measuring cups and spoons  
Sifter  
Mixing spoon  
Mixer  
Rubber scraper  
Toothpick or cake tester  
Cooling rack(s)



## Order of Work

1. Melt chocolate in small pan over low heat or in microwave (following directions on package) and cool to lukewarm.
2. Preheat oven to 350 degrees F. Lightly coat cake pan(s) with nonstick cooking spray. Add 1 teaspoon flour to pan. Rotate and shake pan until surfaces are coated with flour. Remove excess flour. (Or cover bottom of pans with wax paper instead of flouring pans.)
3. Lightly spoon cake flour into measuring cup; sift and then measure. Place flour in small mixing bowl. Add salt and baking powder to flour and mix well; set aside.
4. In large mixing bowl, use mixer to cream butter until soft; gradually add sugar, mixing until mixture is very light and fluffy, about 3 to 5 minutes. Add vanilla and continue creaming.
5. Add eggs one at a time and beat well after adding each egg.
6. Add cooled chocolate to creamed mixture.
7. Add one-third of the sifted flour mixture and half of the milk; repeat until all of the flour and milk are used. After each addition of flour and milk, mix for 1 minute.
8. Pour batter into pans(s) and bake for 40 to 45 minutes for 8-inch or 9-inch pans. Use toothpick or cake tester to test cake. Toothpick or cake tester should come out clean when inserted into center of cake.
9. Remove from oven and cool on rack for 15 minutes before removing from pan(s).

\*If desired, decrease salt to 1/4 teaspoon and use salted butter.

\*\*If using 3 8-inch pans, be sure there is enough room in the oven for air to circulate for even baking.

**Nutrition Facts per Serving:** 434 calories, 26 g fat, 270 mg sodium, 54 g carbohydrates, 2 g fiber, 6 g protein, 70 mg calcium



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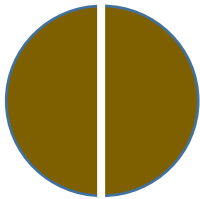
Product baked by a 4-H member and entered in the Kentucky State Fair

# RECIPE: Rich Chocolate Cake continued

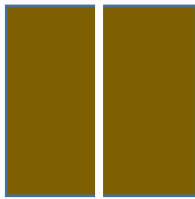
**Baking Tips:** One square of baking chocolate should equal 1 ounce. Read the packaging to make sure you add the equivalent of 3 ounces of chocolate to this recipe.

**Substitution:** You may substitute 3 tablespoons of unsweetened cocoa and 1 tablespoon oil, melted butter or shortening for each one-ounce square of chocolate.

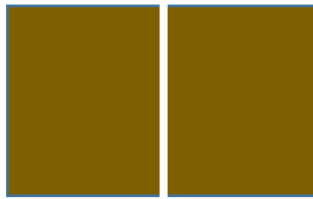
**For the Fair:** Send only a half of one layer of cake. Your family can eat the remainder of the cake.



Round cake



Square cake



Rectangular cake



Example: half of a round layer of cake

## For the fair:

- Round, square or rectangular pans may be used.
- Let cake completely cool. Do not frost cake.
- Cut one layer of the cake in half. Place half of one layer of cake on a disposable plate or cardboard cake board.
- Place the plate/board in a re-closable plastic bag, cake box or disposable container. (Container will not be returned.)

# RECIPE: Carrot or Zucchini Cake

From **4-H Cooking 301**, page 119    Yield: 16 servings

## Ingredients

2 cups flour  
2 cups sugar  
2 teaspoons baking soda  
2 teaspoons cinnamon  
1 teaspoon salt  
1 cup salad oil  
4 eggs  
3 cups carrots, shredded  
1 teaspoon vanilla  
1 cup nuts, chopped

## Equipment

9" x 13" baking pan or  
2 8-inch or 9-inch round cake pans  
Nonstick cooking spray  
Measuring cups and spoons  
Large and medium mixing bowls  
Mixer  
Mixing spoon  
Spatula  
Cooling rack



## Order of Work

1. Preheat oven to 350 degrees F. Lightly coat 9" x 13" baking pan or 2 8-inch or 9-inch round cake pans with nonstick cooking spray.
2. Combine flour, sugar, baking soda, cinnamon, and salt in medium bowl; mix well.
3. In large bowl, add oil and beat in eggs, one at a time.
4. Gradually add flour mixture to egg mixture and beat until thoroughly mixed.
5. Add carrots, vanilla, and nuts; mix until thoroughly combined. Pour into prepared pans.
6. For 9" x 13" pan, bake 45 minutes or until toothpick inserted in middle comes out clean. For 8-inch or 9-inch round cake pans, bake 30 to 35 minutes or until toothpick inserted in middle comes out clean. Remove from oven and cool on wire rack. Store in refrigerator.

**Variation:** Substitute 3 cups shredded zucchini for shredded carrots. Add one teaspoon ground nutmeg.

**Nutrition Facts per Serving with Frosting:** 470 calories, 28 g fat, 365 mg sodium, 56 g carbohydrates, 1 g fiber

## Baking Tips:

- Use a toothpick to test doneness. Baking time may need to be extended if cake is not done.
- The size of the carrot/squash pieces will affect baking time. A cake made with pre-packaged coarsely shredded carrots from the grocery may require additional baking time. Finely shredded vegetables cook faster than coarsely shredded pieces.

## For the fair:

- Zucchini variation may be used instead of carrots.
- Round or rectangular pans may be used.
- Let cake completely cool. Do not frost or ice the cake.
- Cut one layer of the cake in half. Place half of one layer of cake on a disposable plate or cardboard cake board.
- Place the plate/board in a re-closable plastic bag, cake box or disposable container. (Container will not be returned.)



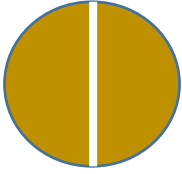
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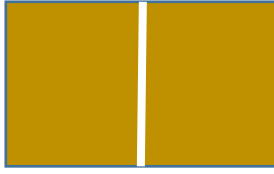
Baked products and photographs  
by Martha Welch

RECIPE: **Carrot or Zucchini Cake** continued

**For the Fair:** Send only a half of one layer of cake.  
Your family can eat the remainder of the cake.



Round cake



Rectangular cake



Example: half of a round layer of cake

# RECIPE: Basic Chiffon Cake

From **4-H Cooking 401**, page 118

Yield: 16 servings

## Ingredients

2 1/4 cups cake flour  
1 tablespoon baking powder  
1 teaspoon salt  
1 1/2 cups sugar, divided  
1/2 cup vegetable oil  
5 large egg yolks  
1 tablespoon vanilla  
3/4 cup cold water  
7 large egg whites  
1/2 teaspoon cream of tartar

## Equipment

2 large bowls  
Measuring cups  
Measuring spoons  
Mixer  
Spatula  
Small bowl  
Tube cake pan  
Metal spatula  
Cake plate  
Serrated knife



Product baked by 4-H member & entered in the Kentucky State Fair

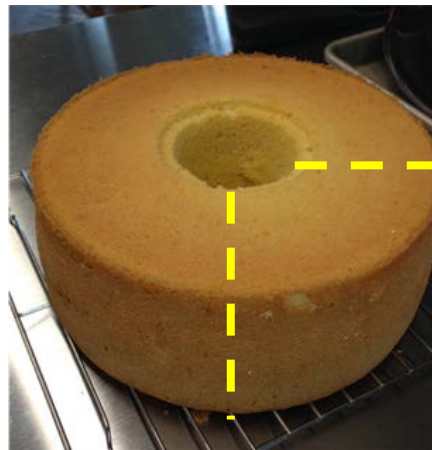
## Order of Work

1. Preheat oven to 325 degrees F.
2. In a large bowl, combine flour, baking powder, salt, and 1 cup sugar.
3. Make a well in the center and add oil, egg yolks, vanilla, and water. Whisk until smooth.
4. Beat egg whites and cream of tartar in large mixing bowl until soft mounds begin to form.
5. Beating at high speed, sprinkle remaining 1/2 cup sugar over egg whites, 2 tablespoons at a time. Beat until stiff peaks form.
6. Gently fold one-third of the whites into the yolk mixture. Fold in remaining whites.
7. Pour batter into an ungreased tube pan.
8. Bake 1 1/2 hours or until top springs back when lightly touched. If cake pan has prongs around the rim for elevating the cake, invert pan onto them. If not, invert pan over the neck of a bottle or funnel so that air can circulate. Let the cake cool completely, 2 to 3 hours.
9. Carefully run a metal spatula around the sides of the pan to loosen cake. Remove cake from the pan and place on cake plate. Cut slices by sawing gently with serrated knife.

**Nutrition Facts per Serving:** 231 calories, 8 g fat, 276 mg sodium, 35 g carbohydrate, less than 1 g fiber, 4 g protein, 30 mg calcium.

### Baking Tip:

Folding in the egg white mixture



### For the fair:

- After the cake has completely cooled, cut one piece which is a quarter of the cake. Place the piece on a disposable plate.
- Place the plate in a re-closable zip-type plastic bag. For added protection, you may place the bag in a box.



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# RECIPE: Double Crust Apple Pie

Adapted for use in Kentucky fairs from **4-H Cooking 401**, page 97

Yield: three 8-inch crusts or two 9-inch crusts

## Pastry for Two-Crust Pie

### Ingredients

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 cup shortening
- 5 or 6 tablespoons cold water



### Order of Work

1. Thoroughly chill shortening and water.
2. Place flour and salt together in medium bowl. Stir to mix.
3. Use a pastry blender, fork, or two knives to cut the shortening into the flour until the dough forms pea-sized pieces.
4. Add cold water one tablespoon at a time and sprinkle over flour/shortening mixture. Toss mixture lightly with a fork. DO NOT STIR. Add only enough water to hold dough together. Let dough stand at least 5 minutes. Shape into a ball, handling as little as possible.
5. Chill dough 15 to 30 minutes.
6. Sprinkle 3 or 4 tablespoons of flour on a clean, dry surface or pastry mat/cloth. Lightly coat a rolling pin with flour. Or use two 18" X 18" sheets of waxed or parchment paper to roll out dough.
7. If using an 8" pie pan, divide dough into three equal parts. (Set one part aside to use for another purpose.) If using a 9" pie pan, divide dough into two parts.
8. Form one piece of dough into a circular shape and then flatten with a rolling pin on pastry mat/cloth or between two sheets of waxed or parchment paper.
9. Roll dough with short strokes from center to outer edge, using a light, quick motion. Be careful not to roll over the edge of dough. Press on a different part of the dough with each roll. Lift from surface occasionally. Roll about 1/8-inch thick and slightly larger than the pie pan.
10. Fold dough in half, lift and place in pie pan, and unfold.
11. Beginning at center of pan and working toward edge, gently press dough into pie pan. Do not pull or stretch dough since that can make the pie crust shrink during baking.
12. Chill prepared piecrust for 20 to 30 minutes to prevent crust from shrinking during baking.
13. Prepare filling.

#### Baking Tips:

- Use cold shortening and ice-cold water.
- Be careful not to overwork dough.



Using a pastry blender, fork, or two knives, cut shortening into flour to form pea-sized pieces.

Baked products by Lucy Welch  
Photographs by Martha Welch



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# RECIPE: Apple Pie Filling

Adapted for use in Kentucky from **4-H Cooking 401**, page 105

Yield: one 8" or 9" pie; 8 servings

## Ingredients

5 cups peeled, sliced tart apples (5 to 6 apples)  
2 tablespoons lemon juice  
3/4 to 1 cup sugar  
1 tablespoon flour  
1/4 teaspoon salt  
1 teaspoon cinnamon, if desired  
1/2 teaspoon nutmeg, if desired  
1 tablespoon butter or margarine  
1 egg, beaten, or 2 tablespoons milk, if desired  
1 teaspoon sugar, if desired



## Order of Work

1. While preparing the filling, place the prepared piecrust in the refrigerator for 20-30 minutes.
2. Preheat oven to 425 degrees F.
3. Rinse, peel, and core apples. Slice apples and place in medium bowl. Sprinkle with lemon juice to prevent apples from turning brown and toss gently.
4. In small mixing bowl, combine sugar, flour, salt, and spices, if desired. Add mixture to apple slices and mix.
5. Spoon apple mixture into prepared piecrust.
6. Cut butter or margarine into small pieces and sprinkle on top of apple filling.
7. Use cold water to moisten edges of the dough on the rim of the pie pan.
8. Roll out remaining dough for upper crust.
9. Place upper crust on pie and press upper and lower edges together on rim of pie pan.
10. Cut venting holes in top of pastry.
11. Use a knife to trim dough evenly around edge of pie pan.
12. Flute edge by placing left thumb and index finger 1/2 inch apart on outside of pastry rim. With right index finger push pastry between fingers or lightly press edges together with a fork.
13. If desired, brush top crust with beaten egg or milk then lightly sprinkle with sugar.
14. Bake for 15 minutes then reduce heat to 350 degrees F. Bake 25 minutes longer or until crust is brown.

**Nutrition Facts per Serving:** 555 calories, 28 g fat, 386 mg sodium, 71 g carbohydrate, 2 g fiber, 6 g protein, 14 mg calcium

**Baking Tip:** Use an apple that holds its shape when baked. Granny Smith and Honeycrisp apples are good choices.



## For the fair:

- Spice variation may be used, if desired.
- Use a disposable pie pan because the pan will not be returned.
- Place the whole pie (in the disposable pie pan) in a re-closeable plastic bag.



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# RECIPE: Cinnamon Twists

Adapted for use in Kentucky 4-H from **4-H Cooking 301**, pages 42 and 44

Yield: 12 rolls

## Ingredients: Sweet Dough

1/4 cup sugar  
1 teaspoon salt  
1 package yeast  
1/2 cup milk, heated to 100 to 110 degrees F  
1/4 cup water, heated to 100 to 110 degrees F  
1/8 cup oil or melted butter  
1 egg  
1/2 teaspoon grated lemon rind, if desired  
2 1/2 cups all-purpose flour, approximately

## Ingredients: Topping

1/4 cup butter, melted  
1/2 cup sugar  
2 teaspoons cinnamon



## Order of Work

1. Put sugar, salt, and yeast in mixing bowl. Mix well.
2. Place milk and water in microwave-safe bowl. Heat in microwave for 1 to 2 minutes. Remove from microwave and check temperature with food thermometer. Pour warm liquids over ingredients in mixing bowl and stir well. Allow mixture to stand 1 to 2 minutes.
3. Add oil or butter, egg, and lemon rind to mixture. Beat until smooth.
4. Add 2 cups of flour to mixture and beat until smooth.
5. Add enough flour to make dough that is soft, but stiff enough to handle.
6. Turn dough out onto a lightly floured surface and knead until dough is smooth, elastic, and does not stick to surface or hands, about 8 to 10 minutes.
7. Place dough in a mixing bowl lightly coated with nonstick cooking spray. Spray top of dough with nonstick cooking spray and cover with damp, clean dishtowel. Let rise in a warm place until doubled in size, about 1 hour.
8. Punch down dough and let stand 10 minutes.
9. Lightly coat baking sheet with nonstick cooking spray.
10. Roll prepared dough into a square about 12" by 12."
11. Brush dough with melted butter. Mix sugar and cinnamon in a small mixing bowl. Sprinkle center third of dough with 3 tablespoons of sugar-cinnamon mixture. Fold one third of dough over center third (see diagram 1 on back). Sprinkle with 3 tablespoons of the sugar-cinnamon mixture. Fold remaining third of dough over the two layers.
12. Cut roll into 1-inch strips (see diagram 2 on back). Hold each end of a strip and twist tightly in opposite directions. Lay the twist on the baking sheet so that the loose end is under the twist.
13. Place on prepared baking sheet about 2 inches apart. Brush top with melted butter and sprinkle with sugar-cinnamon mixture.
14. Cover. Let rise in warm place until doubled in size.
15. Bake at 350 degrees F about 25 minutes or until lightly browned.

**Nutrition Facts per Roll:** 180 calories, 7 g fat, 240 mg sodium, 29 g carbohydrates, 1 g fiber, 4 g protein, 26 mg calcium

# RECIPE: Cinnamon Twists continued

Diagram 1

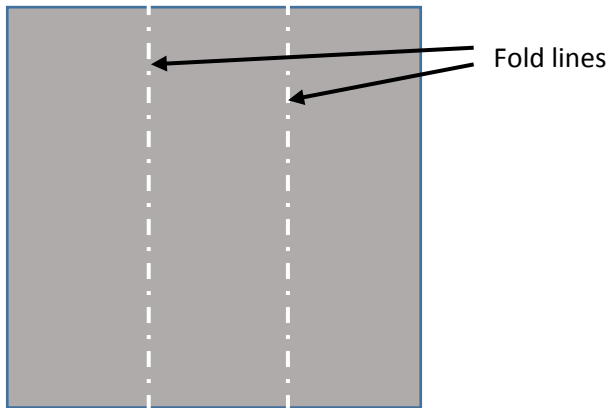
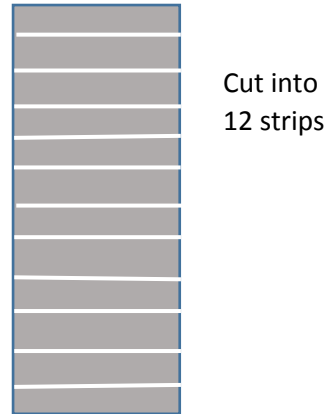


Diagram 2



Baked products by Lucy Welch  
Photographs by Martha Welch



## For the fair:

- After the twists have completely cooled, select three twists that are similar in appearance.
- Place three twists on a disposable plate.
- Place the plate in a re-closable plastic bag.



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# RECIPE: Soft Pretzels

From **4-H Cooking 301**, p. 48

Yield: 14 pretzels

## Ingredients

4 to 4 ½ cups all-purpose flour  
2 tablespoons sugar  
1 package dry active yeast  
1 ½ teaspoons salt  
1 cup low-fat milk  
½ cup water  
2 tablespoons vegetable oil  
2 eggs, lightly beaten  
Poppy seed, sesame seed, coarse salt, or  
grated Parmesan cheese (choose one)



## Order of Work

1. Preheat oven to 350 degrees F.
2. In large bowl, combine 2 cups flour, sugar, undissolved yeast, and salt.
3. Heat milk, water, and oil until very warm (120 to 130 degrees F).
4. Stir milk mixture into flour mixture until well combined.
5. Add enough of the remaining flour to make a soft dough.
6. Knead on floured surface until smooth and elastic, about 4 to 6 minutes.
7. Cover; let rest on floured surface 10 minutes.
8. Divide dough into 14 equal pieces.
9. Roll each piece into a 20-inch rope
10. Cover; let rest 5 to 10 minutes until risen slightly.
11. Shape into pretzels by curving ends of each rope to make a circle; cross ends at top. Twist ends once and lay over bottom of circle.
12. Place pretzels on two greased baking sheets.
13. Brush with beaten eggs. Bake for 15 minutes.
14. Remove from oven; brush again with eggs and sprinkle with poppy seeds, sesame seeds, coarse salt, or grated cheese.
15. Return to oven and bake for 15 minutes or until lightly browned. Remove pretzels from baking sheet; let cool on racks.

**Nutrition Facts per Pretzel:** 175 calories, 4 g fat, 270 mg sodium, 29 g carbohydrates, 1 g fiber, 5 g protein, 47 mg calcium

## For the fair:

- Place 3 pretzels on a disposable plate.
- Place the plate in a re-closeable zip-type bag.



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Product baked by a 4-H member and entered in the Kentucky State Fair

# RECIPE: Oatmeal Bread

From **4-H Cooking 401**, page 25

Yield: 2 loaves, 20 slices per loaf

## Ingredients

2 packages active dry yeast  
3/4 cup water, heated to 100 to 110 degrees F  
3 tablespoons sugar  
3 tablespoons melted butter or oil  
2 cups milk  
2 teaspoons salt  
1 cup quick oats  
3 cups bread flour  
3 cups whole wheat flour



## Order of Work

1. In a large mixing bowl combine yeast, water, and sugar; let stand 10 minutes.
2. Stir in butter or oil, milk, salt, oats, and bread flour; beat until smooth.
3. Mix in enough remaining whole wheat flour to form a soft dough and until mixture begins to pull away from sides of bowl.
4. On a lightly floured surface, turn out dough; knead until dough is smooth and elastic, about 8 to 10 minutes.
5. Place dough in a large mixing bowl lightly coated with nonstick cooking spray. Cover with clean, damp dishtowel. Let rise in warm place, free from drafts, until doubled in size, about 40 minutes.
6. Lightly coat two 9" x 5" loaf pans with nonstick cooking spray; set aside.
7. Punch down dough and turn out on lightly floured surface. Cover and let rest 10 minutes.
8. Shape into loaves. Place in prepared pans. Cover and let rise until doubled, about 45 minutes.
9. Preheat oven to 425 degrees F. Bake loaves 25 to 30 minutes, until lightly browned and bread sounds hollow when tapped.
10. Remove from pans and place on wire rack to cool.

**Nutrition Facts per Slice:** 93 calories, 2 g fat, 131 mg sodium, 17 g carbohydrate, 2 g fiber, 3 g protein, 22 mg calcium



## For the fair:

After the loaves cool completely, place one loaf in a re-closeable zip-type plastic bag. Paper plate optional.

Baked product by Lucy Welch  
Photographs by Martha Welch



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# RECIPE: Honey Whole Wheat Bread

Adapted from **Super Star Chef Kneads a Little Dough**, Kentucky Cooperative Extension Service



Yield: 16 servings

Yield: 24 servings

Yield: 32 servings

## Ingredients

Milk (80° F)

Water (80° F)

Egg

Honey (80° F)

Salt

Butter (cut in small pieces)

Bread flour

Whole wheat flour

Active dry yeast

## 1-pound loaf

1/4 cup

1/4 cup

1 large

2 tablespoons

1 1/2 teaspoons

2 teaspoons

1 1/3 cups

2/3 cups

1 1/2 teaspoons

## 1 1/2-pound loaf

1/2 cup

1/4 cup

1 large

1/4 cup

2 teaspoons

1 tablespoon

2 cups

1 cup

2 1/4 teaspoons or 1 packet

## 2-pound loaf

1/2 cup

1/2 cup

2 large

1/4 cup + 2 tablespoons

3 teaspoons

4 teaspoons

2 2/3 cups

1 1/3 cups

3 teaspoons

## Instructions:

1. Add the ingredients in the order specified in your bread machine owner's manual.
2. Set the bread machine on the basic/standard bread making setting.
3. Select the medium or normal baking cycle.
4. Cool to room temperature before slicing.

**Nutrition Facts per Slice:** 42 calories, 1 g fat (21%), 7 g carbohydrates, 2 g protein



## For the fair:

After the loaf cools completely, place it in a re-closeable plastic bag.

Baked products by Lucy Welch  
Photographs by Martha Welch

# RECIPE: Classic Chocolate Fudge

From **4-H Cooking 401**, page 89

Yield: 1 1/2 pounds or 32 pieces

## Ingredients

Butter, softened  
2 cups sugar  
3/4 cup half and half or whole milk  
2 ounces unsweetened baking chocolate, coarsely chopped  
2 tablespoons corn syrup  
1/4 teaspoon salt  
2 tablespoons butter  
1 teaspoon vanilla  
1/2 cup coarsely chopped nuts, if desired



## Order of Work

1. Line a 9" x 4" x 3" loaf pan or an 8" x 8" pan with foil, extending the foil over the edges of the pan. Butter the foil and set aside.
2. Butter the sides of a heavy 2-quart saucepan. In the saucepan, combine sugar, milk, chocolate, corn syrup and salt.
3. Cook and stir over medium-high heat until the mixture boils. Clip a candy thermometer to the side of the pan.
4. Reduce heat to medium-low; continue boiling. Stir frequently.
5. Cook until the thermometer registers 234 degrees F. If no thermometer is available, cook to the soft-ball stage. Test by dropping a small amount of syrup into cold water.
6. When candy reaches 234 degrees F, remove saucepan from heat. Add butter and vanilla but **DO NOT STIR**.
7. Cool, without stirring or disturbing in any way, to 110 degrees F. This should take 45 to 60 minutes.
8. Remove thermometer from saucepan. With a wooden spoon, beat vigorously until fudge just begins to thicken. If desired, add nuts. Continue beating until the fudge becomes very thick and just starts to lose its glossy sheen. This should take 5 to 10 minutes.
9. Immediately spread fudge in the prepared pan. Score the pieces while still warm.
10. When fudge is firm, use the foil to lift out the pan. Cut fudge into squares.
11. Store fudge in a tightly covered container.

**Nutrition Facts per Piece with Nuts:** 87 calories, 3 g fat, 27 mg sodium, 15 g carbohydrate, less than 1 g fiber, less than 1 g protein, 7mg calcium

## For the fair:

- Nuts are optional.
- Cut the fudge into pieces, about 1 inch square.
- Place three pieces on a disposable plate. Place the plate inside a re-closeable zip-type plastic bag.



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Product made by a 4-H member and entered in the Kentucky State Fair