

# 2016 Kentucky 4-H Fair Recipe Book—Food Division

Updated 01-04-2016

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 <http://www.4-hmall.org/Category/all-cooking.aspx>. 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.

## Muffins

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

## Biscuits

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

## Quick Breads

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

## Cookies

- 847 Three **Chewy Granola Bars** (gluten-free): Use recipe in *4-H Cooking 101*, p. 35.  
848 Three **Brownies**: Use recipe in *4-H Cooking 101*, p. 67. Nuts are optional.  
849 Three **Oatmeal Drop Cookies**: Use recipe in *4-H Cooking 101*, p. 68.

## Cakes

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

## Pies

- 853 One whole **Double Crust Apple Pie**: Use recipes in *4-H Cooking 401*, p. 105 and 97. Leave pie in the disposable pie pan and place all in a zip-type plastic bag. May use spice variation if desired.

## Yeast Breads

- 854 Three **Cinnamon Twists** (no icing): Use recipe in *4-H Cooking 301*, p. 42 & 44.  
855 Three **Soft Pretzels**: Use recipe in *4-H Cooking 301*, p. 48. Use any one topping listed.  
856 One loaf **Oatmeal Bread**: Use 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 handout. May be a 1-pound or 1 ½-pound loaf.

## Candy

- 858 Three pieces **Classic Chocolate Fudge**: Use recipe in *4-H Cooking 401*, p. 89. Nuts are optional.

Revised 10-1-2015; 1-14-2016: Change in title of this booklet—no other changes made.

# Muffins

## Carol's Oatmeal Muffins

Used with permission from 4-H Cooking 101, p. 54, University of Illinois Extension

*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, oats, 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.



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

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

## Cheese Muffins

Used with permission from 4-H Cooking 201, p. 49, University of Illinois Extension

*Yield: 12 muffins*

### Ingredients

2 cups 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  
Nonstick 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 nonstick cooking spray or place a baking liner in each muffin cup.
2. Place flour sifter in 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.



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

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

# Biscuits

## Rolled Biscuits

Used with permission from 4-H Cooking 201, p. 50, University of Illinois Extension

*Yield: 12 biscuits*

### 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 the fork or pastry blender until well mixed.
4. Make a hole in the center of the flour. 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



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

**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-closable zip-type plastic bag.

# Cranberry Scones

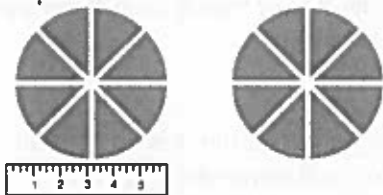
Sandra Bastin, Extension Specialist, Food and Nutrition, Kentucky Cooperative Extension Service

*Yield: 16 wedges*

## Ingredients

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

1. 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).
2. 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.
3. Press dough gently together on 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.



4. Bake at 400°F for 20 to 25 minutes or until golden brown. Cool on cookie sheet 5 minutes before serving.

*Nutritional Analysis (1 scone): 150 calories, 3 g protein, 22 g carbohydrates, 6 g fat (36%)*

**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.

COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
**KENTUCKY**

College of Agriculture,  
Food and Environment  
4-H Youth Development



# Quick Breads

## Cornmeal Muffins

*Yield: 12 muffins*

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

### Ingredients

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

### Order of Work

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.

\*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 size tin, reduce cooking time to 8 to 10 minutes or until golden brown. After the muffins have completely cooled, place three muffins on a disposable plate. Place the plate in a re-closeable zip-type plastic bag.

COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
KENTUCKY\*

College of Agriculture,  
Food and Environment  
4-H Youth Development



# Coffee Cake with Topping

Used with permission from 4-H Cooking 101, p. 59, University of Illinois Extension

*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"x8")  
Wire rack  
Hot pads

## 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 degrees 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 back 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.



Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.

**For the Fair:** After the cake has completely cooled, place three pieces on a disposable plate. Place the plate in a re-closable zip-type plastic bag.

# Cookies

## Chewy Granola Bars

Used with permission from 4-H Cooking 101, p. 35, University of Illinois Extension

*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"x9"

### Order of Work

1. Preheat oven to 350 degrees 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.



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

**For the Fair:** The ingredients in this recipe are free of gluten unless the packaging indicates otherwise. After the cookies have completely cooled, choose three bars that are the same size and place them on a disposable plate. Place the plate in a re-closable zip-type plastic bag.



## Brownies

Used with permission from **4-H Cooking 101**, p. 67, University of Illinois Extension

*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"x8" or 9"x9")  
Hot pads  
Wire racks

### Order of Work

1. Preheat the oven at 350 degrees 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.
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.



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

**For the Fair:** After the brownies have completely cooled, choose three brownies (It's best not to choose corner pieces). Place the brownies on a disposable plate. Place the plate in a re-closable zip-type plastic bag.

## Oatmeal Drop Cookies

Used with permission from 4-H Cooking 101, p. 68, University of Illinois Extension

*Yield: 3 1/2 dozen cookies*

### Ingredients

1 cup sifted all-purpose flour  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup granulated sugar  
1/2 cup firmly packed brown sugar  
1/2 cup butter, margarine, or shortening, softened (not reduced fat)  
1 tablespoon water  
1/2 teaspoon vanilla  
1 egg  
1 1/2 cups regular or quick oatmeal, uncooked

### Equipment

Non-stick cooking spray  
Flour sifter  
Waxed paper  
Measuring cups  
Measuring spoons  
Mixing bowl  
Mixing spoon  
2 teaspoons  
Scraper  
Cookie sheet  
Turner  
Hot pads  
Wire racks  
Small bowl  
Knife or spatula

### Order of Work

1. Preheat the oven to 350 degrees F.
2. Lightly coat the cookie sheet with non-stick cooking spray.
3. Sift flour once; then measure it. Add to mixing bowl.
4. Measure the baking powder, baking soda, and salt. Add to the flour and stir.
5. Measure and add the sugar, brown sugar, fat, water, and vanilla.
6. Break the egg into the small bowl; then add it to the other ingredients.
7. Beat the mixture until it looks smooth. Be sure to stir all the way to the bottom of the bowl.
8. Measure the oatmeal and stir it in. Be sure it is mixed throughout the batter.
9. Drop by spoonfuls on prepared cookie sheet. To do this, dip out a rounded teaspoon of dough and use the other teaspoon to push the dough onto the cookie sheet. Leave about 2 inches between cookies. Use scraper to clean out bowl.
10. Bake at 350 degrees F for 12 to 15 minutes. The cookies will be a light golden color when they are done and should spring back when lightly touched with the fingers.
11. Take cookies out of the oven. Use hot pads because the cookie sheet is hot.
12. Use a spatula or turner to remove the hot cookies from the sheet. Place them on a rack to cool. Cool cookie sheet before filling again. When cookies are cool, store in a container with a tight lid.



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

**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-closable zip-type plastic bag.

# Cakes

## Rich Chocolate Cake

Used with permission from 4-H Cooking 301, p. 116, University of Illinois Extension

*Yield: 12 servings*

### Ingredients

3 squares unsweetened chocolate, melted  
1 teaspoon flour  
3 cups sifted cake flour  
1/2 teaspoon 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  
3 8-inch\*\* or 2 9-inch cake pans  
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 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 pan(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).

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

\*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.



UNIVERSITY OF ILLINOIS  
EXTENSION

Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.

Substitute: You may substitute 3 tablespoons of unsweetened cocoa and 1 tablespoon oil, melted butter or shortening for each square of chocolate.

**For the Fair:** Let cake completely cool. Do not frost cake. Place one layer of cake on a disposable plate. Place the plate in a re-closable plastic bag.

## Carrot (or Zucchini) Cake

Used with permission from 4-H Cooking 301, p. 119, University of Illinois Extension

*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

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 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 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



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

**For the Fair:** Zucchini variation may be used instead of carrots. Let the cake cool. Do not frost or ice the cake. After the cake has completely cooled, place one layer on a disposable plate. Place the plate in a re-closable plastic bag.

## Basic Chiffon Cake

Used with permission from 4-H Cooking 401, p. 118, University of Illinois Extension

*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

### 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 are formed.
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 1g fiber, 4 g protein, 30 mg calcium.



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

**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-closeable zip-type plastic bag. For added protection you may place the bag in a small box.

# Pies

## Apple Pie

Adapted for use in Kentucky from **4-H Cooking 401**, p. 105 and 97, University of Illinois Extension. Used with permission.

## Pastry for Two-Crust Pie

*Yield: 2 9-inch or 10-inch pie crusts or 3 8-inch pie crusts*

### Ingredients

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

### Order of Work

1. Thoroughly chill fat 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 fat into the flour until the dough forms pea-sized pieces.
4. Add cold water one tablespoon at a time and sprinkle over flour/fat 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 to 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. Divide dough into two parts. Form one piece of dough into circular shape and then flatten with rolling pin on pastry mat/cloth or between two sheets of waxed or parchment paper.
8. Roll dough with short strokes from center to outer edge, using a light, quick motion. Be careful not to roll over 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.
9. Fold dough in half, lift and place in pie pan, and unfold.
10. 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.
11. Chill prepared pie crust for 20 to 30 minutes to prevent crust from shrinking during baking.
12. Prepare filling.



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

## Apple Pie Filling

### Ingredients

- 1 prepared unbaked pastry for two-crust pie
- 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 tablespoon butter or margarine
- 1 egg, beaten, or 2 tablespoons milk, if desired
- 1 teaspoon sugar, if desired

### Order of Work

1. While preparing filling, place the prepared pie crust in 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, and salt. Add to apple slices and mix.
5. Spoon apple mixture into prepared pie crust.
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

Variation: Spices – Add 1 teaspoon cinnamon and/or 1/2 teaspoon nutmeg to sugar mixture if desired.



UNIVERSITY OF ILLINOIS  
EXTENSION

Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.

**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 (including the disposable pie pan) in a re-closeable plastic bag.

# Yeast Breads

## Cinnamon Twists

Adapted for use in Kentucky from 4-H Cooking 401, p. 42 and 44, University of Illinois Extension. Used with permission.

*Yield: 24 rolls*

### Sweet Dough Ingredients

¼ cup sugar  
1 teaspoon salt  
1 package yeast  
½ cup milk, heated to 100 to 110 degrees F  
¼ cup water, heated to 100 to 110 degrees F  
1/8 cup oil or melted butter  
1 egg  
½ teaspoon grated lemon rind, if desired  
2 ½ cups all-purpose flour, approximately

### Topping Ingredients

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, eggs, 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 dish towel. Let rise in a warm place until doubled in size, about 1 hour.
8. Punch dough down and let stand 10 minutes.
9. Lightly coat baking sheet with nonstick cooking spray.
10. Roll prepared dough into a square about 12" x 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. 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. Hold each end of a strip and twist tightly in opposite directions. Firmly press ends together.
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.
16. Top with basic icing if desired.

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



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

**For the Fair:** After the twists have completely cooled, place 3 twists on a disposable plate. Place the plate in a re-closable plastic bag.



## Soft Pretzels

Used with permission from 4-H Cooking 301, p. 48, University of Illinois Extension

*Yield: 14 pretzels*

### Ingredients

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

### Order of Work

1. Preheat oven to 350 degrees F. In large bowl, combine 2 cups flour, sugar, undissolved yeast, and salt.
2. Heat milk, water, and oil until very warm (120 to 130 degrees F).
3. Stir milk mixture into flour mixture until well combined.
4. Add enough of the remaining flour to make a soft dough.
5. Knead on floured surface until smooth and elastic, about 4 to 6 minutes.
6. Cover; let rest on floured surface 10 minutes.
7. Divide dough into 14 equal pieces.
8. Roll each piece into a 20-inch rope
9. Cover; let rest 5 to 10 minutes until risen slightly.
10. 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.
11. Place pretzels on two greased baking sheets.
12. Brush with beaten eggs. Bake for 15 minutes.
13. Remove from oven; brush again with eggs and sprinkle with poppy seeds, sesame seeds, coarse salt, or grated cheese.
14. 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, 1g fiber, 5 g protein, 47 mg calcium



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

**For the Fair:** Place 3 pretzels on a disposable plate. Place the plate in a re-closeable zip-type plastic bag.

## Oatmeal Bread

Used with permission from 4-H Cooking 401, p. 25, University of Illinois Extension

*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, 17g carbohydrate, 2 g fiber, 3 g protein, 22 mg calcium



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

**For the Fair:** After the loaves cool completely, place one loaf in a re-closable zip-type plastic bag.

# Bread Made in a Bread Machine

## Honey Whole Wheat Bread

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

16 servings per 1-pound loaf

Ingredients	1 1/2-pound loaf	1-pound loaf
Active dry yeast	2 ¼ teaspoons	1 ½ teaspoons
Bread flour	2 cups	1 1/3 cups
Whole wheat flour	1 cup	2/3 cup
Salt	2 teaspoons	1 ½ teaspoons
Butter (cut in small pieces)	1 tablespoon	2 teaspoons
Honey (80°F)	¼ cup	2 tablespoons
Milk (80°F)	½ cup	¼ cup
Water (80°F)	¼ cup	¼ cup
Egg	1 large	1 large

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.

**Getting the Most From Your Bread Machine** Nutrition Analysis (1 slice from 1-pound): 42 calories, 2 g protein, 7g carbohydrates, 1 g fat (21%)

**For the Fair:** After the loaves cool completely, place one loaf in a re-closable zip-type plastic bag.

COOPERATIVE  
EXTENSION  
SERVICE  
**UK**  
UNIVERSITY OF  
KENTUCKY  
College of Agriculture,  
Food and Environment  
4-H Youth Development



# Candy

## Classic Chocolate Fudge

Used with permission from 4-H Cooking 401, p. 89, University of Illinois Extension

*Yield: 1 ½ pounds or 32 pieces*

### Ingredients

Butter, softened  
2 cups sugar  
¾ cup half and half or whole milk  
2 ounces unsweetened baking chocolate, coarsely chopped  
2 tablespoons corn syrup  
¼ teaspoon salt  
2 tablespoons butter  
1 teaspoon vanilla  
½ 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 of 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, 15g carbohydrate, less than 1 g fiber, less than 1 g protein, 7 mg calcium



UNIVERSITY OF ILLINOIS  
EXTENSION

*Copyright 2015 by the Board of Trustees of the University of Illinois. Used with permission.*

**For the Fair:** Nuts are optional. Place 3 pieces on a disposable plate. Place the plate inside a re-closable zip-type plastic bag.