

News Release

By: Becca Tullar, Brown County 4-H Youth Program Advisor

Written By: Maddie Sumption, Summer Assistant

For release: Immediately

Phone: (605)626-7120

The 2021 Brown County 4-H Special Foods Contest was held on Tuesday, June 22nd at the Groton Area FACS classroom. Renee Marzahn and Audrey Rider were the judges. The following are the results of the contest:

Rayven Dutenhoffer- Aberdeen- purple

Joseph Dutenhoffer-Aberdeen-blue

Anna Johnson- Aberdeen- purple

AbiJo Johnson-Aberdeen-purple

Cody Kiesz- Aberdeen- purple

Wyatt Kiesz- Aberdeen- purple

Ashlynn Warrington- Groton- purple

Logan Warrington- Groton- purple

In the 4-H Special Foods Contest, members select an item to prepare containing at least one serving from the food group in which the item is entered. Members are judged on their food preparation skills, nutrition knowledge for the age and food group in which the item is entered, the menu, the place setting that the meal will be served with, and the quality of the item prepared.

**2021 Brown County 4-H
Special Foods Contest Recipes**

Chuck Wagon Beef and Beans

Anna Johnson

½ lb. ground beef	2 tablespoons mustard
3 strips bacon-chopped	1 (15 oz.) can kidney beans, drained and rinsed
1 cup onion diced	1 (15 oz.) can navy beans, drained and rinsed
1 cup BBQ sauce	1 (15 oz.) can pinto beans, drained and rinsed
½ cup ketchup	½ cup water

Pre-heat oven to 350 degrees F. In a Dutch oven brown bacon over medium heat. With a slotted spoon, remove bacon: set aside and discard excess fat from pan. Put Dutch oven back on the stovetop over medium heat. Brown ground beef, stirring frequently for five minutes; stir in onion; spoon out and discard excess fat. Stir in BBQ sauce, ketchup, water, mustard, and reserved bacon. Bring to a simmer then stir in beans. Put lid on Dutch oven, place in oven and bake for 35 minutes.

Ham and Cheese Egg Muffins

Rayven Dutenhoffer

12 large eggs	¾ cup shredded cheddar cheese divided
½ cup milk	8 ounces ham steak cubed
½ teaspoon salt	2 green onions sliced thin
¼ teaspoon black pepper	¼ teaspoon garlic powder

1. Preheat your oven to 350 degrees. Spray muffin tin heavily with cooking spray. (Please note that a silicon muffin tin works best) Set aside.
2. In a large bowl, whisk together the eggs, milk, and spices.
3. Stir in ½ cup of the shredded cheddar cheese, ham, and the green onions.

4. Fill the muffin tins. Top with the remaining $\frac{1}{4}$ cup cheese.
5. Bake for 25 to 30 minutes or until the eggs pull away from the side of the muffin tin and are set in the middle.

Strawberry Twist Smoothie

Joseph Dutenhoffer

1 $\frac{1}{2}$ cups strawberries	$\frac{1}{4}$ cup vanilla yogurt
$\frac{1}{4}$ cup kiwi	1 teaspoon honey
$\frac{3}{4}$ cup banana	2 cups ice

Cut fruit into small pieces. Add all ingredients to blender in order of chopping. Mix until well blended. Pour into glass and enjoy!

Strawberry Smoothie

AbiJo Johnson

2c. frozen strawberries	1 $\frac{1}{2}$ c. strawberry yogurt
1c. milk	2 T. honey
$\frac{1}{2}$ c. buttermilk	

Plug in your blender. Put all ingredients into blender. Hold lid and blend. Unplug blender and pour into frozen glasses. Garnish with a strawberry.

Parmesan Chicken

Wyatt Kiesz

4 boneless, skinless chicken breasts	1 $\frac{1}{4}$ cups seasoned dry bread crumbs
1 cup all-purpose flour	$\frac{1}{2}$ cup grated parmesan cheese
2t. salt	2T. olive oil
1t. ground pepper	1T. milk
2 large eggs	

To start, pound the chicken breasts to be $\frac{1}{4}$ of an inch thick. In a small bread pan, combine flour, salt, and pepper. Set aside. In a bowl or pan, combine eggs and the milk to create an egg wash. Then, in another bread pan, combine bread crumbs and parmesan. Coat chicken in flour mixture, then dip in egg wash, next coat in breadcrumbs.

In a large sauté pan, heat up olive oil over medium heat. Cook chicken two pieces at a time, 2-3 minutes on each side or until cooked through. Set chicken aside.

Meatloaf

Logan Warrington

2 lbs. ground beef	dash of pepper
1 slightly beaten egg	$\frac{1}{4}$ cup onion
1 cup old fashioned oats	dash of salt
$\frac{1}{2}$ cup milk	

Put in lightly greased pan.

Top with:

1 tsp. dry mustard	$\frac{1}{2}$ cup ketchup
2 tbsp. brown sugar	Worcestershire sauce to taste

Cook at 350 degrees for 1 hour. Let stand 5 minutes before serving.

Goulash

Cody Kiesz

1 lbs. ground beef	$\frac{1}{2}$ tsp. onion powder
24 oz. marinara sauce	$\frac{1}{2}$ tsp. garlic powder
1 cup dry elbow macaroni	$\frac{1}{2}$ tsp. oregano
2 cups mozzarella cheese	

Cook noodles according to package directions. Drain the noodles. Cook ground beef in a skillet until it's no longer pink. Stir marinara and seasonings into the ground beef. Mix beef mixture in with noodles. Evenly spread into a casserole dish. Cover top with cheese. Bake in the oven at 350 degrees for 20-30 minutes, until cheese is completely melted.

Tomato Spinach Mozzarella Frittatas

Ashlynn Warrington

6 large eggs	4 cherry tomatoes
1 tbs. Finely chopped onion	1/8 cup shredded mozzarella cheese
1/8 tsp. salt and pepper	1/8 cup fresh spinach

Preheat oven to 350 degrees, if using a dark nonstick pan lower. Lightly spray a 12-cup muffin tin with nonstick spray. In a large bowl, whisk together eggs and onion. Season with salt and pepper, to taste. Add egg mixture halfway up into each tin of the greased muffin tin. Divide the three topping combinations into 4 muffin cups each. Bake for 15-20 minutes until set. Let cool slightly, then serve or store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.