

News Release

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For release: Immediately

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The 2022 Brown County 4-H Special Foods Contest was held on Tuesday, June 28th at Simmons Middle School FACS classroom. Becky Erickson 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- Blue

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.

**2022 Brown County 4-H
Special Foods Contest Recipes**

Cheesy Beef & Potato Hash

Anna Johnson

2 medium russet potatoes	1 Red Bell pepper, chopped
3 T. Olive Oil	2 cloves garlic, minced
1 tsp. salt, divided	16 oz. Ground Beef
½ tsp. black pepper	½ tsp. chili powder
½ cup onion chopped	1 ½ c. sharp cheddar cheese

Cut the potatoes in small cubes. Rinse off in a colander, then transfer to bowl with paper towels and pat dry. Heat the oil in a 10-inch cast iron skillet over medium high heat. Add the potatoes and cook, stirring occasionally until tender and golden brown on most sides, about 15 minutes. Season with ½ tsp. salt and pepper, transfer to bowl with slotted spoon. Preheat the broiler on high. Add the onion, bell pepper and garlic to the skillet and cook, stirring occasionally, until golden brown, about 7 minutes. Add the beef, chili powder, and ½ tsp. salt and cook, breaking up clumps with a wooden spoon until brown about 5 minutes. Return the potatoes to the skillet and mix to combine. Sprinkle cheese over the hash. Broil until melted and bubbling, about 1 minute. Serves 5

Chicken Enchiladas

Rayven Dutenhoffer

3 T. Flour	3 c. shredded cheese
3 T. Butter	2 16 oz. cans of (cubed/shredded) chicken
About 1 c. heavy whipping cream	8 9'' soft shells
1 c. sour cream	1 red bell pepper

Pre-heat oven to 350 degrees. Open cans of cubed chicken and drain excess broth into glass measuring up and set aside. Combine chicken, sour cream, and 2 cups cheese in a bowl. Spoon evenly into tortillas. Then roll up and place in a 9 by 13-inch greased baking pan. Set aside. Melt butter in sauce pan and add flour. Add heavy whipping cream to the reserved chicken broth until the mixture measures 2 cups. Then pour into a saucepan. Cook on medium heat whisking occasionally until it gets bubbly. Chop the red pepper and add to the saucepan mixture. Pour and then broil on high for 3 minutes.

Pepperoni Pizza

Joseph Dutenhoffer

2 pieces pita bread

4 T. pizza sauce, divided

1 c. shredded mozzarella cheese, divided

1 c. shredded pepperoni cheese, divided (1 c. pizza cheese with 1 T. cut up pepperoni and ½ tsp. Italian spices)

Preheat oven to 350 degrees. Put 2 pieces of pita bread on a cookie sheet. Add pizza sauce, cheeses, and mini pepperonis to each pita. Bake pizzas for 8 minutes.

Summer Fruit Salad

AbiJo Johnson

2 c. quartered strawberries

1 tsp. lemon juice

1 c. blueberries

½ tsp. sugar

1 c. grapes, halved

¼ tsp. vanilla extract

1 ¼ c. (11 oz. can) mandarin oranges, drained

granola, garnish

½ c. vanilla yogurt

In a medium bowl combine strawberries, blueberries, grapes, and oranges. In a small bowl combine yogurt, lemon juice, sugar, and vanilla. Pour yogurt mixture over fruit and fold gently to combine. Sprinkle with granola to garnish.

Beef and veggie Ramen Noodles

Wyatt Kiesz

1 pound flank or sirloin steak, sliced thin	1 T Olive Oil
1 T sesame oil	1 ½ tsp ginger paste
2 tsp minced garlic	1 2/3 c. diced carrots
¾ c. sliced snow peas	1 small onion
3 ½ c. chicken broth	
2 packages ramen noodles (flavor packets discarded)	

Sauce

½ c. soy sauce low sodium	4 T. brown sugar
2 tsp. sesame oil	2 tsp. siracha sauce

Pat the beef pieces dry and season lightly with salt and pepper. In a small bowl, combine the sauce ingredients, whisking to combine. Set aside. In a heavy pot, heat the olive oil over medium heat until hot and rippling. Cook the beef in a single layer until browned and mostly cooked through, 3-4 minutes. Repeat with additional batches, if necessary. Remove the beef to plate. Add the ginger and garlic to the pot. Add additional oil, if needed. Cook over medium heat for about 30 seconds. Add the veggies and sauté until tender, about 7-10 minutes. Add the broth. Break the ramen noodles into chunks and add them to the pot. Bring the mixture to a simmer and cook until the ramen is tender, 3-4 minutes, tossing and stirring the ramen while it cooks to help it separate. There should be a bit of liquid left in the bottom of the pot. Add the beef back to the pot. Whisk the sauce to recombine and add it to the pot as well. Stir and toss the ingredients to combine. Cook at a gentle simmer for 1-2 minutes to heat through. Serve immediately.

Manicotti

Logan Warrington

1 medium onion minced	¼ c. olive oil
2 medium carrots, minced	12 oz. can tomato paste
3 cloves garlic, minced	2 c. hot water
¼ tsp. dry mustard	2 shakes ground red pepper
½ tsp. oregano	1 tsp. basil
½ tsp. salt	1 bay leaf
1 tsp. sugar	

Filling:

22 oz. container cottage cheese	1 egg
3 oz. part skim mozzarella, grated	¼ tsp. salt
¼ tsp. pepper	

To assemble:

3 sq. cooked pasta grated	3 oz. part skim mozzarella,
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Preheat oven to 350 degrees. Make the sauce: Sauté vegetables in olive oil over medium high heat until soft, but not browned. Add remaining ingredients except bay leaf, mix, add bay leaf, simmer 10-20 minutes while preparing pasta rolls. Make the filling; mix all ingredients together. Assemble the dish, divide filling among pasta squares, roll, place in greased baking dish. Cover with sauce, sprinkle with cheese, and bake for 25 to 30 minutes.

Lemon Chicken Pasta

Cody Kiesz

½ pound spaghetti	¾ c. heavy cream
2 T butter	¼ c. parmesan cheese

¼ c. finely diced shallots

½ T lemon zest

1/3 c. chicken broth

½ tsp. salt

¼ tsp. pepper

1 ½ c. cooked chicken

Bring a large pot of water to boil. Cook spaghetti according to package directions.

Drain pasta and set aside. For the sauce, place a medium pot over medium heat.

Melt butter and sauté shallots until browned. This should take 2-3 minutes. De

glaze the pan with chicken broth and reduce by half. Pour in the heavy cream,

parmesan cheese, lemon zest, salt, and pepper. Stir to create a smooth cream sauce.

Once the cheese has completely melted, toss with pasta and chicken. Place pasta on serving dish and top with thin lemon slices. Serve immediately.

Broccoli, Bacon, and Cheddar Toss

Ashlynn Warrington

3 c. broccoli florets

8 slices of bacon

¼ c. chopped onion

½ c. shredded cheddar cheese

2 tsp. lemon juice

½ c. cup salad dressing

1 T. sugar

Prepare bacon in the microwave until crisp. Break into piece. Add to rest of ingredients. Mix ½ cup salad dressing, 1 tablespoon sugar, and 2 teaspoons lemon juice and pour over broccoli mixture. Toss.