

Seth Horn
Senior
Protein
Armstrong County

Grilled Country Styles Ribs

1 Pkg of 5 to 6 Ribs (Country Style)
5 Tsp Worcestershire Sauce
2 Tsp Granulated Garlic
1 tsp Salt
2 tsp Pepper
5 Tsp Applewood Rub

Coat each rib with ingredients starting with the Worcestershire sauce. After all ingredients have been coated on each rib, let ribs set in refrigerator for 4 hours. Preheat grill to 425 degrees. Sear each rib on each side. Once all ribs have been seared place them in a foil pan and cover. Turn the grill down to low (approximately 250 degrees). Let ribs finish cooking in foil pan.

Josie Mitchell
Senior
Protein
Carson County

Texas Caviar

Ingredients:

2 (15-ounce) cans black-eyed peas, rinsed and drained
1 (15-ounce) can black beans, rinsed and drained
2 (15-ounce) cans yellow corn, drained
1 red bell pepper, cored, seeded, and finely chopped
½ green bell pepper, cored, seeded and finely chopped
1 small red onion, finely chopped
2 stalks celery, finely chopped
2 roma tomatoes, finely chopped
2 jalapeno peppers, seeded and finely chopped
⅓ cup chopped cilantro leaves
½ cup red wine vinegar
2 teaspoons sugar
½ teaspoon garlic powder
½ teaspoon salt
¼ teaspoon ground black pepper
¼ cup vegetable oil

Directions:

1. Combine black-eyed peas, black beans, corn, red bell pepper, red onion, celery, tomatoes, jalapenos, and cilantro in a large bowl.
2. In a small bowl, whisk together vinegar, sugar, garlic powder, salt, pepper, and vegetable oil.
3. Pour dressing over black-eyed pea mixture and toss to coat. Refrigerate for at least several hours.

Tequita Ellis
Senior
Protein
Hartley County

Texas Beef Sausage

2 pounds ground beef
1 cup water
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon mustard seed
2 tablespoons Liquid Smoke
3 tablespoons meat tenderizer

Directions: In a large bowl, combine all ingredients. Mix well. Shape into a 2 inch diameter log. Wrap in foil with the shiny side in. Refrigerate 24 hours. The next day, poke holes in the bottom of the foil roll with a toothpick. Pour 1/2 inch of water in the bottom of a broiler pan. Place meat on rack and bake for 90 minutes at 325 degrees. When cool, slice and serve.

32 (1 oz.) servings
Will keep 3 weeks in the refrigerator.

Joanna Lowry
Senior
Protein
Potter County

Crusted Herbal Goat Cheese Chicken

2 small skinless, boneless chicken breast halves
2 ½ tablespoons goat cheese
1 pinch dried parsley
1 pinch garlic powder
1 pinch dried thyme
1 pinch dried oregano
1 pinch salt

Preheat oven to 375 degrees. Line a baking sheet with aluminum foil. Place chicken breasts on prepared baking sheet. Stir goat cheese, parsley, garlic, thyme, oregano, and salt together in a small bowl. Bake chicken in the preheated oven for 15 minutes. Spread goat cheese mixture over the top of each breast and continue to cook until no longer pink in the center and the juices run clear, about 5 to 10 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees.

Stuffed Peppers

8 medium sweet red, yellow or green peppers
2 pounds lean ground beef
1 medium onion, finely chopped
1 garlic clove, minced
1 can (28 ounces) diced tomatoes, undrained
1 cup uncooked brown rice
1 tablespoon brown sugar
½ teaspoon dried basil
Pepper to taste
3 oz. shredded Mozzarella cheese
3 oz. shredded Parmesan cheese

Cut the tops off each pepper and set aside. Remove seeds. Cook whole peppers in boiling water for 2-3 minutes or until crisp-tender. Remove and invert on paper towels to drain. Remove stems from pepper tops and chop enough of the tops to make ½ cup. In a skillet, brown beef over medium heat. Add onion, garlic and chopped peppers. Sauté until tender. Add tomatoes, rice, brown sugar, basil and pepper. Reduce heat, cover and simmer for five minutes, or until rice is tender. Stuff hot meat mixture into peppers. Top with cheese.
Yield: 8 servings.

Russell Spurlock
Senior
Protein
Sherman County

Huevos Rancheros with Bacon Tortillas

For the Salsa:

5 vine-ripe tomatoes
2 jalapeno peppers
½ white onion, chopped
1 clove of garlic, chopped
½ teaspoon kosher salt
¼ cup Cilantro, chopped

For the Tortillas:

6 slices of bacon
1 cup masa harina
Kosher salt
¾ cup warm water
1 Tablespoon vegetable oil

For the Eggs:

2 Tablespoons vegetable oil
4 large eggs
¼ cup Cojita cheese, crumbled
Cilantro

1. Make the salsa. Preheat the broiler. Spread the tomatoes and peppers on a foil-lined baking sheet and broil, turning occasionally, until charred, 10-15 minutes. Wrap in the foil and set aside, about 10 minutes. Rub off the charred skins; remove the pepper stems and seeds. Pulse the tomatoes, pepper, onion and garlic in a food processor until it reaches desired consistency.
2. Heat the tomato mixture in a saucepan over medium-high heat until thickened, about 10 minutes, stirring occasionally. Stir in salt and cilantro. Remove from heat and cover to keep warm.
3. Prepare the tortillas. Cook and finely chop the bacon and combine all but 1 Tablespoon with the masa harina and a pinch of salt. Stir in water and knead in the bowl until the dough is soft and pliable, about 2 minutes. Divide the dough into 4 pieces; roll each into a ball, then flatten into 4-inch disks.
4. Cook the tortillas. Heat the vegetable oil in a skillet and add the tortillas. Cook until golden brown on the bottoms, 3-4 minutes; flip and cook until golden brown on the other side, 3 more minutes. Flip again and cook until the tortillas are cooked through – about 1 more minute. Wrap in foil to keep warm.
5. Make the eggs: Using the same pan as the tortillas and add more oil if necessary, fry eggs over medium heat until the whites are set and yolk is firm, about 5 minutes.
6. Spoon some of the salsa onto 4 plates. Place a tortilla on each plate and top with the fried egg. Top with a little more salsa, cheese, cilantro and reserve bacon.

Kenna Bass
Senior
Protein
Wheeler County

Chicken Fried Steak and Biscuit Sliders

Servings: 8
Servings Size: 1 slider

Ingredients:

1 can (16.3 oz) southern style biscuits
1 pound beef cube steak, cut into 8 pieces
½ teaspoon onion powder
Salt and freshly ground pepper
½ cup pancake and baking mix
1 cup buttermilk
1 cup plain bread crumbs
½ cup vegetable oil
1 small onion, thinly sliced
2 tablespoons pancake and baking mix
1 cup milk

Directions:

Bake biscuits as directed on can. Season steak pieces on both sides with onion powder, salt and pepper. In 3 separate shallow bowls, place ½ pancake and baking mix, the buttermilk and bread crumbs. Coat steak pieces on both sides with pancake and baking mix, then dip in buttermilk and coat with bread crumbs. In 12-inch nonstick skillet, heat oil over medium-high heat. Add steaks; cook 6 to 8 minutes, turning once, until thoroughly cooked. Remove from skillet to plate; cover with foil to keep warm. In same skillet, cook onion over medium heat 5 to 7 minutes, stirring occasionally, until tender. In small bowl, stir together 2 tablespoons pancake and baking mix and the milk until blended. Pour into skillet with onion. Cook 2 to 3 minutes, stirring frequently, until gravy is thickened. Split warm biscuits in half. On each biscuit bottom, place 1 chicken fried steak. Spoon gravy over steaks; cover with biscuit tops.