

*Be All You Can Be*



*Bread and Cereals*



*2010-2011 District 01 Food Show Winners*

*Breads & Cereals*

*Juniors*

*"Top Four"*

*Sydney Knox—Armstrong County*

*Atacia Barker—Carson County*

*Lainye Meador—Randall County*

*Caleb Stovall—Moore County*

*Intermediates*

*"Top Four"*

*Russell Spurlock—Sherman County*

*Jamie Fear—Ochiltree County*

*Kody Stroebel—Moore County*

*Joanna Lowry—Potter County*

*Seniors*

*1st Place Chirae Christie—Potter County*

*2nd Place Kavan Killian—Sherman County*

*3rd Place Jenny Detten—Carson County*

*4th Place Joanna Louder—Deaf Smith County*



### **Cowboy Biscuits**

1 package yeast  
½ cup water (warm not hot)  
2 cups buttermilk  
1/3 cup oil  
1 teaspoon salt  
¼ cup sugar  
4 teaspoons baking powder  
½ teaspoon baking soda  
5 cups flour

Put yeast in warm water. Add all dry ingredients together. Mix well. Add all liquid ingredients to dry and mix well. Place in container in refrigerator overnight. Roll out dough, cut and let rise. Bake at 450 degrees for 10 to 15 minutes or until brown.

Tessa Johnson  
Senior  
Bread and Cereal  
Armstrong County

### **Pumpkin Zucchini Bread**

3 eggs, lightly beaten  
2 cups sugar  
1 cup canned pumpkin  
½ cup butter or margarine, melted  
¾ cup unsweetened applesauce  
1 tablespoon vanilla extract  
2 cups all-purpose flour  
1 cup whole wheat flour  
1 teaspoon baking soda  
½ teaspoon salt  
½ teaspoon ground cinnamon  
½ teaspoon ground nutmeg  
½ teaspoon ground cloves  
1 cup shredded zucchini  
1 cup chopped nuts

In a large mixing bowl, combine eggs and sugar. Add pumpkin, applesauce, butter and vanilla. Combine dry ingredients; gradually add pumpkin mixture and mix well. Stir in zucchini and nuts. Pour into two greased and floured 9-inch x 5-inch loaf pans. Bake at 350 degrees for 45 to 50 minutes or until toothpick inserted in center of loaves comes out clean. Cool in pans 10 minutes. Remove to a wire rack to finish cooling.



### Popovers

4 eggs  
2 cups all-purpose flour  
2 cups milk  
1 teaspoon salt

Grease 12 large muffin-tin cups or 12 custard cups. If using custard cups, place them in a shallow pan. Break the eggs into a bowl; beat well with a fork or whisk. Add the milk, flour, and salt, and beat until just blended. Fill the muffin tins or custard cups three-quarters full with the batter. Place the pan on a rack in the center of the oven. Set the oven at 450 degrees and turn it on. Bake for 30 minutes without opening the oven door. Serve the popovers hot with plenty of butter, jam, syrup, or honey.

Acacia Barker  
Junior  
Breads & Cereals  
Carson County

### Buttermilk Biscuits

#### Ingredients:

2 cups flour  
2 teaspoons baking powder  
6 tablespoons butter, cubed  
 $\frac{1}{2}$  teaspoons baking soda  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{3}{4}$  cup buttermilk

#### Directions:

Set the oven rack in the middle position. Preheat the oven to 450 degrees F. Prepare a 14x16 in baking sheet by greasing it or using a silicone liner.

Combine flour, baking soda, baking powder, and salt in a large bowl. Work in butter with your fingers until butter pieces are the size of small peas.

Add buttermilk and work gently. Knead twice in the bowl.

Place dough on a floured surface. Knead gently two times. Sprinkle lightly with flour and pat into a circle  $\frac{1}{2}$  inch thick.

Cut out  $\frac{1}{2}$  inch biscuits using a biscuit cutter dipped in flour. Press cutter straight down and lift up. Don't twist or biscuits will not rise.

Transfer biscuits to baking sheet using a wide floured spatula. Gather up scraps, reshape dough, and cut out more biscuits.

Bake 12-15 minutes, or until lightly browned.



Jenny Detten  
Senior  
Bread and Cereal  
Carson County

### **Breadsticks with Garlic Parmesan Butter**

#### **Ingredients:**

2 packages Active dry yeast	1 teaspoons salt
½ cup sugar, divided	4 to 4 ½ cups all purpose flour
2 cups warm water, divided	½ cup butter, softened
3 tablespoons vegetable oil	2 tablespoons grated Parmesan cheese
1 egg	¼ to ½ teaspoon garlic powder

#### **Directions:**

In a large mixing bowl, dissolve yeast and sugar in 1 cup warm water. Add oil, egg, and 2 cups flour, and remaining water. Beat until smooth. Add salt and enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic; about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 40 minutes.

Meanwhile, in a small bowl, cream the butter, Parmesan cheese, and garlic powder; set aside.

Punch down risen dough. Turn onto floured surface; divide into 36 pieces. Shape each piece into a 6-inch rope. Place 2 inches apart on greased baking sheet. Cover and let rise until doubled, about 20 minutes. Brush lightly with garlic Parmesan butter mixture.

Bake at 400 degrees F for 10-12 minutes or until golden brown. Serve with remaining garlic Parmesan butter mixture.

Jayla Kilgore  
Junior  
Bread & Cereal  
Collingsworth County

### **Easy Mac & Cheese**

2 cups shell macaroni	1/3 cup 2% milk
¾ pound Velveeta Cheese (made with 2% milk) cut up in chunks	
½ cup bacon bits	Pinch of salt

First, cook shells as recommended on package, add a pinch of salt while cooking, Drain shells and return to pot, add cheese, milk and bacon bits and mix well. Cook on low heat until cheese is melted, stir frequently.



### **Chuck's Favorite Mac and Cheese**

1 (8 ounce) package elbow or penne macaroni  
1 (8 ounce) package shredded sharp Cheddar cheese  
1 (12 ounce) container small curd cottage cheese      1/4 cup butter, melted  
1 (8 ounce) container sour cream      1/4 cup grated Parmesan cheese  
salt and pepper to taste      1 cup dry bread crumbs

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil, add pasta, and cook until done; drain.

In 9x13 inch baking dish, stir together macaroni, shredded Cheddar cheese, cottage cheese, sour cream, Parmesan cheese, salt and pepper. IN a small bowl, mix together bread crumbs and melted butter. Sprinkle topping over macaroni mixture.

Bake 30-35 minutes, or until top is golden.

Samantha Sanderson  
Senior  
Bread & Cereal  
Collingsworth County

### **Pumpkin Bread**

1 (15 ounce) can pumpkin puree      4 eggs  
1 cup vegetable oil      2/3 cups water  
3 cups white sugar      3 ½ cups all-purpose flour  
2 teaspoons baking soda      1 ½ teaspoons salt  
1 teaspoon ground cinnamon      1 teaspoon ground nutmeg  
½ teaspoon ground cloves      1/4 teaspoon ground ginger

Preheat oven to 350 degrees F. Grease and flour three 7 x 3 inch loaf pans. In a large bowl, mix until well blended. In a separate bowl. Whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans. Bake for about 50 minutes in the preheated oven.



### **Boston Brown Bread**

1 cup rye flour	1 cup of white flour
1 teaspoon salt	1 cups corn meal
½ cup molasses	2 cups buttermilk
1 teaspoon baking soda dissolved in 1 Tablespoon water	

Stir with a spoon until batter thickens. Turn into well greased can (16 oz) 2/3 full. Steam 1 ½ to 2 hours in a covered kettle. Dry in a slow oven 15 minutes at 300 degrees.

### **Banana Nut Bread**

1 cup butter, softened  
2 cups brown sugar, packed  
4 eggs  
2 cups all purpose flour  
2 cups whole wheat flour  
¼ teaspoon salt  
2 teaspoons baking soda  
1 cup raisins  
½ cup chopped pecans  
8 ounce can crushed pineapple, drained  
6 medium size bananas, mashed

Cream butter and sugar until fluffy. Add eggs, one at a time. Sift together flours, salt, and baking soda. Add raisins and pecans to dry ingredients. Mix dry ingredients into cream mixture alternately with bananas and pineapple. Pour into well greased 9x5 loaf pan, bake at 350 for 1 hour and 15 minutes. Yield 2 loaves.



## **Cream Cheese Rolls**

### Dough:

1 cup sour cream  
½ cup sugar  
1 teaspoon salt  
½ cup melted butter  
2 (.25 ounce) packages dry yeast  
½ cup warm water  
2 eggs, beaten  
4 cups flour

Heat sour cream over low heat; stir in sugar, salt and butter. Cool to lukewarm. Sprinkle yeast over warm water in large bowl, stirring until yeast dissolves. Add sour cream mixture, eggs and flour; mix well. Cover tightly. Refrigerate overnight. Next day, divide dough into four equal parts; roll each into 8x12 inch rectangle. Spread ¼ of cream cheese mixture on each rectangle; roll up jelly roll style.

Pinch edges together and fold ends under slightly; place rolls seam side down on greased baking sheet. Slit each roll at 2 inch intervals about 2/3 through dough. Cover and let rise in warm place until doubled (about 1 hour). Bake at 375 degrees for 12 to 15 minutes. Spread with glaze while warm. Yield 4 bread rolls.

### Cream Cheese Filling:

2 (8-ounce) packages cream cheese, softened  
¾ cup sugar  
1 egg, beaten  
1/8 teaspoon salt  
2 teaspoons vanilla

Combine cream cheese and sugar in small bowl. Beat with mixer. Add egg, salt and vanilla. Mix until smooth and spreadable.

### Glaze:

2 cups powdered sugar  
4 Tablespoons milk  
2 teaspoons vanilla  
Combine all ingredients in small bowl. Mix until smooth.



Macy Cochran  
Senior  
Breads & Cereals  
Gray County

### **Zucchini Bread**

1 & 3/4 cups of sugar	3 eggs
1 cup oil	3 teaspoons vanilla
1/2 cup chopped nuts	1 teaspoon salt
1/2 teaspoon cinnamon	1/2 teaspoon baking soda
3 cups flour	2 cups shredded zucchini—unpeeled

Beat eggs, add sugar, oil, vanilla and blend. Sift dry ingredients, and then add to egg mixture. Fold in zucchini and mix, add chopped nuts.

Bake 1 hour in a greased and floured loaf pan at 325 degrees.

Yields 2 Loaves

Brooke Walser  
Junior  
Breads  
Hemphill County

### **Zucchini Bread**

3 cups shredded zucchini	1 2/3 cups sugar
2/3 cup vegetable oil	2 teaspoons vanilla
4 eggs	3 cups all purpose flour
2 teaspoons baking soda	1 teaspoon salt
1 teaspoon ground cinnamon	1/2 teaspoon ground cloves
1/2 teaspoon baking powder	1/2 cup coarsely chopped nuts
1/2 cup raisins, if desired	

Heat oven to 350. Grease bottoms only of 2 loaf pans. Mix zucchini, sugar, oil, vanilla, and eggs in large bowl. Stir in remaining ingredients. Pour into pans. Bake 50 to 60 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves; remove from pans. Cool completely before slicing. Wrap tightly and store at room temperature up to 4 days or refrigerate up to 10 days. 2 loaves (24 slices each); 95 calories per slice.



## Pilgrim Pumpkin Muffins

Start to finish: 45 minutes

Ingredients:

1 cup plus 2 Tablespoons Brown Sugar, packed and divided

½ cup melted butter

1 ½ cups canned pumpkin

¼ cup milk

2 beaten eggs

2 cups flour

1 ½ teaspoons baking powder

¼ teaspoon soda

½ teaspoon salt

2 teaspoons pumpkin pie spice

½ cup raisins

Tools: measuring cups and spoons, mixing bowls, wooden spoon, muffin tin, paper liners, cooling rack.

When making muffins, stir just enough to mix wet and dry ingredients...12 strokes is plenty!  
The batter may be a little lumpy but its OK.

Place: 2 Tablespoons brown sugar in a cup and set aside for topping.

Whisk: The rest of brown sugar, butter, pumpkin, milk and eggs together.

Mix: The rest of ingredients in a mixing bowl. Pour in pumpkin mixture and stir just until flour mixture is moistened.

Spoon: Spoon batter into 12 paper lined muffin cups, filling almost to top. Sprinkle with brown sugar in the cup.

Bake: Bake at 400 degrees for about 20 minutes until muffin tops spring back when lightly pressed.

Cool: Cool muffins in pan for 10 minutes. Remove from pan, serve warm, or place on rack to finish cooling.

Serves 12



## **Lil' Citrus Muffins**

### **Muffin Ingredients:**

1 cup all-purpose flour  
½ teaspoon baking powder  
¼ teaspoon baking soda  
⅛ teaspoon salt  
¼ cup butter or margarine, softened  
⅔ cup sugar  
1 egg  
½ cup sour cream  
½ teaspoon vanilla  
2 teaspoons orange, lemon or lime zest

### **Topping Ingredients:**

2 tablespoons butter or margarine, melted  
⅓ cup sugar

### **Directions:**

Preheat oven to 375° F. For muffins, lightly spray cups of mini-muffin pan with nonstick cooking spray or line with paper liners. In small mixing bowl, combine flour, baking powder, baking soda and salt; mix well.

In a 2 quart mixing bowl, beat ¼ cup softened butter and ⅔ cup sugar until well blended. Add egg; beat until smooth. Mix in sour cream, vanilla and orange zest. Add flour mixture; mix just until dry ingredients are moistened. (Do not over mix)

Using small scoop, drop a rounded scoop of batter into each muffin cup. Bake 12-13 minutes or until light golden brown. Do not overbake. Cool in pan 3 minutes; remove from pan. Cool slightly. For topping, dip tops of warm muffins into butter and then into sugar. Serve warm.



## **Best Blueberry Muffins**

### **Ingredients:**

1½ cups all-purpose flour  
2½ teaspoons baking powder  
¼ teaspoon baking soda  
¼ teaspoon salt  
1½ cups Kellogg's® All-Bran® Original Cereal  
¾ cup 2% milk  
½ cup orange juice  
2 eggs  
¼ cup oil  
¾ cup packed brown sugar  
1 teaspoon grated orange peel  
1 cup fresh or frozen blueberries (do not thaw)

### **Directions:**

In a large bowl, stir together cereal, milk and juice. Let stand 5 minutes or until cereal softens.

In a medium bowl, mix together flour, baking powder, soda and salt. Set aside.

Add eggs, oil and brown sugar to the cereal, mix well.

Add flour mixture, stirring just until combined. Fold in blueberries and grated orange peel.

Spoon batter into lightly greased or paper-lined muffin pan cups. Bake at 200 degrees (400degrees F) for 20 to 22 minutes, or until golden brown and tops of muffins spring back when lightly touched.



### **Vegetable Pasta**

1 tablespoon olive oil  
1 tablespoon butter  
1 teaspoon Italian seasoning  
2 garlic cloves, minced  
 $\frac{3}{4}$  cup onion  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  can vegetable stock  
1 small zucchini  
1 small yellow squash  
1 red bell pepper, cut up  
1 yellow bell pepper, cut up  
1-12 ounce bag of pasta

In a large pan, put 6 quarts water. Let boil: add salt, oil and pasta. Stir pasta to coat with oil. Cook, using directions on pasta package. Drain and run under cold water. Drain; pour a little oil over pasta to keep from sticking. In sauté pan over medium heat, add olive oil, butter, Italian seasoning, garlic cloves and onion.

Cook until onions are clear. Add vegetable stock, cook down for 15-20 minutes.

Add squashes and peppers.

Cook for 5 minutes.

Add to pasta and stir.



### **Machine Bread**

1 cup warm water (110 degrees F/45 degrees C)  
2 tablespoons white sugar  
1 (.25 ounce) package bread machine yeast  
¼ cup vegetable oil  
3 cups bread flour  
1 teaspoon salt

Place the water, sugar and yeast in the pan of the bread machine. Let the yeast dissolve and foam for 10 minutes. Add the oil, flour and salt to the yeast. Select Dough setting and press Start. When it beeps, remove and place in pan. Set aside and let rise for an hour. Bake at 300 degrees in oven until golden brown.

Serves 12.

### **Banana-Nut Graham Muffins**

2 2/3 cups finely crushed cinnamon graham crackers  
¼ cup sugar  
2 teaspoons baking powder  
1 egg  
1 cup fat free milk  
2 tablespoons honey  
2 fully ripened mashed bananas  
¼ cup chopped walnuts

Heat oven to 400 degrees F. Combine graham crackers, sugar and baking powder until well blended. In a separate bowl, mix egg, milk, honey and bananas. Add graham mixture; stir just until moistened. Spoon into 12 paper-lined muffin cups; top with nuts. Bake 15 to 18 minutes or until a toothpick inserted in centers comes out clean. Cool in pan for 5 minutes. Remove to wire rack; cool slightly.

Serves 12.



Joni Wagner  
Senior  
Breads & Cereal  
Oldham County

### **Rich Dinner Rolls**

1¼ c. warm water	2 Packages yeast
¼ cup sugar	1 teaspoon salt
1/3 cup nonfat dry milk	¼ cup margarine
2 eggs beaten	5 ¼ c. flour (approximate)

To water add yeast, sugar and salt; stir until mixed. Add dry milk, margarine, eggs and 2 cups of flour. Beat until smooth. Stir in remaining flour to make soft dough. Turn out onto lightly floured board and knead until smooth and elastic. Place in a vegetable sprayed bowl. Cover, let rise until doubled. Punch down. Let rise again. Shape into a favorite roll shape. Let rise until doubled. Bake at 375 degrees F. for 15-20 minutes or until golden.

Makes 24 servings.

Joanna Lowry  
Intermediate  
Bread & Cereal  
Potter County

### **Banana Bread**

1 stick butter	1 cup sugar
2 eggs	3 bananas, mashed
½ teaspoon vanilla	2 cups flour
1 teaspoon baking soda	Dash of salt

Cream the butter and add sugar, gradually. Beat in the eggs. Add the bananas and vanilla. Beat well. Add the sifted flour with the soda and salt. Mix well. Grease and flour a 9 ½" by 4 ½" loaf pan. Pour the banana bread mix into the loaf pan. Bake in the oven at 350 degrees for 40-45 minutes. Remove the bread from the oven. Let cool on rack before removing the bread from the loaf pan. When removing the bread, loosen the bread from the sides of the pan and invert the bread onto a serving platter.

The recipe should serve 9-12 people.



### Triple S Bread

2 cups fresh or frozen strawberries (divided as follows: 1  $\frac{3}{4}$  cup pureed and  $\frac{1}{4}$  cup sliced)

3 eggs, beaten

1  $\frac{1}{4}$  cup oil

$\frac{1}{2}$  cup strawberry flavored applesauce

1 cup sucralose (divided as follows:  $\frac{3}{4}$  cup and  $\frac{1}{4}$  cup)

3 cups flour

1 teaspoon baking soda

2 tablespoons ground salba

1 teaspoon salt

3 teaspoons strawberry extract (divided as follows: 2 tablespoons and 1 tablespoon)

1 tablespoon cinnamon

$\frac{1}{3}$  cup water

Preheat oven to 375 degrees. Lightly grease and flour one standard (9inch) loaf pan or two mini (4 inch) loaf pans.

Mix 1  $\frac{3}{4}$  cup pureed strawberries with  $\frac{3}{4}$  cup sucralose. Stir in salba, 2 teaspoons of strawberry extract, eggs, oil and applesauce. In another bowl, mix the flour, baking soda, salt and cinnamon. Gradually add dry ingredients into strawberry mixture. Pour into pan(s) and bake for 45 minutes or until center springs to the touch or toothpick comes out clean.

While bread is cooling (but still warm), arrange the remaining  $\frac{1}{4}$  cup sliced strawberries on top of the bread. Place the remaining sucralose, extract and water in a saucepan.

Cook until a glaze is formed. Pour over the bread and cool.

Yields two loaves of bread (16 servings)



### Apple & Carrot Muffins

1 1/2 cups unbleached white flour  
1 shredded apple (not peeled)  
3/4 cup flaxseed meal  
1 cup shredded carrots  
3/4 cup oat bran  
1/2 cup dried cranberries  
1/2 cup brown sugar blend substitute  
cup chopped walnuts  
2 teaspoons baking soda  
3/4 cup milk  
1 teaspoon baking powder  
2 beaten eggs  
1/2 teaspoon salt  
1 teaspoon vanilla  
2 teaspoons cinnamon  
1/3 cup oatmeal for topping if desired\*

Preheat oven to 350°

Mix together flour, flaxseed meal, oat bran, brown sugar blend, baking soda, baking powder salt and cinnamon in a large bowl.

Stir in carrots, apple, dried cranberries, and nuts.

Combine milk, beaten eggs and vanilla.

Pour liquid ingredients into dry ingredients.

Stir until ingredients are moistened. **Do not over mix.**

Fill muffin cups 3/4 full lightly sprinkle oatmeal\* on top. Bake at 350°F for 15-20 minutes.

Yield: 15 medium muffins.



Russell Spurlock  
Intermediate  
Bread and Cereal  
Sherman

### **Sausage Bread**

1 pound turkey sausage	½ cup chopped onion
¼ cup Parmesan Cheese	½ cup grated Swiss Cheese
2 eggs beaten	¼ teaspoon Tabasco sauce
¾ teaspoon salt	2 tablespoons chopped parsley
2 cups Bisquick	2/3 cup 2% milk
¼ cup miracle whip light	

Brown sausage and onion. Drain very well. Combine browned mixture with cheeses, eggs, and seasonings. Make dough of Bisquick, milk, and Miracle Whip and divide in half. Layer dough, meat mixture, and then dough in a greased loaf pan. Bake at 400° for 30 minutes.

Kavan Killian  
Senior  
Bread and Cereal  
Sherman

### **Cornmeal-Jalapeno Biscuits**

1/3 cup butter or margarine	1 cup self-rising soft-wheat flour
1 cup self-rising cornmeal	¾ cup buttermilk
1 cup (4-ounce) Shredded Monterey Jack or Cheddar cheese	
1 chopped jalapeno pepper.	Butter or margarine, melted

Cut 1/3 cup butter into flour with pastry blender until mixture is crumbly. Add buttermilk, stirring until dry ingredients are moistened.

Turn dough out onto a lightly floured surface; knead 3 or 4 times.

Roll dough to ¾-inch thickness; cut with a 2½-inch round cutter, and place on a baking sheet.

Bake biscuits at 425° for 12 to 14 minutes. Brush with melted butter.

Yield: 10 biscuits