

Recipes for 4-H Fair Entries in the Food Division

During a program year, a member should work in only one project level. Skills improve with practice. Members generally start at Level A and advance to higher levels unless they have already mastered the skills included in that level.

Level A Entry:

Colossal Cookies, p. 34

Reprinted by Kentucky Cooperative Extension from **Six Easy Bites** with permission of National 4-H Council, 5-18-08.

2 cups all-purpose flour	1 teaspoon vanilla
¼ teaspoon baking soda	5 tablespoons unsweetened cocoa powder
¼ teaspoon salt	¼ cup milk
1 cup (2 sticks) butter or margarine, softened	1 ½ cups semi-sweet chocolate chips
1 cup sugar	1 cup coarsely chopped nuts, if desired
½ cup brown sugar, packed	

1. Preheat oven to 325°F. Line a baking sheet with foil. Use the same foil for the three batches you bake.
2. In a medium bowl, mix flour, baking soda, and salt together with a spoon.
3. In a large bowl, cream the butter, sugars, and vanilla using an electric mixer.
4. Blend the cocoa and milk, beating at low speed into the butter mixture.
5. Add flour mixture slowly. Beat at low speed.
6. Fold in chocolate chips and chopped nuts.
7. Drop ¼ cup portions of batter onto the foil-lined baking sheet.
8. Bake for 12-14 minutes or until the tops look dry.
9. Cool cookies on sheet for 5 minutes.
10. Remove cookies from the foil and place on brown paper, waxed paper, or paper toweling to finish cooling.

For the fair: Place 4 cookies in a re-closeable zip-type plastic bag.

Level A Entry:

Homemade Brownies, p. 22

Reprinted by Kentucky Cooperative Extension from **Six Easy Bites** with permission of National 4-H Council, 5-18-08.

1 stick plus 2 tablespoons butter or margarine, softened (not melted)	1/3 cup unsweetened cocoa
1 cup sugar	¾ cup all-purpose flour
1 teaspoon vanilla extract	½ teaspoon baking powder
2 large eggs	¼ teaspoon salt

1. Pre-heat oven to 350°F. Grease an 8-inch square baking pan.
2. Beat butter and sugar together with an electric mixer. Add vanilla and eggs, mixing well.
3. In a separate bowl, stir together the flour, cocoa, baking powder, and salt.
4. Add the flour mixture to the butter batter. Mix it well using an electric mixer.
5. Spread batter in greased pan. Bake for 30 minutes.
6. Cool for at least one hour before cutting. Store tightly covered.

For the fair: Cut into 2-inch squares. Place 4 brownies in a re-closeable zip-type plastic bag. Do not exhibit corner pieces.



Level A Entry:

Chocolate Chip Muffins, p. 36

Reprinted by Kentucky Cooperative Extension from Six Easy Bites with permission of National 4-H Council, 5-18-08.

1 stick of margarine or butter	$\frac{3}{4}$ cup packed brown sugar
2 eggs	1 tablespoon baking powder
1 cup milk	1 teaspoon salt
2 cups all-purpose flour	$\frac{1}{2}$ cup semisweet chocolate chips

1. Heat oven to 400°F. Grease the bottoms of muffin cups in a 12-cup pan.
2. In a small bowl, cover butter or margarine with waxed paper and microwave on high for 30 to 45 seconds (or until melted). Let the margarine cool 5 minutes.
3. Crack the eggs into a medium bowl, and then add the butter and milk. Beat mixture with a fork until mixed well.
4. In a separate medium bowl, mix together all the “dry” ingredients: the flour, brown sugar, baking powder, and salt. Stir until mixed.
5. Add the “wet” ingredients to the “dry” ingredients. Stir just until the flour is wet. The batter will be lumpy.
6. Stir the chocolate chips in.
7. Spoon the batter into each muffin cup until it is about $\frac{2}{3}$ full.
8. Bake for 18 to 20 minutes or until golden brown. Carefully remove muffins from the pan as soon as you take them out of the oven, so they won’t get soggy. Cool muffins on a wire rack.

For the fair: Place 4 muffins in a re-closeable zip-type plastic bag.

Level A Entry:

Bran Muffins

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

1 $\frac{1}{2}$ cups self-rising flour
2/3 cup firmly packed brown sugar
1/2 teaspoon ground cinnamon
2 egg whites
1 $\frac{1}{2}$ cups skim milk
1/4 cup oil
3 cups bran flakes

1. Preheat oven to 400°F.
2. In a large bowl, stir flour, brown sugar, and cinnamon together until thoroughly mixed.
3. In a small bowl, beat egg whites with a fork and then stir in milk and oil.
4. Add this mixture to flour mixture in the large bowl and stir until just moistened (batter will be lumpy).
5. Stir in bran flakes gently.
6. Spoon batter into greased 12-cup muffin pan, filling each cup $\frac{2}{3}$ full. Bake 20 minutes or until golden brown. Yield: 12

For the fair: Place 4 muffins in a re-closeable zip-type plastic bag.

Level A Entry:

Granola Bars, p. 14

Reprinted by Kentucky Cooperative Extension from Six Easy Bites with permission of National 4-H Council, 5-18-08.

3 ½ cups rolled oats or oatmeal, toasted
1 cup nuts, chopped
1 cup raisins
2/3 cup butter or margarine, melted
½ cup brown sugar, packed
1/3 cup honey, corn syrup, or molasses
½ teaspoon salt
½ teaspoon vanilla extract

Variations

Substitute chocolate chips for raisins.
Add ½ cup of flaked or shredded coconut.
Substitute ½ cup sunflower seeds for ½ cup nuts.

1. Mix all ingredients in a large bowl using a wooden spoon.
2. Press the mixture in a well-greased 15 ½ x 10 ½ x 1" jelly roll pan. You can also use a 13 x 9" pan for thicker bars.
3. Bake in the jelly roll pan at 350°F for 12-15 minutes. (If using the 13/9" pan, bake for 15-20 minutes.)
4. Cool pan on a wire rack. Cut into bars when cool.

To toast oats: Spread rolled oats or oatmeal on a cookie sheet or large baking pan. Bake at 350°F for 15-20 minutes or until lightly browned. Stir occasionally. Toasted oats have a nutty flavor.

For the fair: Cut into 1" X 2" bars. Place 4 bars in a re-closeable zip-type plastic bag.

Level A Entry:

Cornmeal Muffins

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

1 egg, beaten
1 1/3 cups milk or 1 ¾ cups buttermilk

¼ cup oil or melted shortening
2 cups self-rising corn meal

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.
6. Fill the strayed muffin cups two-thirds full of batter.
7. Bake at 450°F for 15 to 20 minutes or until golden brown. Yield: 12 muffins

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: Place 4 muffins in a re-closeable zip-type plastic bag.

Level B Entry:

Chocolate Cake, p. 32

Reprinted by Kentucky Cooperative Extension from Tasty Tidbits with permission of National 4-H Council, 5-18-08.

1 ½ cups all-purpose flour	1 cup buttermilk*
1 ¼ cups sugar	2/3 cup oil or 2/3 cup applesauce
1 ¼ teaspoons baking soda	1 teaspoon vanilla
½ cup unsweetened cocoa	2 eggs
1 teaspoon salt	

*To substitute for buttermilk, use 1 tablespoon vinegar or lemon juice plus milk to make 1 cup.

1. Preheat oven to 350°F. Grease and lightly flour bottoms only of two 8" round cake pans or one 13x9" pan.
2. In a large bowl, blend all ingredients with an electric mixer at low speed until moistened; beat 3 minutes at medium speed.
3. Pour batter into prepared pan(s).
4. Bake at 350°F for 25 to 30 minutes for round cake pans (or 30 to 35 minutes for 13x9" pan) or until toothpick inserted in center comes out clean.
5. Cool 5 minutes on wire racks. Using a sharp knife, loosen cake from sides of pan very carefully. Remove from pan.
6. Cool completely. Frost as desired or dust lightly with powdered sugar. Makes 12 servings.

For the fair: Use 8" round pans. Make cake with oil; do not frost. Place cake in a re-closeable plastic bag.

Level B Entry:

Pretzels, p. 34

Reprinted by Kentucky Cooperative Extension from Tasty Tidbits with permission of National 4-H Council, 5-18-08.

1 ½ cups all-purpose flour	½ teaspoon salt
2/3 cup milk	2 tablespoons all-purpose flour
2 tablespoons vegetable oil	1 egg
2 teaspoons baking powder	Your favorite topping (coarse salt, cinnamon-sugar, oats, or sesame seed)
1 teaspoon sugar	

1. Heat oven to 425°F.
2. In a medium bowl, mix together the 1 ½ cups flour, milk, vegetable oil, baking powder, sugar, and salt. Stir until dough is soft.
3. Sprinkle 2 tablespoons flour over a clean surface. Put the dough on the floured surface.
4. Divide the dough in half to make 2 balls. Roll each ball around 3 or 4 times.
5. Knead each ball of dough by curving your fingers around it and folding it toward you. Then push it away with the heels of your hand using rocking motion. Repeat this rocking motion 10 times.
6. Turn a bowl upside down over the two balls of dough for 15 minutes.
7. Divide each ball of dough into 8 pieces. Use plastic wrap to cover the balls you are not working with so they won't dry out.
8. Roll each ball into a 12" rope. (You can use a ruler.)
9. Twist halves together to make a pretzel shape and place on an ungreased cookie sheet.
10. Crack an egg into a small bowl. Beat the egg with a fork until yolk and white are mixed. Brush each pretzel with some of the egg mixture. Sprinkle your favorite topping on each pretzel.
11. Bake 9-11 minutes or until pretzels are light golden brown. Use a pancake turner to remove the pretzels. Cool them on a wire rack for 10 minutes. Store in a tightly covered container.

For the fair: Pretzels may be rolled, twisted, or curved; any topping may be used. Place 4 pretzels in a re-closeable zip-type plastic bag.

Level B Entry:

Baking Powder Biscuits, p. 38

Reprinted by Kentucky Cooperative Extension from Tasty Tidbits with permission of National 4-H Council, 5-18-08.

2 cups all-purpose flour	½ cup shortening
2 ½ teaspoons baking powder	¾ to 1 cup milk
½ teaspoon salt	

1. Heat oven to 450°F.
2. In a large bowl, combine flour, baking powder, and salt.
3. Using two knives or a pastry blender, cut shortening into flour until consistency of coarse meal.
4. Add milk; stir with fork until mixture leaves sides of bowl and forms a soft, moist dough.
5. On a floured surface, toss lightly until dough is no longer sticky.
6. Roll out ½ inch thick and cut with a floured cutter.
7. Place on ungreased cookie sheet or in a baking pan. Bake at 450°F for 8 to 12 minutes or until light golden brown. Serve hot.

For the fair: Place 4 biscuits in a re-closeable zip-type plastic bag.

Level B Entry:

Cheese Straws

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

1 ¼ cups all-purpose flour	10 ounces extra sharp cheddar cheese, shredded
1 teaspoon baking powder	1 stick margarine, softened
½ teaspoon salt	
¼ teaspoon red pepper	

1. Sift together the first four ingredients; set aside.
2. Add remaining ingredients and mix until a ball forms (Once crumbles start to appear, keep mixing OR form a ball by hand if necessary)
3. Place dough in a pastry tube or cookie press to make ribbons OR roll dough out on an un-floured surface to about ⅛-inch to ¼-inch thickness. If dough tears, lightly sprinkle with flour or cooking spray such as Pam as you roll the dough to the proper thickness.
4. Cut into 2" lengths and bake on un-greased cookie sheet.
5. Bake at 350°F for 10 to 12 minutes. Yield: about 4 dozen

Nutritional Analysis: 60 calories, 2 g protein, 3 g carbohydrate, 4 g fat, 5 mg cholesterol, 85 mg sodium

For the fair: Place 4 cheese straws in a re-closeable zip-type plastic bag.

Level B Entry:

Whole Wheat Muffins, p. 8

Reprinted by Kentucky Cooperative Extension from Tasty Tidbits with permission of National 4-H Council, 5-18-08.

2/3 cup all purpose flour	2 eggs
2/3 cup whole wheat flour	2 tablespoons oil
1/3 cup sugar	½ teaspoon lemon peel, grated
2 teaspoons baking powder	¾ cup banana, chopped
¾ cup buttermilk	Vegetable cooking spray

1. Spray a muffin tin pan with vegetable cooking spray. Set oven to 400°F.
2. Stir the flour, whole wheat flour, sugar, and baking powder together in a large bowl and set aside.
3. In a small bowl, mix the buttermilk, eggs, oil, and grated lemon peel.
4. Pour this into the flour mixture and stir just enough to make the flour moist. Then fold in the chopped bananas.
5. Spoon batter into a muffin tin, filling each three-fourths full.
6. Bake for 20 minutes or until light brown. Cool. Serves 6.

For the fair: Place 4 muffins in a re-closeable zip-type plastic bag.

Level C Entry:

Banana Bread, p. 18

Reprinted by Kentucky Cooperative Extension from You're the Chef with permission of National 4-H Council, 5-18-08.

1 ¾ cups all-purpose flour	1 egg, beaten
2 ¼ teaspoons baking powder	1 ¼ cups mashed bananas (about 2 or 3)
½ teaspoon salt	1 teaspoon vanilla
1/3 cup margarine	½ cup walnuts, chopped (optional)
2/3 cup sugar	

1. Preheat oven to 350°F. Grease bottom only of a loaf pan.
2. Mix together the flour, baking powder, and salt in a small bowl.
3. In the large bowl, cream margarine and sugar together until light and fluffy. Add egg, mashed bananas, and vanilla. Beat.
4. Add the flour mixture to the banana mixture. Beat until smooth. Add nuts, if desire.
5. Pour the batter into the loaf pan. Bake for 1 hour at 350°F or until toothpick inserted in center comes out clean. Cool completely before slicing.

For the fair: Place half of loaf in a re-closeable zip-type plastic bag.

Level C Entry:

Tea Ring, p. 30

Reprinted by Kentucky Cooperative Extension from You're the Chef with permission of National 4-H Council, 5-18-08.

1 package dry yeast	1 egg, beaten
¼ cup warm water	1 cup rolled oats or oatmeal, uncooked
¾ cup scalded milk	12 ounces dried apricots
¼ cup brown sugar, firmly packed	2 cups water
1 teaspoon salt	1 teaspoon lemon juice
¼ cup shortening	¼ cup sugar
3 cups all-purpose flour	2 tablespoons melted butter

1. In a small bowl, mix the yeast and warm water with a fork.
2. Mix brown sugar, salt, and shortening in a large bowl.
3. Scald ¾ cup milk by heating it on the stove in a small saucepan. Heat until tiny bubbles form around the edge of the pan and a thin skin-like layer forms on top. Pour scalded milk over brown sugar, salt, and shortening mixture. Set aside and cool to lukewarm.
4. Stir 1 cup flour and egg into mixture. Add the yeast and oats.
5. Add enough flour to make soft dough.
6. Place dough on a lightly floured large cutting board or countertop. Knead dough for 10 minutes or until smooth.
7. Form kneaded dough into a ball. Place dough ball in a large greased bowl. Cover with a towel and set in a warm place for one hour.
8. For the filling, put apricots, water, lemon juice, and sugar in a medium-sized saucepan on low heat. Stir occasionally until mixture thickens. Cool and set aside.
9. Uncover dough ball and punch dough down to remove air bubbles. Cover again and set aside for 10 minutes.
10. Roll dough to form a rectangle that is 18x12 inches.
11. Spread melted butter across dough. Evenly spread filling over dough.
12. Beginning with the long side, roll dough to form a long tube.
13. Grease a cookie sheet and form the tube into a ring with the sealed edge down.
14. With a knife, carefully make cuts 2/3 of the way through the ring at 1-inch intervals. Make one cut to the right, the next to the left and repeat around the ring.
15. Cover ring and let rise to double its size (or for 45 minutes). Preheat oven to 350°F.
16. Bake for 20 to 25 minutes.
17. If you wish, find a recipe and drizzle homemade powder sugar frosting on your warm tea ring.

For the fair: Place one quarter of the tea ring in a re-closeable zip-type plastic bag.

Level C Entry:

Breadsticks, p. 34

Reprinted by Kentucky Cooperative Extension from **You're the Chef** with permission of National 4-H Council, 5-18-08.

5 to 6 cups flour	2 cups water
3 tablespoons sugar	¼ cup oil or shortening
2 teaspoons salt	1 egg white, lightly beaten
2 packages active dry yeast	

1. Grease cookie sheets. Check that both cookie sheets can fit in the oven with room left for air to move. If cookie sheets do not fit, use just one cookie sheet at a time.
2. In a large bowl, combine 2 cups of flour with sugar, salt, and yeast. Blend well.
3. In a small saucepan, heat water and oil until very warm (120° to 130°F).
4. Add warm liquid to the flour mixture and blend with an electric mixer at low speed until moist. Beat 3 minutes more at medium speed.
5. By hand, stir in an additional 2 ½ cups to 3 cups of flour until dough pulls cleanly down and away from the sides of the bowl.
6. Flour the surface you will use for kneading. Knead in ½ to 1 cup of flour until dough is smooth and elastic, approximately 5 minutes.
7. Place dough in a greased bowl large enough for it to double in size. Turn the dough to coat it with grease so the surface does not dry out. Cover it loosely with plastic wrap and a clean cloth towel.
8. Let the dough rise in a warm place (80 to 85 F) until light and doubled in size, about 45 to 60 minutes. To make a warm place you can:
 - Turn on the oven at 400°F for 1 minute and then turn it off. Place the bowl of dough on the center rack. Let dough rise with the oven door closed.
 - Set the bowl in an unlit oven with a large pan of hot water under it.
9. Punch down dough several times to remove all air bubbles.
10. Divide dough in half, and cut each half into 32 pieces. Shape each into an 8-inch-long breadstick.
11. Place breadsticks on greased cookie sheets. Brush with lightly beaten egg white for a shiny crust.
12. Cover, let rise in a warm place approximately 30 minutes or until doubled in size.
13. Bake at 400°F for approximately 14 minutes. Makes 64 breadsticks.
14. Choose your favorite sauce to dip the breadsticks in. Ideas are tomato, cheese, or garlic butter sauce.

For the fair: Place 4 bread sticks in a re-closeable zip-type plastic bag. Bread sticks should not be twisted.

Level C Entry:

Whole Wheat Rolls

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

3 ½ cups whole wheat flour	1 ½ cups water
2 to 2 ½ cups all-purpose flour	¾ cup milk
2 envelopes rapid-rise type yeast	¼ cup molasses or syrup (maple, pancake or corn syrup)
2 tablespoons sugar	¼ cup butter or margarine
1 teaspoon salt	

1. In a large mixing bowl, combine whole wheat flour, 1 cup all-purpose flour, un-dissolved yeast, sugar, and salt.
2. Heat water, milk, molasses/syrup, and butter until very warm (120° to 130° F). Gradually add this mixture to the flour mixture.
3. Beat 2 minutes at medium speed, scraping the bowl occasionally. Stir in enough remaining flour to make soft dough.
4. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover with plastic wrap and a cloth towel; let rest 10 minutes.
5. Divide dough into 32 equal portions; shape each portion into a ball.
6. Place balls in two 9" square baking pans. Cover; let rise in a warm, draft-free place until doubled in size (about 1 hour).
7. Bake at 375°F for 20 to 25 minutes or until done. Remove from pans; serve warm.

For the Fair: Place 4 rolls in a re-closeable zip-type plastic bag.

Level D Entry:

Double Crust Apple Pie, p. 32

Reprinted by Kentucky Cooperative Extension from Foodworks with permission of National 4-H Council, 5-18-08.

For the double crust:

2 ¼ cups all-purpose flour
1 teaspoon salt
2/3 cup shortening, chilled
4 ½ tablespoons ice water

For the filling:

1 cup sugar
2 tablespoons flour
2 teaspoons ground cinnamon
¾ teaspoon ground nutmeg
6 ½ cups apples, peeled, cored and thinly sliced
2 tablespoons butter or margarine, cut into tiny pieces

1. In a medium bowl, mix flour and salt. Use two knives or a pastry blender to cut shortening into the flour mixture until it looks like coarse crumbs.
2. Sprinkle the water evenly over the flour mixture. Blend only until the dough is just moist enough to form a ball when it's lightly pressed together.
3. Divide dough into two equal portions and shape them into balls. Flatten one portion to a ½ inch thickness. Make the edges smooth and round. Chill dough for ½ hour before rolling out so it's easier to handle.
4. Place one portion on a lightly floured surface to prevent sticking. The less flour used, the flakier the dough. Roll it out to thickness of 1/8 inch as follows. Roll dough from the center out, lifting the roller as you come to the edge. Roll approximately two inches larger than an inverted 9- or 10-inch pie pan to account for shrinkage.
5. Fold the pastry in half; place in pie pan. Unfold and fit it evenly into the pan. Do not stretch it. Trim the overhang to ¾ inch.
6. Roll out the remaining dough to a thickness or 1/16 inch and set it aside; this is the top crust.
7. Before making the filling, preheat the oven to 400°F.
8. Combine the sugar, flour, cinnamon, and nutmeg in a large bowl. Add the apple slices and toss until they are well coated.
9. Fill the crust with apple slices and dot them with butter or margarine.
10. Ease the top crust over the filled bottom crust; trim the overhang to ¾ inch. Fold the top crust over the bottom. Seal the edges and flute.
11. Cut slits in the top crust to allow steam to escape.
12. Bake for 1 hour, or until the crust is golden and the apples test done. Makes 6 to 8 servings.

For the fair: Place the whole pie (including the disposable pie pan) in a re-closeable plastic bag.

Level D Entry:

Greek Baklava, p. 50

Reprinted by Kentucky Cooperative Extension from Foodworks with permission of National 4-H Council, 5-18-08.

½ package (16 ounces) phyllo dough
2 cups chopped pecans, walnuts, and almonds
1 ½ tablespoons whole cloves
1 cup unsalted butter
Syrup:
1 ½ cups of water
1/3 cup sugar
1 cinnamon stick
1 cup honey

1. Turn oven to 350°F.
2. Melt butter in a saucepan over low heat.
3. Brush or rub the bottom of a 13x9-inch pan with 2 tablespoons melted butter.
4. Place three sheets of phyllo dough on the bottom of the pan. If there is any excess dough, trim it to fit the pan. Brush the top of the dough with melted butter. Sprinkle 2 tablespoons of nut mixture over the dough.
5. Layer 3 more sheets of dough, spread some melted butter over the dough, then sprinkle 2 tablespoons of nut mixture on top.
6. Continue pattern of 3 sheets dough, butter, and 2 tablespoons nut mixture until the pan is $\frac{3}{4}$ full.
7. Using a knife, cut into diamond shapes. Put a clove at the end of each diamond. Pour any remaining butter over the dough.
8. Bake for 45 to 50 minutes or until lightly brown.
9. While the pastry is baking, you can prepare the syrup. Combine the sugar, water, and cinnamon stick in a medium-size saucepan.
10. While stirring, bring to a boil. Reduce heat and simmer for 10 minutes.
11. Add honey to the saucepan and simmer for 2 more minutes. Remove from heat and throw the cinnamon stick away.
12. When pastry is done, remove from oven and pour cooled syrup over hot pastry.
13. Serve each diamond-shaped baklava slice on a paper cupcake liner.

For the fair: Place 4 two-inch diamond shaped pieces into a re-closeable plastic bag.

Level D Entry:

Apple Cake

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

3 cups apples, peeled and diced	1 teaspoon salt
$\frac{3}{4}$ cup oil	1 teaspoon cinnamon
2 cups sugar	1 teaspoon baking powder
3 eggs	1 cup walnuts or pecans, chopped (optional)
$1\frac{1}{4}$ teaspoon vanilla	1 tablespoon flour
2 cups all-purpose flour	

1. Preheat oven to 350°F. Grease and flour a 13 x 9 x 2" pan.
2. Beat together: cooking oil, sugar, eggs and vanilla; set aside.
3. Sift together; flour, salt, cinnamon, baking powder.
4. Add the dry ingredients to the liquid ingredients and beat well.
5. Coat nuts in 1 tablespoon flour. Stir in apples and nuts.
6. Pour into greased cake pan.
7. Bake at 350°F for one hour or until cake tests done. Cool in pan. Yield: 24 servings

Nutritional Analysis: 240 calories, 3 g protein, 28 g carbohydrate, 1 g dietary fiber, 13 g fat, 25 mg cholesterol, 125 mg sodium

For the fair: Place half of cake in a large re-closeable plastic bag.

Level D Entry:

Brownies

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

Recipes can often be altered to produce a healthier product. This is especially helpful when family members must adjust their diets in order to maintain a healthy weight or to maintain a high quality of life with conditions such as heart disease or diabetes. When the recipe is altered, there will be changes in quality, texture, taste, etc. Families may determine that the changes are acceptable when the result allows them to maintain a high quality of life. To learn more, go to:

<http://www.ca.uky.edu/HES/fcs/factshts/FN-SSB.142.PDF>

The following recipes show an example of how the fat content can be lowered by substituting applesauce for all or a portion of the fat and using egg whites rather than a whole egg.

Original

½ cup margarine, softened

1 cup sugar
1 egg
½ teaspoon vanilla
¾ cup flour
¼ cup cocoa
¼ teaspoon baking powder
1/8 teaspoon salt
½ cup walnuts

Moderate Fat

¼ cup margarine, softened
¼ cup unsweetened applesauce
1 cup sugar
1 egg
½ teaspoon vanilla
¾ cup flour
¼ cup cocoa
¼ teaspoon baking powder
1/8 teaspoon salt
½ cup walnuts

Low Fat

½ cup unsweetened applesauce
1 cup sugar
2 egg whites
½ teaspoon vanilla
¾ cup flour
¼ cup cocoa
¼ teaspoon baking powder
1/8 teaspoon salt

Directions for the original and altered recipes above:

1. Preheat oven to 350° F. Spray 9" square baking pan with nonstick cooking spray.
2. In a mixing bowl, combine margarine and/or applesauce, sugar, egg or egg whites, and vanilla.
3. Stir in remaining dry ingredients.
4. Pour batter into prepared pan. Bake at 350° F for 20 to 25 minutes.
5. Cool in pan (about an hour). Cut into 16 squares. Store in an airtight container.

Nutritional Analysis per serving:

Original

153 calories
9 grams fat
49% fat calories
13 milligrams cholesterol

Moderate Fat

117 calories
5 grams fat
34% fat calories
13 milligrams cholesterol

Low Fat

78 calories
0.2 grams fat
3% fat calories
0 milligrams cholesterol

For the fair: Make a batch of brownies using the original recipe and one batch using either the moderate fat or low fat recipe. Label a re-closable plastic bag "original" and place 2 of the brownies made with the original recipe inside. Label another re-closable plastic bag "Altered--Moderate Fat" or "Altered--Low Fat" (depending on the recipe used) and place 2 of the altered brownies inside. On 11" X 8.5" paper, compare the two products; describe the differences in appearance, taste, nutritive value, quality and tell how the altered product might benefit members of your family. Place the labeled bags inside a bigger re-closeable bag, insert the comparison report and close the bag.

Note: While rules at county fairs may vary from county to county; members whose food entries have been selected for the state fair must follow state fair rules. Each member may enter only one class in the State Fair Food Division.