

Robertson County 4-H Baking Contest

Recipe Suggestions

Beginner's Wheat Bread (Suggestion for Senior High 4-H Baking Contest)

Ingredients:

- 3 Tablespoons sugar
- 2 envelopes (½ oz/14g—4 ½ tsp.) fast rising Yeast
- 5½ to 6 cups unbleached all-purpose flour OR
3 cups whole wheat flour and 2 ½-3 cups all purpose flour
- 2 teaspoons salt
- 1½ cups water
- ½ cup milk
- 2 Tablespoons butter or margarine



Instructions:

1. In a large bowl, combine 2 cups flour, sugar, undissolved yeast, and salt.
2. Heat water, milk, and butter until very warm (115-120°F); stir into dry ingredients. Beat for 2 minutes at medium speed of electric mixer, scraping bowl occasionally.
3. Stir in 1 cup flour; beat at high speed for 2 minutes, scraping bowl occasionally. Stir in enough remaining flour (½ cup at a time) to make a soft dough.
4. Knead on a lightly floured surface until smooth and elastic, about 8 to 10 minutes OR using mixer and dough hook, knead on low to medium speed until dough forms ball and cleans the bowl.
5. Cover the bowl and dough; let rest for 10-20 minutes.
6. Grease two loaf pans, 8 ½ -inch X 4 ½ -inch. Divide dough in half. Roll each half to a 12- x 7-inch rectangle. Beginning at short end of each rectangle, roll up tightly as for a jelly roll. Pinch seams and ends to seal. Place, seam sides down, in greased loaf pans. Cover loaves with slightly damp non-terry towel. Let rise in a warm, draft-free place until doubled in size, about 45 minutes.
7. Bake at in a preheated oven, 400°F, for 25 to 30 minutes or until done. (Golden crust on all sides; 190-200 degrees F. at center of loaf. Remove from pans; cool on a wire rack until room temperature; slice or wrap.

Provided by Home Baking Association, www.homebaking.org and with courtesy of member Fleischmann's Yeast.

Our Favorite Blueberry Muffins (Suggestion for 5th Grade 4-H)

Ingredients:

- 6 Tablespoons butter 3/4 cup sugar 2 eggs 2 cups Unbleached All-Purpose Flour 2 teaspoons baking powder 1/2 teaspoon salt 1/2 cup milk 2 teaspoons vanilla 1 1/2 to 2 cups blueberries, either fresh or frozen, wild Maine berries preferred
- 1 Tablespoon sugar mixed with 1/2 teaspoon cinnamon (optional)



Preparation: Preheat your oven to 375°F. Grease 12 muffin cups generously; a vegetable oil pan spray works well. In a large mixing bowl, cream together the butter and sugar until they're light and fluffy. Add the eggs, one at a time, beating well after each addition. In a separate bowl, whisk together the flour, baking powder and salt. Add the dry ingredients to the creamed mixture, and beat well. Stir in the milk and vanilla, mixing only until smooth. Quickly stir in the berries.

Fill the muffin cups 3/4 to almost full, using all of the batter. Sprinkle with the cinnamon-sugar. Bake the muffins for 30 minutes, until they're light golden brown; remove them from the oven and place the pan on a rack to cool for 10 minutes. After 10 minutes, run a knife around the edge of one muffin, and try to lift it out of the pan. (These muffins are very tender, and if they don't cool long enough, they'll crumble when you try to remove them from the pan.) If the muffin lifts out of the pan without crumbling, remove all of the muffins and cool them completely on a wire rack. If the muffin sticks or the top peels off, allow them to cool an additional 10 minutes, then try again. Yield: 12 muffins

Nutrition Analysis

One serving (one 84 g muffin) provides 202 calories, 4 g protein, 18 g complex carbohydrates, 1 g dietary fiber, 13 g sugar, 179 mg sodium, 72 mg potassium, 78 RE vitamin A, 3 mg vitamin C, 1 mg iron, 95 mg calcium, 59 mg phosphorus. *Provided by King Arthur Flour*

Sweet Potato Muffins (Suggestion for 5th Grade 4-H)

Ingredients:

- 1½ cup all-purpose flour
½ cup sugar
½ cup mashed cooked sweet potatoes or yams
½ cup chopped pecans or walnuts
¼ cup margarine or butter, melted
½ cup milk
2 tsp. baking powder
1 tsp. ground cinnamon
½ tsp. salt
½ tsp. ground nutmeg
1 egg
- 1 Tbsp. sugar

Preparation:

Preheat oven to 400°F. Grease bottoms only of 12 medium muffin cups, 2½ x 1¼ inches. Mix all ingredients except 1 Tbsp. sugar just until flour is moistened (batter will be lumpy). Divide batter evenly among cups (about two-thirds full). Sprinkle ¼ tsp. sugar over batter in each cup. Bake 18 to 20 minutes or until golden brown. Immediately remove from pan. *Provided by General Mills*

Serves 12.

Approximate Nutrition Analysis (per serving): calories, 180; protein, 3 g; carbohydrate, 25 g; fat, 8 g; cholesterol, 20 mg; sodium, 230 mg.

Butter Pecan Muffins (Suggestion for 5th Grade 4-H)

Ingredients

- Original No-Stick Cooking Spray
- 1 1/2 cups **Martha White®** Self-Rising Flour
- 1 cup chopped pecans
- 1/2 cup firmly packed brown sugar
- 1 large egg, beaten
- 1/4 cup butter, melted and cooled
- 3/4 cup milk
- 1/2 teaspoon vanilla extract

Preparation Directions

1. HEAT oven to 400°F. Spray 10 muffin cups with no-stick cooking spray. Combine flour, pecans and brown sugar in large bowl; mix well.
2. COMBINE milk, butter, vanilla and egg in small bowl; blend well. Add to flour mixture; stir just until dry ingredients are moistened. Fill prepared muffin cups 2/3 full.
3. BAKE 15 minutes or until golden brown. Remove from pan; cool slightly. Serve warm.

Prep Time: 12 min

Cooking Time: 15 min

Serving size: 10 muffins

Recipe from Martha White.

Sugar Cookies (Suggestion for 6th Grade 4-H)

Ingredients:

- 1/3 cup Sue Bee Honey 1¼ cups sugar 1 cup oleo 2 eggs 3 tsp. almond extract 3 cups flour ¾ tsp. baking powder ½ tsp. baking soda
- 1 tsp. salt

Preparation:

Beat together honey, sugar, oleo, and eggs. Mix in remaining ingredients. Refrigerate for 2 hours. Separate dough into fourths. Roll out one quarter of dough to a ¼-inch thickness on a floured surface. Cut out shapes with cookie cutters. Repeat with remaining dough. Bake on an ungreased cookie sheet at 375°F for about 9 minutes or until slightly browned. Do not overbake. Provided by Sue Bee Honey

Chocolate Chip Cookies (Suggestion for 6th Grade 4-H)

Prep Time: 10 minutes

Cook Time: 10 minutes

Makes: 16 servings, 1 Cookie each

2-1/2 cups All-Purpose Unbleached Flour
 1 teaspoon baking soda
 1/4 teaspoon salt
 3/4 cup margarine, melted, cooled (3/4 cup = 1-1/2 sticks)

1-1/2 cups firmly packed brown sugar
 1 egg
 2 teaspoons vanilla extract
 1 cup semisweet chocolate morsels

1. Preheat oven to 350F. Combine flour, baking soda and salt; set aside.
2. Mix Blue Bonnet and sugar in large bowl. Add egg and vanilla; stir until well blended. Add flour mixture; mix well. Stir in chocolate morsels. Refrigerate dough 30 minutes before baking.
3. Drop by 1/4 cupfuls, 2-1/2 inches apart, onto ungreased baking sheets.
4. Bake 14 minutes, or until cookies harden around edges. (Centers will still be soft.) Let rest 2 minutes before removing to wire racks; cool completely.



Recipe from ConAgra Foods

Nutrition Facts		
Amount per Serving		
Calories	265	
		%Daily Value*
Total fat	11 g	16%
Saturated fat	3 g	17%
Cholesterol	12 MG	4%
Sodium	209 MG	9%
Carbohydrate	41 g	14%
Dietary fiber	2 g	8%
Sugars	26 g	3%
Protein	3 g	7%
Vitamin A		8%
Vitamin C		0%
Calcium	2%	
Iron		5%

* Percent Daily Values are based on a 2,000 calorie diet

Southern Cornbread (Suggestion for 4th Grade 4-H)

Ingredients

- No-Stick Cooking Spray
- 2 cups **Martha White**® Self-Rising White Corn Meal Mix
- 1 1/3 cups milk
- OR 1 1/3 cups buttermilk
- 1/4 cup Pure Vegetable Oil
- OR 1/4 cup All-Vegetable Shortening, melted
- 1 large egg

WARNING – be careful handling the hot pans – ask a parent to help!

Preparation Directions

1. HEAT oven to 450°F. Spray 8-inch ovenproof skillet or 8-inch square pan with no-stick cooking spray; or muffin tins. Place in oven to heat.
2. BEAT egg in medium bowl. Add all remaining ingredients; mix well. Pour batter into hot prepared pan.
3. BAKE 20 to 25 minutes or until golden brown.

Prep Time: 10 min

Cooking Time: 22 min

Serving size: 8 servings

Recipe provided by Martha White.

Martha White "Hot Rize" Biscuits (Recipe Suggestion for County Fair)

Ingredients

- No-Stick Cooking Spray
- 2 cups **Martha White**® Self-Rising Flour
- 1/4 stick **Crisco**® Baking Sticks All-Vegetable Shortening
- OR 1/4 cup All-Vegetable Shortening
- 3/4 cup milk

Preparation Directions

1. HEAT oven to 450°F. Spray a cookie sheet lightly with no-stick cooking spray. Place flour in large bowl. Cut in shortening with pastry blender or fork until mixture resembles coarse crumbs. Add milk; stir with fork until soft dough forms and mixture begins to pull away from sides of bowl.
2. KNEAD dough on lightly floured surface just until smooth. Roll out dough to 1/2-inch thickness. Cut with floured 2-inch round cutter. Place biscuits with sides touching on prepared cookie sheet.
3. BAKE 10 to 12 minutes or until golden brown. Serve warm.

VARIATIONS: OLD-FASHIONED BUTTERMILK BISCUITS: Substitute 3/4 cup plus 2 tablespoons buttermilk for milk; add 1/4 teaspoon baking soda to flour, if desired.

Prep Time: 20 min

Cooking Time: 11 min

Serving size: 14 biscuits

Recipe from Martha White.

Quick Banana-Nut Bread (Suggestion for 7th Grade 4-H)

Ingredients

- No-Stick Cooking Spray
- 1 1/2 cups **Martha White**® Self-Rising Flour
- 2/3 cup sugar
- 1/2 cup **Crisco**® Pure Vegetable Oil
- 3 tablespoons buttermilk or milk
- 2 large eggs, slightly beaten
- 1 cup mashed ripe bananas
- 1/2 cup chopped pecans

Preparation Directions

1. HEAT oven to 350°F. Spray bottom only of an 8 x 4-inch loaf pan. Combine flour and sugar in large bowl; mix well. Add oil, milk and eggs; blend well. Add banana and pecans; stir just until blended. Pour into prepared pan.
2. BAKE 60 to 65 minutes or until top is deep golden brown and toothpick inserted in center comes out clean. Cool in pan 15 minutes. Remove from pan; place on wire rack. Cool 1 hour or until completely cooled.

Prep Time: 15 min

Cooking Time: 1 hrs

Serving size: 1 loaf

Recipe from Martha White.

Zucchini Nut Bread (Suggestion for 7th Grade 4-H)

Ingredients

- Crisco**® Flour No-Stick Spray
- 2 cups **Martha White**® All-Purpose Flour
- 1 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 3 teaspoons ground cinnamon
- 3 large eggs
- 2 cups grated unpeeled zucchini
- 3/4 cup **Crisco**® Pure Vegetable Oil
- 1 tablespoon vanilla extract
- 1 cup chopped walnuts

Preparation Directions

1. HEAT oven to 325°F. Coat a 9 x 5-inch loaf pan lightly with flour no-stick baking spray. Combine flour, sugar, baking powder, salt and cinnamon in large bowl. Mix well.
2. BEAT eggs in small bowl. Add zucchini, oil and vanilla. Blend well. Stir in flour mixture just until moistened. Stir in nuts. Pour into prepared pan.
3. BAKE 60 to 65 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan. Place on wire rack. Cool 1 hour or until completely cooled.

Prep Time: 20 min

Cooking Time: 1 hrs

Serving size: 1 loaf

Recipe from Martha White.

Chocolate Cupcakes (Suggestion for 8th Grade 4-H Baking)

Ingredients

- 2 cups all purpose flour
- 2 cups sugar
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/2 cup shortening
- 3/4 cup water
- 2 large eggs
- 3/4 cup milk
- 1 teaspoon vanilla
- 4 ounces melted unsweetened baking chocolate

Preheat oven to 350 degrees. Line cupcake pans with paper liners.

Combine all ingredients into large mixing bowl. Mix at low speed for 30 seconds, and scrape bowl. Mix at high speed for 3 minutes.

Fill liners 1/2 to 2/3 full of batter. Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes in pans then remove from pan, and place on wire racks to cool completely.

Frost when chocolate cupcakes are completely cool.

Easy Cupcakes (Suggestion for 8th Grade 4-H Baking)

Ingredients

- 2 1/4 cups all purpose flour
- 1 1/3 cups sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup shortening
- 1 cup milk
- 1 teaspoon vanilla
- 2 large eggs

Preheat oven to 350 degrees. Line cupcake pans with paper liners.

Combine flour, sugar, baking powder, and salt in a large mixing bowl. Add shortening, milk, and vanilla. Beat for 1 minute on medium speed. Scrape side of bowl with a spatula.

Add eggs to the mixture. Beat for 1 minute on medium speed. Scrape bowl again. Beat on high speed for 1 minute 30 seconds until well mixed.

Spoon cupcake batter into paper liners until 1/2 to 2/3 full.

Bake for 20 to 25 minutes or until toothpick inserted in center comes out clean.

Cool 5 minutes in pans then remove and place on wire racks to cool completely.

Once cupcakes are completely cooled, frost with your favorite frosting recipe or decorate as you desire.

Recipes from cupcakerecipes.com