

RUTGERS

New Jersey Agricultural
Experiment Station
COOPERATIVE EXTENSION
OCEAN COUNTY



Ocean County 4-H Fair Cookbook 2023

**Created By: Ocean County
4-H Youth Members**



18 USC 707

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Betty 's

S'mores Cookie

Bars

Ingredients:

- 1 cup flour
- Cooking Spray
- 1 stick butter (room Temperature)
- 1 cup light brown sugar
- 1 tsp. vanilla extract
- 2 cups ground graham crackers
- 1 14oz can condensed milk
- 1 cup chocolate chips
- 1 cup mini marshmallows

Directions:

1. Line 9 x 13 pan with foil, spray with cooking spray
2. Combine butter and brown sugar
3. Add graham crackers and flour—mix well
4. Add condensed milk
5. Stir in chocolate chips and marshmallows
6. Spread dough in prepared pan
7. Refrigerate 1 hour



Sky's Irish Tea Cake

Ingredients:

- 1/2 cup butter, softened
- 1 cup white sugar
- 2 eggs
- 2 tsp. vanilla extract
- 1 3/4 cup all-purpose flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup *vanilla almond milk
- Powdered sugar for dusting
- Fresh berries and whipped cream, for topping (optional)



Directions:

- Preheat oven to 350 degrees. Grease and flour a 9-inch round pan.
- In a medium bowl, cream together the butter and sugar with an electric mixer until light and fluffy. Beat in the eggs, one at a time, mixing until fully incorporated. Stir in the vanilla.
- In a medium bowl, combine the flour, baking powder and salt. Stir into the batter alternately with the milk, starting and ending with the flour mixture.
- Spread the batter evenly into the prepared pan. Bake for 30—35 minutes, or until a toothpick inserted into the center comes out clean.
- Cool in the pan on a wire rack for about 15 minutes, then turn out onto a serving plate.
- Just before serving, dust with powdered sugar. If desired, top with fresh berries and/or whipped cream.

*vanilla almond milk is my recipe addition for milk intolerance and taste.

Emily's

Angel Lemon Roll

Ingredients:

- 1 box Angel food cake mix
- 3/4 cup powdered sugar
- 1 (8 ounce) package of cream cheese
- 1 lemon
- 1 container (8 ounce) cool whip
- Strawberry jam

Directions:

1. Preheat oven 350 degrees
2. Mix the cake mix
3. Place parchment paper on a cookie pan. Pour batter on the pan and bake for 30—35 minutes.
4. When removed from the oven, sprinkle 1/2 cup of powdered sugar over the cake, then put parchment paper on top of the cake, then flip over and repeat. Then roll and let cool.
5. Unroll and spread the jam on it.
6. Mix 1/4 cup of powdered sugar and cream cheese. Then zest & juice the lemon and add the cream cheese mix. Then fold in 1 cup of cool whip.
7. Spread mixture on top of the jam.
8. Roll the cake back to its log formation, and let it sit in the fridge for an hour.



Andrew's

Tres Leches Cake

- 1 boxed yellow cake mix
- 1 can condensed milk (14 oz)
- 1 can evaporated milk (12 oz)
- 1.5 cup of heavy whipping cream
- 2 tsp. of vanilla extract

Frosting:

- 2 cups of heavy whipping cream
- 1—2tsp. Of vanilla extract to taste
- About 1/4 cup of powdered sugar to taste.



Directions:

1. Prepare boxed cake mix as per box instructions in a 9-inch springform pan. **MUST** use springform pan.
2. Allow cake to cool completely.
3. Once the cake is cooled, use a skewer to poke lots of holes in a circular rotation. You want a lot of holes to best absorb the milk mixture. Also, if the is sticking to the sides of pan gently use a knife to loosen, but do not remove the cake from the pan.
4. In a 4-cup pourable bowl or measuring cup add evaporated milk, condensed milk, and heavy whipping cream and whisk together till well combined and thinned.
5. Slowly pour mixture over cake while still in springform pan. Do this in steps waiting for mixture to absorb slowly into the cake.
6. Cover with tin foil and refrigerate overnight.
7. The next day all the milk mixture should be absorbed into your cake.
8. Remove outer rim of the springform pan, do not remove cake from the bottom of the pan!
9. Frosting—In a mixing bowl, add heavy whipping cream, vanilla extract, and powdered sugar. Whisk together or use hand mixer to make whipped cream.
10. Gently add whipped cream frosting to the cake.
11. Refrigerate till ready to serve.

Betty's Vanilla Cupcakes

Ingredients: (Cupcakes):

- 1/3 cup flour
- 1 tsp. baking powder
- 1 cup sugar
- 2 large eggs
- 1 stick butter
- 2 tsp. vanilla extract
- 1/2 cup whole milk

Frosting:

- 4 tbsp. butter
- 6 oz. cream cheese
- 1 tsp. vanilla extract
- Pinch of salt
- 2 cup confectioner sprinkles



Directions: Cupcakes

1. Preheat oven to 350
2. Place liners in muffin pan
3. Combine flour, baking powder and salt
4. In separate bowl beat butter until smooth
5. Add eggs, sugar, and vanilla
6. Beat in flour mixture, add milk, mix well
7. Divide in to muffin pan, bake 20-25 minutes

Directions: Frosting

1. Combine butter, cream cheese, vanilla, and salt. Mix until creamy
2. Slowly beat in confectioners sugar, mix until fluffy
3. Frost cupcakes and add sprinkles

Betty's Ginger Bread Cookies

Ingredients:

1. 1 1/2 cups flour
2. 1/2 cup dark brown sugar
3. 1 1/2 tsp. cinnamon
4. 1/4 tsp. baking soda
5. 6 cups butter—melted
6. 1/3 cup molasses
7. 1 tbsp. milk
8. 1 1/2 ground ginger

Directions:

1. Add flour, brown sugar, ginger, baking soda, and salt to the food processor. Process until combined.
2. Add butter, molasses, and milk. Process until crumbly.
3. Flatten dough and wrap in plastic. Place in fridge for 30 minutes.
4. Preheat oven to 350, line baking sheets with parchment paper.
5. Roll out dough between paper.
6. Use a cookie cutter to cut out gingerbread.
7. Bake 9-11 minutes, cool for 10 minutes.
8. Decorate and Enjoy!!!



Betty's

German Chocolate Cake

Ingredients: (Cake)

- 4 oz. German sweet Chocolate
- 1/2 cup water
- 2 cups sugar
- 4 eggs (separated)
- 1 tsp. vanilla extract
- 2 1/2 cup cake flour
- 1 tsp. baking soda
- 1/2 salt
- 1 cup butter milk

Icing:

- 2 oz. semi chocolate
- 1 tsp. shortning



Frosting:

1. 1 1/2 cup sugar
2. 1 1/2 cup evaporated milk
3. 3/4 cup butter
4. 5 egg yolks (beaten)
5. 2 cups coconut
6. 1 1/2 chopped pecans
7. 1 1/2 tsp. vanilla extract

Directions:

1. Line 3 greased 9-inch round baking pans with waxed paper. Grease waxed paper and set aside. In small saucepan, melt chocolate with water over low heat; cool.
2. Preheat oven to 350. In large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Beat in 4 egg yolks, 1 at a time, beating well after each addition. Blend in melted chocolate and vanilla. Combine flour, baking soda and salt; add to the creamed mixture alternately with buttermilk, beating well after each addition.
3. In a small bowl and with clean beaters, beat the 4 egg whites until stiff peaks form. Fold a fourth of the egg whites into creamed mixture; fold in remaining whites.
4. Pour batter into prepared pans. Bake 24-28 minutes or until a toothpick inserted in the center comes out clean. Cool 10 minutes before removing from pans to wire racks to cool completely.
5. For the icing, in a small saucepan, heat sugar, milk, butter and egg yolks over medium-low heat until mixture is thickened and golden brown, stirring constantly. Remove from heat. Stir in coconut, pecans and vanilla. Cool until thick enough to spread. Spread a third of the frosting over each cake layer and stack the layers.
6. In a microwave, melt chocolate and shortening; stir until smooth. Drizzle over cake.

Paul's Protein Balls

Ingredients:

- 10 soft pitted Medjool dates
- 1/3 cup of creamy nut butter (I used almond butter)
- One scoop of protein powder (I used raw almond, cashew, macadamia, walnut, pistachio, and pecans)
- 1 tbsp. of milled flaxseed
- 1 tbsp. of shelled hemp seeds
- 1 pinch of salt (omit if using salted nuts)
- Optional: 1-2 tbsp. chocolate chips

Directions:

1. In a food processor, pulse together dates, nut butter, hemp seeds, flax seed, protein powder, and salt till mixed to a slightly chopped consistency.
2. Add in mixed nuts and pulse again until nuts are chopped.
3. If using chocolate chips, fold in at the end.
4. The mixture can now be hand-pressed and rolled into balls.
5. Refrigerate for at least one hour till hardened slightly.

Recipe yields 12-15 bite sized protein balls.

Estimated time: 5-10 minutes to make, then 1 hour to chill

Last about one week in the fridge.



Keira's

Pimiento Cheese Dip

Ingredients:

- 2 cups shredded sharp cheddar cheese
- 1 (8 oz.) block cream cheese
- 2 tbsp. mayonnaise
- 1 (4 oz.) jar diced pimiento peppers
- 1/4 tsp. garlic powder
- 1/4 tsp. ground black pepper
- 1/2 tsp. kosher salt

Directions:

Combine all ingredients together in a large bowl and mix with electric mixer.

You can serve with bagel chips and vegetables



Emily's Empanadas

Ingredients:

- 1 lb. ground turkey
- 1 yellow onion
- 2-3 cloves of garlic
- 1/4 tsp. salt
- 1/2 can tomato sauce
- 1 can tomato paste
- 1 Sazon Goya
- 2 spoonful Recaito Goya
- 2 spoonful Sofrito Goya
- Goya discos
- Peanut oil
- Optional: Rice, black beans, potatoes (boiled) or corn

Directions:

1. Cook turkey meat
2. Turn heat on low, add other ingredients
3. Flour counter, roll out disk, fill the empanadas, pinch closed w/fork
4. Fry in the peanut oil on low heat, until the empanadas are a little brown



Keira's Ramen Saute

Ingredients:

- 1 cup mushroom and onion
- Handful of chives
- Ramen Noodles
- Soy sauce
- Ramen seasoning
- Oil
- egg

Directions:

Boil water with Ramen. Then sauté mushroom and onions, add in soy sauce and half a packet of Ramen seasoning. Dump water from noodles and add to mushrooms and onions. Put on plate or bowl, add a scrambled egg and sprinkle chives on top. Soy sauce to taste.





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To Make the Best
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Thank You!

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