



RUTGERS UNIVERSITY
**New Jersey Agricultural
Experiment Station**



Ocean County 4-H Fair Cookbook 2024

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



18 USC 707

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4-H is America's largest youth development organization—empowering nearly six million young people with the skills to lead for a lifetime.

Research shows that participation in high quality 4-H programs increases thriving in youth, and thriving youth achieve important developmental outcomes!



*"I'm not aware of any youth program anywhere that contributes more to the **training for future leadership** and to give constructive activity to young people than 4-H."*

Joseph "Joe" Robbie
Original Owner of the Miami Dolphins
1986 National 4-H Alumni Winner

**This booklet contains the recipes that
4-H members created and entered
into the fair this year. Enjoy!**

**Want to join 4-H? Youth in grades
K-13 are always welcome to enroll!**

**For more information about
Ocean County 4-H
Youth Development**



<https://ocean.njaes.rutgers.edu/>

Andrew's Tres Leche Cake

Ingredients:

Cake

- 1 boxed Yellow cake mix
- 1 can condensed milk (14oz)
- 1 can evaporated milk (12 fl oz)
- 1.5 cup of heavy whipping cream
- 2 teaspoons of vanilla extract



Frosting:

- 2 cups of heavy whipping cream
- 1–2 teaspoons of vanilla extract to taste
- About 1/4 cup of powdered sugar to taste

Directions:

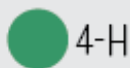
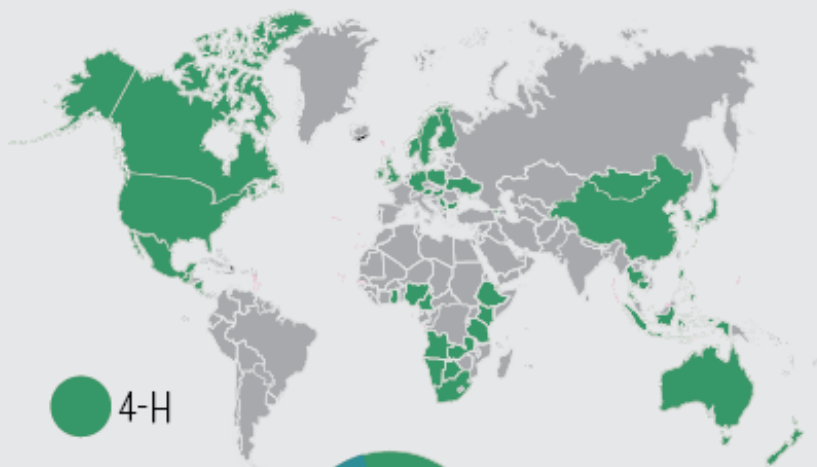
1. Prepare boxed cake mix as per box instructions in a 9-inch springform pan. **MUST** use spring form pan.
2. Allow cake to cool completely.
3. Once the cake is cooled, use a skewer to poke lots of holes in a circular rotation. You want a lot of holes to best absorb the milk mixture. Also, if the cake 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 mixing bowl add heavy whipping cream, vanilla extract, and powdered sugar. Whisk together or use hand mixture to make whipped cream.
10. Gently add whipped cream frosting to the cake.
11. Refrigerate till ready to serve.

Fun Fact

4-H is in over 70 countries around the world

4-H WORLDWIDE

Take a look at countries that have 4-H



4-H

Living environment of participants



Suburban : 27%

Urban : 30%

Rural : 43%

Betty's

Sourdough Banana Muffins

Ingredients:

- 1/2 cup melted butter
- 1 cup dark brown sugar
- 3 ripe bananas 350g
- 2 large eggs
- 1/2 cup sourdough starter discard
- 1 teaspoon vanilla

Dry Ingredients:

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 teaspoon salt



Directions:

- Preheat oven 350 degrees.
- Combine dry ingredients (flour, baking soda, baking powder, and salt) well in a medium bowl.
- In a stand mixer or bowl, mix melted butter and brown sugar for five minutes until light and fluffy.
- Add in eggs, vanilla, mashed bananas, and sourdough starter.
- Fold in dry ingredients a bit at a time until just incorporated. Be careful not to over-mix.
- Gently fold in any other add-ins you would like (pecans, walnuts, and chocolate chips or chunks, etc.)
- Scoop into a muffin pan. Bake for 25 minutes. Test muffin at 25 minutes with a toothpick or cake tester.
- Allow to cool in the pan for one hour.

Fun Fact

4-H Slogan: Learn By Doing



Betty's Cherry Cobbler

Ingredients:

- 3/4 stick butter (melted in an 8-inch square pan)
- 1 c. flour
- 1/2 tsp. salt
- 3/4 c. sugar
- 2 tsp. baking powder
- 3/4 c. milk

Directions:

- Mix the above ingredients into a batter and pour over the melted butter in the pan. **Do not stir.**
- Over the batter, pour 2 cups drained canned, fresh, or frozen fruit, such as peaches, cherries, blueberries or apples. (mixed with 1/2 cup sugar).
- Sprinkle with desired spice (cinnamon or nutmeg).
- Bake at 350 for 1 hour.
- Serve warm with sugar and milk. Serves 6



Fun Fact
4-H is America's largest
youth development
organization



Betty's

Easy Cherry Cheesecake

Ingredients:

- 2 cups graham cracker crumbs
- 1/2 cup unsalted butter melted
- 16oz 8oz cream cheese 2 packages, softened
- 1/2 cup sugar
- 2 eggs
- 1 tsp. vanilla extract
- 42oz cherry pie filling 2 cans

Directions:

- Preheat the oven to 325.
- In a bowl, mix together the graham cracker crumbs and melted butter until well combined.
- Press the mixture into the bottom of the greased 9x11 inch baking dish.
- In a separate bowl, beat together the cream cheese and sugar until smooth.
- Add in the eggs and vanilla extract, and beat until well combined.
- Pour the cream cheese mixture over the graham cracker crust in the baking dish.
- Bake for 45-50 minutes, or until the cheesecake is set and the edges are lightly browned.
- Let the cheesecake cool in the pan for 10-15 minutes.
- Spread the cherry pie filling over the top of the cheesecake.
- Chill the cheesecake in the refrigerator for at least 2 hours, or until set.
- Once set, slice the cheesecake and serve.



Fun Fact
4-H membership is open to
all youth from
Kindergarten through
13th grade.



Riley's

Pizza Pockets

Ingredients:

- 1 sheet puff pastry, defrosted
- 1/2 cup spinach leaves, fresh not frozen
- 1/3 cup whole milk ricotta cheese
- 1/4 cup freshly shredded mozzarella cheese. You can use pre shredded cheese if you prefer.
- 1/4 cup grated parmesan cheese
- 1/8 tsp. Garlic powder
- 1/4 tsp. Dried oregano
- 1/4 tsp. Salt
- 1/8 tsp. Black pepper
- 12 pieces pepperoni (regular or turkey)
- 1/4 cup your favorite tomato sauce



Directions:

1. Preheat oven to 425. Line sheet pan with parchment paper.
2. Cut spinach leaves into small pieces. Add to a small bowl.
3. Add ricotta cheese, mozzarella, and parmesan cheese to the bowl with the spinach.
4. Add garlic powder, oregano, salt, and pepper to the spinach and cheese mixture, stir well.
5. Using a rolling pin, roll defrosted puff pastry into a 12x12 square.
6. Using a pizza cutter or a sharp knife cut into 6 rectangles. Each should be 6x4. Using a fork, poke holes into the dough.
7. Put 2 pieces of pepperoni onto each rectangle. Put them towards the bottom. Leave some room for a border.
8. Add 1 heaping tablespoon of filling onto the pepperoni. Be sure to not add too much!
9. Add 2 teaspoons of sauce just above the cheese, on the dough.
10. Fold the dough over to make a "pocket". Press edges down with a fork to close them. Place onto the sheet pan with parchment.
11. Place them in the oven and bake 14-16 minutes until lightly browned. Serve warm or at room temperature. Enjoy!

Peter's

Chocolate Protein Balls

Ingredients:

1. 2 cups of oats
2. 2 scoops of protein powder (any kind works)
3. 2/3 cups of honey
4. 2 cups of chunky peanut butter
5. 2 tubes of mini M&M's
6. 1 cup of dark chocolate chips

Directions:

1. In a large mixing bowl, put in the oats, protein powder, honey, peanut butter, mini M&M's and dark chocolate chips.
2. Mix thoroughly with a spatula until it reaches a consistency you like, I would recommend adding more honey to help if you want it more packed together.
3. Once mixed, roll chunks of the mixture into your hand into golf ball sized balls.
4. Store in a container and keep in the fridge.



Andrew's Spice Cake

Ingredients: Cake

- 2 teaspoons of baking powder
- 1 teaspoon of baking soda
- 1/2 teaspoon salt
- 1 and 1/2 teaspoon of ground cinnamon
- 1 teaspoon of ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1 cup of vegetable oil
- 1 3/4 cup packed dark brown sugar
- 1 cup of unsweetened applesauce
- 4 large eggs
- 1 teaspoon pure vanilla extract
- 1 teaspoon almond extract
- 1 cup of shredded apple

Frosting:

- 8 ounces, full-fat brick cream cheese, softened to room temperature
- 1/2 cup of unsalted butter (softened to room temperature)
- 3 cups of confectioner's sugar, plus an extra 1/4 cup if needed
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon salt

Directions:

1. Preheat oven to 350, grease a 9x13 inch pan.
2. Whisk the flour, baking powder, baking soda, and salt, cinnamon, and other spices together in a large bowl. Set aside.
3. Whisk the oil, brown sugar, applesauce, eggs, vanilla extract, and molasses (if using) together in a medium bowl. Pour the wet ingredients into the dry ingredients and whisk until combined. Fold in the shredded apple until combined.
4. Spread batter into the prepared pan. Bake for 45-50 minutes. Baking times vary, so keep an eye on yours. The cake is done when a toothpick inserted in the center comes out clean. If you find the top of the cake is browning too quickly in the oven, loosely cover it with aluminum foil.
5. Remove the cake from the oven and set on the wire rack. Allow to cool completely. After about 45 minutes, place it in the refrigerator to speed things up.
6. Making the frosting: In a large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on high speed until smooth and creamy. Add 3 confectioners' sugar, vanilla, and salt. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes.

If you want the frosting a little thicker, add the extra 1/4 cup of confectioner sugar (I add it). Spread the frosting on the cooled cake. Refrigerate for 30 minutes Before serving. This helps set the frosting and makes cutting easier.

7. Cover leftover cake tightly and store in the refrigerator for 5 days



Ella's

S'mores Bars

Ingredients:

- 2 cups graham cracker crumbs
- 8-12 tablespoons butter melted
- 1/2 cup powdered sugar
- 4 Hershey chocolate bars, use 4.4 ounce bars
- 1 package of mini marshmallows

Directions:

1. Preheat oven to 350 degrees.
2. Grease a 9x13 pan with non-stick butter spray, or use parchment paper.
3. In a medium sized bowl mix graham cracker crumbs, powdered sugar, and butter with a spoon.
4. Place the mixture in the bottom of the baking pan.
5. Distribute the mixture evenly and press down and firmly with your fingers to “pack it” along the bottoms and sides of the pan.
6. Place in oven and bake for approx. 5-8 minutes.
7. Remove from oven and let cool.
8. Lay the Hershey bars on top of the graham cracker mixture—covering up all of the graham crackers as completely as possible.
9. Place in oven for approx. 3 minutes (until chocolate just begins to melt and gets shiny).
10. Let cool for 1-2 min.
11. Place marshmallows on top of the chocolate.
12. Turn oven to “broil” - put the pan into the oven and STARE at them! They only need to be in there for about 2 minutes. Watch them or they will burn.
13. As soon as they begin to brown, take them out of the oven.
14. Let them cool completely.
15. Cut and serve.





Jessica's Taylor Swift Cookies

Directions:

1. Make homemade cookies or buy some from the store.
2. Ice the cookies with cake frosting as a base. I used white and brown, but mixed in colors for some of my cookies.
3. Use writing gel to write the name of the Taylor Swift Album. For finer details, I used a toothpick. I made one cookie for each of her albums.
4. Choose some decorative sprinkles (and I used edible glitter) to add some **pizzazz!**
5. Choose a tip and put decorative icing in a bag (I used zip lock bags, but piping bags work too) and pipe around the perimeter of your cookie. (If you want sprinkles & glitter in the piping, then reverse step 4&5 or follow this order for the border to stand out).
6. Touch up any areas that got messed up, and enjoy your new cookies!





TAYLOR SWIFT

FEARLESS

Speak Now

RED

1989

reputation

Lover
folklore

evermore

Midnights



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To Make the Best
BETTER