



18 USC 707

To Make the Best
BETTER



RUTGERS UNIVERSITY
4-H Youth Development
New Jersey Agricultural Experiment Station



Ocean County 4-H Fair Cookbook 2026



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

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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



Ganache Directions:

- Place the white chocolate chips in a small bowl, set aside.
- In a sauce pan, mix the heavy whipping cream and butter over low heat until the butter is melted.
- Once the butter is melted, bring the mixture to a boil, then pour over the white chocolate chips.
- Let this sit for 5 minutes, then mix until the ingredients are well combined and smooth.
- Drizzle overtop the frosted cupcakes once the ganache has cooled a bit.

Disclaimer: I typically experiment with the amount of powdered sugar and stevia that I put in the buttercream so the measurements given are just a suggestion.



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/>



Gnache:

- 1 cup white chocolate chips
- $\frac{3}{4}$ cup heavy whipping cream
- 1 tbsp. unsalted butter

Cupcake Directions:

- Preheat oven to 350
- In a large bowl, mix together the sugar, butter, eggs, and vanilla extract until well incorporated.
- Add the light sour cream into the wet ingredients.
- In a separate bowl, mix together the flour, baking powder, and salt.
- Mix half of the dry ingredients into the wet ingredients until well combined, then add in the other half.
- Incorporate the milk, then the blueberries.
- Pour the batter into the cupcake pan and bake for 32 minutes or until a toothpick comes out clean.
- Allow to fully cool before buttercream is added.

Buttercream Directions:

- Beat softened butter until smooth, by hand or mixer.
- Add in vanilla extract and salt.
- Mix in 1 cup of powdered sugar at a time and then incorporate the Matcha powder.
- If you desire to add stevia, now is the time.
- Make sure all ingredients are fully combined, then beat until light and fluffy.
- Pipe the buttercream onto cooled cupcakes.

Acadia Caruso-Lavance

Matcha - Berry Bliss Bites

Prep Time: 20 minutes

Cook Time: 32 minutes

Serving Size: 100 mini cupcakes

Ingredients:

Cupcakes:

- 2 cups sugar
- ½ cup butter, melted
- 3 eggs
- 1 tbsp: vanilla extract
- ½ cup light sour cream
- 2 ½ cups flour
- 3 tsp. baking powder
- 1tsp. salt
- 1 ¼ cup milk
- 3 cups fresh blueberries

Butter Cream:

- ½ cup unsalted butter, softened
- 1 tsp. vanilla extract
- pinch of salt
- 2 cups powdered sugar
- Matcha powder to taste
- Stevia to taste

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



Estelle Padilla

Sweet & Salty Vanilla Crunch

Prep Time: 10 Minutes

Cook Time: 20-25 Minutes

Serving Size: 8 cups

Ingredients:

- 4 cups old-fashioned rolled oats (use certified gluten-free oats for gluten-free granola)
- 1 ½ cup raw nuts and/or seeds (I used ¾ cup pecans and ¾ cup pumpkin seeds)
- ¾ tsp. fine-grain sea salt
- ¾ tsp. ground cinnamon
- ½ cut melted coconut oil, olive oil or avocado oil (I used coconut oil)
- ½ cup maple syrup or honey (Use maple syrup to make the recipe vegan)
- 1tsp. vanilla extract (Made with organic gluten free potato vodka)
- ⅔ to 1 cup dried fruit, chopped if large (I used raisins)
- Optional: ½ cut chocolate chips or coconut flakes*

Directions:

- Preheat oven to 350 degrees Fahrenheit and line a large rimmed sheet with parchment paper.
- In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend.
- Pour in the oil, maple syrup and/or honey and vanilla. Mix well until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.

- The filling is ready to be used in pastries.
- You can fill puff pastry dough with the filling, or pie crust, or even crescent roll dough.
- This filling will bake to a creamy consistency.
- It can be used for danish, baked pastries, and many more options.
- I use this filling for these Blueberry Pastries, Strawberry Puff Pastry, and Puff Pastry Pinwheels.

Cream Cheese Puff Pastry:

- Preheat the oven to 390
- Whisk the egg with milk to use for the egg wash.
- Make sure the puff pastry sheet is thawed. Cut each pastry sheet into 6 rectangles.
- Cut a smaller rectangle in the center of one of the pieces. Brush a bit of egg wash around the edges of the bottom rectangle which should be whole, and place the rectangle that had the center
- fill the inside with the cream cheese filling, top with berries if desired.
- Brush the edges of the pastry with the egg wash and top with coarse sugar.
- Bake in the oven for about 15 minutes, or until pastry is golden brown and puffed up.
- Remove from the oven, sprinkle powdered sugar on top, and serve.



Ella Siegmann

Cream Cheese Filling for Pastry

Prep Time: 5 minutes

Total Time: 5 minutes

Serving: 1 cup

Ingredients:

8oz. cream cheese softened

¼ cup granulated sugar

1 large yolk

1 tsp. lemon juice

1 tsp. pure vanilla extract

For pastries:

2 sheets store-bought puff pastry thawed

Egg Wash:

1 egg

2 tbsp. milk

Instructions:

- In a large bowl, using a mixer, beat the cream cheese with the sugar for 2 minutes on medium speed. You can also use a stand mixer with the paddle attachment.
- Add the egg yolk, lemon juice, and vanilla. Beat again until combined.

- Bake until lightly golden, about 21 to 25 minutes, stirring halfway (for extra-clumpy granola, press the stirred granola down with your spatula to create a more even layer). the granola will further crisp up as it cools.
- Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit (and optional chocolate chips, if using). Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon if you don't want extra-clumpy granola.
- Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.



Moises Vasquez

Quesadilla Frita

- Tortilla
- Queso de Freir
- Queso Blanco
- Lettuce

- Put oil in a pan, medium heat
- Slice the Queso into the tortilla
- Once pan is hot, place the quesadilla into the pan for 1 hour
- When golden brown, take it out
- Shred lettuce to put on quesadilla
- put the lettuce on the quesadilla and cheese on top
- ready to eat!
- You can add salsa if you want!



Katelyn Kline

Confetti Cupcakes

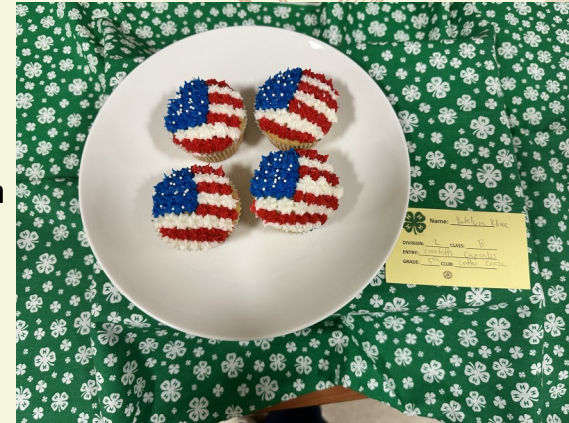
Prep Time: 10 minutes

Cook Time: approx. 19 minutes

Serving Size: 24

Ingredients:

- 1 Box Funfetti cake mix
- 1 Box 34oz instant vanilla pudding mix
- 1 cup milk
- ½ cup oil
- 4 eggs
- ½ tsp. vanilla extract
- 1 16oz container vanilla frosting



Directions:

- Preheat oven 325
- Mix box mix and package of vanilla pudding mix
- Mix in milk, oil, eggs, and vanilla
- Put cupcake liners in pan
- Fill liners halfway full
- Bake at 325 for 19 minutes or until toothpick comes out clean.

Peter Velcheck

Oatmeal Chocolate Chip

Prep Time: 15 minutes

Cook Time: 10 minutes

Serving Size: 1 Cookie

Ingredients:

- 2 cups flour
- 2 eggs
- 1 tsp. vanilla
- 1 tsp. baking soda
- 2 sticks butter
- $\frac{3}{4}$ cup brown sugar
- 1 tsp. salt
- $\frac{3}{4}$ cup sugar
- 2 tbsp. water
- 2 cups oatmeal
- 1 cup chocolate chips

Directions:

- Mix butter, brown sugar, sugar, vanilla, eggs
- Slowly add remaining ingredients
- Set oven to 350
- Bake 10 minutes



Keira Davidson

Banana Bread

Ingredients:

- 3-4 ripe bananas
- $\frac{1}{3}$ cup melted butter
- $\frac{3}{4}$ cup granulated sugar
- 1 large duck egg
- 1 tsp. vanilla extract
- 1 $\frac{1}{2}$ cups of oat flour
- $\frac{3}{4}$ tsp. baking soda
- $\frac{3}{4}$ tsp. baking powder
- $\frac{1}{2}$ tsp. salt

Directions:

- Preheat oven to 350
- Grease an 8 x 4 inch loaf pan with cooking spray or butter
- Mix together mashed bananas and melted butter, sugar, egg, and vanilla. Mix until combined.
- In a smaller bowl, add dry ingredients. whisk flour, baking soda, baking powder, and salt. Then add wet ingredients and mix.
- Add to pan and bake for 50 minutes for 1 hour. Let cool for 15 minutes and serve.



Bryce Cranmer

The Best Cheesy Garlic Drop Biscuits

Prep Time: 20 minutes

Cook Time: 12 minutes

Serving Size: 1 Biscuit (makes 12)

Ingredients

Biscuits:

- 2 Cups (284 g) all-purpose flour
- 2 tsp. baking powder
- ½ tsp. garlic powder
- 1 tsp. sugar
- ¾ tsp. salt
- 1 ½ cups (171 g) shredded sharp cheddar cheese freshly grated
- 1 cup buttermilk
- 6 tbsp. (85 g) salted butter, melted

Toppings:

- 3 tbsp. (43 g) salted butter, melted
- ¼ tsp. crushed dried parsley
- ½ tsp. garlic powder

Andrew Velcheck

Pumpkin Bread

Prep Time: 15 minutes

Cook Time: 70 minutes

Serving Size: 1 slice

Ingredients:

- 3 cups flour
- 1 ½ tsp salt
- ½ tsp cinnamon
- 2 tsp baking soda
- 3 cups sugar
- 1 tsp nutmeg
- 1 cup vegetable oil
- ⅔ cup water
- 4 eggs
- 2 cups pumpkin puree

Directions:

- Sift together dry ingredients
- add wet ingredients
- mix well
- Grease 2 loaf pans
- Divide evenly between both pans
- Bake @350 for 1 hr 10 minutes or until butter knife comes out clean



Cont.: Bryce Cranmer

- For the filling, with an electric mixer (stand mixer or handheld) whip together the butter, powdered sugar, marshmallow fluff and vanilla until very thick and creamy, 2-3 minutes. Add heavy cream, as needed, to thin to a fluffy, spreadable consistency.
- Spread a couple tbsp. of filling on the bottom of half of a cookie and top with an unfrosted cookie (bottom sides together). Repeat with remaining cookies.



Directions:

- Preheat the oven to 425 degrees. Line a half sheet pan with parchment paper; set aside.
- In a large bowl, whisk together the flour, baking powder, baking soda, garlic powder, sugar and salt. Add the cheese and toss to combine until the cheese is evenly coated with the flour mixture.
- Add the buttermilk and melted butter. Stir just until combined and no dry streaks remain. Don't over mix. the batter might appear a little lumpy; that's ok.
- Using a greased 1/4-cup measure the dough and drop onto the prepared baking sheet, spacing about 1 ½ inches apart.
- Bake for 12-14 minutes until the biscuits are golden.
- While the biscuits bake, whisk together the topping ingredients. Once the biscuits are out of the oven, brush the top of the hot biscuits evenly with the butter topping. Serve the biscuits warm or at room temperature.



Bryce Cranmer

Cream Cheese Cookie Dough Frosted Chocolate Cupcakes

Prep Time: 10 minutes

Cook Time: 16 minutes

Serving Size: 1 cupcake (makes about 21)

Ingredients:

Cupcakes:

Any favorite chocolate or vanilla boxed cake mix ingredients needed.

Frosting:

- 4oz. cream cheese, softened
- 5 tbsp. butter, softened
- $\frac{3}{4}$ cup brown sugar
- 1 tsp. vanilla
- 1 envelope Dream Whip, you can omit this.

Instructions:

Cupcakes:

Follow the directions on the boxed cake mix for making your cupcakes.

Instructions:

- Preheat the oven to 350 degrees. Line a couple baking sheets with parchment paper. Set aside.
- In the bowl of the stand mixer fitted with the paddle attachment or using handheld electric mixer, combine the butter, brown sugar, egg, vanilla, baking soda, cinnamon (if using) and salt and mix until light and fluffy, 2-3 minutes, scraping down the sides of the bowl as needed.
- Add the flour and oats and mix until no dry streaks remain.
- Scoop the cookie dough into balls (I use a #40 medium cookie scoop-about 2 tbsp. of dough per cookie, but you can make them smaller or larger depending on how big you want the finished cream pies), roll lightly for a uniform round shape, and place several inches apart on the prepared baking sheets.
- Bake for 8-10 minutes until set around the edges but still soft in the center. You don't want to overbake these cookies! Let the cookies sit for a few minutes on the baking sheet before removing to a wire rack to cool completely. Repeat with remaining cookie dough.

Bryce Cranmer

Homemade Oatmeal Cream Pies

Prep time: 40 minutes

Cook time: 10 minutes

Serving Size: 1 Cream Pie (makes about 20)

Ingredients:

Cookies:

- 1 cup salted butter, softened
- 1 ½ cups lightly packed light or dark brown sugar
- 1 large egg
- 1 tsp. vanilla extract
- 1 tsp. baking soda
- ½ tsp. ground cinnamon, optional
- ½ tsp. salt
- ¾ cup all-purpose flour
- 3 cups quick oats

Filling:

- ¾ cups salted butter, softened
- 1 ½ cups powdered sugar
- 1 (7-ounce) jar marshmallow fluff/creme
- 1 tsp. vanilla extract
- 1 to 2 tbsp. heavy cream

Icing:

- Soften cream cheese and butter together in a large bowl.
- Add brown sugar, vanilla and Dream Whip and evenly beat together.
- Add milk, flour and powdered sugar and beat to evenly incorporate until smooth. (if you need to add a little milk to thin it, feel free to do so. I prefer my frosting thick so I never needed to).
- Stir in mini chocolate chips.
- I like to cover my plastic frosting bowl with saran wrap and stick it in the fridge for about 15 minutes. It thickens up pretty nicely. You don't have to do that step though.
- Frost cupcakes and eat up!

Note: To make raw flour edible preheat the oven to 350. Prepare a baking sheet lined with parchment paper or a silicone baking mat.

Bake: Bake for approximately 7-10 minutes, or until the temperature of the flour reaches 160. I recommend stirring the flour once or twice to help break it up.

Sift and cool: Sift the flour through a fine mesh sieve before using and cool completely

