

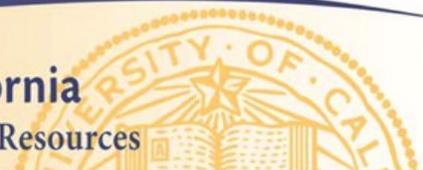


# Tehama County 4-H Favorite Foods Day Recipe Book



*January 13, 2024*

University of California  
Agriculture and Natural Resources



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### 4-H Youth Development Program

#### **Head, Heart, Hands, Health. Growing Youth who Thrive.**

Whether youth participate in clubs, projects, camp, or in other program settings, the 4-H Youth Development Program's mission and goals remain the same... **to help youth develop to their full potential!** 4-H Youth Development is an informal educational youth program, conducted by the University of California Cooperative Extension. The purpose of 4-H Youth Development is to help diverse young people discover and develop their potential and grow into competent, contributing, and caring citizens.

Learn by doing activities, youth-adult partnerships, and research-based educational programs help young people enhance their leadership abilities and develop a wide range of other life skills.

**WHY?** Leadership/citizenship development; life skills education; strengthening youth-families-communities; advancing the field of youth development.

**HOW?** experiential education ("learn by doing"); bridging research and practice; building partnerships for programming and funding; cross-age learning and teaching; youth-adult partnerships.

**WHERE?** Community clubs; special interest projects and programs; camp experiences; distance learning.

# Primary Members

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## Peanut Butter Kisses

Submitted by Luella Dixon- Olive 4-H Club

1 cup granulated sugar  
 1 cup packed brown sugar  
 1 cup butter  
 1 cup peanut butter  
 2 eggs  
 1/4 cup milk  
 2 teaspoons vanilla  
 3 1/2 cups sifted flour  
 2 teaspoons baking soda  
 1 teaspoon salt  
 1 (11 oz) package milk chocolate candy  
 kisses

### Directions

Preheat oven to 375 degrees. Cream together granulated sugar, brown sugar, and butter. Add eggs, milk, and vanilla; beat well. Stir together flour, baking soda and salt; add to peanut butter mixture. Beat well. Shape into 1-inch balls; roll in additional sugar. Place on ungreased cookie sheet. Bake for 8 minutes. Remove from oven. Press one chocolate candy into the center of each warm cookie. Return to oven; bake 3 minutes longer. Makes 6-7 dozen.

## Caprese Sandwiches

Submitted by Daisy Gilles- Westside 4-H Club

### Ingredients

Sourdough Bread  
 Mozzarella Cheese  
 Sliced Tomato  
 Arugula  
 Basil  
 Pesto  
 Butter  
 1 cup Balsamic Vinegar  
 1 teaspoon Honey Balsamic Glaze

### Directions

Bring the vinegar and honey to a simmer in a small pot over medium heat until reduced by 1/2. Do not boil, turn to medium low if needed. Set aside to cool. Caprese Sandwiches: Spread pesto on both pieces of bread. Place arugula, basil, tomatoes, mozzarella and a sprinkle of salt and pepper. Drizzle a little balsamic glaze and top with the other piece of bread.



# Primary Members

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## Honey Cake with Goat Cheese

Submitted by Leonardo Lopez - Flournoy/Paskenta 4-H Club

1/2 c oil  
 2 eggs  
 1/2 C Honey  
 1/2 c brown sugar  
 1/2 tsp cinnamon  
 1/8 tsp nutmeg  
 1/8 tsp cardamon  
 1 tsp baking powder  
 1 tsp baking soda  
 zest 1 orange  
 t tsp vinegar  
 2 c flour  
 2/4 c brewed black tea

### Frosting

4 Oz Goat cheese  
 tsp honey  
 4 tbs salted room temp butter  
 2 c powder sugar

## Pasole Chile California

Submitted by Marjorie Lopez - Flournoy/Paskenta 4-H Club

dehydrated Mexican Origano  
 1 large onion  
 1 clove garlic  
 chicken stock-1 container  
 salt  
 1-2 lbs pork shoulder  
 Homeny



# Primary Members

## Blueberry Cream Cheese Muffins

Submitted by Landon Marriott - Westside 4-H Club

### Blueberry Muffin Batter

1 1/2 cups fresh blueberries, rinsed and de-stemmed  
 1 3/4 cup unbleached all-purpose flour plus 1 1/2 tablespoons, divided\*  
 1 tablespoon cornstarch  
 2 teaspoons baking powder  
 1 teaspoon ground cinnamon  
 1/2 teaspoon salt  
 1/4 cup vegetable oil  
 4 tablespoons unsalted butter, melted  
 1 cup granulated sugar  
 2 large eggs, room temperature  
 1/2 cup whole milk  
 1 tablespoon vanilla extract

### Cream Cheese Swirl

8 ounces cream cheese, room temp.  
 1/4 cup granulated sugar  
 1 large egg yolk, room temp.  
 2 teaspoons vanilla extract

### Streusel Crumble

1/4 cup unbleached all-purpose flour  
 1/4 cup brown sugar, packed  
 2 tablespoons cold unsalted butter, cut into small pieces  
 Pinch of salt

### Directions

Preheat oven to 375. Prepare a standard muffin tin with liners. Set aside.

In a small bowl, add 1 1/2 tablespoons of flour and the clean blueberries. Toss to coat with flour. Sift out any extra flour and set aside.

In a medium bowl, combine 1 3/4 cup flour, cornstarch, baking powder, ground cinnamon, and salt. Whisk until combined.

In a large mixing bowl, add vegetable oil, melted butter, and granulated sugar. Whisk until thoroughly incorporated. Add eggs and whisk until well combined. Then, add milk and vanilla extract and whisk again.

Carefully add the dry ingredients and incorporate them together until small amount of the flour remains.

Add flour-coated blueberries to the batter and gently fold the blueberries until combined and no dry flour remains. Careful not to over-mix.

In a medium bowl, add cream cheese, granulated sugar, egg yolk, and vanilla extract. Vigorously whisk until well combined.

In a medium bowl, add flour, brown sugar, cold butter, and a pinch of salt. Using your hands, a rounded side of a spoon, or a pastry cutter, combine the ingredients together until crumbly.

Using a scoop, fill liners with blueberry muffin batter until approximately 2/3 of the way full. Add roughly 1/2 tablespoon of the cream cheese mixture to the top of the muffin batter, swirling with a toothpick if desired. Spread streusel crumble evenly over each muffin top.

Bake for 25 minutes, or until a toothpick comes out clean. Allow muffins to cool for at least 15 minutes before serving.

## Riley's Famous Mac n Cheese

Submitted by Riley McElfresh - Flornoy/Paskenta 4-H Club

### Directions

In crock pot on low for 4 hours stirring occasionally

### Ingredients

16 oz. bag of shell noodles  
 1 stick of butter  
 1 block of cream cheese  
 1/2 block of velveeta cheese  
 1 cup of shredded cheddar  
 4 cups of milk  
 1 can of evaporated milk  
 1 teaspoon of salt  
 1 teaspoon of garlic powder



# Primary Members

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## Trunnell Fruit Salad

Submitted by Harper Trunnell - Antelope 4-H Club

### Ingredients

1 cup sugar  
1/8 teaspoon salt  
3 tablespoons cornstarch  
4 eggs  
Juice of 1 lemon  
1 cup whipping cream  
Bananas  
Mini marshmallows  
2 cans chunk pineapples

### Directions

Prepare sauce Combine sugar, cornstarch and eggs in a small mixing bowl. Mix well. In a medium sauce pan bring to boil the juice from the canned pineapple, salt and lemon juice. Add corn starch mixture and stir constantly over medium heat until thickened. Cool completely. Whip the cream. Add the sauce and whipping cream together and over fruit. May combine any fruits of your choice.



# Junior Members

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## Lamb Flatbread

*Submitted by Ian Baker - Bowman 4-H Club*

### Directions

Grill the lamb with garlic, rosemary, olive oil and salt and black pepper

Dice into bite sized pieces

Place on flatbread (onion, olive oil, flour, water)

With topping of choice such as

Feta cheese

Red Onion

Cucumber

Tomatoes

Cabbage

Finish with a drizzle of tzatziki sauce

## Great Granny's Favorite: Chocolate Chip Cookies

*Submitted by Clayton Campbell - Westside 4-H Club*

### Ingredients

1 c. butter or butter flavored Crisco

¾ c. brown sugar

¾ c. granulated sugar

2 eggs

1 tsp vanilla

2 ¼ c. flour (regular, gluten free, or almond)

1 tsp baking soda

1 tsp salt

12 oz semi sweet chocolate chips

1 c. chopped walnuts

Cream together butter, sugar, and brown sugar with a mixer. Add eggs and vanilla, mix well. Add flour, salt, and baking soda. Mix until no longer dry. Stir in chocolate chips and walnuts by hand, using a wooden spoon. Chill dough if desired, then drop by teaspoon onto a greased cookie sheet. Bake 8-10 minutes at 350\* F. Enjoy!



# Junior Members

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## BLT

Submitted by Emmett Cross Tuf Cox - Flourney/Paskenta 4-H Club

Two slices of sourdough Six pieces of fried bacon Lettuce  
Tomato Mayonnaise

## Sloppy Joes

Submitted by Ray Dupre - Olive 4-H Club

### INGREDIENTS

1 lb. ground beef  
1/4 cup chopped onion  
1/4 cup chopped green bell pepper  
1 cup ketchup  
1 tablespoon brown sugar  
1 tablespoon yellow mustard  
1 teaspoon garlic powder  
1 teaspoon Worcestershire sauce  
1/2 teaspoon season salt  
1/2 teaspoon black pepper

### INSTRUCTIONS

Cook ground beef in skillet and drain off excess fat. Add onion, bell pepper, and cook until soft. Add all other ingredients, mix well until mixture thickens. Serve on buns.

## Home made Pizza

Submitted by Austyn Eckenrod- Flourney/Paskenta 4-H Club

Store bought pizza dough Marinara Sauce Cheese Pepperoni  
Sausage



# Junior Members

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## Chicken Tortilla Soup

Submitted by Clayton Gilles - Westside 4-H Club

### Ingredients

Can Black Beans (drained and rinsed)  
 Can Pinto Beans (drained and rinsed)  
 Can Corn (drained)  
 2.25 oz Can Sliced Olives (drained)  
 28 oz Can Green Enchilada Sauce  
 2 Cups of your favorite Salsa  
 1 packet of Taco Seasoning  
 3 Chicken Breasts

### Directions

Place all ingredients into a crockpot. Cook on low for 6 hours. After it has cooked remove the chicken and shred it then return it to the crock pot. Serve topped with cheese, sour cream and corn tortilla chips.

## Lemon Blueberry Layer Cake

Submitted by Cherylise Johnson - Lassen Colony 4-H Club

1 cup (16 Tbsp; 226g) unsalted butter, softened to room temperature  
 1 and 1/4 cups (250g) granulated sugar  
 1/2 cup (100g) packed light brown sugar  
 4 large eggs, at room temperature\*  
 1 Tablespoon pure vanilla extract  
 3 cups (354g) sifted all-purpose flour (spooned & leveled)\*  
 1 Tablespoon baking powder  
 1/2 teaspoon salt  
 1 cup (240ml) buttermilk\*  
 2 Tablespoons lemon zest\*  
 1/2 cup (120ml) lemon juice (3 medium lemons)\* 1 and 1/2 cups (210g) blueberries, fresh or frozen (do not thaw)  
 1 Tablespoon all-purpose flour

### Cream Cheese Frosting

8 ounces (226g) full-fat brick cream cheese, softened to room temperature\*  
 1/2 cup (8 Tbsp; 113g) unsalted butter, softened to room temperature  
 3 and 1/2 cups (420g) confectioners' sugar  
 1 – 2 Tablespoons (15-30ml) heavy cream\*  
 1 teaspoon pure vanilla extract  
 pinch salt

# Junior Members

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## Biscuits and Gravy

Submitted by Cailynn Lamb - Corning 4-H Club

### Ingredients

Biscuits: bisquick and milk  
Gravy: sausage, butter, flour, milk, garlic powder, salt and pepper

Side of fresh fruit and glass of orange juice  
Fresh fruit, orange juice

## Chicken Pasole

Submitted by Gracie Trunnell - Antelope 4-H Club

### Ingredients

1 yellow onion  
2 Tbsp cooking oil  
2 Tbsp flour  
2 Tbsp mild chili powder\*  
3 oz. tomato paste  
1/2 tsp ground cumin  
1/2 tsp garlic powder  
1/4 tsp cayenne pepper (optional)  
3/4 tsp salt  
2 cups water  
3 cups chicken broth\*\*  
1 4oz. can chopped green chiles  
1 15oz. can hominy  
1.5 cups shredded chicken (pre-cooked)  
1 fresh lime  
1/2 bunch fresh cilantro

### Directions

Finely dice the onion, then add it to a large soup pot along with the cooking oil. Sauté the onion in the oil over medium heat for 3-5 minutes, or until it is tender and transparent. Add the flour and chili powder and continue to sauté for two minutes more. The mixture will be fairly dry, so stir continuously to prevent burning. Add 2 cups water, tomato paste, cumin, garlic powder, cayenne pepper, and salt to the pot. Whisk the ingredients together until the tomato paste is dissolved. Allow the mixture to come to a simmer, at which point it will thicken. Finally, add the chicken broth, shredded meat, diced chiles, and hominy (drained). Stir to combine and then heat through (about 10 minutes). Cut the lime into wedges and roughly chop the cilantro. Top each bowl with chopped cilantro and a wedge of lime to squeeze over top. Enjoy!

## Shake n Bake Pork Chops and White Rice

Submitted by Eric Vargas - Flournoy/Paskenta 4-H Club

### Ingredients

### Directions

Heat oven to 400 degrees. Moisten 6-8 (1/2 inch thick) boneless pork chops with water. Shake chops, 1 piece at a time with 1 packet coating mix in a reusable container. Discard any remaining coating mix. Bake on ungreased or foil-covered rimmed baking sheet until done (minimum internal temperature of 165 degrees for pork chops when tested with meat thermometer). Boneless pork chops: 25 mins. Let chops stand 3 min. before serving.

# Junior Members

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## Guacamole

Submitted by Micaiah Villavicencio - Bowman 4-H Club

### **Ingredients**

3 avocados, ripe  
1/2 small yellow onion finely diced  
2 Roma tomatoes diced  
3 tablespoons finely chopped fresh cilantro  
1 jalapeno pepper seeds removed and finely chopped  
2 garlic cloves minced  
1 lime juiced  
1/2 teaspoon sea salt

Slice the avocados in half, remove the pit, and scoop into a mixing bowl. Mash the avocado with a fork and make it as chunky or smooth as you'd like. Add the remaining ingredients and stir together. Give it a taste test and add a pinch more salt or lime juice if needed. Serve the guacamole with tortilla chips.



# Intermediate Members

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## Soup

Submitted by Bailee Galantine- Flournoy/Paskenta 4-H Club

### Ingredients:

1 package Hambeens® 15 BEAN SOUP®  
 1 tablespoon olive oil  
 1 large onion diced  
 1 cup celery (approx. 2 stalks), diced  
 3 carrots diced  
 1 ham bone ham hock or 2 cups leftover ham  
 1 bay leaf  
 4 cups chicken broth  
 4 cups water  
 14 ounces canned diced tomatoes

### Directions:

Rinse beans and drain. Sort any unwanted debris and set seasoning packet aside. Turn the Instant Pot on to sauté. Add olive oil and onion and sauté until tender, about 3-4 minutes. Add remaining ingredients including the seasoning packet except for tomatoes. Place the lid on, and cook on high pressure for 60 minutes. Quick release pressure. Open the lid and remove ham bone or ham hock. Add tomatoes with juice turn onto sauté and allow to simmer while picking the ham off of the bone. Return the meat to the Instant Pot and stir and serve

## Spaghetti

Submitted by Tucker Hill- Flournoy/Paskenta 4-H Club

### Ingredients

2 pounds ground beef  
 1 medium onion finely chopped  
 1 green pepper, finely chopped  
 2 cans (15 ounces each) tomato sauce  
 2 cans (12 ounces each) tomato paste  
 1 can (7 1/2 ounces) pitted ripe olives, drained and sliced  
 2 envelopes (1 1/2 ounces each) Italian-style spaghetti sauce mix with mushrooms  
 3 cups water  
 1 tablespoon sugar  
 1 teaspoon crushed oregano leaves  
 2 cloves garlic, crushed  
 1 bay leaf, crumbled  
 16 ounces Italian-style spaghetti  
 Parmesan cheese

### Directions

Cook and stir ground beef, onion and pepper until meat is brown and onion is tender. Stir in remaining ingredients except spaghetti and parmesan cheese. Simmer uncovered 1 1/2 hours, stirring occasionally. Place in covered container; refrigerate overnight. Cook spaghetti as directed on package. Heat sauce; serve over hot cooked spaghetti and sprinkle with parmesan cheese.

## Scrambled Eggs

Submitted by Malcolm Klausner- Westside 4-H Club

### Ingredients

2 large eggs  
 Milk  
 Salt and black pepper  
 Italian seasoning (optional)  
 Olive oil or butter, for the pan  
 Shredded cheese (optional)

### Directions

Crack the eggs into a bowl, making sure not to get any shell in the bowl. Add a splash of milk or water. Whisk until smooth and combined, with no streaks of egg white remaining. Whisk in a pinch of salt, pepper and seasoning to taste.

Add a small drizzle of olive oil or melt a little butter in a small non-stick skillet. Bring to medium heat.

Pour in the eggs, and let them cook for a few seconds without stirring. Pull a rubber spatula across the bottom and sides of the pan to form a large, soft curds of scrambled eggs.

Continue cooking over medium-low heat, folding and stirring the eggs every few seconds. Scrape the spatula along the bottom and sides of the pan often to form more curds and to prevent any part of the eggs from drying out.

Remove the pan from the heat when the eggs are mostly set, but a little liquid egg remains. Top with shredded cheese, if desired.

# Intermediate Members

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## Cheese Ball

Submitted by Makayla Lodin - Flournoy/Paskenta 4-H Club

### Ingredients

8 oz cream cheese  
 8 oz cheddar cheese  
 8 oz Colby or Pepperjack cheese  
 3 drops of liquid smoke flavoring  
 1 tsp worcestershire sauce  
 1 tsp lemon juice  
 3 tbsp butter/margarine  
 2 tbsp finely chopped onions  
 1 tbsp of diced chives (fresh or dried)  
 1 tsp garlic powder  
 1 tbsp ranch dressing powder  
 1/4 cup crumbled bacon (optional)  
 2 tbsp parsley  
 3/4c. chopped walnuts

### Directions

Grate cheeses. Chop onions very finely. Mix grated cheese and cream cheese and mix till well blended. Mix rest of ingredients except parsley and walnuts. When mixture is well blended, form into a ball and place in saran wrap and chill for a minimum of 30 minutes. Unwrap and roll cheese ball into nuts and parsley mixture. Serve immediately or keep refrigerated until ready for use.

## Corn Cakes

Submitted by Brylee Meckler -Flournoy/Paskenta 4-H Club

### Ingredients

1 pckg jiffy corn mix  
 1 egg  
 1/3 c milk  
 1/2 c. Melted butter  
 1/2 c. Mayo.

Corn Cakes served with butter and honey (optional)



# Intermediate Members

## Guinness Lamb Stew with Vegetables

Submitted by Molly Rae Merlo– El Camino 4-H Club

### Ingredients

3 pounds lamb shoulder, well-trimmed and cut into 1½-inch pieces  
 2 teaspoons salt  
 1 teaspoon freshly ground black pepper  
 3 tablespoons vegetable or olive oil  
 2 medium yellow onions, cut into 1½-inch  
 6 cloves garlic, peeled and smashed  
 3 tablespoons tomato paste  
 ¼ cup all-purpose flour  
 1 cup Guinness  
 3 cups beef broth  
 2 cups water, plus 2 tablespoons more for cooking onions and garlic  
 1 bay leaf  
 1 small sprig fresh rosemary  
 2 teaspoons sugar  
 4 large carrots, peeled and cut into 1-inch chunks on diagonal  
 1 pound small white boiling potatoes (baby yukons), cut in half  
 1 cup frozen green peas

### Directions

Pat the lamb dry and season with salt and pepper. In a large Dutch oven or heavy pot, heat one tablespoon of oil over medium-high heat until hot and shimmering. Brown the lamb in three batches, adding one more tablespoon of oil for each batch. Do not crowd the pan and let the meat develop a brown crust before turning with tongs. It should take 5-8 minutes per batch. Transfer the browned meat to large bowl and set aside.

Add the onions, garlic and 2 tablespoons of water to the pot. Cook until the onions are soft, stirring with a wooden spoon to scrape any brown bits from the bottom of pan, about 5 minutes.

Stir in the tomato paste and cook a few minutes more.

Add the lamb with its juices back to the pan and sprinkle with flour. Stir with a wooden spoon until the flour is dissolved, 1-2 minutes.

Add the Guinness, beef broth, water, bay leaf, rosemary sprig and sugar. Stir with a wooden spoon to loosen any brown bits from the bottom of the pan and bring to a boil. Cover the pot with a lid, turn the heat down to low and simmer for one hour and twenty minutes.

Add the carrots and potatoes to the stew, then cover and continue simmering until the vegetables are cooked and the meat is very tender, 30-40 minutes. (Be sure to stir a few times to prevent vegetables from sticking to bottom.)

Remove the bay leaf and rosemary sprig, and then taste and adjust seasoning if necessary. If serving right away, add the frozen peas and cook until the peas are warmed through.

Otherwise, let the stew cool, then cover and store in the refrigerator until ready to serve. Reheat gently on the stovetop and add the peas right before serving.



# Intermediate Members

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## Cheeseburger Pasta

Submitted by Zoeigh Perez– Olive 4-H Club

### Ingredients

1 lb ground beef  
 1 tsp garlic salt (or do it to taste)  
 Salt and pepper to taste (Can use other seasonings if you want to)  
 16 oz pasta (shells)  
 8oz sour cream  
 8oz cheddar cheese  
 3/4 cup milk

Brown hamburger in large skillet. Cook noodles as instructed while hamburger is cooking. Once hamburger is done cooking, drain. Return meat to skillet. Add seasonings, cream cheese and cheddar cheese and cook down until/stir until all is melted and combined. Slowly add in milk to make sauce. Add in cooked pasta slowly. Mix very well. \*\*\* if you want it to be saucier you can add more milk to get desired consistency \*\*\*

## Apple Pie

Submitted by Annika Sears - El Camino 4-H Club

### INGREDIENTS

8 granny smith  
 1/2 cup unsalted butter  
 3 tablespoon flour  
 1/2 cup white sugar  
 1 9in pie crust

### Directions

Peel and core apples, then thinly slice. Set aside. Preheat the oven to 425 degrees. Melt butter in a saucepan over medium heat. Add flour and stir to form a paste; cook until fragrant, about 1-2 minutes. Add both sugars and water; bring to a boil. Reduce the heat to low and simmer for 3-5 minutes. Remove from the heat. Press one pastry into the bottom and up the sides of a 9-inch pan. Roll out remaining pastry so it will overhang the pie by about 1/2 inch. Cut pastry into eight 1-inch strips. Place sliced apples into the bottom crust, forming a slight mound lay four pastry strips vertically and evenly spaced over apples, using longer strips in the center and shorter strips at the edges. Make a lattice crust: fold the first and third strips all the way back so they're almost falling over the pie. Lay one of the unused strips perpendicularly over the second and fourth strips, then unfold the first and third strips back into their original position. Fold the second and fourth vertical strips back. Lay one of the three unused strips perpendicularly over the top. Unfold the second and fourth strips back into their original position. Repeat steps to weave in the last two strips of pastry. Fold and trim excess dough at the edges as necessary, pinch to secure. Slowly and gently pour sugar-butter mixture over lattice crust, making sure it seeps over sliced apples. Brush some onto lattice, but make sure it doesn't run off the sides. Bake in the preheated oven for 15 minutes. Reduce the temperature to 350 degrees and continue baking until apples are soft, 35 to 45 minutes.

# Intermediate Members

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## Fluffy Southern Buttermilk Biscuits with Strawberry Chia Jam

Submitted by Kalissah Villavicencio– Bowman 4-H Club

### Ingredients

3 cups all purpose flour  
 5 tsp baking powder  
 1 1/2 tsp salt  
 1/2 tsp baking soda  
 1/2 cup cold unsalted butter or vegetable shortening  
 1 1/4 cup cold buttermilk  
 Melted butter or heavy cream to brush the tops

### Jam Ingredients

3 cups diced fresh strawberries  
 3 tbsp. pure maple syrup  
 2 tbsp. chia seeds  
 1 tsp pure vanilla extract

### Directions

Preheat the oven to 450 degree and line a baking sheet with parchment paper. Sift together the dry ingredients in a large mixing bowl. Cube the butter or shortening then cut it into the dry ingredients using a pastry blender or pulse in a food processor. Cut until becomes crumbly and resembles peas. Mix in 1 cup cold buttermilk, just until the crumbs are thoroughly moistened. Add up to 1/4 cup additional buttermilk, if needed. The dough shouldn't be overly wet but, slightly sticky. Roll or pat out on a lightly floured surface about 3/4-1 inch thick. Cut into rounds using a 2 inch cookie cutter dipped in flour. Do not twist the dough with the cutter. Cut the dough, then lift the cookie cutter up. Re-roll any scraps an repeat. Place biscuits 2 inches apart on the baking sheet. Brush the tops with melted butter or heavy cream. Bake biscuits at 450 degrees for 13-15 minutes until lightly golden and puffed. Brush with melted butter after removing from the oven. Serve immediately.

### Jam Directions

In a medium-sized pot, bring the berries and maple syrup to a light simmer. Reduce heat to medium low, stirring frequently, and continue to simmer for about 5 minutes. Mash the berries with a potato masher or fork. Leave several berries whole for added texture. Stir in the chia seeds until thoroughly combined and cook the mixture for about 15 minutes, or until it thickens to desired consistency. Stir frequently so that the jam doesn't stick to the pot. Once the jam has thickened up, remove from heat and stir in the vanilla extract. The jam should keep for at least a week in an air-tight container in the fridge or store jam in freezer for later use.

# Senior Members

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## Lamb Pita

Submitted by Brody Gadbois– Bowman 4-H Club

### Ingredients

2 tsp olive oil  
 1/2 medium red onion  
 1 tsp salt  
 1/2 tsp cumin  
 2 tsp oregano  
 1 lb ground lamb  
 4 whole wheat pitas  
 1 red bell pepper

## Maple Blonde Brownies

Submitted by Wyatt Hill - Flourney/Paskenta 4-H Club

### Dough Ingredients

1 cup sifted flour  
 1/2 teaspoon baking powder  
 1/8 teaspoon baking soda  
 1/8 teaspoon salt  
 1/2 cup chopped walnuts  
 1/3 cup butter  
 1 cup packed brown sugar  
 1 egg beaten  
 1 tablespoon vanilla extract  
 1/2 cup white chocolate chips

### Maple Butter Sauce Ingredients

3/4 cup maple syrup  
 1/2 cup butter  
 3/4 cup brown sugar

### Directions

#### Dough

Preheat oven to 350 degrees. Sift flour, add baking powder, baking soda and salt. Sift again. Add chopped nuts. Mix well and set aside. Melt butter. Add brown sugar and mix well. Add egg and vanilla extract. Blend well. Add flour mixture. Stir in white chocolate chips. Spread in a 9 inch square pan. Bake 20-25 or until a wooden pick inserted in center comes out clean or slightly fudgy-looking crumbs. Serve with ice cream, and maple butter sauce.

#### Sauce

Combine syrup and butter, cook over low heat until butter is melted. Stir in brown sugar until dissolved.

## Zucchini Pineapple Nut Bread

Submitted by Katey Kohler– Lassen Colony 4-H Club

### Ingredients

3 eggs beaten  
 1 cup oil  
 2 cups sugar  
 2 teaspoons vanilla  
 2 cups zucchini, grated  
 1 cup pineapple, crushed and drained  
 3 cups flour  
 2 teaspoons baking soda  
 1 teaspoon salt  
 1 1/2 teaspoons baking powder  
 1 1/2 teaspoons cinnamon  
 3/4 teaspoon nutmeg  
 1 cup pecans or walnuts, chopped  
 1 cup raisins

### Directions

Mix eggs, oil, sugar, and vanilla together. Add the zucchini and pineapple. Combine the dry ingredients and add to the zucchini mixture, mixing well. Add nuts and raisins and blend. Pour into 2 greased and floured loaf pans. Bake at 350 degrees for 55 to 60 minutes. Cool for 10 minutes in the pan, then turn onto racks.

# Senior Members

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## Chocolate Chip Brownies

Submitted by Ryan Kohler– Lassen Colony 4-H Club

### Ingredients

1/2 cup butter melted  
 1/2 cup packed light brown sugar  
 1/3 cup peanut butter (creamy)  
 1/4 cup white sugar  
 1 egg, lightly beaten  
 1 cup flour  
 1/2 tsp baking powder  
 1/4 tsp salt  
 1 cup miniature marshmallows  
 1/2 cup semisweet chocolate chips  
 1/2 cup chopped walnuts

### Directions

Preheat oven to 350 degrees. Line an 8 inch square baking pan with parchment paper, leaving a 2 inch over hang. Coat parchment paper with cooking spray. Stir together butter, brown sugar, peanut butter, and white sugar in a large bowl until smooth. Add egg and stir until combined. Add dry ingredients to butter mixture and stir until batter is just mixed. Gently fold in marshmallows, chocolate chips, and walnuts. Spread batter into prepared pan. Bake until edges are lightly browned and center has moist crumbs when a toothpick is inserted, about 30 minutes. Cool completely in pan on wire rack. Lift cooled brownies from pan and cut into squares.

## Smoked Chicken on a Baguette Roll with Jalapeno/Artichoke Dip

Submitted by Brooklynn Ross– Flournoy/Paskenta 4-H Club

2 chicken breast: Seasoned smoked chicken until thoroughly cooked. 1 roll: Sliced baguette roll then lightly cooked. Add a dollop of jalapeño artichoke dip. Set chicken on top then lightly broil.

## Wild Fowl Apple Sausage

Submitted by Derek Rulon– Bowman 4-H Club

### Ingredients

2 lbs skinless, boneless turkey, duck, goose, quail, dove legs and breast cut into 1 1/4 inch cubes  
 14 oz thick sliced bacon, cut into large pieces  
 2 tablespoons olive oil, plus more as needed  
 Large onion, diced  
 2 medium sweet Tart apples, cored, peeled and cut into 1/4 inch cubes  
 2 to 2 1/2 tablespoons packed brown sugar  
 2 tablespoons fresh thyme leaves  
 2 tablespoons kosher salt  
 1 1/2 tablespoons freshly ground black pepper  
 1/4 teaspoon ground cinnamon  
 1/4 teaspoon ground nutmeg  
 Zest of 1 lemon

### Directions

Place meat and bacon on baking sheet and place in the freezer for 30 to 45 mins so it becomes firm but not frozen. Meanwhile, heat oil in large non stick skillet over medium heat. Add the onion and cook, stirring, until softened. Stir in apples and cook until soft about 6 to 8 mins. Transfer to a large plate, spread in a thin layer and let cool in the refrigerator. Grind the meat and bacon into a large bowl set over a large bowl of ice. Add the cooled onions and apples, the brown sugar, thyme salt, pepper, cinnamon, nutmeg and lemon zest. Mix well with hands. Cover and refrigerate until ready to use. Form patties with slightly wet hand. 3 inch is a good size. Cook until browned on both sides 4 to 5 minutes per side. Recipe from The Meateater Fish and Game Cookbook by Steven Rinella.

# Senior Members

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## Beef Irish Stew

Submitted by Landon Skelton— Lassen Colony 4-H Club

### Ingredients

1 2.5lb beef chuck  
 2 14.5 oz can of beef broth  
 2 tbsp minced garlic  
 2 tbsp olive oil  
 1 whole yellow onion  
 3-4 large peeled carrots  
 3-4 large celery sticks  
 red/gold potatoes to fill  
 2 bay leaves  
 salt and pepper to taste  
 dried or fresh rosemary, thyme, and sage  
 smoked paprika for color (optional)  
 any savory spices you feel like (optional)  
 1-2 tsp better than bouillon any variety

### Directions

Firstly, cube chuck roast into rough 1 inch pieces and remove excess fat and gristle. Add the olive oil to a large oven safe pot, I use a large cast iron Crock pot. Put the stoves heat to high, and add the beef in when the oil shimmers. Brown the meat on all sides then remove, if necessary cook the beef in batches, so as not to overcrowd the pan. Next dice all your vegetables, the potatoes, carrots, and celery into rough chunks, and fine dice the onion. After all the beef is prepared and removed from the pot, add the diced onion to become lightly browned and translucent. Once it reaches that stage add the garlic. at this stage add all spices and cook to allow them to toast and bring extra flavor. After your spices are toasted and everything is melded together, de-glaze the pot with one can of beef broth, add the bouillon at this step. Now add back to the pot the browned beef, aswell as the diced celery and carrots, along with half of your potatoes. Now pour in the other can of stock and add water to cover the vegetables. Place this either in the oven at 350 till the meat is tender and vegetables are cooked through, or on the stove at medium to low heat till meat is tender and the vegetables are cooked through. Half way through the cooking process add in the other half of your potatoes, and allow to finish cooking. If necessary to thicken the stew, dissolve as much cornstarch in 2 tbsp of cold water as it will hold and stir into the stew. let it cool, serve and enjoy!

## Breakfast Burrito

Submitted by Ronan Skelton - Lassen Colony 4-H Club

### Ingredients

8 large eggs  
 2 cups potatoes  
 6 slices bacon  
 2 tablespoons melted unsalted butter  
 1/2 cup grated cheese  
 Six 8-inch tortillas

### Directions

Preparation Preheat the oven to 400°F. Line a large baking sheet with parchment paper and arrange the potato in a single layer on half of the pan. Arrange the bacon slices on the other half. Bake until the bacon and potatoes are golden and crisp, 10 to 12 minutes. Turn the potatoes once about halfway through the cooking time. Sometimes the bacon cooks faster—just transfer it to paper towels to drain and allow the potatoes to finish. Meanwhile, combine the eggs and butter in a bowl. Whisk until well blended. Heat a large frying pan over medium-low heat. Coat lightly with cooking spray. Add the egg mixture and scramble, turning and stirring with a spatula until cooked through but still moist, about 1 to 3 minutes. When almost done, scatter the cheese over the top. To assemble: Place a tortilla on a cutting board. Top with a scoop of scrambled eggs, 5 or 6 potato crowns, and a slice of bacon. Fold in the ends of the tortilla and wrap like a burrito. Repeat to assemble the remaining burritos.

# Senior Members

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## **Greek Tortellini Pasta Salad**

*Submitted by Savannah Villavicencio- Bowman 4-H Club*

### **Ingredients**

1 pound cheese tortellini pasta (cooked according to package instructions)  
 1 cup cheery tomatoes, halved  
 1/2 red onion, diced  
 1 large cucumber, peeled and chopped  
 1 bell pepper, diced  
 1/2 cup Kalamata olives, sliced  
 1/2 cup crumbled feta cheese  
 1/3 c packed fresh basil leaved, finely chopped  
 1 pound lamb cooked and diced  
**Dressing**  
 1/2 cup olive oil  
 1/3 cup apple cider vinegar  
 1 tbsp. minced garlic  
 1 tsp dried oregano  
 1 tsp dried basil  
 1.2 tsp dried thyme  
 2 tsp sugar  
 1 tbsp. Dijon mustard  
 1/2 tsp salt or to taste  
 Black pepper to taste  
 Juice of 1/2 lemon

### **Directions**

Combine all dressing ingredients in a jar, cover and shake well

In a large bowl combine tortellini, tomatoes, onions, cucumbers, artichoke hearts, olives, feta cheese, ;amb and basil. Pour dressing over the top, then toss to combine.

Serve immediately or cover and refrigerate up o 6 hours before seving.

## **Chet Kelly's Beef Chili**

*Submitted by Beverly Wilson– Olive 4-H Club*

### **Ingredients**

2 lbs ground beef  
 14.5 ounce can tomato sauce  
 14.5 can diced tomatoes  
 1 packet chili seasoning  
 1.5 cups water

### **Directions**

Cook ground beef with Code 3 spices Backdraft rub  
 Add all ingredients into 4 quart or larger crock-pot and stir to combine  
 Cover and cook on low for 6 to 7 hours (can go longer)  
 Serve with favorite toppings & sides

# Adults

## Dustin's Dragons Breath Chili (Spicey)

Submitted by Dustin Dixon– Olive 4-H Club

### Ingredients

1 pound ground beef  
 1 pound ground pork  
 1 yellow onion chopped  
 1 red onion chopped  
 2 pounds pinto beans  
 2 pounds red kidney beans  
 3 jalapeno peppers (roasted, then chopped)  
 2 habanero peppers (roasted, then chopped) 1 poblano pepper (roasted, then chopped)  
 4 Anaheim chilies (roasted, then chopped)  
 4 cans of diced tomatoes  
 4 tablespoons of minced garlic  
 1 tablespoon of chipotle powder  
 1 tablespoon of cayenne powder  
 4 tablespoons of chili powder  
 2 tablespoons of cumin  
 3 tablespoons season salt  
 2 tablespoons celery salt  
 3 tablespoons black pepper  
 2 teaspoons Worcestershire sauce  
 2 cups tomato sauce  
 2 6 oz cans tomato paste  
 4 tablespoons masa  
 4 14.5 oz cans diced tomatoes, drained

### Directions

If using dried beans soak covered in water the night before, then drain before adding. In large stock pot brown meats together. Brown meat together in large pot. Add all other ingredients and simmer on low for about 8 hours or until dried beans are soft (if using canned beans, simmer on low for 2-3 hours)



# Adults

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## White Chicken Chili

*Submitted by Stacey Klausner – Westside 4-H Club*

### Ingredients

2 lbs boneless, skinless, chicken breasts or thighs  
 Salt and black pepper  
 2 tbsp olive oil  
 1 medium yellow onion, diced  
 3 cloves garlic, finely minced  
 2 cups low– sodium chicken broth  
 1 7oz can diced green chilies  
 1 10oz can diced tomatoes with chilies  
 1 1/2 tsp cumin  
 1/2 tsp paprika  
 1/2 tsp dried oregano  
 1/2 tsp ground coriander  
 1/4 tsp cayenne pepper  
 1 8oz package cream cheese, cut into small cubes  
 1 15oz can low sodium corn  
 2 15oz cans navy, cannellini or white chili beans  
 1 tbsp. fresh lime juice  
 2 tbsp. chopped fresh cilantro, plus more for serving  
 Tortilla or corn chips, shredded cheese, sliced avocado for serving (optional)

### Directions

Heat olive oil in Instant Pot on sauté function. Season chicken with salt and pepper and sear for 2-3 minutes per side. Add diced onion and sauté 4 minutes longer. Add garlic and sauté another 30 seconds.  
 Add chicken broth, green chilies, tomatoes, cumin, paprika, oregano, coriander, cayenne pepper and season with salt and pepper to taste. Set to manual high pressure for 12 minutes.  
 Add cream cheese to soup along with corn and beans and stir well, while also shredding chicken in the pot using forks. Simmer 5-10 minutes longer, stirring occasionally, until cream cheese is fully incorporated.  
 Stir in fresh lime juice and cilantro. Serve with shredded cheese, more cilantro, avocado slices and chips if desired.

## Chili

*Submitted by Crystal Rulon - Bowman 4-H Club*

A little meat of your choice, I prefer deer or elk  
 Beans, black and pinto  
 Corn  
 Olives  
 Tomato paste  
 Tomato sauce  
 Diced tomatoes  
 Chili powder  
 Red pepper flakes  
 Onions  
 Garlic  
 Salt  
 Pepper  
 Add ingredients to your liking

# Adults

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## Chili con Carne

Submitted by Helen Stillwell– Lassen Colony 4-H Club

### Ingredients

1 tablespoon oil  
1 pound ground beef  
1/2 cup chopped onion  
1/4 cup diced green pepper  
1 large garlic clove minced  
1 16oz can tomatoes  
2-4 tablespoons chili powder  
3/4 teaspoon salt  
1 15oz can red kidney beans

### Directions

Over medium-high heat, in hot oil cook ground beef, onions, green pepper, and garlic until onion is tender, stirring frequently.

Add tomatoes and their liquid, chili powder and salt, heat to boiling. Reduce heat to low, cover and simmer one hour, stirring occasionally.

Stir in beans and their liquid, heat, serve.



Recipes submitted by Tehama County 4-H Members & Adults

4-H Favorite Foods Day was hosted by the Flournoy Paskenta Club, who also sought out the door prizes and special category awards. A big thank you to Flournoy Paskenta 4-H Club and 4-H Leaders council for putting on this event and providing the pins and awards.

Thank YOU for  
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