2020 CKFF
FAVORITE FOODS SHOW

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INTERNATIONAL EDITION
Recipe for: English Tea Sandwiches

From the Kitchen of: Anna Holt

Serves: 6   
Cost/Serving: $1.03

Ingredients:

Cucumber Tea Sandwiches:
- 4 oz Cream Cheese, room temp
- 2 tbsp fresh Dill, chopped
- 2 tbsp fresh Parsley, chopped
- Zest and Juice of a sm/md Lemon
- Salt and Fresh Ground Black Pepper

- 6 slices good-quality white bread, crusts cut off
- 1/3 large English seedless cucumber (about 4") thinly sliced.

Egg Salad Tea Sandwiches:
- 3/4 tsp fresh Dill
- 3/4 tsp fresh Parsley
- 1 1/2 Egg (hard)
- 3/4 tbsp Dijon Mustard
- 3/4 tbsp Mayonnaise

- 3/4 tbsp Black Pepper
- 3/4 tbsp Salt
- 3 Slices Bread

Instructions:

Cucumber Tea Sandwiches:

Wash Hands In a small bowl, combine the cream cheese, fresh dill, lemon zest, and lemon juice until all incorporated. Season this mixture with salt and pepper, to taste. Lay the slices of bread on your work service (I used a large cutting board) and spread the cream cheese evenly among each slice in a thin layer. Arrange the cucumber slices in rows over 3 slices of the bread, overlapping them a bit. Top with the remaining bread, and cut into quarters so there are 4 pieces from each sandwich. Serve immediately or bread will get soggy. Enjoy!

Egg Salad Tea Sandwiches:

Wash Hands Gather the ingredients. Mash the eggs, mayo, yogurt, and mustard with a potato masher or a fork. Stir in the herbs and spices. Spread the egg salad onto two slices of bread. Top the egg salad with the remaining two slices of bread. Remove the crusts and slice the sandwiches two times, diagonally, to make four tea sandwiches from each large sandwich.
Recipe for: Chinese Beef and Celery Dumplings

From the Kitchen of: Autumn Felbush

Serves: 6  Cost/Serving: $1.50

Ingredients:

Dumpling Wrapper Dough:
5 c Flour
1 tsp Salt
1 Egg
1 c Milk
1 c Water

Filling:
1.5 lbs Beef, .5 lbs Ground Sausage
1/2 c Water
2 tsp Salt
1 tsp Garlic Powder
1 tsp Onion Powder

5-6 cloves Garlic, minced
2 tsp Cilantro
1.5 tbsp Soy Sauce
2 tsp Worcestershire Sauce
1 tbsp Sesame Oil (optional)
2 tsp Oyster Sauce (optional)

1/4 Green Onions (optional)
1 to 2 c Chopped Celery (optional)
1 tsp Sugar (optional)

Dipping Sauce:
2 tbsp Soy Sauce (Low Sodium is best)
1 tbsp Dark or Apple Cider Vinegar
1/2 tbsp Sesame Oil

(Minced Garlic and Sesame Seeds to taste)

Instructions:

First, wash your face and hands.

Dough:
In a mixer with the dough hook attachment, mix flour, salt, egg, milk, and water. Knead until elastic ball forms (about 5-7 minutes). Cover and let rest while you prepare the filling.

Filling:
In a medium bowl, mix the ground beef and sausage (optional), and add water with spices, chopped cilantro, minced garlic, soy sauce, and Worcestershire sauce. Mix everything together really well.
(Continued on Next Page)
Recipe for: Chinese Beef and Celery Dumplings (Cont)

From the Kitchen of: Autumn Felbush

Serves: 6	Cost/Serving:$1.50

Instructions Continued:

Assembling the Dumplings:
Cut a piece of dough and roll it into a thin round on a floured surface. Using a 2-inch cookie cutter (or a wine glass) cut small rounds.
Place about 1 tsp of filling on each round.
Pinch the edges together, creating a half moon, then pinch together the two ends to make a full moon.

To Boil the Dumplings:
In a large pot, add a quart of water, a couple bay leaves, a few black peppercorns, and salt. Bring water to a roiling boil.
Add dumplings and cook for 10-15 minutes, stirring occasionally.

To Fry the Dumplings:
In a frying pan, melt butter and olive oil over medium high heat.
Once the oil is hot, add the dumplings in one layer. When the bottoms are golden brown, add 1/4 c of water and reduce heat to medium low. Cook covered for 10 minutes.

To Steam the Dumplings:
Put dumplings in oiled steamer in one later. Place the steamer over boiling water. Cover and cook for 15 minutes. Once cooked, transfer the steamer to a counter, uncover and fan the dumplings with a plate.

To Freeze the Dumplings:
Place the dumplings on a baking sheet lined with wax paper or a silicone mat. Continue making dumplings until you run out of filling and dough. Once the baking sheet is filled, place in the freezer for at least 3 hours, or until dumplings are frozen completely.
Once frozen, transfer them into ziplock bags or vacuum seal into individual portions.

Serve with dipping sauce and a side of vegetables or salad!
Recipe for: Apple Pie Wheat Berry Porridge

From the Kitchen of: Janessa Latzke  
Serves: 8  
Cost/Serving: $0.85

Ingredients:
- 1 1/2 cups wheat berries
- 6 cups water
- 3 cups vanilla almond milk (unsweetened)
- 1/4 cup chia seeds
- 1 1/2 tsp cinnamon
- 2 tbsp butter
- 2 honeycrisp apples, cut into 1/2 in cubes
- 1/2 cup brown sugar
- 4 oz pecans, coarsely chopped

Instructions:
1. In a large pot, bring the wheat berries and water to a boil along with a pinch of salt. Lower to a simmer and let cook for 45 minutes, stirring occasionally. Turn the heat off and let sit for an hour (or overnight in the refrigerator).

2. Stir in the milk, chia seeds, and 1 tsp cinnamon. Bring to a simmer over medium heat. Cover and turn the heat off. Let sit for 10 minutes.

3. Meanwhile, make the apple pie topping. Melt the butter in a medium saucepan over medium heat. Add the apples, brown sugar, pecans, and remaining ½ tsp cinnamon to the pan. Saute for 8-10 minutes, or until apples have softened and released their juices. Let cool slightly.

4. Serve the porridge topped with the apples and pecans. Store leftovers in the fridge and serve either warm or cold.
Recipe for: Classic Borscht

From the Kitchen of: Eyler Holt

Serves: 6-8   Cost/Serving: $3.44

Ingredients:

- Extra virgin Olive Oil or Vegetable Oil
- 1 lb Stew Beef
- 1 large Onion, chopped (about 1 1/2 c)
- 8 c Beef Broth or Beef Stock
- 4 large Beets, peeled and chopped (about 1 1/2 lbs)
- 4 Carrots, peeled and chopped (1 lb)
- 1 large Russet Potato, peeled and cut into 1/2" cubes
- 2 c thinly sliced Cabbage
- 3/4 c chopped fresh Dill
- 3 tbsp Red Wine Vinegar
- 1 C Sour Cream
- Salt and Freshly Ground Black Pepper to taste

Instructions:

1 Brown the beef, add onions: Heat 2 teaspoons oil in a large, thick-bottomed pot on medium high heat. Add the stew beef. Let the beef brown lightly on one side, then turn over. Add the chopped onions to the pot. Let the onions cook and soften, about 5 minutes.

2 Add 4 cups broth, cook until beef is tender: Pour 4 cups of beef broth over the beef and onions in the pot. Bring to a boil. Lower the heat to a simmer, cover and cook until the meat is falling-off-the-bone tender, about 1 hour 30 minutes.

3 While the beef is cooking, prep and roast the beets, carrots, and potato: Peel and chop the beets, carrots, and potatoes into 1/2-inch pieces. Toss the beets and carrots with a teaspoon or two of olive oil and spread them out in a single layer on a foil lined roasting pan. Roast in a 400° F oven for 15 minutes. Add the potato to the pan and roast an additional 15 minutes.

4 Skim off excess fat from the liquid in the pot.

5 Finish cooking the soup: Return the pot to the stove and add the remaining broth, the carrots, beets, and the diced potato. Add the chopped meat to the pot, the sliced cabbage, and a half cup of the fresh dill. Bring to a simmer, and cook for another 15 minutes or so, until the cabbage is cooked through.

6 Add the vinegar and season to taste with salt and freshly ground black pepper. I use about 2 teaspoons of salt and 1 teaspoon of pepper, but the amount you use will depend on how salty your beef broth is to begin with. The soup is best made a day ahead. (The longer the soup sits by the way, the more it will all turn the deep red color of beets.)

Serve ladled into bowls with a dollop of sour cream and a sprinkling of fresh dill.
Recipe for: Kalach (Ukrainian Holiday Bread)

From the Kitchen of: Alice Bathurst

Ingredients:

- 1 c Warm Milk
- 2/3 c Sugar
- 2 tsp Active Dry Yeast
- 3 Eggs + 1 Egg for Egg Wash
- 3 tbsp Sour Cream
- 1/2 c Butter
- 1/8 c Cooking Oil such as Grape Seed or Sunflower
- 1 tsp Vanilla Extract
- 1 c Dried Raisins
- 5 c All-Purpose Flour
- Pinch of Salt
- Poppy and Sesame Seeds for topping (optional)

Instructions:

1. Wash hands in warm water with soap for 20 seconds.
2. In a medium bowl combine warm milk with 1 tablespoon of sugar, salt and 2 teaspoons of yeast. Whisk everything to combine and when the yeast is dissolved mix in 1 cup of flour. Cover the bowl and leave in a warm place for 1 hour.
3. While the batter is rising melt the butter and mix it with the oil. Set aside to cool.
4. Separate the egg yolks from egg whites. Mix egg yolks with the remaining sugar and add sour cream. Mix to combine. Beat the egg whites until stiff peaks form (with standing mixer)
5. Once the batter has risen add egg yolks and sour cream mixture into the bowl. Mix well, then add butter mixture and mix to incorporate.
6. Carefully fold the egg whites into the batter and mix carefully folding the egg whites until fully incorporated. Add raisins and vanilla.
7. Pour the batter back into the bowl of a standing mixer with the dough hook attachment. Sift in the remaining flour into the bowl 1 cup at a time while kneading the dough, about 15 minutes or until the dough ball forms. The dough is a little sticky to hands, but should not stick to the walls of the bowl.
8. Cover the bowl and leave in the warm place to rise, about 1.5 - 2 hours.
9. Once the dough has risen transfer it to a lightly dusted working surface. Divide the dough into 4 equal parts to make 4 breads. Working one at a time (cover the rest with plastic wrap) divide each piece into 3 parts, 2 of which are equally the same and the third slightly smaller.
10. Roll two larger pieces into a 12-inch rope each and braid the ropes, pinching the ends together to make a 6 inch round bread.
11. Roll the third piece into a rope as well and tie it around the bottom of the bread.
12. Preheat the oven to 400 F. Transfer the breads into the baking sheet lined with parchment paper and leave to rise on top of the warm stove for at least 20 minutes.
13. Once the bread has risen brush it with the egg wash and sprinkle with poppy and sesame seeds.
14. Bake for 20 minutes or until golden brown.
Recipe for: True Bangers & Mash

From the Kitchen of: Annalee Greene

Ingredients:

- 4 links sausage
- 2 pounds potatoes, peeled and cubed
- 1/4 cup butter
- 2 tablespoons milk
- 1 teaspoon dry mustard powder
- 1 pinch salt and ground black pepper to taste
- 2 large onions, thinly sliced
- 8 cups beef broth
- 1 tablespoon butter

Instructions:

1] Preheat oven to 200 degrees F (95 degrees C)

2] Cook the sausage links in a skillet over medium-low heat until browned on all sides, about 5 minutes per side; transfer to an oven-safe dish and move to the preheated oven to keep warm.

3] Place potatoes into a saucepan over medium heat, cover with water, and boil gently until potatoes are tender, 10 to 15 minutes. Drain and allow to steam dry for a minute or two. Mix in 1/4 cup of butter, milk, dry mustard, salt, and black pepper, mash until fluffy and smooth. Set aside.

4] Melt 1 tablespoon butter in a skillet over medium high heat; cook the onions until translucent and just starting to brown, about 8 minutes. Pour in the beef broth; boil the mixture down to about half its volume, about 10 minutes. Season with salt and black pepper. To serve, place sausage onto a serving plate with about 1/2 cup of mashed potatoes. Pour the onion gravy over the sausage and potatoes.

Nutrition Facts:
Per serving: 516.2 calories; 14.1 g protein; 50.4 g carbohydrates; 57.6 g cholesterol; 1414 mg sodium.
ANNA
England
Cucumber Tea Sandwiches
Junior Division: First Place

AUTUMN
China
Beef and Celery Dumplings
Junior Division: Second Place
Janessa
United Kingdom
Apple Pie Wheat Berry Porridge
Junior Division:
Honorable Mention

Eyler
Ukraine
Classic Ukrainian Borscht
Intermediate Division:
First Place
ALICE
Ukraine
Ukrainian Kalach Bread
Senior Division:
First Place

ANNALEE
Great Britain
True Bangers & Mash
Senior Division:
Second Place
Thank you to....

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