2016 Cookbook
Recipes in this book were prepared and presented by 4-H members of Cayuga County (ages 5 – 18) for the Produced in New York Contest held on January 16, 2016 at the Fingerlakes Mall, Auburn, NY

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## Recipes

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Apple Pie
Jeffrey C.

Ingredients:
2 pastry for a two crust pie
½ cups sugar
1/3 cup flour (1/2 all purpose & 1/2 whole wheat)
1 teaspoon nutmeg
1 teaspoon ground cinnamon
1/8 teaspoon salt
10 cups apples peeled and sliced evenly
3 tablespoons butter

Directions:
Heat oven to 425 F.
Mix sugar, flour, nutmeg, cinnamon and salt.
Stir in apples.
Turn into pastry lined pie plate.
Dot with butter.
Add top crust, turn edge in, seal and flute.
Add decorations to top crust as desired. Finish might include brush dipped in milk, or a light layer of sugar.
Cover edge with 3 inch strip of foil to prevent burning. Remove foil during the last 15 minutes of baking. Bake 50 minutes total or until crust is done and contents are bubbling.

Apple Pie
Mandy R.

Ingredients:
4-5 apples
1 1/2 cups of sugar
1 teaspoon cinnamon
3/4 cup flour
1 stick of butter
4-5 apples
Pie shell
Shredded cheddar cheese

Instructions:
Cut up 4-5 apples. Place in pie shell and sprinkle with 1/2 cup sugar & 1 teaspoon cinnamon.
Make a spread consisting of: 3/4 cup flour, 1/2 cup sugar and 1 stick butter. Mix & spread over apples.

Bake at 450 for 10 min then turn down oven to 350 and bake for an additional 30 minutes.

Optional:
When you take it out to the oven, while hot, sprinkle shredded cheddar cheese on top.
Beef Bowl (Gyudon Recipe)  
Allie C.

**Ingredients:**
1 medium onion  
10-12oz (300-350g) beef, thinly sliced  
1 1/2 cup Dashi  
4 tablespoons soy sauce  
3 tablespoons sugar  
2 tablespoons Sake  
1 tsp ginger, grated  
pickled red ginger (Benishouga)  
steamed rice

**Instructions:**
Slice onion thinly, and cut sliced beef in 2" width.  
Boil Dashi in a pot and add sliced onion. Cook for 3-4 minutes. Add soy sauce, sugar, and Sake and cook another 3-4 minutes. Add grated ginger.  
Add sliced beef in pot and stir. Cook about 5 minutes.  
Pour meat and sauce over rice and top with pickled red ginger.

**BBQ Chicken Quesadilla**  
Kaley K.

**Ingredients:**
1 tablespoon olive oil  
½ cup chicken  
½ cup mozzarella cheese  
1 avocado – ripe  
1 flour tortilla  
BBQ sauce to taste
**Blueberry Crisp**

Katie D.

**Ingredients:**
- 6 cups blueberries, rinsed and lightly dried
- 1 tablespoon cornstarch
- 1/4 cup sugar
- Pinch salt
- Whipped cream, for topping
- Ice cream, for topping

**Topping Mixture:**
- 1/2 cup all-purpose flour
- 1/2 cup quick-cooking oats
- 1/4 cup packed light brown sugar
- 1/4 cup sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3/4 cup chopped pecans
- 1/2 stick room temperature unsalted butter, cubed

**Directions:**
Preheat oven to 375 degrees F.

Toss blueberries, cornstarch, sugar and a pinch of salt together in a bowl.

Combine flour, oats, brown and white sugar, cinnamon, nutmeg and pecans in a bowl. Add butter and pinch into chunks. Mix until it looks crumbly.

Add the blueberries into a 2-quart baking dish. Top evenly with the crumb mixture. Bake for 40 minutes.

Serve with ice cream and whipped cream.

**Cheese Pizza**

Lauren C.

**Ingredients:**
- 1 1/2 cup flour
- 1 teaspoon rapid yeast
- 1/2 teaspoon salt
- 1/2 cup plus 2 tablespoons water
- 1 tablespoon oil
- 2 teaspoon honey
- 2 cups mozzarella cheese shredded
- 3/4 cup sauce

**Directions:**
Grease baking sheet, mix flour yeast and salt, add oil, water and honey, mix together to form a ball. Cover and let rise 10 minutes. Spread dough in cookie sheet. Spread sauce then cheese and bake 15/20 minutes on 400 F. Enjoy!!!
**Frittata with Leftover Vegetables**
Alexandra L.

Frittata is a thick Italian omelet, is an egg dish that’s great hot or cold. The usual frittata recipe calls for baking it in the oven. This method of cooking it on the stovetop takes a cooking time of about 10-15 minutes. Makes 2 to 4 portions.

**Ingredients:**
- 6 eggs
- 1 cup chopped up cooked vegetables (onions and red peppers)
- 1/3 cup of milk
- 1 tablespoon shredded Cheddar cheese
- 1 tablespoon shredded Mozzarella cheese
- 1 tablespoon of olive oil
- Salt and pepper to taste

**Equipment needed:**
- A small non-stick frying pan
- A larger nonstick frying pan

**Instructions:**
Take any combination of pre-cooked chopped up vegetables. Heat up the larger frying pan and put in the vegetables with no added oil, and stir around rapidly to evaporate as much moisture as you can, scraping off any bits that get stuck. Season if necessary with a little salt and pepper. Set aside.

Heat up the smaller frying pan with the tablespoon of olive oil. In a medium bowl, beat together eggs and milk, salt and pepper. Pour the egg into the hot pan, and let cook about 30 seconds, then put in the vegetables and sprinkle with the shredded cheddar cheese, spreading out evenly. Lower the heat to medium-low and put on a lid, and let cook for about 5 minutes. Turn over, replace lid and cook for an additional 2-3 minutes.

Take off the heat and cut into wedges. You could make it with any cooked vegetable mix, so it’s a great way of using up leftovers.

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**Fruit & Yogurt Parfait in a Waffle Bowl**
Zoey L.

**Ingredients:**
- 1/2 cup vanilla or plain Greek yogurt
- 1/2 cup fruit
- 2 tablespoons granola
- 1 waffle bowl

**Grilled Cheese**
Corbin W.

**Ingredients:**
- 2 slices of bread
- 2 slices of cheese
- Enough butter to spread on one side of each slice of bread

**Directions:**
Spread butter on one side of each slice of bread to coat entire side. Place two slices of cheese between the non-buttered sides of the bread. Place buttered side down on griddle over medium heat for about one minute. Flip with spatula and cook other side for about one minute. Slice and serve warm.
Homemade, Chewy, No-Bake Granola Bars
Maddy K.

**Ingredients:**
1 cup peanut butter (or your favorite nut butter)  
½ cup honey  
½ cup coconut oil  
2 ½ cups rolled oats  
1 cup shredded coconut  
¼ cup chocolate chips (or mini chocolate chips)

**Directions:**
In a medium pot, melt together nut butter, honey and coconut oil over medium-low heat, stirring until smooth. Remove from stove and stir in oats and coconut.

Pour mixture into a 9 – by 13-inch baking dish. Spread into an even layer, sprinkle with chocolate chips, and firmly press down with the back of a spatula. Refrigerate for 2 hours or until firm then slice into squares or bars and remove from pan.

Store granola bars in the refrigerator or freezer, individually wrapped in baggies. Or, if you don’t plan to pack them in lunches, you can simply store them in an airtight container with wax paper separating the layers.

Kale and Bean Soup
By Marissa W.

**Ingredients:**
2 medium onions, chopped  
2 cups peeled, cubed potatoes  
1 tablespoon olive oil  
½ pound sausage, sliced  
4 cloves garlic, minced  
1 bunch kale, trimmed and coarsely chopped  
3 ½ cups chicken broth, undrained  
1 can diced tomatoes, undrained  
1 ½ cups water  
½ teaspoon basil  
½ teaspoon oregano  
1 teaspoon paprika  
½ teaspoon pepper  
1 bay leaf  
1 can cannellini beans

**Directions:**
In a large pot, sauté onions, potatoes and sausage till vegetables are tender. Add garlic, cook 1 minute longer. Stir in the kale, broth, tomatoes, water, seasonings, pepper, bay leaf and beans. Bring to a boil. Reduce heat and simmer for 50-60 minutes or until kale is tender. Discard bay leaf and serve. Yield: 8 servings
Massaged Kale Salad with Grilled Chicken
John R.

**Ingredients:**
- Fresh juice from ½ a lemon
- 1/2 tablespoon red pepper flakes
- 1 clove garlic
- 1 tablespoon olive oil
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 6 cups torn kale leaves
- ½ cup shaved pecorino Romano or Parmesan
- 1 boneless, skinless chicken breast
- ½ tablespoon olive oil
- pinch of salt and pepper to grill the chicken

**Directions:**
Mince garlic into finely chopped pieces. Add salt and pepper, olive oil, and pepper flakes to the garlic.
Chop kale into bite size pieces and add to other ingredients. Massage for 5 minutes.
Juice ½ a lemon and add to salad. Add shaved cheese to salad and toss.
Grill chicken with olive oil, salt, and pepper for 2-4 minutes per side. Slice chicken and serve over salad.

Orange Blender Cake
By Cody M.

**Ingredients:**
- 1 orange, chopped roughly into small pieces
- 1 ½ cups self-rising flour
- 1 cup sugar
- 3 eggs
- 1 ½ cups melted butter

**Directions:**
Preheat the oven to 350. Grease and flour pan.
Place the orange (skin, seeds and all) into the blender and blend until it’s mushy. Add the flour, sugar, eggs and butter and blend until just combined.
Pour into baking tin and smooth surface. Bake for 40-45 minutes or until a skewer pushed into the center comes out clean.
Dust with icing sugar or frost with whipped cream (recipe below) frosting and serve.

Whipped Cream Frosting

**Ingredients:**
- 3 cups of heavy whipping cream
- 6 tablespoons white granulated sugar
- 1 teaspoon pure vanilla extract

**Directions:**
Pour whipping cream into stand mixer. Add sugar and vanilla.
Beat on high for 5 minutes. Half way through scrape down the sides of the bowl and then continue to whip on high. Note: You may want to cover your stand mixer with a towel or large cloth so that the cream doesn't fly out of the bowl for you. Once the cream turns into whipping cream you can remove the draped towel. Note: After whipping for 5 minutes, check to see if the whipping cream is firm enough for your project. I like to scoop some whipping cream on to a spoon and hold it upside down. It should stay in place and not fall off the spoon.
Potato Gnocchi
Cara C.

Ingredients:
1 1/2 pounds russet potatoes, scrubbed
1 cup (or more) all-purpose flour
1 large egg yolk, beaten to blend
1 teaspoon coarse kosher salt
Large pinch of freshly grated nutmeg
1 tablespoon olive oil

Sauce

Special equipment: Potato ricer or food mill

Instructions:
Preheat oven to 400°F. Pierce potatoes in several places and bake until soft, about 1 hour. Cool slightly.
Cut potatoes in half. Working in batches, scoop hot flesh into potato ricer or food mill. Rice potatoes onto rimmed baking sheet; spread out and cool to room temperature.
Line large baking sheet with parchment paper. Transfer potatoes to large bowl. Add 1 cup flour; toss to coat. Form well in center of potato mixture. Add egg yolk, coarse salt, and nutmeg; stir with fork until mixture is evenly moistened (mixture will look shaggy). Turn mixture out onto lightly floured work surface. Knead until dough comes together, sprinkling dough with flour very lightly only if dough is very sticky. Form dough into ball; divide into 4 pieces. Roll each piece between hands and work surface into 3/4-inch-thick rope. Cut each rope into 3/4-inch pieces. Place gnocchi on prepared baking sheet.

Working in batches, cook gnocchi in large pot of boiling salted water until gnocchi rise to surface of water. Continue to simmer gnocchi until cooked through and tender, stirring occasionally, about 4 minutes. Using slotted spoon, carefully transfer gnocchi to bowl. Drizzle gnocchi with olive oil and toss to coat. DO AHEAD: Gnocchi can be made up to 2 days ahead. Cover and refrigerate.

Steel Cut Oat Apple Blender Pancakes (Gluten Free)
Harry B.

Ingredients
2½ cups almond or rice milk
2 cups Steel Cut Oats
1 whole apple, cut in half
2 eggs
½ teaspoon salt

2 tablespoons coconut oil
1 teaspoon vanilla
1 teaspoon ground cinnamon
1 pinch nutmeg
1 tablespoon baking powder

Instructions
In a high powered blender combine the milk, oats, and apple. Blend for 3 minutes on high - the mixture will be smooth and thick.

Stop blender and add the eggs, salt, oil, vanilla, cinnamon, and nutmeg. Pulse for 20 seconds.

Stop blender and add baking powder. Pulse three times.

Scoop ½ cup of batter onto a hot cast iron griddle for each pancake.

Cook until done and serve with maple syrup, or to keep this even healthier, skip the maple syrup and serve it with Homemade Applesauce on top!
**White Chicken Chili**  
Niel W.

**Ingredients**
- 2 Tablespoon canola oil
- 1 cup chopped onion
- 1 clove garlic, minced
- 1 ½ cups water
- 1 ½ tsp. chicken bouillon
- ½ teaspoon lemon peel
- ¼ teaspoon pepper
- 1 teaspoon cumin
- 1 cup frozen corn
- 3-4 rings jalapenos, chopped fine
- 2 tablespoons lime juice
- 2 – 15oz cans great northern beans, drained and rinsed
- 2-3 cups cooked chicken

**Directions:**
Put oil and chopped onion in medium pot. Cook and stir on med heat until onion is soft. Add garlic and cook for 1 minute, stirring.

Add water, chicken bouillon, lemon peel, pepper, cumin, frozen corn, jalapenos, lime juice, beans and chicken to pot.

Bring to a boil, then simmer for 20 minutes.

Serve over rice.

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**White Chicken Chili**  
Ella R.

**Ingredients:**
- 2 (14.5-ounce) cans white beans
- 1 tablespoon canola oil
- 1 medium jalapeno pepper, minced
- 2 medium poblano peppers, chopped
- 1 large onion, chopped
- 4 garlic cloves, minced
- Kosher salt and freshly ground black pepper
- 1 tablespoon ground cumin
- 1 1/2 teaspoons ground coriander
- 1 teaspoon ancho chili powder
- 4 cups low-sodium chicken broth
- 2 limes, juiced, plus lime wedges, for serving
- 1 rotisserie chicken, skin removed and meat shredded or grilled chicken
- 1/4 cup chopped cilantro leaves
- Sour cream, for topping
- Tortilla chips, coarsely crushed, for topping

**Instructions:**
Drain and rinse the canned white beans. In a medium bowl, mash half of the beans with a potato masher until chunky. Reserve the beans until needed.

Add the canola oil to a large Dutch oven and heat it over medium-high heat. Add the peppers, onions, and garlic and sauté until soft and fragrant, about 5 minutes. Season the vegetables with salt, and pepper, to taste. Add the cumin, coriander, and chili powder and continue to sauté for 1 more minute to toast the spices. Stir in the chicken stock, and lime juice and bring to a simmer. Add the beans and continue to simmer for 20 more minutes.

After 20 minutes of simmering, taste for seasoning, and adjust if necessary. Stir in the shredded rotisserie chicken and cilantro and simmer until heated through, about 5 more minutes. Serve the chili in individual bowls topped with a dollop of sour cream, crushed tortilla chips, and lime wedges.
The 2015 Wall of Winners!
Congratulations to all who participated in the 2015 Produced in NY Contest!

Good Luck to this year’s participants!