

# Rowan County 4-H Virtual Food Show Recipe Booklet October 2020

**Theme:  
All Around the World**



## Russian Cottage Cheese

### INGREDIENTS:

1 quart jar whole milk  
1/4 cup of vinegar  
6 teaspoons of strawberry jam

### INSTRUCTIONS:

1. Heat up your milk in a small pot to 194 degrees F .
2. Turn the pot off and add vinegar into the hot milk.
3. Stir the milk, cover it with the lid ,and let it sit for 30 min.
4. After 30 min, take the lid off and scoop cottage cheese out.
5. Add strawberry jam on top of your cottage cheese.

Entered by: John Tucker

## Petit Fours

### INGREDIENTS:

2/3 cup unsalted butter  
4oz cream cheese  
1 1/2 granulated sugar  
4 eggs  
2 teaspoons vanilla extract  
2 cups all purpose flour  
1/2 teaspoon salt  
1 teaspoon baking powder  
1/4 cup whole milk

### Glaze

15 tablespoons unsalted butter  
1 1/2 Tablespoons heavy cream  
6 tablespoons corn syrup  
1 1/2 teaspoons vanilla extract  
4 3/4 powdered sugar  
Gel food coloring

### Filling

Carmel  
Raspberry preserves  
Butter Cream frosting  
Blueberry preserves

### INSTRUCTIONS:

1. Bake pound cake as directed, and let cool.
2. Cut cake into squares.
3. Spread filling in layers of cake and let cool.
4. Top with glaze and let cool.
5. Decorate as preferred.
6. Serve slightly chilled.

Entered by: Olivia Stirrup

## German Red Cabbage

### INGREDIENTS:

6 stripes bacon,  
1/2 onion chopped  
1 med red cabbage. 4 cups chopped  
2 medium apples chopped  
1 cup water  
3 tablespoons white vinegar  
2 tablespoon flour  
3 tablespoon sugar  
Salt and pepper to taste

### INSTRUCTIONS:

1. Fry bacon with onions. Take out of the pan and chop up bacon.
2. Add cabbage, apples, bacon, onion back to bacon fat. Cook until cabbage is tender (about 20 minutes).
3. Blend flour, vinegar, sugar and seasonings. Add to cabbage mixture.
4. Cook 5 minutes longer.

Entered by: Christian Stebe