

# Family Favorites

from the

# Farm

*A Collection of Recipes from LIA Alumni and Friends*

Leadership  
Idaho   
Agriculture

*In collaboration with Idaho Preferred*



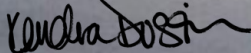




Recipes are a universal language — a means of sharing heritage, innovation, and the story of local landscapes. They tie together families, communities, and generations, transforming ingredients into cherished memories. For Idaho agricultural, recipes serve as the gateway for consumers to engage with the incredible array of commodities grown throughout the state.

*Family Favorites from the Farm* is a collection of recipes submitted by alumni and friends of the Leadership Idaho Agriculture program who generously contributed their personal recipes. In partnership with Idaho Preferred, we have also included chef-curated selections to enhance the variety of offerings and showcase many of Idaho's 180+ agricultural commodities. Please refer to the exclusive Idaho Preferred section - the final chapter in this book.

Kendra Dustin



LIA Executive Director

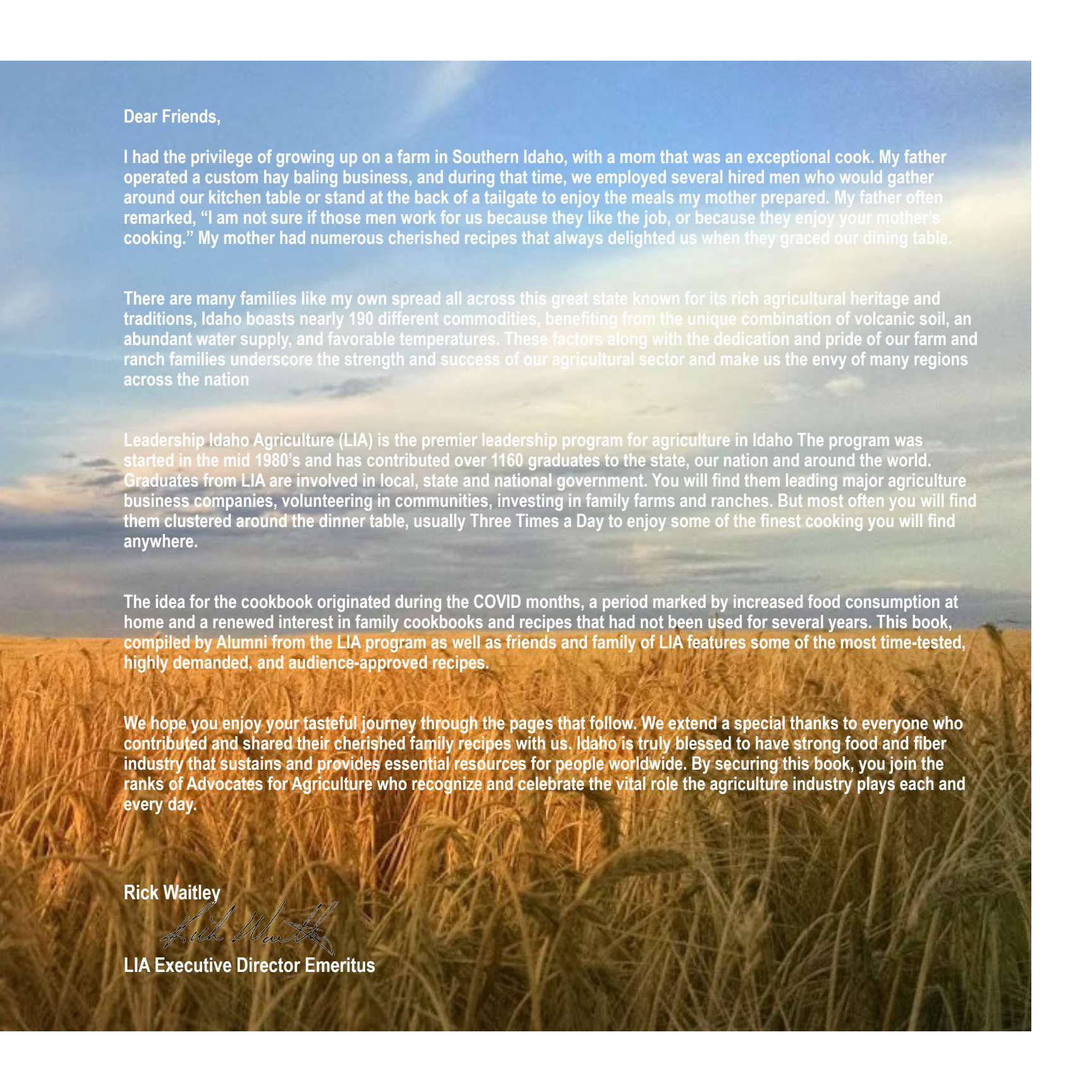
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Project managed by Kendra Dustin, Leadership Idaho Agriculture Executive Director  
Creation and design by Leah M. Clark, Clark Marketing Solutions

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Dear Friends,

I had the privilege of growing up on a farm in Southern Idaho, with a mom that was an exceptional cook. My father operated a custom hay baling business, and during that time, we employed several hired men who would gather around our kitchen table or stand at the back of a tailgate to enjoy the meals my mother prepared. My father often remarked, "I am not sure if those men work for us because they like the job, or because they enjoy your mother's cooking." My mother had numerous cherished recipes that always delighted us when they graced our dining table.

There are many families like my own spread all across this great state known for its rich agricultural heritage and traditions, Idaho boasts nearly 190 different commodities, benefiting from the unique combination of volcanic soil, an abundant water supply, and favorable temperatures. These factors along with the dedication and pride of our farm and ranch families underscore the strength and success of our agricultural sector and make us the envy of many regions across the nation

Leadership Idaho Agriculture (LIA) is the premier leadership program for agriculture in Idaho. The program was started in the mid 1980's and has contributed over 1160 graduates to the state, our nation and around the world. Graduates from LIA are involved in local, state and national government. You will find them leading major agriculture business companies, volunteering in communities, investing in family farms and ranches. But most often you will find them clustered around the dinner table, usually Three Times a Day to enjoy some of the finest cooking you will find anywhere.

The idea for the cookbook originated during the COVID months, a period marked by increased food consumption at home and a renewed interest in family cookbooks and recipes that had not been used for several years. This book, compiled by Alumni from the LIA program as well as friends and family of LIA features some of the most time-tested, highly demanded, and audience-approved recipes.

We hope you enjoy your tasteful journey through the pages that follow. We extend a special thanks to everyone who contributed and shared their cherished family recipes with us. Idaho is truly blessed to have strong food and fiber industry that sustains and provides essential resources for people worldwide. By securing this book, you join the ranks of Advocates for Agriculture who recognize and celebrate the vital role the agriculture industry plays each and every day.

Rick Waitley



LIA Executive Director Emeritus



# FAMILY FAVORITES

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## FARM

A Collection of Recipes from LIA Alumni & Friends

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Photo courtesy of McIntyre Farms



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Photo courtesy of Ryan Miller



# APPETIZERS & HANDHELDS

Idaho and Eastern Oregon farmers plant onions on about 21,000 acres of fertile Snake River Valley soil and produce over 10% of the nation's dry storage onions. Red, yellow and white Sweet Spanish onion varieties are planted in early spring and harvested late summer and fall. Due to state-of-the-art storage facilities, consumers can purchase high quality Idaho onions throughout the year.

Photo courtesy of Idaho State Department of Agriculture



# FRESH SALSA

**Janice Stimpson, Class 17**

## INGREDIENTS:

6-10 tomatoes  
½ - 1 onion  
2-3 cloves garlic  
½ bunch cilantro  
2-4 jalapeños  
3 avocados  
2 dashes garlic powder  
Salt to taste  
1 lime, juiced (3 Tbsp)

## DIRECTIONS:

Dice the tomatoes. Finely chop the onions, garlic and cilantro. Mince the jalapeños. Dice the avocados finely. Add salt and garlic powder then squeeze lime juice over mixture. Mix all ingredients and let set for several hours to develop the flavor.

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# SMOKED SALSA

**Treg Owings, Class 35**

## INGREDIENTS:

1 red pepper  
1 poblano pepper  
1 jalapeño pepper  
½ onion  
3 Roma tomatoes  
½ bunch cilantro  
1 lime  
1 Tbsp chili powder  
½ Tbsp cumin  
Dash oregano  
Salt to taste

## DIRECTIONS:

Heat grill and put peppers on to char. Slice onion and add to grill. When peppers have char on all sides, put in resealable plastic bag to sweat and remove skin. Rough chop tomatoes, cilantro and all smoked vegetables ingredients (can use a food processor). Combine all chopped vegetables, squeeze lime over vegetables, add spices and mix well. Let sit for at least 30 minutes in refrigerator to blend flavors. Serve with tortilla chips.



# MEXICAN DIP

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

1 can bean dip  
2 large avocados  
Salt to taste  
1 Tbsp lemon juice  
2 Tbsp sour cream  
2 Tbsp mayonnaise  
½ pkg taco seasoning mix  
1 cup grated Jack cheese  
1 cup sharp Cheddar cheese  
3 finely chopped green onions  
1 8 ounce jar salsa  
1 can sliced olives

## DIRECTIONS:

Mash avocados and add salt and lemon juice. In another bowl mix sour cream, mayonnaise and taco seasoning. In shallow casserole dish spread bean dip, top bean dip with avocado mixture, then a layer of sour cream mixture. Next layer cheeses, green onions, salsa and finish with layer of olives. Serve with tortilla chips.

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# CARAMELIZED ONION DIP

**Talee Ottley (Michael), Class 39**

## INGREDIENTS:

1 Tbsp unsalted butter  
1 large red onion, sliced  
½ cup mayonnaise  
1 Tbsp peanut oil  
½ cup sour cream  
¼ tsp salt  
¼ tsp cayenne pepper  
⅛ tsp Tabasco sauce  
Red pepper flakes to taste  
Crackers or chips

## DIRECTIONS:

Sauté onion in butter and oil until caramelized (golden brown), about 20 minutes. Cool and combine with remaining ingredients. Mix well & chill for at least one hour. Serve with crackers or chips.



# CHEESE BALL

**Deb Easterday Reeves, Class 41**

## INGREDIENTS:

8 oz cream cheese  
1 cube butter  
1 small jar Old English cheese  
1 small jar Neufchâtel cheese with pimentos  
1 Tbsp crumbled blue cheese

## DIRECTIONS:

Let ingredients soften. Thoroughly blend all ingredients. Shape into ball. Refrigerate 2-3 hours until firm.

Thanks to Cindy Pusey, Friend of LIA for her similar Cheese Ball recipe.

# CRACK SALSA

**Aria Spear, Class 39**

## INGREDIENTS:

2 cans corn, drained  
2 cans black beans, drained  
2 cans black-eyed peas, drained  
3-5 tomatoes, chopped  
2-3 avocados, chopped  
2 red or orange peppers, chopped  
1 bunch green onions, chopped  
1 bunch cilantro, chopped  
2 pkgs dry Italian dressing mix  
½ cup red wine vinegar  
¾ cup olive oil

## DIRECTIONS:

Mix corn, beans, peas, tomatoes, avocados, peppers, onions and cilantro. In small bowl combine dressing mix, vinegar and oil. Add dressing to bean mixture and blend well. Keeps well in refrigerator for 2-3 days.





# PICKLED ASPARAGUS BEEF ROLL UPS

**Leah Morgan Clark, Class 26**

## INGREDIENTS:

1 container vegetable flavored cream cheese spread  
1 tsp prepared horseradish (or more to taste)  
4 flour tortillas  
4 ounces very thinly sliced deli roast beef  
1 cup shredded carrots  
8 – 12 spears pickled asparagus

## DIRECTIONS:

Combine cream cheese spread and horseradish. Divide equally between the four tortillas and spread evenly. Place 1/4 of roast beef on each tortilla, covering as much of the tortilla as possible. Sprinkle 1/4 cup of shredded carrots evenly over beef on each tortilla. Place 2-3 spears of pickled asparagus together on the edge of each tortilla. Starting on edge where asparagus is placed, roll up each tortilla. Wrap each roll in plastic wrap and refrigerate 2 hours or more. To serve, cut each wrap into 1 inch slices.

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# ASPARAGUS HAM TARTLETS

**Galen Lee, Class 10**

## INGREDIENTS:

3 oz cream cheese, softened  
1/4 cup butter, softened  
3/4 cup +1 Tbsp all purpose flour, divided  
1/4 cup cornmeal  
1 egg  
1/3 cup heavy whipping cream  
3/4 cup shredded Swiss cheese  
1/2 cup diced fully cooked ham  
18 fresh asparagus tips (1" pieces)

## DIRECTIONS:

In a small mixing bowl, beat cream cheese and butter until smooth. Add 3/4 cup flour and cornmeal; mix well. Cover and refrigerate for 1 hour. Shape dough into 18 balls. Press each ball into the bottom and up the sides of a greased miniature muffin cups. In a bowl, whisk egg and cream. Stir in remaining flour until smooth. Add cheese and ham; mix well. Spoon about 1 tablespoon of mixture into each cup. Bake at 425° degrees for 7 minutes. Reduce heat to 325°. Top each tart with an asparagus tip. Cover loosely with foil. Bake 17-20 minutes longer or until a knife inserted near the center comes out clean.



# TACO DIP

**Deb Easterday Reeves, Class 41**

## INGREDIENTS:

12 oz cream cheese, softened  
½ cup dairy sour cream  
2 tsp chili powder  
1½ tsp cumin  
⅛ tsp ground red pepper  
½ cup salsa  
Crisp salad greens  
1 cup (4 oz) shredded cheddar cheese  
1 cup (4 oz) shredded Monterey Jack cheese  
½ cup diced plum tomatoes  
⅓ cup sliced green onions  
¼ cup sliced, pitted ripe olives  
¼ cup sliced pimiento-stuffed green olives  
Tortilla chips and blue corn chips for serving.

## DIRECTIONS:

Combine cream cheese, sour cream, chili powder, cumin and ground red pepper in large bowl; mix until well blended. Stir in salsa. Spread dip onto greens-lined 10-inch serving platter. Top with cheddar cheese, Monterey Jack cheese, tomatoes, green onions, ripe olives, and green olives. Serve with tortilla chips and blue corn chips.



Photo courtesy of Idaho State Department of Agriculture

# LUMPIA (BEEF EGG ROLLS)

**Linda Rider, Class 22**

## INGREDIENTS:

1 lb lean ground beef  
1 small onion, finely chopped  
¼ tsp minced garlic  
1 med green pepper, finely chopped  
1 large carrot, grated  
1 medium potato, peeled and grated  
5 Tbsp soy sauce  
1 package egg roll wrappers  
Vegetable oil for frying

## DIRECTIONS:

Brown ground beef, then add onion, garlic, green pepper, carrot and potato. Sauté until vegetables are soft. Drain any remaining liquid from ground beef mixture, then add soy sauce. Place about 2 tablespoons of beef mixture onto each egg roll wrapper. Roll up and seal edges. Fry in oil until lightly browned. Remove and drain on paper towels. Serve warm.

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# PEPPER POPPERS

**Janice Stimpson, Class 17**

## INGREDIENTS:

6 strips bacon, cooked and finely chopped  
8 oz cream cheese, softened  
1 cup shredded cheddar cheese  
1 cup shredded Monterey Jack cheese  
¼ tsp salt  
¼ tsp chili powder  
¼ tsp garlic powder  
1 lb fresh jalapeños, halved and seeded  
½ cup dry breadcrumbs

## DIRECTIONS:

Mix bacon, cheeses, and seasonings. Place 2 Tbsp of the mixture in each jalapeño half. Roll in breadcrumbs. Place on a greased 10 x 15 baking sheet. Bake at 350° for 20 minutes for spicy, 30 minutes for medium spicy, and 40 minutes for mild poppers.

Thanks to Treg Owings, Class 35 for his similar Jalepeno Poppers recipe.



# JALAPEÑO CHICKEN TAQUITOS

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

3-4 chicken breasts, fresh or frozen  
1/2 cup water or chicken broth  
8 oz cream cheese  
1/3 cup jalapeños, roughly chopped  
1 tsp garlic salt  
1 tsp salt  
1 tsp cumin  
4 large tortillas  
1½ cups shredded cheese  
Butter

## DIRECTIONS:

Add first 7 ingredients to a crockpot. Cover and cook on low 6-8 hours or on high 3-4 hours. When ready to serve, preheat oven to 425°. Grease a baking sheet. Remove chicken from crockpot and shred, adding back in all the cooking juices from the crockpot. Heat tortillas a few seconds in microwave. Sprinkle ¼ of the cheese in the middle of each tortilla and top with ¼ of the shredded chicken mix. Roll tightly and place on cookie sheet seam side down. Spread butter on top of each tortilla roll. Bake 10-15 minutes then broil 2-3 minutes to brown and crisp the tortillas. Serve hot with salsa and sour cream if desired.



# SALMON LOG

**Dustin Glenewinkel, Class 45**

## INGREDIENTS:

1 lb salmon fillet  
8 oz cream cheese  
1 tsp lemon juice  
2 tsp finely grated onion  
1 tsp horseradish  
½ tsp salt  
¼ tsp of liquid smoke  
1 cup chopped pecans  
3 Tbsp fresh parsley, chopped

## DIRECTIONS:

Bake or grill salmon at 350° for 15-20 mins. Fillet should flake apart when fully cooked. Let cool overnight then remove and discard the bone and skin. Place salmon in a bowl add all the remaining ingredients, except the pecans and parsley. Mix thoroughly until mixture forms a consistent texture/paste. Chop the pecans coarsely, place half on the bottom of a serving dish. Place the salmon on top of the pecans and form salmon into a log about 2 inches in diameter. Cover the log with the remaining pecans and sprinkle with parsley. Refrigerate until firm 3-4 hrs. Serve with crackers.

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# HOLIDAY BEAN DIP

**Ashlee Struble, Class 43**

## INGREDIENTS:

1 lb of your favorite ground meat  
1 package of taco seasoning  
2 cups mozzarella cheese (shredded)  
2 cups of mild cheddar cheese (shredded)  
30 oz can of refried beans  
4 oz can of diced green chiles  
16 oz bottle of taco sauce  
Tortilla chips

## DIRECTIONS:

Brown and season meat with the taco seasoning. In a crockpot on low, add the seasoned browned meat and all other ingredients except chips. Stir as needed. Serve hot with tortilla chips.



# BAKED HAM & CHEESE SLIDERS

**Cindy Pusey, Friend of LIA**

## INGREDIENTS:

2-3 Tbsp butter, melted  
½ tsp garlic powder  
½ tsp Italian seasoning  
12 Hawaiian or soft dinner rolls  
12 slices baked honey ham sliced thinly  
9 slices cheddar cheese  
9 slices Swiss cheese  
Parmesan cheese, optional

## DIRECTIONS:

Preheat oven to 350 degrees. In a small bowl, mix together butter, garlic powder and Italian seasoning. Brush over tops of rolls. Split buns in half, place bottom half of rolls in the bottom of a 9 x 13 or 11 x 7 baking dish. Brush a little bit of melted butter topping on the rolls. Top with slices of cheddar cheese on the bottom layer, layer with ham slices then top with Swiss cheese. Place the top half of the rolls on top of cheese and ham and brush top of rolls with remaining butter mixture. Cover with foil and bake in preheated oven for about 12-15 minutes or until cheese is melted. Cut into individual sliders and serve immediately with a sprinkle of grated Parmesan, if desired. Sliders are best warm and fresh.

*Adapted from: [www.lifemadesweeter.com](http://www.lifemadesweeter.com)*



# SANDWICH FOR A CROWD

**Kasia Duellman, Class 39**

## INGREDIENTS:

2 1-lb loaves Italian bread, unsliced  
1 pkg (8 oz) cream cheese, softened  
1 cup (4 oz) shredded cheddar cheese  
 $\frac{3}{4}$  cup sliced green onions  
 $\frac{1}{4}$  cup mayonnaise  
1 Tbsp Worcestershire sauce  
1 lb thinly sliced fully cooked ham  
1 lb thinly sliced roast beef  
12-14 thinly sliced dill pickles

## DIRECTIONS:

Cut bread in half lengthwise. Hollow out top and bottom of loaves, leaving a  $\frac{1}{2}$ " shell. Save removed bread for another purpose (such as croutons or bread crumbs). Combine cheeses, onions, mayonnaise, and Worcestershire sauce and spread over cut sides of bread. Layer ham and roast beef on bottom and top halves; place pickles on bottom halves. Gently press halves together. Wrap in plastic wrap for at least 2 hours. Cut into  $1\frac{1}{2}$ " slices. Yield: 12-14 servings.

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# CATHI'S MAID-RITES

**Talee Ottley (Michael), Class 39**

## INGREDIENTS:

3 lbs ground beef  
1 onion, chopped  
2-3 Tbsp yellow mustard  
2-3 Tbsp brown sugar  
1 can chicken gumbo soup  
1 can chicken broth  
Salt & pepper to taste

## DIRECTIONS:

Brown beef and onion. Drain & season with salt & pepper. Add mustard, brown sugar and soup. Mix well and simmer for a few minutes. Add broth as needed to keep meat from drying out. Serve on hamburger buns.



Photo courtesy of Justin Place



# CHEESE, ONION & POTATO PASTY (SAVORY HAND PIES)

**Sarah Morris, Class 37**

## INGREDIENTS:

1 large Idaho potato, peeled and cubed  
1 large Idaho onion, finely diced  
1 Tbsp butter  
5 oz shredded sharp Idaho cheddar cheese  
¼ cup heavy cream  
1 tsp mustard (yellow or Dijon)  
1 tsp finely diced fresh parsley, optional  
Salt & pepper to taste  
1 11.3 oz sheet of Puff Pastry, thawed  
(or you can use homemade piecrust)  
1 egg, beaten  
Cooking spray, as needed

### **A Note from Sarah:**

*Growing up in Ireland with an English mother, pasties were always on the menu. We would eat them with chips (fries) and baked beans for dinner, with a large side salad for lunch or cold out of a brown paper bag for a snack on the go. Since moving to Idaho in 2013, I started making my own pasties and found the Idaho potatoes to be the best variety for this recipe! Working for Glanbia as a Cheese Plant Manager, I have plenty of sharp Idaho cheddar to choose from, adding in Idaho onions from the farmers market makes this recipe easy to make from local produce.*

## DIRECTIONS:

Preheat oven to 400°. In a large frying pan, add a teaspoon of oil over medium heat and add potato. Fry until nice and crispy, then add butter and onion to the pan. Fry for a minute or so, just until onions are soft. Move onion and potato to a bowl to cool. To the bowl, stir in cheese, mustard, parsley, cream, and a pinch of salt & pepper. Slice the pastry into 4 equal rectangles. Divide filling into 4 equal amounts and place on one side of each rectangle. Brush around the edges of pastry rectangle with egg wash then fold over and push down with your fingers to secure. Using a fork, press down around the outside of each pasty. Place on a lightly sprayed oven tray and slice some steam holes in each pasty. Using a pastry brush, brush egg wash on top of each pasty and place in the oven at 400° for 15-20 minutes or until golden brown.

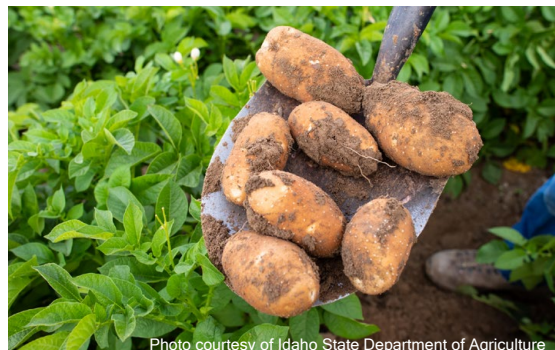


Photo courtesy of Idaho State Department of Agriculture

# GRILLED ASPARAGUS PIZZAS

**Galen Lee, Class 10**

## INGREDIENTS:

1  $\frac{3}{4}$  - 2 cup all purpose flour  
1 package (1/4 oz) quick rise yeast  
1 Tbsp minced fresh thyme  
1 tsp salt  
 $\frac{1}{2}$  tsp sugar  
 $\frac{3}{4}$  cup warm water  
24 asparagus spears, trimmed  
1 Tbsp olive oil  
 $\frac{1}{8}$  tsp garlic salt  
 $\frac{1}{8}$  tsp pepper  
1 cup pizza sauce OR ranch dressing  
3 oz thinly sliced deli ham, chopped  
2 cups shredded mozzarella cheese



## DIRECTIONS:

In a large mixing bowl, combine 1 cup flour, yeast, thyme, salt and sugar. Add water, beat until blended. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a bowl coated with olive oil, turning dough to coat all sides with oil. Cover and let rise in warm place until doubled, about one hour. Meantime brush asparagus with oil and season with garlic salt and pepper. Grill asparagus uncovered, over medium heat for 6-8 minutes or until tender, turning every 2 minutes. Cut into 1" pieces. When dough has risen, punch down and turn out onto floured surface. Divide dough into 8 portions. Roll each portion into a 6" circle. Place each circle directly onto grill. Grill uncovered over medium heat for 1-2 minutes until bubbles form on top. Place crusts toasted side up on two ungreased baking sheets. Top with pizza sauce (or ranch dressing), asparagus, ham and cheese. Cover loosely and grill 2-3 minutes longer or until bottom of crust is golden brown and cheese is melted.



# HOMEMADE PIGS IN A BLANKET

**Dennis Merrick, Class 39**

## INGREDIENTS:

12 hotdogs  
2 cups hot water  
¼ cup sugar  
⅓ cup oil  
1 Tbsp salt  
1½ Tbsp yeast  
5-6 cups white flour

## DIRECTIONS:

Preheat oven to 350°. Remove hotdogs from package and pat dry with a paper towel. Set aside. In a mixer bowl with dough hook attachment, place the hot water, sugar, oil, salt, and 2 cups of flour. Mix for 1 minute. Add the yeast and enough of the remaining flour that dough forms a ball and pulls away from the sides of the mixer. Continue mixing for 5 minutes on high. Let dough rest in the bowl for 5 minutes. Divide dough into 12-15 equal sized balls (enough to cover all of the hotdogs) Pat dough balls flat and wrap one piece of dough around each hot dog. Place the dough-covered hotdogs on a baking sheet. Bake for 25-30 minutes.

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# GRILLED BACON WRAPPED ASPARAGUS

**Galen Lee, Class 10**

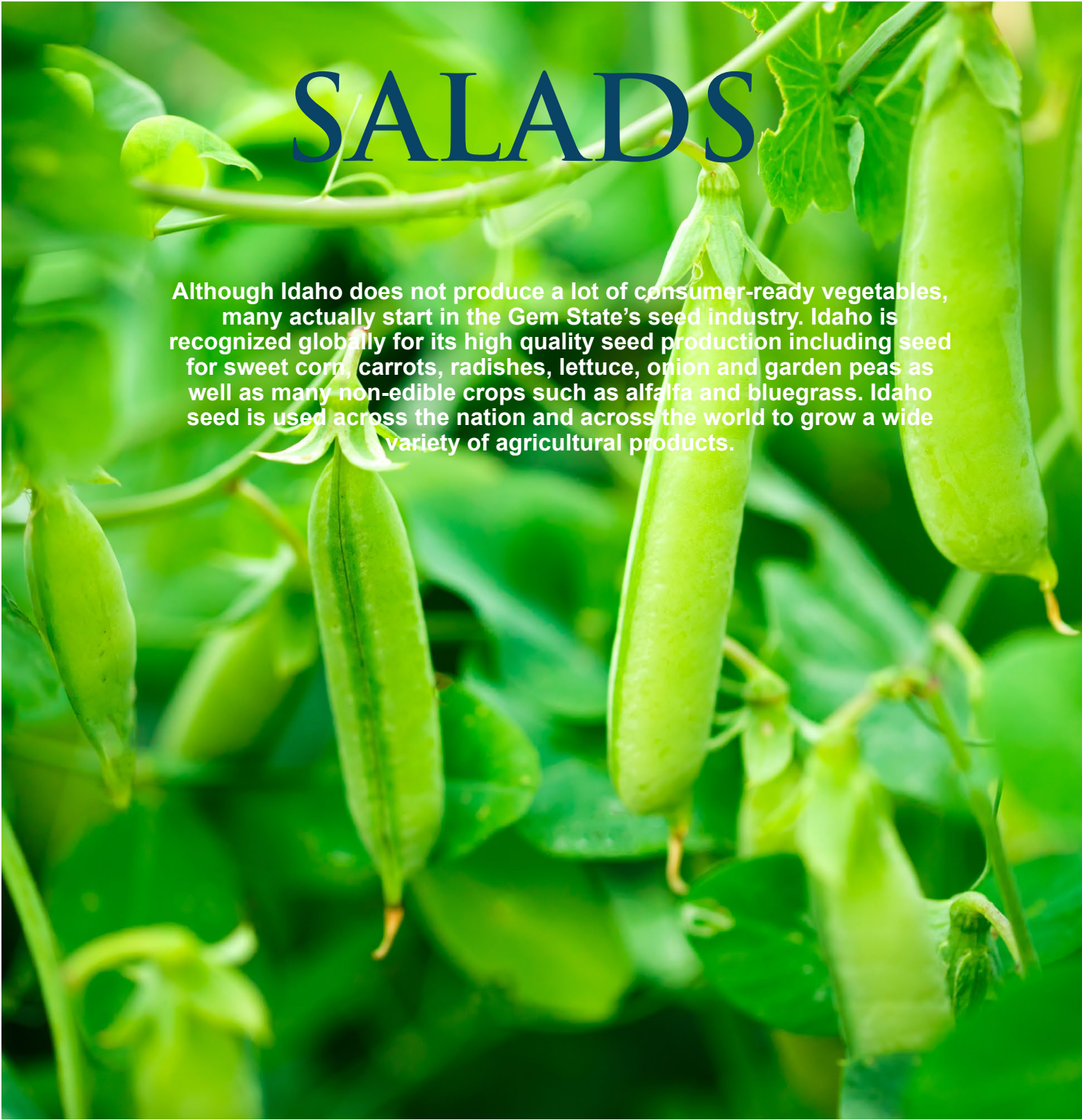
## INGREDIENTS:

10 fresh asparagus spears, trimmed  
⅛ tsp fresh ground pepper  
6 bacon strips, halved lengthwise  
Cooking spray

## DIRECTIONS:

Place asparagus on a sheet of waxed paper and coat asparagus with nonstick cooking spray. Sprinkle with pepper, turn to coat. Wrap a piece of bacon around each spear in a spiral to cover as much of the spear as possible. Secure ends with toothpicks that have been soaked in water. Grill uncovered over medium low heat for 8-12 minutes or until bacon is crisp, turning occasionally. Remove toothpicks and serve while hot.

# SALADS



Although Idaho does not produce a lot of consumer-ready vegetables, many actually start in the Gem State's seed industry. Idaho is recognized globally for its high quality seed production including seed for sweet corn, carrots, radishes, lettuce, onion and garden peas as well as many non-edible crops such as alfalfa and bluegrass. Idaho seed is used across the nation and across the world to grow a wide variety of agricultural products.



# FAVORITE BROCCOLI SALAD

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 bunch broccoli  
1 head cauliflower  
8 bacon strips (fried)  
1/3 cup onion  
1 cup tomato, chopped  
2 hard-cooked eggs, diced  
1 cup mayonnaise  
1/3 cup sugar  
2 Tbsp vinegar  
Craisins (optional)  
Pecans (optional)

## DIRECTIONS:

In large bowl, combine broccoli, cauliflower, bacon, onion, tomatoes, and eggs, set aside. In another bowl, combine mayonnaise, sugar and vinegar; mix until smooth. Just before serving, pour dressing over salad, add pecans and craisins if using, and toss.

# COLD PEA SALAD

**Talee Ottley (Michael), Class 39**

## INGREDIENTS:

1 bag (20-32 oz) frozen peas thawed  
8 slices bacon, cooked crispy & crumbled  
1/4 cup green onion, diced  
1/4 cup sour cream  
1/4 cup mayonnaise  
2 Tbsp parsley  
Dill weed to taste  
Salt & pepper to taste

## DIRECTIONS:

Combine peas, bacon and green onion. In separate bowl combine sour cream, mayonnaise, herbs and salt and pepper to taste. Fold into pea mixture until well blended. Refrigerate until ready to serve.

# ASPARAGUS SALAD WITH MUSTARD & HERB VINAIGRETTE

**Galen Lee, Class 10**

## INGREDIENTS:

1 ½ lbs fresh asparagus spears, trimmed, steamed and chilled  
2 Tbsp white wine vinegar  
1 ½ tsp Dijon mustard  
3 Tbsp vegetable oil  
3 Tbsp olive oil  
1 ½ Tbsp minced parsley  
1 ½ tsp minced fresh thyme  
1 ½ tsp minced fresh oregano  
Salt and pepper to taste

## DIRECTIONS:

Steam asparagus and chill. In small bowl, whisk together vinegar and mustard. Whisking constantly, slowly add in the vegetable and olive oils. Add parsley, thyme, oregano and salt and pepper to taste. Arrange asparagus spears on platter, drizzle with dressing and serve immediately.

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# FIESTA SALAD

**Linda Rider, Class 22**

## INGREDIENTS:

1 19-oz can white kidney beans  
1 17-oz can whole kernel corn  
1 16-oz can red kidney beans  
1 10-oz can cut green beans  
1 12-oz jar salsa or picante sauce  
½ cup white wine vinegar

## DIRECTIONS:

Rinse and drain kidney beans and drain corn and green beans. Combine all ingredients in large bowl and refrigerate 1 hour before serving.



Photo courtesy of Idaho State Department of Agriculture



# PASTA SALAD

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

½ cup red wine vinegar  
¼ c. olive oil  
2 Tbsp. Dijon mustard  
1 tsp sugar  
¼ red onion, thinly sliced  
1 lb rotini pasta  
1 orange bell pepper, sliced  
1 pt. grape tomatoes, halved  
¾ cup chopped marinated artichokes  
⅓ cup pitted kalamata olives, chopped  
4 oz cured salami, chopped  
2 Tbsp chopped fresh flat-leaf parsley, plus more for serving  
1 Tbsp chopped fresh oregano  
2 Tbsp chopped capers  
14 oz fresh mozzarella, shredded or torn

## DIRECTIONS:

Bring a large pot of salted water to a boil. Add pasta and cook according to package directions. Meanwhile, whisk together vinegar, oil, mustard, and sugar in a bowl. Transfer half of dressing to a large bowl and add onions; toss to coat. Let stand while pasta cooks. Drain pasta and add to onion mixture; toss until liquid is absorbed. Cool to room temperature. Add bell pepper, tomatoes, artichokes, olives, salami, parsley, oregano, capers, and remaining dressing, toss to coat. Fold in mozzarella. Serve sprinkled with additional parsley.



Photo courtesy of Idaho State Department of Agriculture

# VEGETABLE SALAD

**Ron Jones, Class 2**

## INGREDIENTS:

3 cups cauliflower, chopped  
2 cups celery, sliced  
3 cups broccoli, chopped  
2 cups frozen peas  
8 slices bacon, cooked & crumbled  
 $\frac{3}{4}$  cup dry roasted salted peanuts  
 $\frac{3}{4}$  c. raisins  
Dressing:  
1 cup mayonnaise  
 $\frac{1}{4}$  tsp salt  
1 Tbsp apple cider vinegar  
3 Tbsp sugar  
Chopped green onion (to taste)  
 $\frac{1}{3}$  cup parmesan cheese

## DIRECTIONS:

Combine salad ingredients. Mix dressing ingredients. Fold dressing into salad ingredients and serve.



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# MACARONI SALAD

**Ann Jacobs, Class 31**

## INGREDIENTS:

1 small pkg salad macaroni  
3-4 finely chopped green onions  
 $\frac{1}{2}$  large green pepper, diced  
3 ripe tomatoes, diced  
1 Tbsp dried parsley  
Salt and pepper to taste  
 $\frac{3}{4}$ -1 cup Miracle Whip® salad dressing

## DIRECTIONS:

Cook macaroni in boiling water about 15 minutes. Drain but do not rinse. Add green onions, green pepper, tomatoes, parsley, salt and pepper to taste. Fold in salad dressing and chill before serving.

# ASPARAGUS & BLACK BEAN SALAD

**Galen Lee, Class 10**

## INGREDIENTS:

1 lb asparagus, trimmed & cut in 1" pieces  
 1 16 oz can black beans, rinsed & drained  
 1 red bell pepper, chopped into ½" pieces  
 1 Tbsp onion, finely chopped

### **Dressing:**

3 Tbsp olive oil  
 1 Tbsp chopped fresh cilantro  
 2 Tbsp vinegar  
 ½ tsp salt  
 ½ tsp ground cumin  
 Dash pepper  
 1 small clove garlic, crushed

## DIRECTIONS:

Cook asparagus 3-5 minutes until tender crisp. Cool, then in a bowl combine the asparagus with beans, pepper and onion and mix well. Mix dressing ingredients and add to salad. Toss well, then refrigerate at least 4 hours before serving.



# CAULIFLOWER SHRIMP SALAD

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

2 cans shrimp, drained  
 ½ tsp pepper  
 1 tsp salt  
 ½ cup chopped green pepper  
 2½ cups raw cauliflower, cut into bite-sized pieces  
 ½ cup green olives with pimento, sliced  
 2½ cups cooked rice, cooled  
 2 cups mayonnaise

## DIRECTIONS:

Mix all ingredients well. Refrigerate overnight to allow flavors to mix. Add additional mayonnaise prior to serving if additional moisture is needed.



# CHILI CHEESE CORN SALAD

**Dennis Merrick, Class 39**

## INGREDIENTS:

3 cans corn  
1 can tomatoes with green chilies (mild)  
1 red bell pepper, diced  
½ cup finely diced onion  
1 cup shredded cheese  
1 cup mayonnaise  
1 bag chili cheese flavored corn chips

## DIRECTIONS:

Drain corn and add it to a large bowl. Add tomatoes, bell pepper, onion, cheese, and mayonnaise to the corn. Stir to combine. Right before serving, add in the corn chips and stir.



Photo courtesy of Idaho State Department of Agriculture

# ORIENTAL CHICKEN SALAD

**Deb Easterday Reeves, Class 41**

## INGREDIENTS:

2 heads lettuce, torn into bite-size pieces  
 2 10-oz cans white chunk chicken  
 ½ cup toasted slivered almonds or cashews  
 4 Tbsp sesame seeds  
 3-4 chopped green onions  
 2 pkgs dry ramen noodles, crushed

## **Dressing:**

¾ cup seasoned rice vinegar  
 1 cup salad oil  
 1 tsp salt  
 1 tsp pepper  
 ½ cup sugar

## DIRECTIONS:

Mix first 5 ingredients, reserving noodles. Combine all dressing ingredients and mix thoroughly. Add dressing and crushed noodles to salad just before serving.

Thanks to Susi Larrocea, Class 4 for her similar oriental Cabbage Salad with Chicken.

# AVOCADO CHICKEN SALAD

**Kyra Gibson Class 35**

## INGREDIENTS:

2 cups cooked chicken  
 1 medium avocado  
 ¼ cup salsa  
 ¼ tsp pepper  
 ½ tsp salt  
 ½ cup Greek yogurt

## DIRECTIONS:

Remove the flesh from the avocado and place in a medium bowl. Mash with a potato masher. Stir in yogurt, salsa, salt, pepper, and chicken. Serve chicken salad on a soft roll or toasted sliced bread. Top with lettuce, tomato, and onions if desired.

# CABBAGE CRUNCH SALAD

**Dennis Merrick, Class 39**

## INGREDIENTS:

½ cup oil  
¼ cup sugar  
3 Tbsp vinegar  
½ tsp salt  
1 pkg chicken-flavored ramen noodles  
½ head of shredded cabbage  
2 Tbsp sesame seeds  
½ cup sliced almonds

## DIRECTIONS:

Place oil, sugar, vinegar, salt, and seasoning packet from the ramen noodle package in a large bowl. Stir to combine. Add the shredded cabbage, sesame seeds, and almonds. Break up the ramen and add to the salad. Toss to combine.

Thanks to Dorita Waitley (Rick), Class 8 and Aria Spear, Class 39, for their similar Oriental Ramen salad recipes.

# MEXICAN COLESLAW

**Susan R. Smith, Class 29**

## INGREDIENTS:

1 bag coleslaw mix (12-16 ounce)  
⅓ cup chopped cilantro  
¼ cup rice vinegar  
2 Tbsp extra-virgin olive oil  
¼ tsp salt

## DIRECTIONS:

Combine coleslaw mix and cilantro in large bowl. Stir together vinegar, oil and salt and pour over coleslaw mix. Toss to coat. Refrigerate overnight before serving.



# GRANNY'S COLESLAW

Sharayh Krantz, Class 43

## INGREDIENTS:

1 head cabbage  
1 onion  
1 green pepper  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{2}$  tsp salt  
1 tsp pepper  
1 tsp celery seed  
 $\frac{1}{2}$  cup oil of your choice  
 $\frac{1}{2}$  cup vinegar

## DIRECTIONS:

Put cabbage, onion and pepper in a food processor and chop. Drain the juices. Mix remaining ingredients and then pour over cabbage mix. Best if refrigerated overnight before serving.

Thanks to Michael Ottley, Class 39 for his similar Coleslaw recipe.



# SPICED CHERRY SALAD

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

1 cup dried cherries  
1 11-oz can mandarin orange sections, drained  
2 kiwi, peeled and sliced  
¼ cup orange juice  
¼ cup confectioner's sugar  
¼ tsp ground cinnamon  
¼ cup slivered almonds, toasted

## DIRECTIONS:

Put dried cherries, mandarin oranges, and kiwi slices in a bowl. Combine orange juice, confectioner's sugar, and cinnamon in a small bowl; mix well. Pour mixture over fruit and mix gently. Refrigerate, covered 1 to 2 hours, stirring occasionally. Sprinkle with toasted almonds just before serving.

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# WINTER FRUIT SALAD

**Hillary Lowe (Jim), Class 31**

## INGREDIENTS:

### **Dressing:**

3 Tbsp fresh lemon juice  
3 Tbsp sugar  
3 Tbsp olive oil  
3 Tbsp honey  
2 tsp poppy seeds

### **Salad:**

8 mandarin oranges – peeled and separated into sections  
4 apples (2 gala + 2 golden) – core and cut into bite sized pieces  
4 ripe kiwi, peeled & diced  
4 bananas, peeled & sliced  
1 large pomegranate arils

## DIRECTIONS:

Combine all dressing ingredients and mix well. In large bowl, combine all salad fruits. Top with dressing and mix well.



Photo courtesy of Idaho State Department of Agriculture

# SPINACH STRAWBERRY SALAD

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

### **Salad:**

½ cup chopped walnuts, toasted  
1 lb fresh baby spinach, washed and de-stemmed  
1 pint fresh strawberries  
⅓ cup feta cheese

### **Two seed dressing:**

¼ cup olive oil  
¼ cup canola oil  
¼ cup lemon juice  
2 Tbsp maple syrup  
2 Tbsp sesame seeds  
1 Tbsp poppy seeds  
1 ½ tsp chopped white onion  
¼ tsp Worcestershire sauce  
¼ tsp paprika

## DIRECTIONS:

Arrange spinach in bowl. Slice strawberries and sprinkle on spinach. Top with feta cheese and walnuts. Mix all dressing ingredients in a container. Shake to mix well. Drizzle over the salad.



Photo courtesy of Idaho State Department of Agriculture

# WHIPPED RASPBERRY SALAD

**Kyra Gibson, Class 35**

## INGREDIENTS:

1 box instant vanilla pudding  
32 oz vanilla yogurt  
8 oz frozen whipped topping (thawed)  
1 pkg frozen raspberries (10-12 ounces)

## DIRECTIONS:

Combine pudding mix and vanilla yogurt. Fold whipped topping into the mixture. Gently fold in the raspberries. Refrigerate until serving.



# GRAPE SALAD

**Kyra Gibson, Class 35**

## INGREDIENTS:

4 lbs green grapes  
8 oz cream cheese  
8 oz sour cream  
2 Tbsp brown sugar, divided  
1 tsp vanilla extract  
½ cup white sugar  
4 oz pecans

## DIRECTIONS:

Wash and dry grapes. In a large bowl, combine cream cheese, sour cream, 1 Tbsp of brown sugar, white sugar and vanilla. Add to grapes and mix until evenly incorporated. Sprinkle with remaining brown sugar and top with pecans. Refrigerate until serving.



# RASPBERRY APPLESAUCE SALAD

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

6 oz pkg raspberry flavored gelatin  
1 ¾ cups boiling water  
1 large pkg frozen raspberries  
1½ - 2 cups applesauce

## DIRECTIONS:

Dissolve gelatin in boiling water. Cool slightly, then add raspberries and applesauce. Refrigerate until set.

# MILLIONAIRE CRANBERRY SALAD

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

### **Cranberry Sauce:**

3 cups fresh cranberries

$\frac{3}{4}$  cup sugar

1 cup water

1 cinnamon stick

### **Salad:**

2 cups sour cream (or plain Greek yogurt)

2 cups pineapple tidbits, well-drained

2 cups mini-marshmallows

1 cup chopped pecans

2 cups flaked coconut

## DIRECTIONS:

To make sauce, combine cranberries, sugar, water, and cinnamon stick in a saucepan. Bring to a boil, reduce heat and simmer for 10 minutes. Cool completely (sauce will thicken upon cooling). In large bowl, combine salad ingredients. Add  $1\frac{1}{2}$  cups cooled cranberry sauce and stir well. Refrigerate 4 hours or overnight before serving.

Adapted from: [www.spendwithpennies.com](http://www.spendwithpennies.com)





# SOUPS

Idaho is a major producer of legumes including lentils, garbanzo beans and dry beans. Lentils and garbanzo beans, also known as chickpeas, are raised primarily in the northern part of the state known as the Palouse. Ten varieties of dry beans, including pintos, reds, kidneys, blacks, pinks and Great Northern are produced in the Magic Valley area of southern Idaho. Idaho ranks fifth in the nation in dry bean production, producing nearly \$10 million in value annually. Much of Idaho's legume production is exported across the country and around the world.



# LYON LENTIL SOUP

**Elli Brown, Class 32**

## INGREDIENTS:

1 lb ground beef, browned and drained  
5½ cups tomato juice (1 large can)  
4 cups water  
1 cup dry lentils  
1 cup diced carrots  
1 cup chopped celery  
1 cup diced onions  
½ cup chopped green pepper  
1 bay leaf  
1 tsp salt  
½ tsp pepper

## DIRECTIONS:

Mix all ingredients together in large pot.  
Bring to boil and simmer for about one hour.  
Remove bay leaf before serving.

Recipe by: Marilyn Lyon Brown



# CHUCKLE CHILI

**Treg Owings, Class 35**

## INGREDIENTS:

8 oz elk burger  
8 oz Italian sausage  
1 onion  
1 red bell pepper  
1 jalapeño pepper  
2 cans chili beans  
1 can pinto beans  
1 can black beans  
1 can kidney beans  
1 can diced tomatoes with lime & cilantro  
1 can diced tomatoes with chilies  
½ chocolate bar  
1 Tbsp brown sugar  
3½ Tbsp chili powder  
¾ tsp cumin  
Pinch of oregano  
2 cloves garlic, minced  
1 12 oz can Huckleberry Ale

## DIRECTIONS:

Brown meats. Dice vegetables and sauté. Combine meat and vegetables with all remaining ingredients in a slow cooker or Dutch oven. Simmer for 4-6 hours.





# CREAMY CHILI WITH CORN

**Aria Spear, Class 39**

## INGREDIENTS:

2-3 lbs ground beef  
1½ cups onion, chopped (1-2 onions)  
2 bell peppers, chopped (red or green)  
½ - 1 cup chopped celery  
3 Tbsp butter  
3 cups catsup  
2 Tbsp brown sugar  
1 can Great Northern white beans, drained  
1 can black beans, drained  
1 can red beans, drained  
1 can pinto beans, drained  
2 cups corn (or 1 can)  
1 can diced tomatoes with green chilies  
1 8 oz can tomato sauce  
1½ Tbsp chili powder  
1 Tbsp cumin  
1 tsp allspice  
1 Tbsp salt (or to taste)  
1 tsp pepper  
1 tsp paprika  
1 tsp oregano  
½ - 1 tsp garlic salt  
Pinch of cayenne pepper  
1-2 tsp Johnny's® seasoning (or other seasoned salt)  
1½ cup heavy whipping cream

## DIRECTIONS:

Brown ground beef, onion, peppers and celery. Drain fat. Add butter, catsup, brown sugar, beans, corn, green chilis and tomato sauce. Add all spices to beef/bean mixture. Simmer to let flavors blend together and adjust spices to taste. When ready to serve, add cream and heat through.





# HAMBURGER STEW

**Aria Spear, Class 39**

## INGREDIENTS:

1 lb ground beef, browned  
½ cup grated onion or 2 Tbsp dehydrated onion  
2 cans of cream of celery (or other cream) soup  
1 cup water  
4 cups tomato juice  
1 cup grated or sliced carrots  
½ tsp salt & pepper  
2 Tbsp brown sugar  
1 tsp Worcestershire sauce  
Season salt to taste  
\* Can add potatoes, corn or other vegetables as desired

## DIRECTIONS:

Brown ground beef and onion. Add all remaining ingredients and simmer 30-40 minutes.

Note: Can substitute pureed canned tomatoes or tomato sauce diluted with water for tomato juice.



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# TACO SOUP

**Malia Miller, Class 36**

## INGREDIENTS:

1 lb of ground beef, turkey, or chicken  
1 onion, chopped  
1 packet taco seasoning  
2 cans stewed tomatoes  
2 cans kidney beans, undrained  
1-2 cans tomato sauce  
1 cup of water  
Grated cheese  
Corn Chips

## DIRECTIONS:

Brown meat, drain. Add onion and taco seasoning. In another pot, add tomatoes, beans, sauce and water, bring to a boil. Add cooked meat and simmer for 30 minutes. Garnish with grated cheese and corn chips.

# ZESTY TORTILLA SOUP

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 medium onion, chopped  
2 garlic cloves, minced  
2 Tbsp vegetable oil  
2 lbs beef stew meat, cut into 1" cubes  
2 cups water  
1 can stewed tomatoes  
1 can diced tomatoes with green chilies, undrained  
1 can condensed tomato soup, undiluted  
1 can beef broth  
1 can chicken broth  
1 Tbsp Worcestershire sauce  
1 tsp ground cumin  
1 tsp chili powder  
1 tsp salt  
1 tsp lemon pepper seasoning  
½ tsp hot pepper sauce  
10 corn tortillas (6")  
Shredded cheddar cheese,  
sour cream, cilantro or  
sliced green onions (optional)

## DIRECTIONS:

In a Dutch oven or soup kettle, sauté onion and garlic in oil until onion is tender. Add beef cubes and brown on all sides. Add remaining ingredients, except tortillas and bring to a boil. Reduce heat. Cover and simmer for 1-1½ hours or until beef is tender. Cut tortillas into bite-size pieces; add to soup. Simmer, uncovered, for 10 minutes; let stand for 5 minutes. Serve with cheese, sour cream, cilantro and green onions.



# OKTOBERFEST SOUP

**Nic Wittman, Class 39**

## INGREDIENTS:

2 lbs bratwurst  
1 24 oz can whole tomatoes, undrained  
4 medium potatoes  
2 cups sliced carrots  
1½ cups sliced celery  
8 cups beef stock  
2 garlic cloves, minced  
2 tsp brown sugar  
4 cups shredded cabbage  
Parmesan cheese, grated

## DIRECTIONS:

In a soup pot, combine bratwurst, tomatoes, potatoes, carrots, celery, beef stock, garlic, and brown sugar. Heat to boiling, cover, and reduce heat to a gentle simmer for 1 hour. Stir occasionally. Add cabbage and simmer an additional 10 minutes. Salt and pepper to taste. Serve topped with Parmesan cheese.

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# POTATO SOUP

**Kasia Duellman, Class 39**

## INGREDIENTS:

2-3 slices bacon, cut in pieces  
3 medium potatoes, peeled and cubed  
2 stalks celery, chopped or sliced  
2 medium carrots, diced or sliced  
1 small onion, chopped  
1 tsp salt  
⅛ tsp pepper  
1 cup water or chicken broth  
2 Tbsp flour  
2 cups milk

## DIRECTIONS:

In large saucepan or Dutch oven, fry bacon until crisp. Remove from pan and drain on paper towels. To drippings, add potatoes, celery, carrots, onion, salt, pepper, and water/broth. Cook, covered, about 15 minutes or until veggies are tender. Combine flour with small amount of milk until smooth. Add to potato mixture along with remaining milk. Cook over medium heat until soup comes to a boil. Remove from heat and garnish with crumbled bacon.



# ASIAGO BISQUE

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

3 cups chopped onion  
1 cup chopped celery  
3 cups chopped carrots  
6 Tbsp butter  
4 cups chopped and peeled potatoes, cut into small bite-sized pieces  
1 cup white wine  
2 cups chicken stock  
2 cups half and half  
2 cups shredded Asiago cheese  
6 slices of cooked bacon, chopped

## DIRECTIONS:

In a large saucepan, melt butter and sauté onions, celery, and carrots until tender. Add potatoes, wine and chicken stock. Cover and cook for 20 minutes. Add half and half and cook another 5 minutes. Remove from heat and stir in 1  $\frac{3}{4}$  cups of the Asiago cheese. With an immersion blender, blend soup until creamy or until slightly chunky, whichever you prefer. Garnish with bacon and remaining cheese.

*\*Adapted from: [www.chef-in-training.com](http://www.chef-in-training.com)*



Photo courtesy of Ryan Miller

# GREEK-STYLE LEMON CHICKEN SOUP

**Aria Spear, Class 39**

## INGREDIENTS:

½ white onion, diced  
1 carrot, diced  
4 cloves garlic, crushed  
2 Tbsp olive oil  
2 cups cauliflower rice or 1 cup uncooked orzo  
2 chicken breasts  
2-3 Tbsp fresh dill and parsley  
6 cups chicken broth  
3 egg yolks, beaten  
3 lemons, juiced  
1 tsp salt & pepper (or to taste)



## DIRECTIONS:

In large saucepot, sauté onion, carrot, and garlic in olive oil over medium heat for about 5 minutes. Add cauliflower rice or uncooked orzo. Make space for the chicken breasts and sear for 2-3 minutes each side. Add the chicken broth, fresh dill, parsley, salt & pepper. Bring to a simmer and cook covered for 45 minutes to 1 hour. Once the soup is done and the chicken is cooked through, set aside 1 cup of hot broth and slowly add it to egg yolks (1 Tbsp at a time) while whisking vigorously. This prevents the eggs from scrambling when you add it to the soup. Remove the chicken, shred it and add back in with the juice from the lemons and the egg yolk mixture. Add salt & pepper to taste. Serve with fresh parsley and dill and drizzle with a little olive oil if desired.

*Adapted from: @broccyourbody*

# MEXICAN CHICKEN SOUP

**Linda Rider , Class 22**

## INGREDIENTS:

1 large onion, chopped  
1 Tbsp cumin  
1 Tbsp oil  
2 14-oz cans chicken broth  
1 28-oz can diced tomatoes  
4 cups chopped cooked chicken  
1 can corn (undrained)  
2 4-oz cans diced green chilis  
Tortilla chips for garnish

## DIRECTIONS:

Sauté onion and cumin in oil until onion is tender, about 5 minutes. Add remaining ingredients, except chips. Bring to boil, then reduce heat and simmer 15 minutes. Season to taste with salt and pepper. Serve with tortilla chips.

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# CURLY NOODLE CHICKEN SOUP

**Aria Spear, Class 39**

## INGREDIENTS:

2½ cups curly noodles  
2 Tbsp chicken bouillon granules  
¼ tsp ground pepper  
½ tsp garlic salt  
2 Tbsp dried parsley  
3 Tbsp dried chopped onion  
½ cup chopped celery  
½ tsp garlic powder  
2-3 Tbsp butter  
2-3 carrots, chopped  
2-3 stalks of celery chopped (if you didn't use dried celery)  
1 cup or 1 can cooked chicken

## DIRECTIONS:

Bring 8 cups of water to a boil in a large pot. Add all ingredients, except chicken, to boiling water. Bring back to a boil. Lower heat and simmer uncovered for 10-12 minutes. Add cooked chicken and continue cooking until pasta is tender. Salt to taste.



# CREAM OF WILD RICE SOUP

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 large onion, chopped  
1 large carrot, shredded  
1 celery stalk, chopped  
¼ cup butter  
½ cup all-purpose flour  
8 cups chicken broth  
3 cups cooked wild rice  
1 cup cubed cooked chicken  
¼ tsp salt  
¼ tsp pepper  
1 cup evaporated milk  
¼ cup snipped chives

## DIRECTIONS:

In a large saucepan, saute the onion, carrot, and celery in butter until tender. Stir in flour until blended. Gradually add broth. Stir in the rice, chicken, salt, and pepper. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Stir in milk; cook 3-5 minutes longer. Garnish with chives.



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# CREAMY ASPARAGUS SOUP

**Galen Lee, Class 10**

## INGREDIENTS:

1 medium onion, chopped  
1 garlic clove, minced  
3 cups fresh asparagus, trimmed and cut into 1" pieces  
2 ½ cups chicken broth  
⅛ tsp crushed red pepper flakes  
3 oz cream cheese, cubed  
2 Tbsp sour cream  
1 tsp dill weed  
½ tsp ground nutmeg

## DIRECTIONS:

Coat large non-stick saucepan with cooking spray and sauté onion and garlic until tender. Add asparagus, broth and red pepper flakes. Bring to a boil then reduce heat, cover and simmer for 10-15 minutes or until asparagus is tender. Place 1/3 of the mixture in a blender, add cream cheese, sour cream and dill. Cover and process until smooth. Return blended mixture to pan, stir to blend and heat through. Sprinkle with nutmeg.

# MINESTRONE SOUP

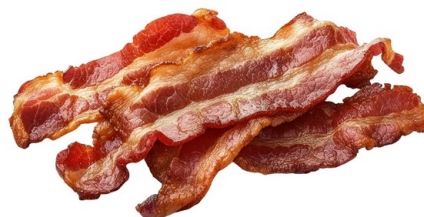
**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

6 slices bacon, cooked and chopped  
 2 cups onion, chopped  
 1 cup celery, chopped  
 4 large cloves garlic, minced  
 4 tsp crushed basil  
 2 cans beef broth  
 2 cans bean with bacon soup  
 3 soup cans water  
 1 quart undrained tomatoes  
 1 cup uncooked macaroni  
 1 tsp salt  
 2 cups shredded cabbage  
 2 cups cubed zucchini

## DIRECTIONS:

Brown bacon in large saucepan. Remove and chop then add back to pan with onion, celery, garlic, and basil; cook until tender. Stir in beef broth, soup, water, tomatoes, macaroni and salt. Bring to a boil; cover. Reduce heat and simmer for 15 minutes. Add cabbage and zucchini. Cook for 10 minutes more, stirring occasionally.



# HAM HOCK AND 15-BEAN SOUP

**Treg Owings, Class 35**

## INGREDIENTS:

1 bag of 15 beans dry bean mixture  
 1 meaty ham hock  
 3-4 bay leaves  
 1 small onion, diced  
 4 cloves garlic, minced  
 4-6 cups low sodium chicken broth

## DIRECTIONS:

Rinse and sort beans, soak in water overnight. Pour half of the broth into crockpot. Add diced onions, garlic, drained soaked beans and ham hock. Cover with remaining broth and add bay leaves. Cook in crockpot on low for 6-8 hours. Remove ham hock from crockpot. When cool enough to handle, remove meat from bone and return ham to pot and discard bone. Remove bay leaves and serve.

# SPECIAL HOMEMADE RAMEN

Jessica Anderson, Class 41

## INGREDIENTS:

2 Tbsp olive oil  
1 Tbsp fresh minced garlic  
1 Tbsp fresh minced ginger  
8 oz shiitake mushrooms (can substitute white or baby bella mushrooms)  
2 Tbsp soy sauce (add more to taste)  
48 oz beef broth  
4 slices of bacon  
1 package rice noodles  
1 stalk green onion  
2 soft-boiled eggs (3 if serving 3 people)  
Sriracha to taste



## DIRECTIONS:

Over medium heat, in large pot heat olive oil. Add garlic, ginger, and mushrooms. Sauté until tender. Add soy sauce and stir for a minute before adding entire carton of broth. Heat to simmering.

While broth is heating, start two pots of water heating to a boil. Cook bacon in a separate skillet until crispy then remove to paper towels to drain. In one pot of boiling water, gently add two eggs. Let boil for 7½ - 8 minutes before removing from heat and running under cold water. In the other pot, prepare noodles according to package directions.

To assemble, crumble the bacon and add it to the broth. While those flavors mingle, divide noodles between two bowls. Ladle equal portions of the broth between the two bowls. Chop up the stalk of green onion and sprinkle equally on top of each bowl. Finally, remove shell from both eggs and slice them in half, adding one egg to each bowl. Add sriracha to taste.



# ROASTED TOMATO GARLIC SOUP

**Aria Spear, Class 39**

## INGREDIENTS:

5 lbs roma tomatoes, sliced in half lengthwise  
1 whole garlic bulb  
1 onion, diced or sliced  
2 stalks celery diced  
2 carrots, peeled and sliced  
2 leeks, green top removed, sliced  
½ cup olive oil  
1 Tbsp fresh oregano, minced  
1 Tbsp fresh rosemary, minced  
1 Tbsp fresh thyme, minced  
4 large leaves basil, finely sliced  
2 tsp pink Himalayan sea salt  
1 tsp dried parsley  
Black pepper, to taste  
2 bay leaves  
⅛ tsp crushed red pepper flakes  
16 oz low sodium tomato juice  
5 Tbsp tomato paste  
Freshly grated Parmesan cheese (for garnish)  
Fresh basil or thyme, minced (for garnish)

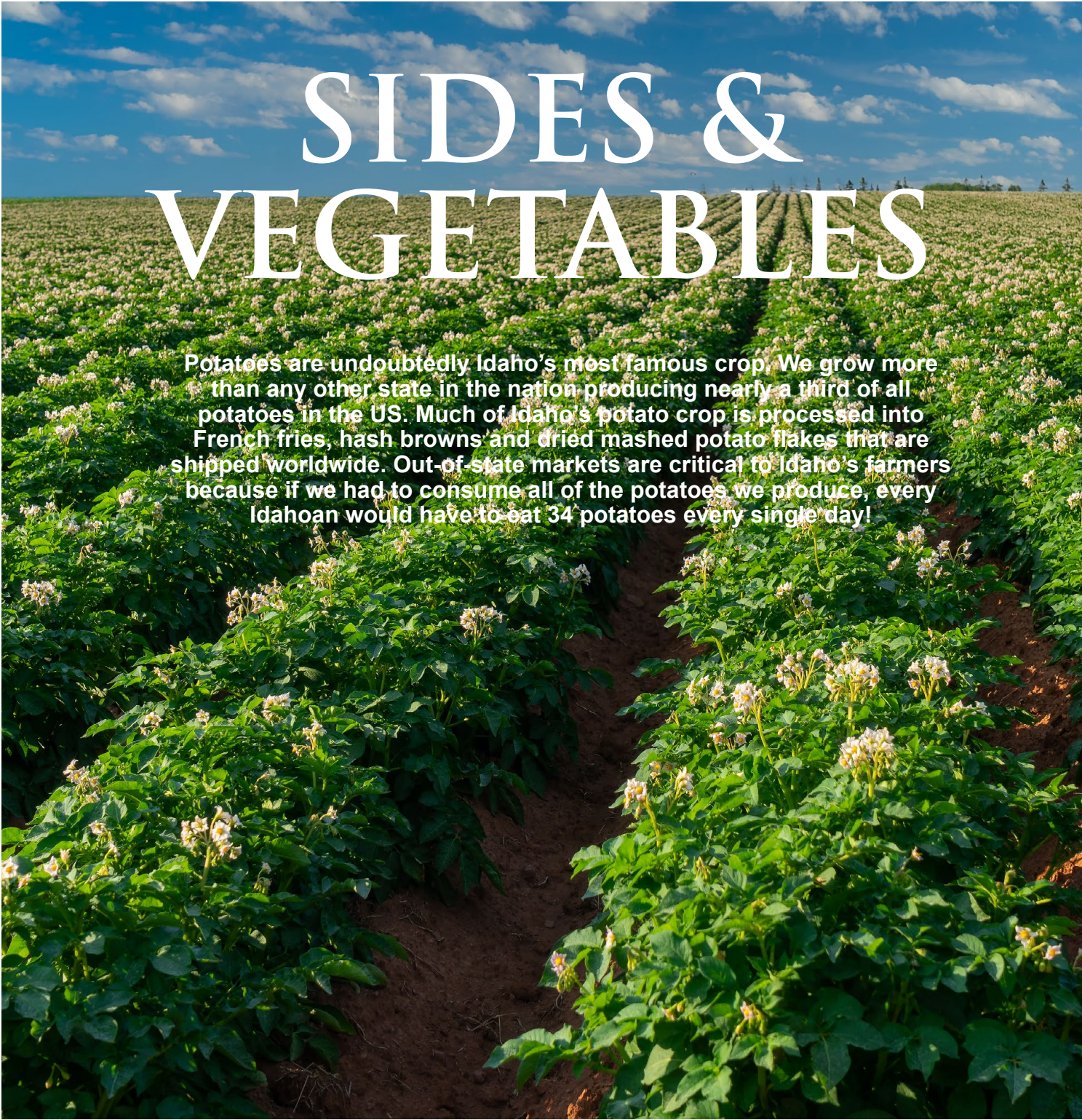
## DIRECTIONS:

Preheat oven to 400° degrees. Spray large cookie sheet with olive oil cooking spray. Wash and slice tomatoes and layer on cookie sheet. Cut off the tip of the garlic bulb exposing the garlic. Place on cookie sheet with sliced onion, celery, carrots, and leeks. Brush olive oil over top of all the veggies and tomato halves. Sprinkle salt evenly over the tomatoes and veggies on the cookie sheet. Sprinkle very delicately with pepper. Add parsley, oregano, thyme, rosemary, and basil. Bake at 400° for about 30-45 minutes, or until veggies are tender and roasted. Remove garlic cloves from skins. Place roasted tomatoes, veggies, garlic and all the drippings and herbs into a large stockpot. Heat over medium heat. Add tomato juice, bay leaves, red pepper flakes, and tomato paste. Cook through about 10-15 minutes. Remove bay leaves. Using an immersion blender, puree soup until smooth. Garnish with parmesan cheese and fresh herbs and serve with croutons or breadsticks.

*\*Adapted From: [www.cantstayoutofthekitchen.com](http://www.cantstayoutofthekitchen.com)*







# SIDES & VEGETABLES

Potatoes are undoubtedly Idaho's most famous crop. We grow more than any other state in the nation producing nearly a third of all potatoes in the US. Much of Idaho's potato crop is processed into French fries, hash browns and dried mashed potato flakes that are shipped worldwide. Out-of-state markets are critical to Idaho's farmers because if we had to consume all of the potatoes we produce, every Idahoan would have to eat 34 potatoes every single day!



# SCALLOPED POTATO SUPREME

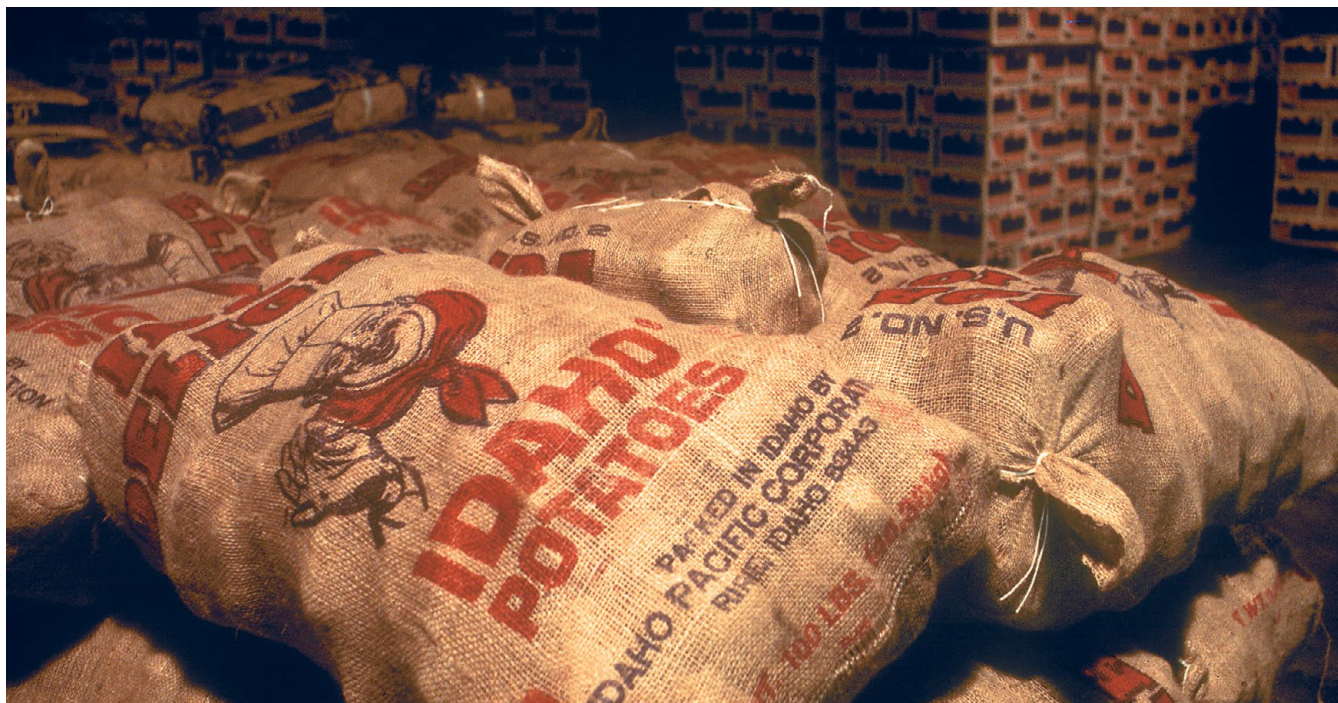
**Will Ricks, Class 27**

## INGREDIENTS:

8-12 medium potatoes, peeled and sliced  
¼ cup minced onion  
1½ tsp salt  
Pepper to taste  
1 can cream of mushroom soup  
1 cup milk  
1 cup grated cheddar cheese  
2 cups cooked ham, cubed

## DIRECTIONS:

In a greased 9"x13" pan or crockpot layer alternately sliced potatoes, onions, and ham. Season each layer with salt and pepper. Mix soup, milk, and cheese in a saucepan. Heat and stir until cheese melts. Pour over potato mixture. Cover and bake at 350° for 1½ hours. If cooking in crockpot, cover on low for 6 hours, or until potatoes are tender. Serves 6 to 8.





# POTATO PANCAKES

**Linda Rider, Class 22**

## INGREDIENTS:

3 cups raw grated potatoes\*  
2 eggs  
½ small onion, chopped  
1 tsp salt  
2 Tbsp flour  
¼ tsp baking powder

## DIRECTIONS:

Combine all ingredients. Form mixture into patties. Fry on griddle or in a skillet until potatoes are cooked. Serve hot with sour cream or butter.

\*Can substitute frozen hashbrowns for raw shredded potatoes.

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# HOLIDAY POTATO DISH

**Ann Jacobs, Class 31**

## INGREDIENTS:

4 lbs unpeeled potatoes, cubed  
1½ cup shredded cheddar cheese  
1 cup chopped onion  
¼ cup butter  
1 can condensed cream of celery soup  
1 pint dairy sour cream  
1½ crushed corn flakes  
3 Tbsp melted butter

## DIRECTIONS:

Cook potatoes in water until done but still firm. Drain. Shred potatoes into a bowl and add cheese. Sauté onion in butter. Remove from heat. Stir in soup and sour cream. Pour over potatoes and cheese. Mix well. Turn into well-greased 13"x9"x2" baking dish. Cover, refrigerate overnight. When ready to bake, sprinkle with corn flakes. Drizzle with



# OVEN STEAK FRIES

**Michael Ottley, Class 39**

## INGREDIENTS:

3 Tbsp olive oil  
1 tsp paprika  
½ tsp ground cumin  
1 tsp salt  
½ tsp black pepper  
4 large baking potatoes, cut in wedges

## DIRECTIONS:

Preheat oven to 400°. Combine oil, paprika, cumin, salt and pepper in a large bowl. Stir well. Add potato wedges to bowl containing seasonings. Coat potatoes evenly. Place potatoes on ungreased baking sheet without crowding. Bake until browned and fork tender, about 40 minutes.

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# SMASHED POTATOES

**Lynae Grant, Class 36**

## INGREDIENTS:

1½ lbs small potatoes  
1/3 cup oil  
2 Tbsp butter (room temperature)  
2 Tbsp balsamic vinegar  
3 garlic cloves, minced  
1 Tbsp rosemary  
½ Tbsp sage  
½ Tbsp thyme  
½ Tbsp salt  
½ Tbsp pepper

## DIRECTIONS:

Cook potatoes in a saucepan until tender, but not mushy (about 20 minutes). Cool. In a small bowl, combine remaining ingredients. Heat oven to 450°. Line baking sheet with foil or parchment paper. Put single layer of potatoes on baking sheet. Press each potato with a fork so they are partially crushed. Spoon oil/herb mixture over each potato. Bake until the edges are crisp (about 25 minutes).



# MOM'S SPANISH RICE

**Ann Jacops, Class 31**

## INGREDIENTS:

8 slices bacon, cooked crisp  
1 cup onion, chopped  
 $\frac{3}{4}$  cup green pepper, chopped  
1 quart tomatoes  
 $1\frac{1}{2}$  cup water  
 $\frac{3}{4}$  cup uncooked rice  
 $\frac{1}{2}$  cup chili sauce  
1 tsp salt  
Dash pepper  
1 Tbsp brown sugar  
1 tsp Worcestershire sauce

## DIRECTIONS:

Cook bacon until crisp. Pour off and discard half of bacon drippings. In remaining drippings cook onion and green pepper until tender. Add tomatoes, water, rice, chili sauce, salt, pepper, brown sugar and Worcestershire sauce. Bring to boil, then cover and reduce to simmer and cook until rice is tender, about 10 minutes.

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# COMPANY VEGETABLES

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

2 large pkg frozen mixed vegetables  
1 lb Velveeta® cheese, cubed  
1 tube Ritz® crackers, crushed  
1 cube butter

## DIRECTIONS:

Cook vegetables until tender. Drain vegetables and place in greased 3 qt casserole dish. Top vegetables with cubed cheese. Melt butter and stir in crackers. Top vegetables with cracker mixture. Bake at 350° for 20 minutes.



# CREAMED ASPARAGUS CASSEROLE

**Galen Lee, Class 10**

## INGREDIENTS:

2 tsp butter  
2 tsp flour  
1 cup cream  
1 cup grated cheddar cheese  
½ tsp salt  
¼ tsp pepper  
1 ½ lbs fresh asparagus, trimmed and cut into 1" pieces  
¼ lb fresh mushrooms, sliced and sauteed in butter  
4 hard cooked eggs, sliced  
½ cup slivered almonds, toasted  
1 cup breadcrumbs

## DIRECTIONS:

In saucepan, melt butter and then add flour. Stir until slightly browned. Add cream and cook until begins to thicken. Add cheese and salt and pepper to taste. Cook and stir until cheese is melted. In a casserole dish, layer asparagus, mushrooms, eggs, almonds and sauce alternately. Top with bread crumbs. Bake at 350 degrees for 30 minutes until golden and asparagus is tender.



# WHIPPED SQUASH

**Susan R. Smith, Class 29**

## INGREDIENTS:

1 butternut squash (about 2.5 lbs) peeled, seeded, and cubed  
3 cups water  
1½ tsp salt (optional)  
2 Tbsp butter  
1 Tbsp brown sugar  
⅛ – ¼ tsp ground nutmeg

## DIRECTIONS:

In large saucepan over medium heat, bring squash, water, and 1/2 tsp salt to a boil. Reduce heat and simmer until tender. Drain then add squash, butter, brown sugar, nutmeg, and remaining salt (if desired) to mixer bowl. Beat until smooth.

# RICE PILAF

**Ann Jacops, Class 31**

## INGREDIENTS:

¼ cup chopped onion  
¼ cup chopped celery  
¼ cup chopped green pepper  
2 Tbsp margarine or butter  
1 cup hot water  
1 4-oz can sliced mushrooms, drained  
⅓ cup uncooked rice  
1 Tbsp chicken bouillon

## DIRECTIONS:

Combine onion, celery, green pepper, and butter in a casserole dish. Microwave on high until tender-crisp (3-5 minutes). Stir in remaining ingredients, cover. Microwave on high (5 minutes). Microwave on medium until liquid absorbed (10-12 minutes). Let stand, covered, 5 minutes. Fluff with fork.

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# COLESLAW

**Linda Rider, Class 22**

## INGREDIENTS:

1 ½ cups sugar  
¾ cup white vinegar  
¾ cup olive oil  
3 tsp salt  
1 tsp celery seed  
1 medium head cabbage, shredded  
1 large onion, sliced thinly  
1 medium green pepper, julienned  
1 cup shredded carrots

## DIRECTIONS:

In large saucepan mix sugar, vinegar, oil, salt and celery seed. Boil 1-2 minutes then cool to room temperature. In large bowl combine cabbage, onion, green pepper and carrots. Pour cooled dressing over salad and mix thoroughly. Refrigerate for at least an hour to let flavors develop.

# RANCH GLAZED CARROTS

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

¼ cup butter  
¼ cup brown sugar  
16 oz baby carrots  
1 pkg Hidden Valley Ranch® dressing mix

## DIRECTIONS:

Cook carrots in boiling water until just tender crisp. Melt butter and brown sugar in skillet. Add cooked carrots and dressing mix. Mix and cook over medium heat until hot and glazed, about 5 minutes, stirring frequently.

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# ASPARAGUS WITH PINE NUTS & PARMESAN CHEESE

**Galen Lee, Class 10**

## INGREDIENTS:

2 Tbsp red wine vinegar  
6 Tbsp olive oil  
2 small pimentos, minced, plus 2 tsp of the pimento liquid  
Salt and pepper to taste  
1 ½ Tbsp minced fresh parsley  
1 ½ lbs fresh asparagus, cooked to tender-crisp and chilled  
¼ cup grated Parmesan cheese  
2 Tbsp pine nuts, toasted

## DIRECTIONS:

In a small bowl, whisk together vinegar and oil. Add pimentos and the pimento liquid and whisk to combine. Season with salt and pepper. Whisk in parsley. Arrange asparagus on platter. Spoon dressing over asparagus and sprinkle with cheese and nuts.



# MEATS

**Idaho produces a wide array of proteins including beef, lamb, pork, poultry and trout. Beef leads the way in terms of both number of cattle at 2.5 million head and value of production at nearly \$2 Billion annually. Idaho's beef industry includes many family cow-calf producers, several large feedlots and the nation's newest state-of-the-art processing facility in Kuna. Idaho ranks in the top 10 states for cattle and beef production.**



Photo courtesy of Patxi Larrocea Phillips

# BRAISED BEEF RIBS

**Susi Larrocea, Class 4**

## INGREDIENTS:

3 Tbsp olive oil  
1 yellow onion, diced  
3 carrots, chopped  
8 whole beef short ribs  
Salt & pepper, to taste  
¼ cup all-purpose flour  
1 cup dry red wine  
2½ cups low-sodium beef broth  
2 Tbsp tomato paste  
2 sprigs fresh thyme  
2 sprigs fresh rosemary



## DIRECTIONS:

Preheat oven to 350. In a large Dutch oven or oven-safe pot with a lid, heat 1 Tbsp of oil over medium high heat. Add onion and carrots and cook for a few minutes, stirring constantly. Remove veggies to a plate. Season the ribs with salt and pepper, and coat on all sides with flour. Add 2 more Tbsp of oil to the pot, and turn heat to high. Add ribs and brown on all sides, about 45 seconds per side. Remove to a plate. Add the wine to deglaze the pan. Scrape the bottom of the pan to release any browned bits of flavor. Bring to a boil, and cook 2 minutes. Add beef broth, salt, and freshly ground black pepper. Stir in tomato paste. Taste broth and add additional seasonings, if needed. Add ribs, veggies, and (whole) sprigs of thyme and rosemary to the pot. Cover with the lid and place into the oven. Cook at 350° for 2 hours, then reduce heat to 325°, and cook for an additional 30-45 minutes. Ribs should be very tender, nearly falling off the bone. Remove the pan from oven and allow to rest for 20 minutes, with the lid on, before serving. Before serving, skim off any fat that has risen to the top of the liquid. Serve ribs over mashed potatoes with spoonful of gravy from the pot.

# PEPPER STEAK

**Cindy Pusey, Friend of LIA**

## INGREDIENTS:

12 oz beef top round steak (trimmed)  
4 tsp plus 3 Tbsp soy sauce  
1 Tbsp rice wine  
1 Tbsp water  
3 tsp cornstarch, divided  
½ tsp black pepper  
1 Tbsp vegetable oil, divided  
1 large onion, sliced into thin strips  
1 bell pepper, sliced into thin strips  
Crushed red pepper flakes (optional)

## DIRECTIONS:

Slice beef into thin slices with the grain. Cut each strip across the grain about 1" long so you have small thin slices. Place beef slices in a bowl and add 4 tsp of soy sauce, rice wine, 1 tsp cornstarch, and black pepper. In another small bowl make a sauce of 3 Tbsp soy sauce, 1 Tbsp water, and 2 tsp cornstarch. Set aside. Heat a wok on high heat. Swirl in 2 tsp of the oil and add the beef spreading evenly in the wok. Cook undisturbed for 20 seconds letting the beef brown. Stir meat, cooking another 2 minutes. Transfer to a plate. Add remaining 1 tsp of oil to wok, add peppers and onions, and cook about 4-5 minutes. Return beef to the wok, add the sauce and red pepper flakes and stir fry about 30 seconds until slightly thickened.

*Adapted From: [www.skinnytaste.com](http://www.skinnytaste.com)*

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# BACHELORS ROAST

**Linda Rider, Class 22**

## INGREDIENTS:

3-4 lb beef chuck roast  
1 14-oz bottle catsup  
1 12-oz can cola drink

## DIRECTIONS:

Preheat oven to 350°. Place roast in oven-safe pan or dutch oven. Pour catsup and cola over roast. Cover and roast 3-4 hours until beef is done and falls apart easily.

NOTE: Can use 1 package onion soup mix and 4 ounces apricot jam in place of catsup.



# GRANDMA PHYLLIS' FINGER STEAKS

**Christie Prescott, Class 33**

## INGREDIENTS:

2 lbs of cube steak  
1 sleeve of saltine crackers  
4-6 eggs  
Salt, pepper & garlic salt to taste  
2 cups cooking oil



## DIRECTIONS:

Cut the cube steak into strips and season with salt & pepper, set aside. In a pie plate beat egg with a fork and season with salt and pepper. Set aside. Put the saltine crackers into a large plastic bag and crush with a rolling pin, then place the cracker crumbs on a large plate and add pepper or garlic salt to taste. Heat oil in deep pan until hot (drop just a couple drips of water into the oil to test for sizzle and proper heat before placing the meat in to cook). Dip each steak strip in the egg wash, then roll in cracker mixture to coat. Place each steak strip in the hot oil and cook until browned and meat is done through – about 5-7 minutes per strip. Work in batches and continue the process until all steak strips are cooked. Drain on paper towels and serve immediately with A1 or cocktail sauce.

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## 3 ENVELOPE ROAST

**Susi Larrocea, Class 4**

## INGREDIENTS:

3 lb roast (beef or pork)  
1 pkg gravy mix, dry brown  
1 pkg Italian salad dressing mix, dry  
1 pkg Ranch salad dressing mix, dry  
1-2 cups water

## DIRECTIONS:

Sear roast in Dutch oven then place in crockpot. Mix the 3 seasoning packets with 1-2 cups of water. Add to crockpot and set on low for 8-12 hours, depending on size of roast.

NOTE: Leftover meat is great for enchiladas or sandwiches.

# SMOKED CHUCK ROAST

**Treg Owings, Class 35**

## INGREDIENTS:

3-4 lb chuck roast  
Salt  
Pepper  
Garlic powder  
48 oz prepared beef *Better Than Bouillon*®  
1 cup red wine or beer  
1 pkg dry onion soup mix  
Root vegetables and mushrooms

## DIRECTIONS:

Heat pellet grill to 250°. Season roast with salt, pepper and garlic powder to taste. Put on grill and cook for 30 minutes. Turn roast over and cook another 30 minutes. Remove from grill and place roast in a foil pan and add bouillon, wine or beer, then dry soup mix. Cover and return to the grill for 1 hour. After 1 hour, uncover and add vegetables. Cover and put back on grill for 2 hours.

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# ARGENTINE SKILLET ASPARAGUS BEEF

**Galen Lee, Class 10**

## INGREDIENTS:

1 lb asparagus, trimmed, cut into 1" pieces  
1 lb lean beef steak, sliced into thin strips  
3 Tbsp olive oil  
1 yellow onion, sliced  
1 tsp cornstarch  
¼ cup sherry wine  
3 Tbsp Worcestershire sauce  
½ tsp sugar  
Dash of cayenne pepper  
Dash of rosemary  
Dash of sage

## DIRECTIONS:

Heat olive oil in non-stick skillet over medium low heat. Add steak and brown lightly – meat should be rare. Remove beef from skillet and add sliced onion to skillet. Cook for 3-5 minutes. Add sherry and asparagus to skillet, cover and cook for 5 minutes. Stir in cornstarch, Worcestershire sauce, sugar and spices. Cook until thickened. Add steak strips back into skillet and cook just until steak is medium rare and vegetables remain crunchy. Remove from skillet and serve over rice.

# CHINESE OVEN-FRIED ROUND STEAK

Linda Rider, Class 22

## INGREDIENTS:

2 lbs beef round steak (can use top round, bottom round or full cut round steak)  
2 eggs  
6 Tbsp soy sauce  
2 Tbsp water  
¼ tsp ground ginger  
1 tsp garlic powder  
1 ½ cups dry bread crumbs

## DIRECTIONS:

Cut steak into serving size pieces. Pound with mallet to tenderize. In shallow dish or pie pan, beat together eggs, soy sauce, water, ginger and garlic powder. Put bread crumbs in a separate shallow dish. Dip each steak piece in egg mixture, then in crumbs coating evenly on both sides. Arrange in a single layer in a greased shallow baking pan. Bake at 350° for 30 minutes. Turn and bake another 20 minutes until meat is done.

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# REVERSED SEAR RIBEYE

Treg Owings, Class 35

## INGREDIENTS:

1 or 2 ribeye steaks, cut 1" thick  
Salt  
Pepper  
Garlic powder  
**Compound butter:** (optional)  
1 lb butter  
3-4 Tbsp extra virgin olive oil  
Herbs of choice (sage, rosemary, thyme)  
Chopped chives to taste  
Minced Garlic to taste

## DIRECTIONS:

Heat pellet grill to 220°. Coat steaks with seasonings and place on grill and cook turning once. When steak reaches 120°, remove from grill. Increase temperature of grill to 450°. Return steak to grill. Grill should be very hot. Grill 1-2 minutes on each side. (Can also use a cast iron pan for this step). When the internal temperature of steak reaches 130° to 135°, remove from grill for medium rare. Tent steak with foil and let rest for 10 minutes (the internal temperature of steaks will increase slightly during this time). Place a pat of compound butter on steak if desired and serve immediately.





Photo courtesy of McIntyre Farm

# SLOPPY JOES

**Deb Easterday Reeves, Class 41**

## INGREDIENTS:

2½ lbs ground beef  
2 Tbsp butter, divided  
½ large onion, diced  
1 green bell pepper, diced  
5 cloves garlic, minced  
1½ cups ketchup  
1 cup water  
2 Tbsp brown sugar  
2 tsp chili powder (more to taste)  
1 tsp dry mustard  
½ tsp red pepper flakes (more to taste)  
Worcestershire sauce, to taste  
2 Tbsp tomato paste (optional)  
Hot pepper sauce (optional, to taste)  
Salt to taste  
Freshly ground black pepper, to taste  
Kaiser rolls

## DIRECTIONS:

In a large skillet or Dutch oven cook ground beef over medium high heat. Drain. Add 1 Tbsp butter to pan and saute onions, green pepper, and garlic until vegetables begin to soften. Add cooked ground beef, ketchup, brown sugar, chili powder, dry mustard, red pepper flakes and water. Stir to combine and simmer for 15 minutes, adding salt and pepper to taste. Also add tomato paste, Worcestershire, and Tabasco if desired. Taste and adjust seasonings as needed.

Spread rolls with remaining butter and brown on a griddle or skillet. Spoon meat mixture over the rolls, topping with a slice of cheese if desired. Serve hot with kettle cooked chips.

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# POPPIN' FRESH BARBECUPS

**Ann Jacops, Class 31**

## INGREDIENTS:

¾ lb ground beef  
2 Tbsp brown sugar  
1 can refrigerated biscuits  
½ cup barbecue sauce  
1 Tbsp dried minced onion  
¾ cup shredded cheddar cheese

## DIRECTIONS:

In large skillet, brown beef then drain. Add barbecue sauce, brown sugar, and onion. Separate biscuits; place each in ungreased muffin cup, pressing dough up sides to edge of cup. Spoon meat into cups. Bake at 400° for 10-15 minutes until golden brown. Sprinkle with the cheddar cheese.



# BAJA BEEF

**Linda Rider, Class 22**

## INGREDIENTS:

2 lbs beef stew meat  
3 Tbsp oil  
3 Tbsp flour  
1 Tbsp chili powder  
2 Tbsp tomato paste  
2 cups brewed coffee  
1 cup water  
1 large onion, thinly sliced  
1 clove garlic, minced  
Salt and pepper to taste  
1 7-oz can whole green chilis, sliced ¼” strips  
2 large tomatoes, chopped

## DIRECTIONS:

Heat oil in large pot or Dutch oven and brown beef. Add flour and toss until meat is coated. Add chili powder, tomato paste, coffee, water, onion, garlic and salt and pepper. Cover and simmer about 50 minutes. Add green chilis and tomatoes and simmer 5 minutes just to heat through. Serve over rice or pasta and garnish with green onions if desired.

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# REUBEN MEATLOAF

**Talee Ottley (Michael), Class 39**

## INGREDIENTS:

1½ lbs ground beef  
½ cup onion  
¼ cup Russian dressing (use Western or French if you can't find Russian)  
2 cups soft bread crumbs  
1 egg  
2 Tbsp Worcestershire sauce  
10 oz sauerkraut, drained  
2½ cups Swiss cheese, shredded

## DIRECTIONS:

Combine all ingredients except sauerkraut and cheese. Roll out meat mixture (width should be the length of a bread pan). Spread sauerkraut and 1 cup of the cheese on meat. Roll up and place in bread pan. Bake 35 minutes at 350°. Sprinkle top with remaining cheese. Bake another 15 minutes or until beef is cooked through.



# CARNE ASADA

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 1/2 lbs flank steak  
1/2 cup chopped fresh cilantro leaves  
1/3 cup olive oil  
1/4 cup reduced sodium soy sauce  
1 orange, juiced  
1 lime, juiced  
4 cloves garlic, minced  
1 jalapeno, seeded and diced  
1 tsp ground cumin  
Kosher salt  
Freshly ground black pepper

## DIRECTIONS:

In a medium bowl, combine cilantro, olive oil, soy sauce, orange juice, lime juice, garlic, jalapeno, cumin and 1 tsp pepper. Set aside 1/2 cup of the mixture in the refrigerator until ready to serve. In a gallon-size resealable bag, combine the steak with remaining cilantro mixture; marinate for at least 4 hours or overnight, turning the bag occasionally. Preheat grill to medium high heat. Drain the steak from the marinade. Pat both sides of the steak dry with paper towels. Season with salt and pepper to taste. Place steak on grill and cook, turning once, until desired doneness, about 6 minutes per side for medium rare. Let rest 5 minutes. Thinly slice steak against the grain and serve with reserved 1/2 cup cilantro mixture.

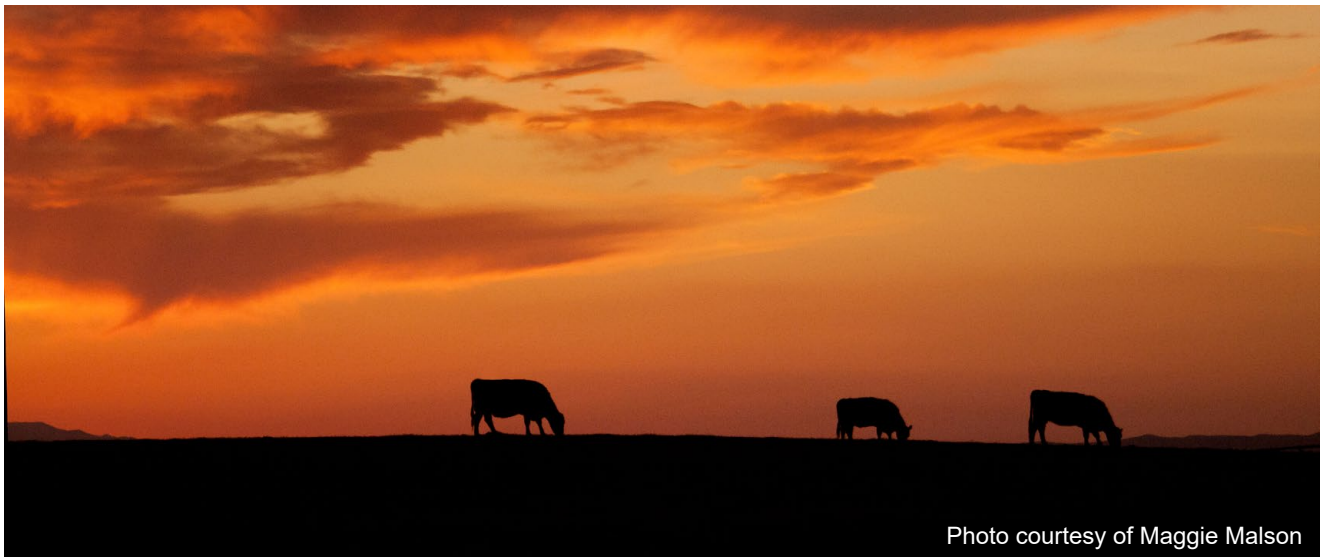


Photo courtesy of Maggie Malson



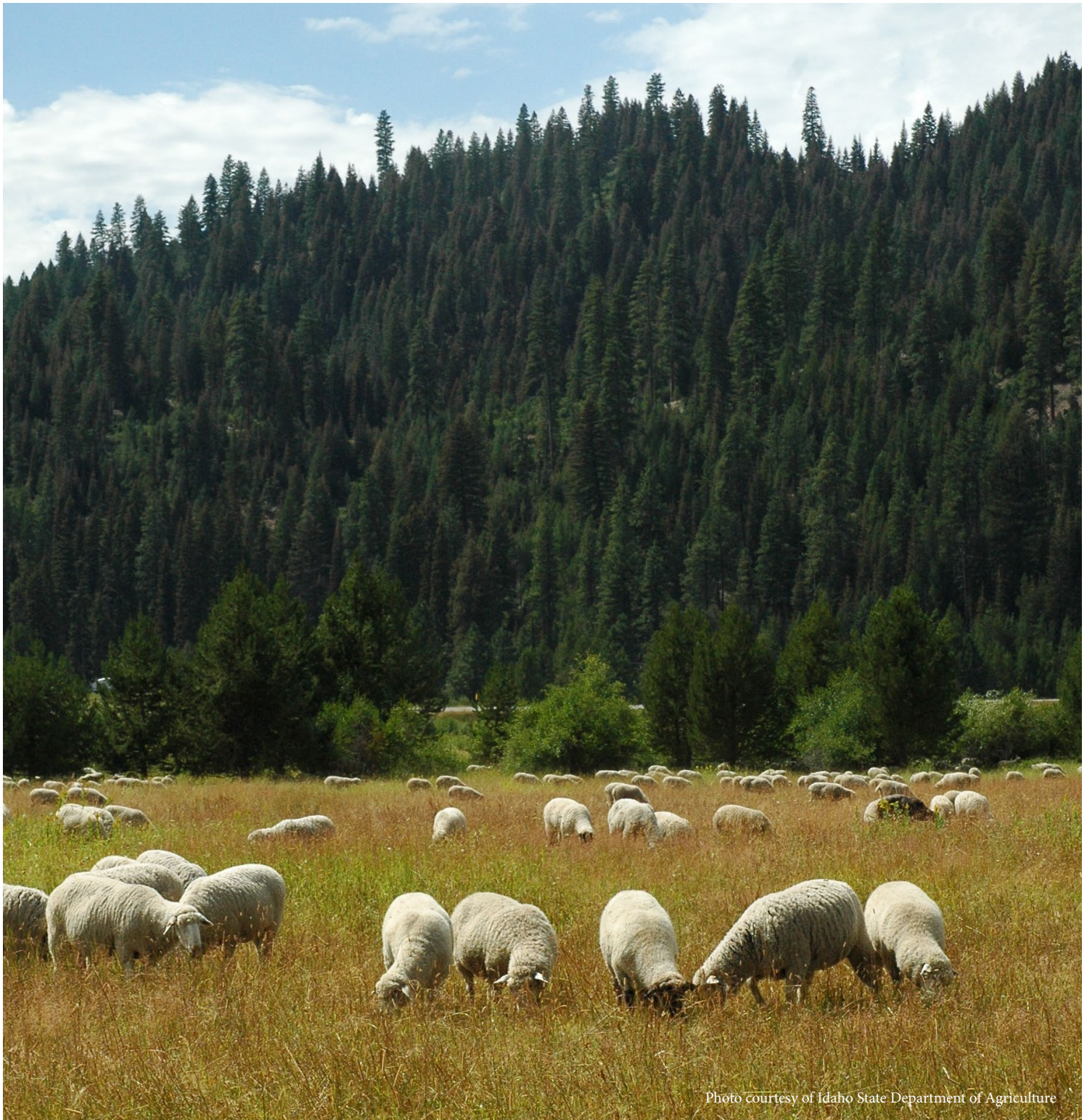


Photo courtesy of Idaho State Department of Agriculture

# GARDEN LAMB KABOBS

**Susi Larrocea, Class 4**

## INGREDIENTS:

¼ cup vegetable oil  
¼ cup lemon juice  
¼ cup soy sauce  
¼ cup packed brown sugar  
2 garlic cloves, minced  
3 whole cloves  
Dash dried basil  
2 lbs lamb, cut into 1" pieces  
2 dozen cherry tomatoes  
2 dozen fresh mushroom caps  
1 large green or sweet red pepper, cut into pieces  
1 medium onion, cut into wedges  
Cooked rice

## DIRECTIONS:

In a bowl, combine first 7 ingredients; set aside. Assemble kabobs by threading meat and vegetables onto metal skewers. Place in a large glass dish. Pour marinade over kabobs; cover and refrigerate 6 hours or overnight. Turn several times.

To cook, put heavy duty foil on a large cookie sheet. Place kabobs on foil, pour marinade over kabobs. Transfer kabobs on foil to grill and cook about 10-15 minutes on each side in marinade or until done. Transfer kabobs on foil back to cookie sheet and serve warm, over rice if desired.

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# CHEESE-STUFFED LAMBURGER

**Cleo Gallinger, Friend of LIA**

## INGREDIENTS:

1 lb lean ground American lamb  
¼ cup shredded cheddar cheese  
2 Tbsp sweet pickle relish  
2 Tbsp finely chopped onion  
1 Tbsp finely chopped green pepper  
1 tsp Dijon mustard  
4 hamburger buns, toasted

## DIRECTIONS:

Mix cheese, relish, onion, green pepper and mustard. Shape lamb into 8 thin patties about 4" in diameter. Spoon 1/4 of cheese mixture on center of 4 patties. Top each with another pattie and press edges to seal in filling. Grill over medium heat about 5 minutes per side or to desired doneness. Serve on buns with lettuce and sliced tomato.



# STIR-FRIED LAMB, ASPARAGUS & RED PEPPER

**Galen Lee, Class 10**

## INGREDIENTS:

1 lb boneless lamb shoulder cut into 1" strips  
1 tsp ground ginger  
2 cloves garlic, minced  
2 Tbsp soy sauce  
2 Tbsp sherry  
2 Tbsp sesame oil  
1 lb asparagus cut into 1" pieces  
1 onion, quartered and sliced thin  
1 sweet red pepper, cored, seeded and sliced into strips  
½ tsp red pepper flakes  
1 tsp cornstarch  
¼ cup beef broth

## DIRECTIONS:

In a small bowl, combine the ginger, garlic, soy sauce, sherry and 1 tsp of the sesame oil. Add the lamb, tossing to coat with marinade and let stand for 30 minutes. Set a wok over high heat, add 1 Tbsp of remaining sesame oil and heat 1 minute. Add the asparagus and stir fry over high heat for 3 minutes. Add the onion and red pepper and stir fry 1 minute more. Cover and steam for 1 minute. Using a slotted spoon, transfer all the vegetables to a large platter. Add the remaining 2 tsp sesame oil to the wok, add the lamb and all the marinade, sprinkle with the red pepper flakes and stir fry over high heat for 2 minutes. Blend cornstarch in beef broth and then add to stir fry mixture and cook until thickened and clear about 1 minute. Return vegetables to the wok and toss lightly for about 30 seconds. Serve immediately.



# QUICK AND EASY LAMB STEW

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 lb boneless lean lamb, cut into 3/4" cubes  
2 medium onions, cut into wedges  
1 clove garlic, minced  
1 Tbsp horseradish  
1 Tbsp brown mustard  
1 tsp dried herbs (thyme, basil, oregano, rosemary or other of choice)  
1 can stewed tomatoes, undrained  
3-4 medium potatoes, peeled and cubed  
2 carrots, cut in 1/2" slices  
2 stalks celery, cut in 1/2" pieces  
1 1/2 cups small fresh mushrooms  
1 cup frozen peas  
1 12-oz jar brown gravy

## DIRECTIONS:

Spray a large saucepan with cooking spray. Brown lamb cubes and add onion, garlic, horseradish, mustard and herbs, mix well. Stir in tomatoes, cover and simmer 15 minutes. Add potatoes, carrots, celery and mushrooms. Cover and cook 15-20 minutes or until meat and vegetables are tender. Stir in peas and gravy and heat through.



Photo courtesy of Justin Place





Photo courtesy of McIntyre Farm



# GRILLED BONELESS PORK CHOPS

**Cindy Pusey, Friend of LIA**

## INGREDIENTS:

4 boneless pork chops, about  $\frac{3}{4}$ " thick

### **Rub:**

2 Tbsp kosher salt

2 Tbsp dark brown sugar, firmly packed

1½ Tbsp smoked paprika

1 Tbsp granulated sugar

1 tsp garlic powder

1 tsp ground black pepper

½ tsp ground dry mustard

½ tsp ground cumin

½ tsp ground ginger

## DIRECTIONS:

Preheat grill to 350°. Mix rub ingredients together in small bowl. Sprinkle pork chops with rub and press into meat on both sides. Let pork chops rest for 5 minutes. Place on grill, and cook 6-8 minutes on each side. Remove from grill when pork reaches an internal temp of 145°. Cover with foil, let rest 5-10 minutes before serving.

*Adapted from: [www.gimmesomegrilling.com](http://www.gimmesomegrilling.com)*

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# PORK BELLY BURNT ENDS

**Treg Owings Class 35**

## INGREDIENTS:

1 8-10 lb skinless pork belly

½ cup favorite BBQ rub

2 cups orange or apple juice

½ cup brown sugar

BBQ sauce to taste

## DIRECTIONS:

Cut belly in 1-1½" cubes. Heavily season on all sides with rub. Cook on rack in pellet grill (or oven) at 275° for 2½-3 hours until desired color and bark. Pour juice to cover bottom of large aluminum pan and place meat in pan. Sprinkle brown sugar over ribs. Wrap pan tightly with foil and return to grill for 1 hour. When pork reaches desired doneness and tenderness, remove foil, brush with BBQ sauce and mix to coat. Return to grill just to set the sauce.

# PARMESAN CRUSTED OVEN BAKED PORK CHOPS

**Cindy Pusey, Friend of LIA**

## INGREDIENTS:

4-6 boneless pork chops ½"-1" thick  
½ cup parmesan cheese, shredded or grated  
½ cup breadcrumbs  
1 tsp Italian seasoning  
½ tsp roasted garlic powder or garlic powder  
½ tsp salt  
¼ tsp pepper  
Olive oil

## DIRECTIONS:

Preheat oven to 400°. Mix cheese, bread crumbs, Italian seasoning, garlic powder, salt, and pepper in a shallow container large enough for dredging the pork chops. Pat pork chops dry with a paper towel. Coat pork chops in olive oil and coat with bread crumb mixture. Press the mixture into the meat so it's well-coated. Add a few tablespoons of olive oil to an oven-proof skillet, and heat over high heat. Brown pork chops on one side for 3-4 minutes until golden brown. Flip pork chops and transfer skillet to the oven. Bake for 15-20 minutes. Serve with your favorite side dishes.

*Adapted from: [www.savorysaver.com](http://www.savorysaver.com)*



# CHILI VERDE PULLED PORK

**Treg Owings, Class 35**

## INGREDIENTS:

2 large pork butts  
2 Tbsp yellow or Dijon mustard  
Seasoning salt/rub to taste  
1 lg can green enchilada sauce  
Jar of salsa verde  
1 small can green chilies, diced  
1 tsp cumin  
1 tsp oregano  
1 onion, diced  
1 jalapeño, sliced

## DIRECTIONS:

Rub pork with mustard then coat with seasoning. Let meat rest for an hour prior to cooking. Heat grill to 250° and put meat on grate. When internal temperature reaches 165°, remove from grill and place in an aluminum pan. Add enchilada sauce, salsa, green chilies, spices, onion and jalapeño to the meat in the pan. Cover tightly and return to grill. When internal temperature reaches 205°, remove from grill and allow to rest for one hour. “Pull” by shredding with two forks. Use pork for enchiladas, tacos, nachos, or over rice.

*Adapted from: [HeyGrillHey.com](http://HeyGrillHey.com)*







Photo courtesy of McIntyre Farm

# DOOR SLAMMER CHICKEN

**Pattie Jo Courtney, Class 29**

## INGREDIENTS:

8 skinless chicken breasts  
2 Tbsp oil  
2 8-oz bottles Russian dressing  
1 bottle (12 oz) pineapple apricot jam  
1 pkg instant onion soup mix

## DIRECTIONS:

In 12" Dutch oven brown chicken in oil. Combine dressing, jam, and onion soup mix and pour over chicken. Cook at 350° for 1½ hours. Serve with rice. Can also be cooked in Dutch oven over coals.

# 7-UP DUTCH OVEN CHICKEN

**Aria Spear, Class 39**

## INGREDIENTS:

½ lb bacon, diced  
8 chicken breasts or equal amount of chicken tenders  
½ cup flour  
Salt to taste  
Garlic Salt to taste  
Seasoning Salt to taste  
¼ cup margarine or butter  
8 potatoes  
8 carrots  
3 onions  
1 can 7-Up or Sprite  
1 tsp cornstarch  
Grated cheese

## DIRECTIONS:

In a 12" Dutch oven, fry bacon. Remove bacon but leave drippings. Dredge chicken breasts or tenders in flour and salt. Brown chicken in bacon drippings and then remove and season with garlic salt and seasoning salt. Add margarine to Dutch oven. Cut vegetables into quarters and place on top of margarine. Place breasts on top of vegetables or stir in chicken tenders. Add corn starch to 1 can of 7-Up or Sprite and pour over meat and vegetables. Cover and cook 45 minutes to one hour in oven or cook over coals. Sprinkle grated cheese on top and put lid back on to melt.

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# SWEET AND SOUR CHICKEN

**Dennis Merrick, Class 39**

## INGREDIENTS:

1 cup flour  
1 cup cornstarch  
1 tsp baking soda  
3-4 boneless chicken breasts  
oil for frying

### **Sauce:**

1/2 cup vinegar  
1/2 cup brown sugar  
1/2 cup sugar  
1/2 cup ketchup  
Juice from one can of pineapple  
1 Tbsp cornstarch

## DIRECTIONS:

Combine flour, cornstarch, soda and enough water (approx 1 cup) to make thick batter. Heat oil to 400°. Cut chicken into 1" chunks. Dip chicken chunks in batter and fry in hot oil until golden brown and cooked through. Drain on paper towels. To make sauce, in saucepan combine vinegar, sugars, ketchup and 1 cup of water to a boil. Reduce heat and simmer until ready to serve. Before serving, blend cornstarch with pineapple juice and stir into sauce and cook and stir just until thickened.

# BATTER FRIED FISH

**Ann Jacops, Class 31**

## INGREDIENTS:

2 lbs white fish  
1 cup flour  
2 tsp baking powder  
1 tsp salt  
1 egg, separated  
1 Tbsp melted butter or oil  
½ cup lukewarm water  
1 cup shortening



## DIRECTIONS:

Cut fish into serving size pieces. Sift flour, baking powder, and salt in a bowl. Drop egg yolk in center of dry ingredients. Add water and butter/oil; mix well. Beat egg white then fold into batter. Pat dry fish pieces and dip in batter. Heat shortening to 365° and fry fish pieces 4-6 minutes. Drain on paper towels and serve immediately.

# SHEET PAN SHRIMP WITH ASPARAGUS

**Susan R Smith, Class 29**

## INGREDIENTS:

1 pound shrimp, peeled, devained, tail off  
2 Tbsp plus 2 tsp extra virgin olive oil  
3 cloves garlic, minced  
¾ tsp salt  
ground pepper to taste  
1 bunch asparagus  
1 cup grape tomatoes, halved  
1 tsp oregano  
2 Tbsp lemon juice

## DIRECTIONS:

Preheat oven to 400°. Place shrimp in medium bowl with 2 tsp olive oil, garlic, 1/4 tsp salt and pepper. Toss gently. Spray a large sheet pan with olive oil spray or line with parchment paper. Place asparagus and tomatoes on the sheet pan and toss with 2 Tbsp olive oil, 1/2 tsp salt, pepper and oregano. Spread in a single even layer. Roast 15 minutes tossing halfway through. Remove the sheet pan from the oven and add shrimp, placing them around the veggies. Roast 8 minutes. Top everything with lemon juice and serve immediately.



# OLD BAY GRILLED LIME TUNA STEAK

**Alan Martinson, Class 27**

## INGREDIENTS:

1/4 cup olive oil  
4 tsp Old Bay Seasoning®  
2 limes, juiced  
2 tsp cilantro leaves (fresh or dried)  
1 pound tuna steaks (fresh or frozen)

## DIRECTIONS:

Combine first 4 ingredients in a shallow dish or gallon resealable bag. Add fish and turn to coat. Marinate 20-30 minutes, turning occasionally. Grill or broil 8-10 minutes per inch of steak thickness (4-5 minutes per side) or until fish flakes easily with a fork. Baste with marinade halfway through cooking. Discard leftover marinade.



Photo courtesy of Idaho State Department of Agriculture

# IDAHO TROUT ALMONDINE

**Leah Morgan Clark, Class 26**

## INGREDIENTS:

4 trout filets or whole fish (heads removed)  
1/2 cup dry roasted unsalted almonds  
1/2 cup Panko bread crumbs  
3 Tbsp grated fresh Parmesan cheese  
1 tsp dill  
1 tsp thyme  
2 Tbsp light mayonnaise  
2 tsp Dijon mustard  
1 tsp lemon zest  
2 cloves of garlic, minced  
Salt and Lemon Pepper to taste  
Cooking Spray

## DIRECTIONS:

Preheat oven to 425°. Spray a rack with cooking spray and place on baking sheet. Season trout with lemon pepper and salt. Place almonds in food processor and pulse to consistency of fine crumbs. In plate, combine ground almonds, bread crumbs, parmesan cheese, dill and thyme. In separate bowl, combine mayonnaise, mustard, lemon zest and garlic. Spread mayonnaise mixture on trout, then coat with almond Panko mixture patting firmly to adhere breading to trout. Transfer coated filets to rack and spray lightly. Bake 12-15 minutes until fish begins to flake. Serve immediately with lemon juice or tarter sauce.

# MAIN DISHES

In addition to beef, Idaho is a major producer of lamb. Much of Idaho's history and culture involves the sheep industry. Producers move over 200,000 head of sheep from the valley floors to the high mountains each year to take advantage of vast public grazing lands. Most trout that is consumed today is produced in trout farms, and Idaho leads the nation in production, raising nearly half of all US trout in production facilities located along the Snake River in south central Idaho. One of the largest pork production plants in the Northwest is found in Twin Falls and you can find this top quality fresh pork, bacon and sausage in many Idaho grocery stores



Photo courtesy of Patxi Larrocea Phillips

# COWBOY CASSEROLE

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 ½ lbs lean ground beef  
1 medium onion, chopped  
3 cloves garlic, chopped  
1 15-oz can corn, drained  
1 can cream of mushroom soup  
2 cups shredded cheddar cheese  
½ cup milk  
4 Tbsp sour cream  
1 bag (30 oz) frozen tater tots

## DIRECTIONS:

Remove tater tots from freezer to let partially thaw while preparing the rest of the ingredients. In a large non-stick skillet cook the onion until tender and translucent. Add the chopped garlic and cook for 1 minute more. Add the beef and cook over medium heat until no longer pink. Drain the mixture and place into a large bowl and set aside. In a small bowl combine soup, milk and sour cream. Whisk until smooth. Add to beef mixture and stir to combine. Add corn and 1 cup of cheddar cheese. Gently mix to combine. Grease a 9"x13" baking dish. Layer half of the tater tots on the bottom, pour beef mixture over the top and then layer with the other half of the tots. Sprinkle with remaining cheese and bake at 350° for 25-30 minutes or until golden brown and crunchy.

*Adapted from: Taste of Home*





# GROUND BEEF STUFFED PEPPER SKILLET

Cindy Pusey, Friend of LIA

## INGREDIENTS:

1 lb ground beef  
½ onion, diced  
3 cloves garlic, minced  
½ cup green bell pepper, cut into thin strips  
½ cup red bell pepper, cut into thin strips  
1 can (14.5 oz) tomatoes  
¾ cup white rice, uncooked  
2 cups beef broth  
2 Tbsp tomato paste  
1 tsp Italian seasoning  
½ tsp salt  
¼ tsp black pepper  
1 ½ cup shredded cheese  
1 Tbsp parsley

## DIRECTIONS:

In a skillet over medium heat, brown ground beef with onion and garlic until beef is fully cooked, crumbled and no longer pink. Drain and discard any fat. Place the skillet back on the heat and add in the bell pepper strips, tomatoes, rice, beef broth, tomato paste, Italian seasoning and salt and pepper. Stir to combine and bring mixture just to boil. Reduce heat to simmer and cover and let cook for about 18 minutes until rice is cooked through. Fluff the rice with a fork and top with shredded cheese. Cover again and let cheese melt over low heat. Garnish with fresh parsley if desired and serve.

*Adapted from: [www.iwashyoudry.com](http://www.iwashyoudry.com)*



# BEEF STROGANOFF

**Janice Stimpson, Class 17**

## INGREDIENTS:

1 lb round steak, cut in 3 x 1/2" strips  
¼ cup flour  
½ tsp salt  
⅛ tsp pepper  
2 Tbsp oil or butter  
1 cup hot beef bouillon  
3 Tbsp tomato juice  
1 heaping tsp mustard  
1 tsp Worcestershire sauce  
¾ cup sour cream  
salt and pepper to taste  
Rice or noodles, cooked

## DIRECTIONS:

Combine flour, salt and pepper. Dredge beef strips in flour mixture. In skillet, heat oil or butter and brown beef strips. Remove meat from the skillet. Add beef bouillon and bring to a boil. Add tomato juice, mustard, Worcestershire sauce, and salt and pepper to taste, bring back to a boil. Add the meat and reduce heat. Simmer 20-25 minutes or until meat is tender. Add sour cream and heat through (do not boil). Serve hot with rice or noodles.

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# LITTLE PORCUPINES

**Deb Easterday Reeves , Class 41**

## INGREDIENTS:

1 lb ground beef  
½ cup uncooked rice  
1 Tbsp finely chopped onion  
1 tsp salt  
½ tsp celery salt  
2 tsp brown sugar  
1 (10¾ oz) can condensed tomato soup  
1 (8 oz) can tomato sauce

## DIRECTIONS:

Preheat oven to 350°. Combine rice, ground beef, onion, salt, and celery salt. Form into 1½ inch balls and place in oven safe casserole dish. Heat tomato soup, tomato sauce, and brown sugar. Pour sauce over meatballs and cover. Bake 50 minutes.

# LA-ZUCCH-NA CASSEROLE

Jessica Anderson, Class 41

## INGREDIENTS:

1 **large** zucchini, shredded  
1 lb ground beef  
8 oz sliced white mushrooms  
½ large yellow onion, chopped  
2 cups low-moisture mozzarella, shredded  
1½ cups shredded parmesan cheese  
1½ cups breadcrumbs  
1 large egg  
1 pint garlic herb tomato sauce



## DIRECTIONS:

Large zucchini is essential and the key is to remove as much moisture as possible from the zucchini. Place cheesecloth over a strainer. Quarter the zucchini lengthwise and remove the seeds. Shred the zucchini in a food processor, emptying when full into strainer lined with cheesecloth. Salt the shredded zucchini and mix before gathering the cheesecloth and squeezing out as much moisture as possible. Let the zucchini sit and repeat the squeezing method about every 30 minutes for about 1½-2 hours. Meanwhile, brown ground beef with chopped onion and mushrooms. Cook until meat is browned, onions are translucent, and mushrooms are cooked. Drain all the fat and any liquid. Set aside to cool. In a large bowl, mix zucchini with mozzarella, ¾ cups of parmesan, breadcrumbs, egg, and tomato sauce. Add in the ground beef/onions/mushrooms and continue to mix until well incorporated. Preheat oven to 375°. Spray a 13"x9" baking dish with non-stick spray. Add mixture to dish and press to evenly distribute. Top with the remaining ¾ cup parmesan. Cover with foil and bake for 25-30 minutes, then remove the foil and bake an additional 25-30 minutes. The dish should be bubbling and starting to brown on top when it is done. Let set for about 10 minutes before cutting and serving.



# UPSIDE DOWN SPAGHETTI

**Debra Easterday Reeves, Class 41**

## INGREDIENTS:

1 (8 oz) cream cheese  
1 cup sour cream  
1 lb ground beef  
1 onion, chopped  
1 (32 oz) jar spaghetti sauce  
1 pkg spaghetti noodles  
1 cup shredded mozzarella cheese  
1/2 cup shredded parmesan cheese

## DIRECTIONS:

Mix cream cheese and sour cream. Spread in a 9"x13"x2" pan. Brown ground beef and onion. Cook spaghetti noodles. Mix spaghetti sauce and beef. Layer half noodles, half of mozzarella cheese and half beef sauce; repeat. Top with parmesan cheese. Bake at 350° for one hour.

# LASAGNA

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 1/2 lbs ground beef  
1/2 onion, diced  
1 tsp garlic salt  
12 lasagna noodles  
1 jar prepared spaghetti sauce  
2 tsp sugar  
2 cups ricotta cheese  
1 egg, beaten  
3 cups shredded mozzarella cheese  
1/2 cup parmesan cheese

## DIRECTIONS:

Brown ground beef with onion. Drain and season with garlic salt.. Cook noodles in salted boiling water for about 8-10 minutes. Drain and rinse with cold water. In a bowl combine spaghetti sauce and sugar. In another bowl combine ricotta and egg. In a 9"x13" dish, spread a small amount of the sauce then layer 4 noodles, 1/3 each of the sauce, ricotta mixture, beef and mozzarella cheese. Repeat 2 more times so that there are a total of 3 layers. Top final layer with parmesan cheese. Cover and bake at 350° for 30 minutes then uncover and continue to bake for 45 minutes. Remove from oven when cheese is browned and bubbly.

# CALICO BEANS

**Debbie Kauffman (Clark), Class 13**

## INGREDIENTS:

1 lb ground beef  
1 lb bacon  
1 onion, finely chopped  
⅓ cup brown sugar  
⅓ cup ketchup  
1 Tbsp mustard  
1½ Tbsp molasses  
1 tsp salt  
2½ Tbsp vinegar  
1 16-oz can butter beans, drained  
1 16-oz can kidney beans, drained  
2 cans baked beans, undrained

## DIRECTIONS:

In large skillet, cook bacon until crisp. To drippings, add onion and sauté until soft. Brown ground beef. Combine all ingredients. Transfer to baking dish. Cover and bake one hour at 350° and then uncover and bake an additional 30 minutes (or can be cooked 3-4 hours in the crockpot on low).



Photo courtesy of Idaho State Department of Agriculture







# BAKED CREAMY CHICKEN TAQUITOS

**Dennis Merrick, Class 39**

## INGREDIENTS:

⅓ cup (3 oz) cream cheese  
¼ cup green salsa  
1 Tbsp fresh lime juice  
½ tsp cumin  
1 tsp chili powder  
½ tsp onion powder  
¼ tsp granulated garlic or garlic powder  
3 Tbsp chopped cilantro  
2 Tbsp sliced green onions  
2 cups shredded cooked chicken  
1 cup grated pepperjack cheese  
12-16 small corn or flour tortillas  
Kosher salt  
Cooking spray



## DIRECTIONS:

Heat oven to 425°. Line a baking sheet with foil and lightly coat with cooking spray. Heat cream cheese in the microwave for about 20-30 seconds to soften. Add green salsa, lime juice, cumin, chili powder, onion powder, and granulated garlic. Stir to combine and then add cilantro and green onions. Add chicken and cheese; combine well. Working with a few tortillas at a time, heat in the microwave until they are soft enough to roll without cracking. It helps to place them between damp paper towels – usually 20-30 seconds. Place 2-3 Tbsp of chicken mixture on the lower third of a tortilla, keeping it about ½” from the edges, then roll it up tightly. Place seam side down on the baking sheet. Lay all of the taquitos on the baking sheet and make sure they are not touching each other. Spray the tops lightly with cooking spray and sprinkle some kosher salt on top. Bake in oven for 15-20 minutes or until crisp and start to get golden brown.

# EASY THAI GREEN CURRY

**Lynae Grant, Class 36**

## INGREDIENTS:

1 lb boneless chicken, cut into 1" pieces  
1-2 Tbsp olive oil  
1 yellow onion, thinly sliced  
2 cups thinly sliced carrots  
2 Tbsp green curry paste  
1 Tbsp minced ginger  
2 garlic cloves  
2 tsp lime zest  
2 cans coconut milk  
2 cups asparagus, cut in 1" pieces  
1 Tbsp fish sauce  
4 cups mixed chopped greens such as spinach or kale  
Sea salt to taste  
Cooked rice



Photo courtesy of Idaho State Department of Agriculture

## DIRECTIONS:

Place a large 12-15" skillet over medium high heat. When the pan is hot, but not smoking, add 1 Tbsp of the oil along with the cubed chicken. Sauté until browned and just done, then remove the chicken from the pan, and set it aside. Return the pan to the heat, and add the onions and carrots. Sauté for 3-4 minutes, adding the extra Tbsp of oil if necessary. When the veggies are just beginning to soften, add the curry paste, ginger, garlic, and lime zest. Sauté for about 1 minute, until fragrant, stirring to combine. Add the coconut milk and bring the curry to a boil. Lower the heat and simmer until the veggies have softened and the curry has started to thicken, about 10 minutes. Add the asparagus and chicken. Simmer for 3-4 minutes until the asparagus has turned bright green, and is crisp tender. Remove pan from the heat and stir in the fish sauce and chopped greens. Let the mixture set for 2-3 minutes stirring occasionally, or until the greens have just wilted. Season to taste with sea salt, then serve the curry over rice.

*Adapted from Recipe by Kari Peters*

# CHEDDARY CHICKEN POTPIE

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 can cream of chicken soup  
1 cup milk  
½ cup chopped onion  
1 pkg (3 oz) cream cheese  
¼ cup chopped celery  
¼ cup shredded carrots  
¼ cup grated Parmesan cheese  
½ tsp salt  
3 cups cubed cooked chicken  
1 pkg frozen chopped broccoli, cooked and drained  
1 egg  
1 Tbsp oil  
1 cup buttermilk complete pancake mix  
1 cup shredded sharp cheddar cheese  
¼ cup sliced almonds

## DIRECTIONS:

In a large saucepan, combine soup, ½ cup milk, onion, cream cheese, celery, carrots, Parmesan cheese and salt. Cook and stir until mixture is hot and cream cheese is melted. Stir in the chicken and broccoli and heat through. Pour into ungreased 2 qt baking dish. In a medium bowl, combine egg, oil and remaining milk. Add pancake mix and cheddar cheese – blend well. Spoon over hot chicken mix. Sprinkle with almonds. Bake uncovered at 375° for 20-25 minutes or until golden brown.





# CHILI VERDE CHICKEN ENCHILADAS

**Treg Owings, Class 35**

## INGREDIENTS:

1 large can *plus* one medium can green enchilada sauce  
1 can cream of chicken soup  
1 tsp cumin  
1 tsp oregano  
1 ½ lbs cooked chicken, diced or shredded  
1 small onion, diced  
1 lb cheddar or Jack cheese, shredded  
1 package corn tortillas

## DIRECTIONS:

In a large saucepan combine enchilada sauce, soup and spices. Simmer to blend flavors. In a 9"x13" baking dish, layer ingredients. Dip each tortilla in sauce, then lay single layer overlapping slightly to cover bottom of dish, top with 1/3 of the chicken, 1/3 sauce mixture, 1/3 of the onions and 1/3 of cheese. Make two more layers ending with cheese on top. Bake at 350° for 30 minutes or until cheese is melted and all is heated through. Let stand 10 minutes before serving.

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# DORITO® CHICKEN & CHEESE CASSEROLE

**Deb Easterday Reeves, Class 41**

## INGREDIENTS:

3 cups cooked chicken, chopped  
1 cup sour cream  
1 can cream of chicken soup  
1 can corn, drained  
1/4 cup minced onion  
2 cups shredded cheddar cheese, divided  
1/2 tsp salt  
1/2 tsp pepper  
1/2 tsp garlic powder  
1 medium bag Nacho Cheese Doritos®

## DIRECTIONS:

Preheat oven to 350°. Lightly spray a 9"x13" pan with cooking spray. Spread the bottom of pan with half of the Doritos that have been crushed. Reserve 1 cup of cheese. Combine all remaining ingredients except Doritos®. Pour chicken mixture over Doritos® in pan. Top with remaining 1 cup cheese and remaining crushed Doritos®. Bake 30 minutes until bubbly.

# CROWD CASSEROLE

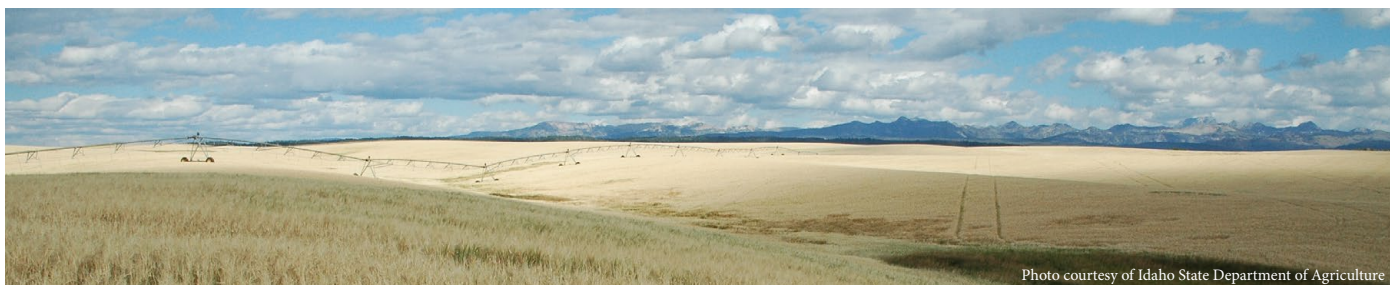
**Deb Easterday Reeves, Class 41**

## INGREDIENTS:

1 ½ lbs ground beef  
1 cup chopped onion  
1 can corn  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1 cup sour cream  
1/4 cup chopped pimento  
3 cups noodles  
salt and pepper to taste

## DIRECTIONS:

Brown ground beef. Add onions, corn, soups, sour cream, pimento and salt and pepper to taste. Cook noodles. Combine beef mixture and noodles in casserole dish and bake at 400° for 30 minutes.



# HOMEMADE NOODLES

**Ann Jacobs, Class 31**

## INGREDIENTS:

3 eggs  
2 Tbsp water  
1 Tbsp shortening  
½ Tbsp salt  
1 scant tsp baking powder  
1 Tbsp dry milk  
2 cups flour

## DIRECTIONS:

Beat eggs with water then mix in salt and shortening. In large bowl, combine dry ingredients. Work egg mixture into flour mixture, adding more flour if needed to make a stiff dough. Knead. On waxed paper, roll out dough very thin. Let dry 2 hours. Roll up like jelly roll, then cut into desired width strips. Unroll and spread out to dry. Cook in water or broth or freeze for later use.

# CHICKEN PENNE ALFREDO

**Aria Spear, Class 39**

## INGREDIENTS:

4 chicken breasts, cooked and cubed  
1 pkg penne pasta, cooked and drained  
1 stick (1/2 cup) butter  
1 – 8 oz pkg cream cheese  
1½ cups Parmesan cheese  
2 cups milk  
3 Tbsp parsley flakes  
Garlic to taste  
Salt & pepper

## DIRECTIONS:

In small saucepan, melt butter and add cream cheese and Parmesan cheese until smooth and all cheeses are melted. Add milk, parsley flakes, spices and salt and pepper to taste. Sauce should not be extremely thick. Add cubed chicken and pasta. Stir to combine and add additional milk if needed. Heat through and serve warm.

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# TORTILLA CASSEROLE

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

3 cups cooked chicken, chopped  
1/2 cup chicken broth  
1/2 cup celery, chopped  
1/4 cup onion, chopped  
10-12 corn tortillas, cut into pieces  
1 can green chilies  
1 can cream of chicken soup  
Pepper to taste  
1 cup shredded cheddar cheese  
1 cup Monterey Jack cheese, shredded  
1 cup salsa

## DIRECTIONS:

Combine chicken, broth, celery, onion, tortilla pieces, green chilis, soup and 1/2 cup each of the cheddar and Jack cheeses. Season with pepper to taste. Spread in pan and top with remaining salsa and remaining cheeses. Bake at 350° for 30 minutes. Let set 5 minutes before serving.



# BREADS

Wheat is grown in nearly every one of Idaho's 44 counties on nearly a million acres throughout the state. We rank 4th in wheat production, producing about 5% of all of the wheat grown in the US or about 100 million bushels per year. Much of Idaho's wheat is exported to help feed people around the world. Domestically, Idaho wheat is made into many products including crackers, breads, and tortillas.

Photo courtesy of Idaho State Department of Agriculture

# SOFT NO-KNEAD DINNER ROLLS

**Aria Spear, Class 39**

## INGREDIENTS:

1 Tbsp dry yeast (2 packets)  
¼ cup sugar  
½ cup warm water  
4½ cups bread flour, plus extra for dusting  
1 ½ tsp salt  
1 cup milk, lukewarm  
3½ Tbsp unsalted butter, melted and cooled  
2 eggs at room temperature, beaten  
1 Tbsp butter, melted (for brushing)

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## DIRECTIONS:

Place the yeast and 2 tsp sugar in a medium bowl, then add warm water. Leave for 5 minutes until it froths. Place flour, remaining sugar and salt in a bowl. Mix to combine. Make a well in the center. Add milk, butter, eggs and pour in the yeast liquid, including all froth. Mix with wooden spoon until combined – it should be consistency of a thick muffin batter - not pourable, but thick and sticky. Cover bowl with a damp towel and place in a warm place to rise for around 1½ - 2 hours or until almost tripled in volume. Dough surface should be bubbly.

## DIRECTIONS (CONTINUED):

Remove towel and punch dough to deflate, then mix briefly in the bowl to get rid of the bubbles in the dough. Dust work surface with flour, scrape dough on work surface. Dust top of dough then shape into a long roll. Divide into 12 equal pieces. To form rolls, take one piece and press down with palm, then use your fingers to gather into a ball, flip (so smooth side is up) then roll the dough briefly to form a ball. This stretches the dough on one side and results in a smooth surface on the roll. For this step, use as much flour as needed to handle dough and avoid piercing inside into the wet dough). Place the ball with the smooth side up on a 9 x 13 tray lined with parchment paper. Repeat with remaining dough pieces and place all on tray. For second rising, spray surface of rolls with cooking spray, then place plastic wrap over the tray. Return tray to warm place and leave for 30-45 minutes, until the dough has risen by about 75% (less than double in size). Partway through this rising, preheat oven to 400°. Bake for 15-18 minutes, or until the surface is a golden brown and the roll in the center sounds hollow when tapped. Remove rolls from oven. Brush with melted butter. Allow to cool slightly before serving.



# WHOLE WHEAT BREAD

**Will Ricks, Class 27**

## INGREDIENTS:

5 cups warm water (105° to 115°)  
2 heaping Tbsp yeast  
½ cup honey  
1½ cup instant powdered milk (or ¾ cup non-instant)  
½ cup shortening  
1 heaping Tbsp salt  
12 cups whole wheat flour, divided



## DIRECTIONS:

Mix warm water, yeast, honey, powdered milk, shortening, salt and 8 cups of flour. Add shortening and salt and stir this mixture until it becomes elastic. Add approximately 4 cups more flour (white or whole wheat) one at a time, mixing well after each addition. Knead well, adding only enough more flour to give the dough strength. Let rise in a warm place (not over 80° to 85°). Punch down and shape into 3-4 loaves. Let rise in pans about 20-25 minutes. Bake at 400° for 20 minutes, then reduce temperature to 350° for 20 minutes. Remove from pans immediately and cool on racks.

NOTE: Makes 3 loaves if 100% whole wheat or 4 loaves if use part white and put in 9 5/8"x 5 1/2" x 2 3/4" loaf pans.

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# BREAD STICKS

**Linda Rider, Class 22**

## INGREDIENTS:

¾ cup water  
1 Tbsp yeast  
2 tsp sugar  
1 ½ cups flour  
¼ cup butter  
onion salt, dried basil or oregano to taste

## DIRECTIONS:

Mix water, yeast, sugar and flour. Knead. Roll out to 1" thick. Spread with softened butter and sprinkle with onion salt and dried herbs of choice. Cut into strips, twist and place on cookie sheet. Bake at 400° for 10-15 minutes.



# SPROUTED WHEAT BREAD

**Lynae Grant, Class 36**

## INGREDIENTS:

3 cups dry whole wheat kernels (Hard Red Spring or Soft White Winter varieties work best)

5 cups scalded milk, and then cooled

½ cup shortening

3 Tbsp yeast

¾ cup warm water

½ cup honey

½ cup molasses

1 tsp salt

9 cups whole wheat flour



## DIRECTIONS:

Soak 3 cups of wheat kernels in water for 3 days. Rinse each morning with cold water. On day 4, rinse and drain water. There should be about 6 cups of wheat at this time due to expansion during soaking. In a small saucepan, heat milk and shortening until the shortening is melted but do NOT boil. Remove from heat and let cool. In a small bowl mix yeast and water together until yeast is dissolved. In a blender, working in small batches, blend the sprouted wheat and milk until all wheat and milk are blended. To the milk wheat mixture, add honey, molasses and salt in a very large bowl. Stir in yeast water mixture. Begin adding flour, 3 cups at a time blending after each addition until all 9 cups are incorporated. Turn out dough onto floured surface and knead in enough flour to make a sticky dough. Return to bowl and let rise until doubled in size, then punch down. Divide dough into 4-5 portions, form into loaves and put into well-greased loaf pans. Let rise until doubled in size. Bake in 350 degree oven for 30-35 minutes.

*Recipe from May Gamma*

# SOURDOUGH BAGELS

**Aria Spear, Class 39**

## INGREDIENTS:

### **Dough:**

1 cup sourdough starter that is active and bubbly

1¼ cups cool water

1¾ tsp salt

3-4 cups bread flour

### **Water bath:**

Water to fill a 10" pan about 2" deep

1 Tbsp baking soda or brown sugar

### **Topping (optional):**

1 egg mixed with 1 Tbsp water

¼ cup sesame seeds or poppy seeds or any other desired toppings

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## DIRECTIONS:

Combine the starter with water and salt. Then add 3-4 cups bread flour. Start with 3 cups then add more flour until dough is soft but not stiff or dry. Knead by hand, mixer, or bread machine to form a smooth, stiff but not dry dough. Place in a lightly greased bowl, cover, and set aside to rise for 1-2 hours. Gently deflate the dough, and let it rise for another 30 minutes. Transfer the dough to an un-floured work surface and divide it into 12 pieces. Roll each into a smooth ball.

## DIRECTIONS (CONTINUED):

To shape the bagels, flatten each dough ball into a disc. Use your index finger to poke a hole through the center of each ball, then twirl or stretch the dough until it's about 1-2 inches in diameter (the entire bagel will be about 3" across). Cover the bagels with plastic wrap and let them rest for 30-60 minutes. They'll puff up very slightly. While the dough is resting, prepare a water bath by heating water and soda (or sugar) to a very gentle boil in a wide-diameter (about 10") pan. Preheat oven to 425°. Place bagels on a lightly greased or parchment-lined baking sheet. To boil the bagels: transfer the bagels, 3-4 at a time if possible to the simmering water. Increase the heat under the pan to bring the water back up to a gently simmering boil, if necessary. Cook the bagels for 1 minute, flip them over, and cook 1 minute more. Using a skimmer or strainer, or the end of a wooden spoon, remove the bagels from the water and place them briefly on a towel and then back on the baking sheet. Repeat with the remaining bagels. Brush each bagel with egg wash and sprinkle with seeds or any toppings you wish to add. Bake the bagels for 20-25 minutes, or until they are deep golden brown. Remove the bagels from the oven, and cool completely on a rack. Store up to 5 days in a plastic bag or freeze in a plastic bag for up to 3 months.

# BAKING POWDER BISCUITS

Linda Rider, Class 22

## INGREDIENTS:

2 cups flour  
2 Tbsp baking powder  
½ tsp salt  
¼ cup shortening  
1 cup milk

## DIRECTIONS:

Preheat oven to 400°. Mix all dry ingredients together then add milk. Stir just until blended then drop by spoonfuls or roll out and cut. Place on baking pan. Bake 12-15 minutes until golden brown.



# “RED LOBSTER®” BISCUITS

Dorita Waitley (Rick), Class 8

## INGREDIENTS:

### **Biscuits:**

2½ cups baking mix (such as Bisquick®)  
1 cup grated cheddar cheese  
¾ cup whole milk  
2 Tbsp butter, melted  
⅛ tsp garlic salt

### **Topping:**

¼ cup butter, melted  
½ tsp garlic salt  
½ tsp dried parsley flakes  
Dash salt

## DIRECTIONS:

Preheat oven to 400°. Combine baking mix, cheese, milk, 2 Tbsp melted butter, and ⅛ tsp garlic salt in medium bowl. Mix well. Drop ¼ cup portions on ungreased cookie sheet. For topping, combine ¼ cup melted butter with ½ tsp garlic salt, parsley flakes, and salt. Brush mixture on each biscuit before baking. Bake 14-16 minutes or until tops are golden brown. Serve warm.



# GIBBENS BEER BREAD

**Elli Brown, Class 32**

## INGREDIENTS:

3 cups flour  
4½ tsp baking powder  
1½ tsp salt  
1 cup sugar  
12 oz room temperature beer of choice  
(important it's room temperature)

## DIRECTIONS:

Mix all ingredients and pour into greased loaf pan. Bake at 350° for 1 hour.

*Recipe from Travis Gibbens*

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# SWEET CORN BREAD

**Dennis Merrick, Class 39**

## INGREDIENTS:

½ cup butter  
1 cup sugar  
2 eggs  
1 cup cornmeal  
1 ½ cups flour  
2 tsp baking powder  
½ tsp salt  
1½ cup milk

## DIRECTIONS:

Mix together butter, sugar, and eggs. Combine cornmeal, flour, baking powder, and salt together in a separate bowl. Add dry ingredients to the wet ingredients. Mix well. Slowly add milk until combined. Place in a greased 9"x13" pan. Bake at 375° for 20-25 minutes.



# BUTTER DIPS

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

1 stick butter  
1¼ cups flour  
2 tsp sugar  
2 tsp baking powder  
1 tsp salt  
2/3 cup milk

## DIRECTIONS:

In 9"x9"x2" pan, melt butter in 450° oven. Remove pan. In bowl mix flour, sugar, baking powder and salt. Add milk. Stir just until dough forms. Turn dough onto well-floured board. Roll dough to coat with flour. Knead lightly about 10 times. Roll into 8" square. With floured knife, cut dough in half then cut each half into 9 4" pieces. Dip each strip in melted butter, coating both sides. Arrange strips close together in pan. Bake 15-20 minutes.



# PIZZA CRUST

**Kyra Gibson, Class 35**

## INGREDIENTS:

1 cup all-purpose flour  
1/3 cup milk  
2 Tbsp vegetable oil  
1 tsp baking powder  
½ tsp salt

## DIRECTIONS:

Preheat oven to 425°. Combine all ingredients in a bowl and mix until dough leaves sides. Turn onto a lightly floured surface and knead 10 times. Cover and let rest for 15 minutes. Roll or pat out dough into desired size and shape for pizza. Top with pizza toppings of choice and bake 20-25 minutes.



Photo courtesy of Justin Place

# HIGH PROTEIN BAGELS

**Maryellen Zeise, Class 43**

## INGREDIENTS:

1 cup all-purpose flour  
2 tsp baking powder  
 $\frac{3}{4}$  tsp salt  
1 egg, beaten  
1 cup unsweetened Greek yogurt  
Toppings of your choice

## DIRECTIONS:

Preheat oven to 375° and line a baking sheet with parchment paper. In a large bowl, whisk flour, baking powder, and salt. Add in Greek yogurt and mix. Form dough into a ball. Lightly flour the surface and knead the dough for 15 turns. Divide the dough into 4 parts and roll each into a ball, then roll into a rope shape. Form a circle with the rope shape to form bagel, then brush each bagel with the egg wash and sprinkle with toppings of your choice (salt, poppy seeds, garlic, sesame seeds etc). Bake for 25 minutes.



# ONE HOUR BREAD OR STICKY BUNS

**Linda Rider, Class 22**

## INGREDIENTS:

3 ½ cups flour, divided  
2 Tbsp yeast  
2 Tbsp sugar  
1 tsp salt  
5 Tbsp powdered milk  
2 Tbsp margarine or butter  
1 ½ cups hot water  
1 egg  
For Sticky Buns  
¼ cup plus 2 Tbsp butter  
¾ cup brown sugar, divided  
2 Tbsp corn syrup  
¼ cup sugar  
Cinnamon



## DIRECTIONS (CONTINUED):

Combine 1 ½ cups flour with yeast, sugar, salt and powdered milk. Add melted margarine or butter, water and egg. Stir until well blended then add remaining 2 cups of flour. Turn out onto floured surface and knead. Place in bowl coated with oil. Warm oven to 200° for 1 minute then turn off and place dough in oven for 15 minutes to rise. For bread, shape dough into rolls or loaf. Place in cold oven, turn oven on to 375° and bake for 20-25 minutes.

For Sticky Buns, while dough is rising, prepare two pans. Melt 2 Tbsp butter in each pan, then add ¼ cup brown sugar and 1 Tbsp corn syrup and stir and evenly distribute on bottom of pans. Roll dough out to large rectangle. Spread with remaining 2 Tbsp butter, remaining ¼ cup brown sugar and all white sugar. Sprinkle with cinnamon. Roll up dough, cut into 1" slices and arrange equally in the two pans. Let rise 10 minutes then bake at 375° for about 20 minutes. Remove from oven and let cool about 10 minutes then turn upside down onto large platter and allow to cool slightly before eating.

# POTATO SCONES

**Aria Spear, Class 39**

## INGREDIENTS:

½ cup mashed potatoes  
½ cup butter or shortening  
⅓ cup sugar  
2 cups milk, scalded  
1 cake yeast, dissolved in ½ cup water  
6 cups flour  
1 tsp baking powder  
1 tsp salt  
½ tsp baking soda

## DIRECTIONS:

Mix potatoes, butter and sugar into the scalded milk. Cool, add yeast mixture. Add dry ingredients, knead thoroughly. Dough will be slightly sticky. Grease top of dough, cover and refrigerate to chill and firm dough. On lightly floured surface, roll into circle, cut into wedges. Place on baking sheet lined with parchment paper and bake in 400° oven for 10-15 minutes until lightly browned and cooked through.

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# APPLE PRALINE BUBBLE BREAD

**Linda Rider, Class 22**

## INGREDIENTS:

½ cup butter or margarine  
½ cup packed brown sugar  
½ cup chopped pecans  
2 tubes refrigerated dinner rolls  
¼ cup sugar  
½ tsp cinnamon  
1 medium Granny Smith, peeled & chopped

## DIRECTIONS:

Preheat oven to 375°. Melt butter and stir in brown sugar, pour mixture in bottom of deep casserole dish or bundt pan, spreading evenly. Sprinkle half of the pecans over brown sugar. Slice rolls in half crosswise. Combine sugar and cinnamon. Roll dinner roll pieces in the cinnamon sugar mixture until evenly coated. Arrange half the coated roll pieces in pan on top of pecans. Sprinkle remaining pecans over rolls pieces. Sprinkle apples over rolls. Arrange remaining half of roll pieces over apples. Bake 35-38 minutes or until golden brown. Remove from oven, let stand 1 minute then carefully invert on to a serving plate.



Photo courtesy of Idaho State Department of Agriculture

# WHEAT GERM ZUCCHINI BREAD

**Elli Brown, Class 32**

## INGREDIENTS:

3 eggs  
1 cup sugar  
1 cup brown sugar  
2 cups grated zucchini  
3 tsp maple flavoring  
2½ cups flour  
½ cup wheat germ  
1 tsp salt  
¼ tsp baking powder  
2 tsp baking soda  
1 cup chopped nuts of choice  
Sesame seeds (optional)

## DIRECTIONS:

Mix eggs, sugar, brown sugar, grated zucchini and maple flavoring. Add dry ingredients and nuts. Mix well. Grease and flour 2 loaf pans. Divide dough evenly. Sprinkle top with sesame seeds if desired. Bake at 350° for 45 minutes.



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# GRANDMA WAITLEY'S BANANA BREAD

**Rick Waitley, Class 8**

## INGREDIENTS:

1 cup sugar  
½ cup shortening  
2 eggs  
3 ripe bananas  
2 cups flour  
1 tsp baking soda  
½ tsp salt

## DIRECTIONS:

Cream sugar, shortening and eggs. Add bananas. Combine flour, baking soda and salt then add to creamed mixture and mix well. Turn into greased loaf pan and bake in 350° oven for 1 hour and 15 minutes.



# ORANGE POPPYSEED BREAD

Hillary Lowe (Jim), Class 31

## INGREDIENTS:

### **Bread:**

3 cups flour  
1½ tsp salt  
1½ tsp baking powder  
2½ cups sugar  
3 eggs  
1½ cups milk  
1½ tsp vanilla  
½ tsp almond extract  
1½ Tbsp poppy seeds  
1 ⅓ cups vegetable oil

### **Glaze:**

¾ cup sugar  
½ tsp vanilla  
2 Tbsp butter  
¼ cup orange juice  
½ tsp almond extract

## DIRECTIONS:

Mix all dry bread ingredients together. Cream together sugar, eggs, milk, vanilla, almond extract, poppy seeds and oil. Add to dry ingredients and beat 2 minutes. Divide dough into 2 greased loaf pans. Bake at 350° for 1 hour 15 minutes until golden and toothpick inserted into center of loaf comes out clean. Do not overbake. While bread is baking make glaze. Add all glaze ingredients to a small saucepan. Cook over low heat until sugar is dissolved. When bread is baked, remove from oven and spoon glaze over warm bread.



# CHOCOLATE CHIP ZUCCHINI BREAD

**Susi Larrocea, Class 4**

## INGREDIENTS:

2 cups sugar  
3 eggs  
1 cup oil  
3 tsp vanilla  
2 cups shredded zucchini  
1 tsp salt  
¼ tsp soda  
2½ tsp cinnamon  
¾ - 1 tsp nutmeg  
3-3¼ cups flour  
1 cup chocolate chips  
Nuts (optional)

## DIRECTIONS:

Mix sugar, eggs, oil and vanilla until blended then add zucchini. Mix dry ingredients then stir into egg zucchini mixture. Stir in chocolate chips and nuts if desired. Grease and flour 2 bread pans. Bake at 350° about 1 hour.

Thanks to Janice Stimpson, Class 17 and Aria Spear, Class 39 who also submitted Zucchini Bread recipes that were very similar just without the chocolate chips.

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# PULL APART BACON BREAD

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

12 slices bacon, cooked and crumbled  
1 loaf frozen bread dough, thawed  
2 Tbsp olive oil  
1 cup shredded mozzarella cheese  
1 envelope ranch salad dressing mix

## DIRECTIONS:

Roll out dough to 1/2" thickness and brush with 1 tablespoon oil. Cut into 1" pieces and place in a large bowl. Add crumbled bacon, cheese, dressing mix and remaining oil. Toss to coat. Arrange pieces in a greased 9"x5" oval pan, layering as needed. Cover and let rise until doubled. Bake at 350° for 15 minutes. Cover with foil and bake an additional 5-10 minutes until golden brown.

# SPUDNUTS

**Aria Spear, Class 39**

## INGREDIENTS:

1 cup mashed potatoes  
1 cup shortening  
4 cups milk  
1½ cups white sugar  
1 cup warm potato water  
2 pkg dry yeast or 2 yeast cakes  
1 tsp vanilla  
12 cups flour  
1 tsp baking soda  
1 tsp baking powder  
4 eggs, beaten  
1 Tbsp salt  
1 tsp lemon juice  
1 tsp nutmeg  
Oil for frying

### **Glaze:**

1 lb powdered sugar  
½ cup water  
1 tsp vanilla  
1 Tbsp butter

## DIRECTIONS:

Peel and boil enough potatoes to make 1 cup of mashed potatoes. Drain potatoes but retain the cooking liquid. Scald milk then add shortening and sugar until shortening is melted and sugar dissolved then set aside to cool. Mash potatoes and add to cooled milk mixture. Dissolve yeast in 1 cup of the warm potato water. Mix soda, baking powder, and vanilla into milk mixture. Add ½ of flour and yeast mixture. Let stand 30 minutes. Add beaten eggs, salt, lemon juice and nutmeg. Add in the remaining flour to create soft dough. Turn out on to floured surface and knead. Roll out dough about ¾" thick and cut with doughnut cutter or cut into strips for maple bars. Let rest and rise for about 30 minutes. Heat oil to about 375° and fry each doughnut until golden brown. Remove from oil and drain on paper towels then glaze or dip in sugar while warm. To make glaze, boil water, add sugar, vanilla (or maple flavoring for maple bars) and butter and cook until thick and bubbly. Makes about 10 dozen.





# RASPBERRY MACADAMIA NUT MUFFINS

**Deb Easterday Reeves, Class 41**

## INGREDIENTS:

¾ cup milk  
⅓ cup butter or margarine, melted  
1 egg  
2 cups all-purpose flour  
⅔ cup sugar  
2 tsp baking powder  
½ tsp salt  
1 cup raspberries  
½ cup chopped macadamia nuts  
Raw sugar, if desired

## DIRECTIONS:

Heat oven to 400°. Grease bottoms only of 12 medium muffin cups or line with paper baking cups. Beat milk, butter, and egg in large bowl. Stir in flour, 2/3 cup sugar, baking powder, and salt and mix just until all dry ingredients are moistened. Fold in raspberries and nuts. Divide batter evenly among muffin cups (cups will be almost full). Sprinkle with raw sugar (may also use regular sugar). Bake 20-22 minutes or until golden brown. Immediately remove from pan to wire rack. Serve warm. Makes 12 muffins.



# PUMPKIN-APPLE MUFFINS

**Susi Larrocea, Class 4**

## INGREDIENTS:

2 cups all-purpose flour  
1½ cups granulated sugar  
1 tsp baking soda  
1 tsp baking powder  
½ tsp salt  
1 Tbsp pumpkin pie spice  
1 egg, lightly beaten  
1 cup canned pumpkin  
½ cup evaporated milk  
1/3 cup corn oil  
1 cup peeled, finely chopped apples

## **Topping:**

2 Tbsp all-purpose flour  
¼ cup granulated sugar  
½ tsp cinnamon  
4 tsp butter  
¼ cup finely chopped walnuts

## DIRECTIONS:

Heat oven to 350°. In large bowl, sift together flour, sugar, baking soda, baking powder, salt, and pumpkin pie spice. In a medium bowl, combine the egg, pumpkin, evaporated milk, and corn oil. Add egg mixture to flour mixture; stir just until dry ingredients are moistened. Stir in apples. Spoon batter into lined or greased muffin tins. To make topping, combine first 3 ingredients. Cut in butter until mixture is crumbly. Stir in chopped walnuts. Sprinkle streusel over the batter. Bake 35-40 minutes or until a toothpick inserted into muffins comes out clean.

Adapted from: *Mad About Muffins*



Photo courtesy of Idaho State Department of Agriculture



# SWEET ROLL DOUGH

**Aria Spear, Class 39**

## INGREDIENTS:

1 Tbsp yeast  
½ cup warm water  
⅓ cup sugar  
1 tsp salt  
½ cup warm milk (scalded and cooled)  
½ cup shortening or margarine  
1 egg, beaten  
3 ½ - 4 cups flour

## Directions:

Dissolve yeast in water. Stir in sugar, salt warm milk, shortening and egg. Add 2 cups flour and beat until smooth. Mix enough remaining flour to handle. Knead. Let rise until doubled in size. Punch down and form into rolls. Let rolls rise in pan to double. Bake at 350° until golden, about 15-20 minutes.

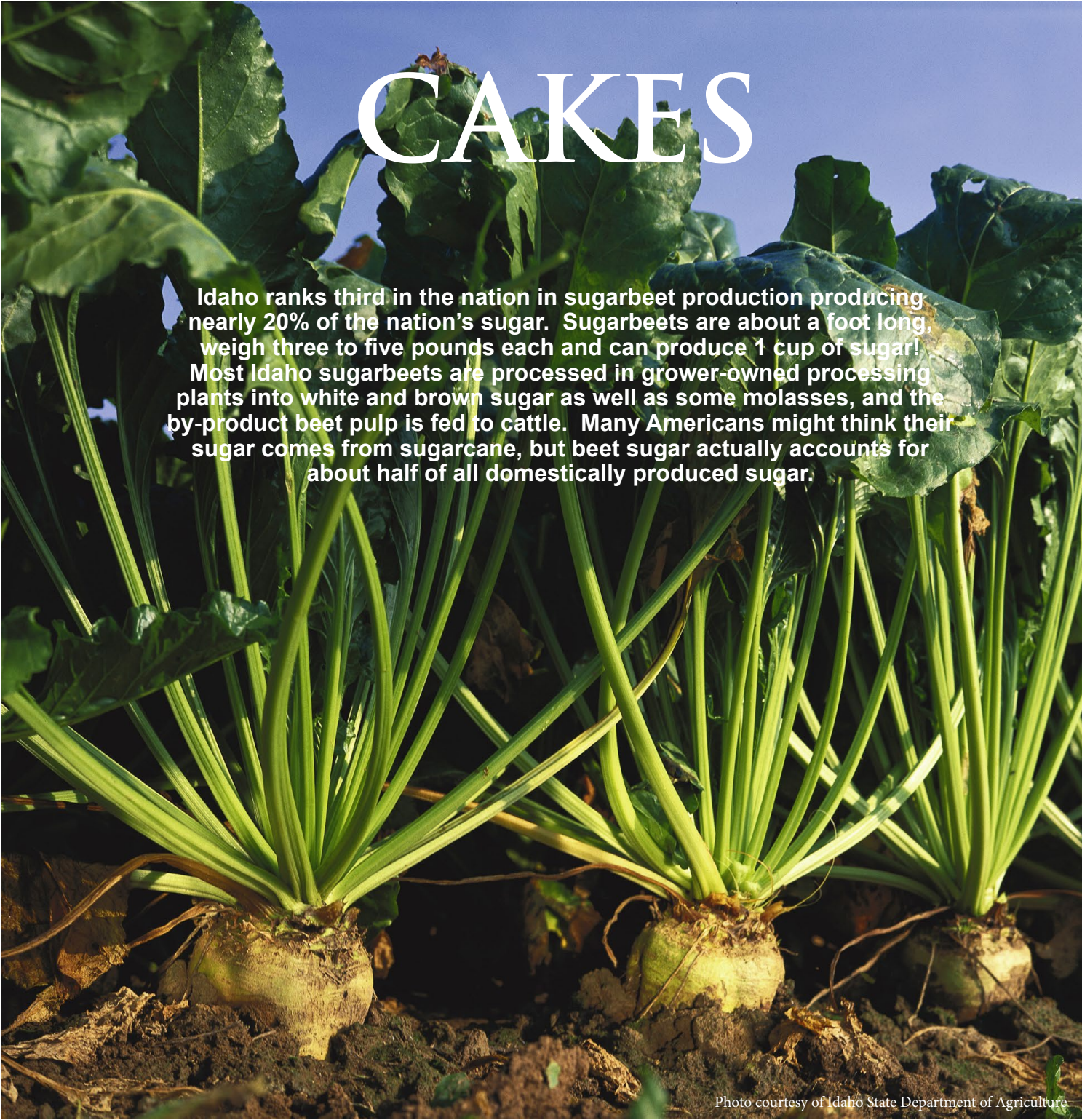
NOTE: This dough is also great made into cinnamon rolls.



Photo courtesy of Idaho State Department of Agriculture



# CAKES



Idaho ranks third in the nation in sugarbeet production producing nearly 20% of the nation's sugar. Sugarbeets are about a foot long, weigh three to five pounds each and can produce 1 cup of sugar! Most Idaho sugarbeets are processed in grower-owned processing plants into white and brown sugar as well as some molasses, and the by-product beet pulp is fed to cattle. Many Americans might think their sugar comes from sugarcane, but beet sugar actually accounts for about half of all domestically produced sugar.

Photo courtesy of Idaho State Department of Agriculture

# CHOCOLATE LOVER'S ZUCCHINI CAKE

**Susi Larrocea, Class 4**

## INGREDIENTS:

### **Cake:**

2 cups sugar  
¾ cup oil  
3 eggs  
2 tsp vanilla  
2 ½ cups flour  
1 ½ tsp baking powder  
1 ½ tsp baking soda  
½ cup cocoa  
1 tsp cinnamon  
½ tsp salt  
½ cup milk  
2 ¼ cups grated zucchini

### **Frosting:**

1 stick butter, melted  
⅔ cup cocoa  
3 cups powdered sugar  
⅓ cup milk  
1 tsp vanilla extract



## DIRECTIONS:

Cake instructions: Preheat oven to 325°. Grease and flour a Bundt pan. In a large mixing bowl, mix sugar, oil and eggs together until creamy. Add vanilla, and mix until well-combined. In a smaller bowl, stir flour, baking powder, baking soda, cocoa, cinnamon, and salt together until just blended. Add flour mixture to the sugar and mixture and mix well. Slowly mix in the milk. After everything is well-combined, stir in the zucchini. Pour into pan, and bake for approximately 60 minutes. Cake will be done when toothpick inserted comes out clean. Check cake at 50-55 minutes.

Frosting instructions: In a medium-sized bowl, add melted butter and mix in cocoa. With mixer on low speed, add in some powdered sugar and milk alternately until all is well-mixed. After frosting is well-blended, add in vanilla. Spread over cooled cake.

*Adapted from: [www.greatgrubdelicioustreats.com](http://www.greatgrubdelicioustreats.com)*

# IDAHO'S SPICY BEAN CAKE

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

¼ cup butter  
1 cup sugar  
2 eggs  
2 cups cooked, pureed pinto beans  
1 cup flour  
1 tsp baking soda  
¼ tsp salt  
¼ tsp nutmeg  
1 tsp cinnamon  
½ tsp cloves  
2 cups diced apples  
½ cup nuts  
1½ tsp vanilla  
¾ cup raisins

## DIRECTIONS:

Cream butter and sugar. Add eggs, one at a time, beating well. Blend in pureed beans. Sift together dry ingredients. Add to creamed mixture. Blend well. Fold in apples, raisins, nuts, and vanilla. Pour into buttered 9"x13" pan. Bake in 375° oven, 45-50 minutes or until cake tests done. Frost with your favorite cream cheese frosting.

*Adapted from: Idaho Bean Commission*

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# RHUBARB CUSTARD CAKE

**Janice Stimpson, Class 17**

## INGREDIENTS:

1 yellow cake mix  
3-5 cups rhubarb, diced  
1 pint whipping cream  
2 cups sugar

## DIRECTIONS:

Make the cake as directed on the box. Spread in a greased 9"x13" pan. Sprinkle rhubarb over the batter. Mix the cream and sugar, pour over the rhubarb. Bake 1 hour at 350°.



# CRAZY CAKE

**Debbie Kauffman (Clark), Class 13**

## INGREDIENTS:

### **Cake:**

3 cups flour  
2 cups sugar  
1/3 cup cocoa  
1 tsp salt  
2 cups warm water  
2 tsp soda  
1 tsp vanilla  
3/4 cup vegetable oil  
2 Tbsp vinegar

### **Frosting:**

4 Tbsp butter  
1 cup sugar  
4 Tbsp milk  
1/2 cups chocolate chips

## DIRECTIONS:

Directly into an ungreased 9"x13" pan, mix cake ingredients in following order. Add flour, sugar, cocoa, salt and soda. Mix thoroughly. Make 3 holes in the dry ingredients. Add vanilla in one hole, vegetable oil in next and vinegar in 3rd hole. Pour water over all and mix thoroughly with a fork, do not beat. Bake 40 minutes at 350°. Cool. For frosting, in medium saucepan bring butter, sugar and milk just to a boil, not over 1 minute. Remove from heat and add chocolate chips. Mix thoroughly. Spread evenly over cooled cake.

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# AUNT MARION'S RHUBARB CAKE

**Robin Lindquist, Class 21**

## INGREDIENTS:

1 white cake mix, prepared as directed  
5 cups rhubarb, cut into 1/2" cubes  
1 3-oz pkg strawberry flavored gelatin  
1 Tbsp flour  
1 cup sugar  
3 cups mini marshmallows

## DIRECTIONS:

Preheat oven to 350°. Mix cake mix as directed on box. Toss rhubarb with gelatin, flour and sugar. Add rhubarb mixture to cake batter, blend well then fold in marshmallows. Pour into a greased 9"x13" pan. Bake 40-45 minutes. After cooling on a rack, dust with powdered sugar or top with whipped topping.

# APPLESAUCE CAKE

**Aria Spear, Class 39**

## INGREDIENTS:

1 cup sugar  
1 Tbsp shortening  
1 egg  
1 tsp vanilla  
1 ½ cups applesauce  
2 cups flour  
2 tsp baking soda  
1 tsp salt  
½ tsp cinnamon  
½ tsp nutmeg  
½ tsp cloves  
1 Tbsp cocoa  
1 cup raisins  
½ cup nuts

## DIRECTIONS:

Cream sugar, shortening, egg and vanilla. Combine all dry ingredients including spices and cocoa. To creamed butter mixture, alternately add dry ingredients and applesauce. Fold in raisins and nuts. Bake in 9"x13" pan at 350° for 40 minutes.

*Recipe from: Fern Warner*



# HUNGARIAN DATE CAKE

**Kasia Duellman, Class 39**

## INGREDIENTS:

1 cup chopped dates  
1 tsp baking soda  
1¼ cup boiling water  
¾ cup butter  
1 cup sugar  
2 eggs  
1 tsp vanilla  
1½ cups flour  
1 tsp cinnamon  
½ tsp salt

### **Topping:**

½ cup chopped pecans or walnuts  
¾ cup chocolate chips  
½ cup sugar

## DIRECTIONS:

Mix dates, baking soda and boiling water together and let stand. Mix butter, sugar, eggs and vanilla, then add flour, cinnamon and salt. Add date mixture. Combine thoroughly. Batter will be thin. Pour into greased 9"x13" pan. Mix topping ingredients together and sprinkle on top of cake. Bake 30 minutes at 350°.

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# STRAWBERRY CAKE

**Leah Morgan Clark, Class 26**

## INGREDIENTS:

### **Cake:**

1 white cake mix  
1 Tbsp flour  
1 3-oz package strawberry jello  
¾ cup oil  
1/2 cup water  
½ cup frozen strawberries, thawed  
4 eggs

### **Frosting:**

1 stick butter or margarine, softened  
4 cups powdered sugar  
½ cup strawberries

## DIRECTIONS:

Preheat oven to 350°. In large mixing bowl, combine cake mix, flour, jello, oil, water and berries, mixing well. Add eggs one at a time beating after each addition. Pour into two 8" round or one 9"x13" pan and bake for 20-30 minutes. Remove cake from oven and cool completely. To make frosting, combine margarine, powdered sugar and strawberries beating well with electric mixer. Let cake cool completely then spread frosting evenly over cooled cake.



# FRUIT COCKTAIL CAKE

**Susi Larrocea, Class 4**

## INGREDIENTS:

### **Cake:**

2 cups flour  
1 ½ cups sugar  
Pinch salt  
1 tsp baking soda  
2 tsp vanilla  
3 small eggs, beaten  
1 can fruit cocktail  
½ cup brown sugar

### **Frosting:**

¾ cup canned milk  
¾ cup butter  
¾ cup sugar

## DIRECTIONS:

For cake, with a fork mix all ingredients except brown sugar. Grease a 9"x13" cake pan. Put ½ cup brown sugar in the bottom of pan and pour cakem batter on top. Bake 45 minutes at 350 degrees. While cake is baking, make frosting. In medium saucepan boil canned milk, butter and sugar for 4 minutes. Pour over cake while hot. If desired, sprinkle with coconut to garnish.

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# LEMON CAKE

**Treg Owings, Class 35**

## INGREDIENTS:

### **Cake:**

1 pkg lemon cake mix  
1 pkg vanilla instant pudding  
¾ cup oil  
¾ cup water  
4 eggs

### **Frosting:**

1/3 -1/2 cup orange juice  
2 cups powdered sugar  
3 Tbsp oil

## DIRECTIONS:

Mix together cake mix, pudding mix, oil, water and eggs. Beat all for 10 minutes. Bake in 9"x13" pan at 350° for 35-40 minutes. While cake is baking, make frosting by combining juice, powdered sugar and oil. When cake done, remove from oven and punch holes in cake with a fork. Pour frosting over cake.

# HUCKLEBERRY COFFEE CAKE

**Linda Rider, Class 22**

## INGREDIENTS:

### **Cake:**

¼ cup shortening  
1 ¼ cups sugar  
2 eggs  
2 cups flour  
¼ tsp salt  
1 tsp baking powder  
¾ cup milk  
1 ½ tsp vanilla  
1 ¼ cup huckleberries

### **Crumble Topping:**

½ cup sugar  
½ cup flour  
½ tsp cinnamon  
¼ cup butter

## DIRECTIONS:

Cream shortening and sugar then beat in 2 eggs. Add flour, salt, baking powder and mix. Mix milk and vanilla together then add to batter. Blend well then fold in huckleberries. Pour batter into a greased 9"x13" pan. Make crumble topping by mixing sugar, flour, cinnamon and cutting in butter until blended and crumbly. Sprinkle crumble topping over cake batter. Bake 350° for 45 minutes or until done.



Photo courtesy of Idaho State Department of Agriculture

# APPLE BROWN BETTY CAKE

**Pattie Jo Courtney, Class 29**

## INGREDIENTS:

¼ cup butter  
1 cup sugar  
1 egg  
1 cup flour  
½ tsp baking powder  
½ tsp baking soda  
¼ tsp salt  
1 tsp cinnamon  
1 cup chopped apples  
½ cup chopped nuts

## DIRECTIONS:

Cream butter, sugar and egg. Mix all dry ingredients then stir into creamed mixture. Stir in apples and nuts. Bake in a greased 9"x13" pan, at 350° for 35 minutes .

# STRAWBERRY SHORTCUT CAKE

**Ann Jacops, Class 31**

## INGREDIENTS:

1 cup miniature marshmallows  
2 cups (2 – 10 oz pkg) frozen sliced strawberries in syrup, completely thawed  
1 pkg (3 oz) strawberry Jello  
½ cup shortening  
1 ½ cups sugar  
3 eggs  
1 tsp vanilla  
2¼ cup all-purpose flour  
½ tsp salt  
3 tsp baking powder  
1 cup milk

## DIRECTIONS:

Generously grease bottom of a 9"x13" baking pan, sprinkle marshmallows evenly over bottom of pan. Thoroughly combine strawberries (and syrup) with dry Jello; set aside. In large mixer bowl, cream shortening, sugar, eggs and vanilla then add milk alternately with flour, salt and baking powder. Blend at medium speed, scraping sides of bowl occasionally. Pour batter evenly over marshmallows in prepared pan. Spoon strawberry mixture evenly over batter. Bake at 350° for 45-50 minutes until golden brown and toothpick inserted in center comes out clean. Serve with ice cream or whipped cream.

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# NOBBY APPLE CAKE

**Linda Rider, Class 22**

## INGREDIENTS:

2 Tbsp butter  
1 cup sugar  
1 egg  
3 cups diced apples  
1 tsp vanilla  
½ tsp cinnamon  
½ tsp nutmeg  
½ cup nuts, chopped  
1 cup flour  
1 tsp baking soda  
½ tsp salt

## DIRECTIONS:

Cream butter and sugar. Stir in egg, vanilla and apples. Combine flour, baking soda, salt and spices and add to wet ingredients. Mix well then fold in nuts. Bake in greased 8" square pan at 350° for 35-40 minutes.



# PUDDING DESSERT CAKE

**Aria Spear, Class 39**

## INGREDIENTS:

### **Crust:**

- 1 cube butter
- 1 cup flour
- 1 cup chopped nuts

### **1st layer:**

- 8 oz cream cheese
- 1 cup powdered sugar
- 1 cup whipped topping

### **2nd layer:**

- 2 pkg Oreo® instant pudding
- 3 cups cold milk
- 2 cups whipped topping

## DIRECTIONS:

Mix together butter, flour and nuts. Press into bottom of a 9"x13" pan. Bake 20 minutes at 350°. Let cool and then add layers. For first layer, combine softened cream cheese with powdered sugar and whipped topping. Spread over baked crust. For second layer mix pudding mix with milk then fold in whipped topping and spread over cream cheese layer. Top with any remaining whipped topping and nuts, shaved chocolate, or crushed Oreos® if desired.



Photo courtesy of Idaho State Department of Agriculture

# PINEAPPLE UPSIDE DOWN CAKE

**Leah Morgan Clark, Class 26**

## INGREDIENTS:

8 Tbsp butter  
½ cup brown sugar  
1 can sliced pineapple  
2 eggs  
½ cup sugar  
1 Tbsp pineapple juice  
⅔ cup flour  
1 tsp baking powder  
1/8 tsp salt

## DIRECTIONS:

Preheat oven to 375°. Melt butter and spread in bottom of 9" round baking pan. Sprinkle brown sugar evenly over butter. Place as many pineapple rings as will fit in a single layer over the butter brown sugar mixture. In mixing bowl, beat eggs well. Add sugar and pineapple juice, beat well. Sift together flour, baking powder and salt then add to egg mixture. Mix well then pour batter over pineapple slices. Bake for 30 minutes. Remove from oven and let cool about 10 minutes, then invert onto a serving platter so that pineapple slices are now on top of cake. Serve warm with whipped cream if desired.

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# TEXAS SHEET CAKE

**Linda Rider, Class 22**

## INGREDIENTS:

1 1/2 cups butter or margarine (divided)  
1 cup water  
8 Tbsp cocoa (divided)  
2 cups flour  
2 cups sugar  
1/2 tsp salt  
3 eggs  
1 cup sour cream  
1 heaping tsp baking soda  
3 1/2 cups powdered sugar  
6 Tbsp milk  
1 tsp vanilla

## DIRECTIONS:

In saucepan combine 1 cup butter, water and 4 Tbsp cocoa. Bring to a boil for 2 minutes. Combine flour, sugar and salt and add to boiled mixture. Mix together eggs, sour cream and baking soda and add to boiled mixture. Mix well. Pour into flat rimmed baking sheet and bake at 350° for 35 minutes. While cake is baking make frosting by combining remaining 1/2 cup butter, vanilla, remaining 4 Tbsp cocoa, powdered sugar and milk. Frost cake while still warm and top with chopped nuts if desired.



# ZUCCHINI CAKE

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 pkg yellow cake mix  
1 pkg (3.4 oz) vanilla instant pudding  
1 cup sour cream  
½ cup water  
¼ cup vegetable oil  
4 eggs  
1 tsp cinnamon  
½ tsp nutmeg  
¼ tsp cloves  
¼ tsp salt  
2 cups grated zucchini  
Glaze:  
½ cup brown sugar  
¼ cup butter  
¼ cup milk  
2 cups powdered sugar

## DIRECTIONS:

For cake, mix all ingredients, except zucchini, together for 2-3 minutes or until well blended. Fold in zucchini. Pour batter into a greased and floured bundt pan. Bake 1 hour at 350°. While cake is baking, make glaze. In small saucepan, cook butter and brown sugar until bubbly, stir in milk and bring back to a boil. Remove from heat and add powdered sugar. Drizzle over cooled cake.



Photo courtesy of Idaho State Department of Agriculture





# COOKIES

Although many might think of Idaho as the potato state, dairy is actually the top ranking agriculture commodity in the state with milk products contributing over \$4 Billion dollars annually to our economy. Nationwide, Idaho ranks third in the number of milk cows, and in both milk and cheese production and has the largest yogurt processing plant in the world! Idaho's dairy processing plants turn fluid milk into cheese, butter, ice cream, yogurt and highly nutritious whey powder that is used in food products world-wide. In fact, one out of every six gallons of milk produced in Idaho is processed into products that are exported around the world.

# BANANA DREAM DROPS

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

2 ½ cups flour  
1 tsp baking powder  
½ tsp soda  
½ tsp salt  
½ cup butter  
1 cup sugar  
2 unbeaten eggs  
1 cup mashed bananas  
1 cup chocolate chips

## **Topping:**

¾ cup sugar  
1½ cups crushed bran flakes or corn flakes  
¾ cup walnuts, chopped  
1 ½ tsp cinnamon

## DIRECTIONS:

Sift together first 4 ingredients – set aside. Cream butter and 1 cup sugar. Add eggs. Cream well. Stir in bananas. Add dry ingredients and mix well. Stir in 1 cup chocolate chips. For topping, mix sugar, crushed bran or cornflakes, walnuts and cinnamon. Drop batter by teaspoonfuls into flake mixture. Roll to coat, shape into balls. Place on ungreased cookie sheet. Bake at 375° for 12-15 minutes.

# BUCKEYES

**Cindy Pusey, Friend of LIA**

## INGREDIENTS:

1 stick butter, softened  
16-18 oz peanut butter  
1 lb powdered sugar  
12 oz bag chocolate chips  
2 Tbsp edible paraffin (Gulf Wax)

## DIRECTIONS:

Mix first 3 ingredients together. Form into small balls. Melt chocolate chips and wax in a double boiler. Dip balls ¾ of the way, cool on wax paper to let chocolate harden.



# CHOCOLATE CHIP PEANUT BUTTER COOKIES

**Susi Larrocea, Class 4**

## INGREDIENTS:

½ cup butter  
½ cup shortening  
1 cup peanut butter  
1 cup sugar  
1 cup light brown sugar  
2 eggs  
2½ cups flour  
1½ tsp baking soda  
1 tsp baking powder  
½ tsp salt  
2 cups chocolate chips

## DIRECTIONS:

Heat oven to 375°. In large bowl beat butter, shortening, peanut butter, sugars and eggs. Combine flour, baking soda, baking powder and salt. Add dry ingredients to butter mixture. Fold in chocolate chips. Drop onto baking sheets and bake 8-10 minutes.

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# CHOCOLATE MOUNDS

**Linda Rider, Class 22**

## INGREDIENTS:

½ cup butter  
⅔ cup shortening  
1 cup brown sugar  
1 cup white sugar  
2 eggs  
1 Tbsp vanilla  
2 tsp baking powder  
1 tsp baking soda  
½ tsp salt  
2 Tbsp (heaping) cocoa  
½ cup milk  
4 ⅔ cups flour  
1 cup powdered sugar

## DIRECTIONS:

Cream butter, shortening, sugars, eggs and vanilla. Mix flour, baking powder, soda and salt and cocoa. Alternately add milk and flour mixture to wet ingredients. When well mixed, shape into 1" balls and roll in powdered sugar. Bake at 350° for 12-15 minutes.



# GRANDMA SPEAR'S COOKIES

**Aria Spear, Class 39**

## INGREDIENTS:

1 cup butter  
1 cup applesauce  
2 cups brown sugar  
2 cups white sugar  
4 eggs  
2 tsp vanilla  
4 cups flour (3 white & 1 wheat)  
1 tsp salt  
2 tsp baking powder  
2 tsp baking soda  
5 cups powdered oats  
1 finely grated 8 oz plain chocolate bar  
24 oz semi-sweet chocolate chips  
3 cups chopped nuts

## DIRECTIONS:

Cream together butter, applesauce, brown and white sugars. Add eggs and vanilla. In separate bowl combine flour, salt, baking powder and baking soda. Place 5 cups of oats into blender or food processor and blend into powder. Add to dry mix. Add all dry ingredients to wet and blend well. Fold in grated chocolate, chocolate chips and nuts. Form into balls and place 2" apart on greased cookie sheet. Bake at 350° for 8-10 minutes. Don't overbake. Makes 10-12 dozen cookies..



Photo courtesy of Idaho State Department of Agriculture

# APPLE BARS

**Linda Rider, Class 22**

## INGREDIENTS:

2  $\frac{3}{4}$  cups flour  
1 tsp salt  
1 cup plus 2 Tbsp shortening  
1 egg, separated  
 $\frac{2}{3}$  cup milk  
1 cup dry flaked cereal (corn or wheat flakes)  
7-8 cups peeled and sliced apples  
 $\frac{2}{3}$  cup sugar  
 $\frac{1}{2}$  tsp cinnamon  
 $\frac{1}{4}$  tsp allspice (or nutmeg)  
1 cup powdered sugar  
 $\frac{1}{2}$  tsp vanilla  
1-2 Tbsp water

## DIRECTIONS:

Mix flour and salt. Cut in shortening. Combine egg yolk and enough milk to make  $\frac{2}{3}$  cup total. Pour over flour shortening mixture and stir until pastry comes together and leaves side of bowl. Divide pastry in half. Roll out pastry into 2 15"x10" crusts. Put one crust in bottom of jelly roll pan. Sprinkle with 1 cup of crushed dry cereal flakes. In large bowl, mix apples with sugar and spices. Spread over bottom crust then top with second crust. Beat egg white until soft peaks form. Spread over top crust and bake 55-60 minutes. While bars are baking, make frosting by combining powdered sugar, vanilla and enough water to make spreading consistency. Remove bars from oven and while still warm, drizzle with frosting.

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# STICKS AND STONES

**Kasia Duellman, Class 39**

## INGREDIENTS:

1 12-oz pkg butterscotch chips  
1 tsp butter  
2 cups canned dry shoestring potatoes  
1 cup red-skinned Spanish peanuts

## Directions:

Melt chips with the butter. Stir peanuts and potatoes into melted chips; drop by teaspoonfuls onto waxed paper.

# CHOCOLATE CHIP WALNUT COOKIES

**Aria Spear, Class 39**

## INGREDIENTS:

1 cup butter  
¾ cup light brown sugar  
½ cup sugar  
2 eggs  
1 cup cake flour  
1¾ cup all-purpose flour  
1 tsp baking powder  
1 tsp baking soda  
½ tsp coarse sea salt  
2 cups walnut halves  
2 cups semi-sweet chocolate chips



## DIRECTIONS:

Preheat oven to 400°. Place butter into bowl and turn mixer on low. Add sugars and beat butter until smooth on medium speed about 1 minute. Add eggs and beat on medium just until incorporated, about 30 seconds. Turn off mixer. Add the cake flour, all-purpose flour, baking powder, baking soda, and salt. Pulse the dry ingredients on low until the wet and dry ingredients are mixed. Add the walnuts into the batter all at once. Pulse the batter 5-6 times. Add chocolate chips into the batter and pulse again 5-6 times. Pour the batter out onto a clean surface. Fold the dough together a few times until all the chocolate chips and walnuts are mixed into the batter. Use your hands to shape cookies. Do not use a cookie or ice cream scoop. The cookies are meant to be roughly shaped. Do not flatten the dough. Bake for 11 minutes on regular bake or 400° convection bake for 8-9 minutes. The cookies are done when the top is a bit golden and the bottom is also golden. Do not overbake. Let cool for 15 minutes before serving.

*Recipe adapted from Levain Bakery*



# MRS. BRADLEY'S OATMEAL COOKIES

**Alan Martinson, Class 27**

## INGREDIENTS:

1 cup shortening  
1 cup brown sugar  
1 cup white sugar  
2 eggs, beaten  
1 tsp vanilla  
1½ cups flour  
1 tsp salt  
1 tsp baking soda  
3 cups oatmeal  
½ cup chopped walnuts (optional)

## DIRECTIONS:

Cream together shortening, sugars, eggs and vanilla. Add flour, salt and baking soda then blend in oatmeal. Fold in nuts if desired. Drop onto cookie sheets and bake 10-15 minutes at 350°. Cool on racks.

*Recipe from Grandma Martinson*

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# LEMON BARS

**Linda Rider, Class 22**

## INGREDIENTS:

1 cup butter  
Dash of salt  
½ cup powdered sugar  
2 cups flour  
4 eggs  
2 cups sugar  
4 Tbsp flour  
6 Tbsp lemon juice

## DIRECTIONS:

Combine butter, salt, powdered sugar and 2 cups flour. Press into 9"x13" pan and bake at 350° for 15 minutes. Meanwhile, beat eggs, sugar, 4 Tbsp flour and lemon juice. Pour mixture over slightly cooled crust and return to oven to bake another 20-30 minutes. Remove from oven and sprinkle with powdered sugar.

# RAISIN-FILLED COOKIES

Janice Stimpson, Class 17

## INGREDIENTS:

### **Dough:**

7 cups flour  
2 tsp baking soda  
1 tsp salt  
2 cups butter  
2 cups granulated sugar  
1 cup brown sugar  
2 tsp vanilla  
4 eggs  
¼ cup water

### **Filling:**

2 ½ cups ground raisins  
1 Tbsp flour  
¾ cup granulated sugar  
1 cup water  
1 tsp vanilla  
1 tsp grated lemon peel (dried)  
1 tsp grated orange peel (dried)  
1 cup finely chopped nuts (optional)

## DIRECTIONS:

For cookies, mix the flour, soda, and salt in a small bowl; set aside. Cream the butter and sugars. Add the eggs, vanilla and water; beat thoroughly. Add the flour mixture and beat until well-mixed. The dough will be soft. Form rolls. Wrap in plastic wrap and place in the freezer. To make filling, place all the ingredients in a saucepan. Cook until thick. Cool. Preheat the oven to 350°. With a very sharp knife, slice dough from the rolls about 1/8" thick. Place slices on a cookie sheet covered with parchment. For 1½-2" wide slices, place 1 rounded tsp of filling on top of the dough – adjust if you are making cookies larger in diameter. Then place another slice on top of the filling. No need to seal. Bake for about 14 minutes or until golden brown. Do not overcook. Cool on racks.



# LAURA BUSH COWBOY COOKIES

**Susi Larrocea, Class 4**

## INGREDIENTS:

3 cups all-purpose flour  
1 Tbsp baking powder  
1 Tbsp baking soda  
1 Tbsp ground cinnamon  
1 tsp salt  
1½ cup (3 sticks) butter, room temperature  
1½ cups granulated sugar  
1½ cups packed light-brown sugar  
3 eggs  
1 Tbsp vanilla extract  
3 cups semisweet chocolate chips  
3 cups old-fashioned rolled oats  
2 cups sweetened flake coconut  
2 cups chopped pecans (8 oz)

## DIRECTIONS:

Heat oven to 350°. Mix flour, baking powder, baking soda, cinnamon, and salt in bowl. In 8-quart mixer bowl, beat butter on medium speed until smooth and creamy, 1 minute. Gradually beat in sugars to combine, 2 minutes. Add eggs, one at a time, beating after each. Beat in vanilla. Stir in flour mixture until just combined. Add chocolate chips, oats, coconut, and pecans. For each cookie, drop ¼ cup dough onto ungreased baking sheets, spacing 3" apart. Bake 17-20 minutes, until edges are lightly browned; rotate sheets halfway through. Remove cookies to rack to cool.

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# SCOTCHEROOS

**Robin Wylie Lindquist, Class 21**

## INGREDIENTS:

1 cup corn syrup  
1 cup sugar  
1 cup peanut butter  
6 cups toasted rice cereal  
1½ pkg chocolate chips  
1½ pkg butterscotch chips

## DIRECTIONS:

Combine corn syrup, sugar and peanut butter. Heat in microwave 2-3 minutes. Stir together and pour over rice cereal. Mix well. Press into a greased 9"x13" pan. In a bowl combine chocolate and butterscotch chips. Heat 1 minute in microwave. Stir, then heat 1 more minute in microwave and stir again. When evenly melted, pour over cereal mixture, smoothing out to edges. Cool well. Cut into 1½ - 2" squares.



# FUDGE MELTAWAYS

**Alan Martinson, Class 27**

## INGREDIENTS:

½ cup butter or margarine  
1 square (1 oz) unsweetened chocolate  
¼ cup sugar  
1 tsp vanilla  
1 egg, beaten  
2 cups graham cracker crumbs  
1 cup coconut  
½ cup chopped nuts  
¼ cup butter  
1 tbsp milk  
2 cups sifted confectioners' sugar  
1 tsp vanilla  
1½ squares (1½ oz) unsweetened chocolate  
or German sweet chocolate, melted

## DIRECTIONS:

Melt the ½ cup butter or margarine and the 1 square unsweetened chocolate in a saucepan. Add the sugar, vanilla, egg, graham cracker crumbs, coconut, and nuts; mix thoroughly. Press into a 9"x9" pan. Refrigerate. Cream the ¼ cup butter with the milk, confectioners' sugar, and vanilla. Spread over the crumb mixture. Chill in the refrigerator. Melt the 1 1/2 oz chocolate and pour over the chilled mixture in the pan and spread evenly. Cut into squares. Store in refrigerator.

*Recipe from Donna Slusser*





Photo courtesy of Leah Clark

# IDAHO DARK SWEET CHERRY MACARONS

**Ann Jacops, Class 31** (on behalf of the Idaho Cherry Commission)

## INGREDIENTS:

### **Macarons:**

¾ cup almond flour  
½ cup icing sugar (powdered sugar)  
1 tsp egg white powder  
¼ cup sugar  
2 egg whites

### **Cherry Jam:**

16 oz pitted cherries, coarsely chopped  
¾ cup granulated sugar  
1½ Tbsp lemon juice

### **Cherry Buttercream:**

8 oz dark sweet cherries, pitted  
½ cup butter  
4 cups powdered sugar  
1-2 tsp milk

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## DIRECTIONS:

**For Macarons:** Prepare baking sheets with silicon baking mats or line with parchment paper. Put the almond flour and powdered sugar into a sifter, and sift 2 times; put it in a food processor and pulse it for 5 seconds. Add egg white powder to the granulated sugar and mix until incorporated. Whisk the egg whites in a stand mixer on medium low speed until foamy, then on medium speed until soft peaks form. Reduce speed to medium low and add the sugar. After about 15 seconds, increase the speed to high and whisk until really stiff peaks form. Once stiff peaks have formed, sift 1/3 of the dry mixture over the egg whites and fold.

## DIRECTIONS (CONTINUED):

Repeat until the mixture is combined and ribbons down from the spatula. Put the batter in a pastry bag with a ½ inch plain round tip. Pipe mixture onto prepared baking sheets in 2-inch circles – 1 inch apart. Tap the sheets on a surface twice. Preheat oven to 300°. Let the macarons sit at room temperature until dry to touch. Bake 1 sheet at a time for 18 minutes, rotating halfway through. Let macarons cool on the sheets, then remove and fill.

\*If a pink colored cookie is desired 1-2 drops of red food coloring may be added to macaron dough.

**For Cherry Jam:** Wash and clean the cherries. Pit the cherries using a cherry pitter and coarsely chop. Place the cherries in a medium sauce pan and cook on medium heat stirring constantly. With a potato masher or back of a wooden spoon mash the cherries. When cherries turn soft, add sugar and lemon juice and continue mashing and stirring. Boil cherry mixture until it's thickened and coats the back of the spoon without falling off.

**For Buttercream:** To make cherry puree, place pitted cherries in blender and blend until smooth. Set aside. Whip butter until light and fluffy, then add powdered sugar and whip until incorporated, scraping down the sides as needed. Add milk and 2-4 Tbsp of the cherry puree. Continue whipping until thoroughly mixed

**To Assemble:** Pipe a ring of cherry buttercream around the edge of one cookie and fill the center with cherry jam. Top with another cookie to create a sandwich.

*Winning recipe from Idaho Cherry Commission recipe contest submitted by Jessica Byrd.*



# IDAHO COWBOY COOKIES

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 cup (2 sticks) butter, softened  
1 cup white sugar  
1 cup brown sugar  
2 large eggs  
1 tsp vanilla  
2 cups flour  
½ tsp salt  
1 tsp baking powder  
1 tsp baking soda  
1 cup old fashioned oats  
1 cup corn flakes  
1 cup toasted pecans, roughly chopped  
½ cup coconut flakes  
1 cup (6 oz) peanut butter chips  
1 cup (6 oz) semi-sweet chocolate chips



Photo courtesy of Idaho State Department of Agriculture

## DIRECTIONS:

To toast pecans, chop nuts and put in a dry skillet over medium heat. Toast for 3-5 minutes, until fragrant being careful not to let them burn. Remove from heat and let cool while you make the cookie dough. In a large bowl or stand mixer, beat the butter until it is light and fluffy. Add both sugars and beat well, scraping sides and bottom. Add eggs and vanilla, beat well. In separate bowl, combine flour, salt, baking powder and baking soda. Stir flour mixture into creamed ingredients. Add the oats, corn flakes, pecans, and coconut to the bowl. Mix in gently. Add the peanut butter chips and chocolate chips and mix until everything is incorporated. Don't over-mix, it will make the dough tough. Chill dough in the refrigerator for at least an hour, or up to 24 hours. Preheat oven to 350°. Line baking sheets with parchment paper. Use a ¼ cup measuring cup to scoop dough onto the pan. Leave at least a couple inches in between each ball of dough. Bake for 12-14 minutes, until the cookies are golden on the edges, and they are not shiny in the middle.

# GRANDMA HARRIS' CHOCOLATE CHIP COOKIES

**Aria Spear, Class 39**

## INGREDIENTS:

1 cup butter, softened  
1½ cup brown sugar  
1½ cup white sugar  
3 eggs  
3 Tbsp hot water  
2 tsp baking soda  
1 tsp salt  
4-5 cups flour  
1 bag chocolate chips

## DIRECTIONS:

Cream together butter, sugars and eggs. In a separate bowl, dissolve salt and soda in hot water then add to creamed mixture. Add flour and mix thoroughly and then stir in chocolate chips. Drop by spoonfuls onto greased cookie sheets (for flatter cookies press down on dough slightly). Bake at 350° for 8-10 minutes.

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# PEANUT BUTTER COOKIES

**Dennis Merrick, Class 39**

## INGREDIENTS:

¾ cup peanut butter  
½ cup shortening  
1¼ cup brown sugar  
3 Tbsp milk  
1 Tbsp vanilla  
1 egg  
1¾ cup flour  
¾ tsp baking soda  
¾ tsp salt  
1½ cups peanut butter chips  
½ cup sugar

## DIRECTIONS:

Mix peanut butter, shortening, brown sugar, milk, vanilla, and egg together. Combine dry ingredients together in a separate bowl. Add dry ingredients to wet ingredients mixing until combined. Mix in the peanut butter chips. Roll into tablespoon-size balls. Roll cookies into sugar and then place on a cookie sheet. Cook at 375° for 8 minutes.

# JUMBO MOLASSES COOKIES

**Susi Larrocea, Class 4**

## INGREDIENTS:

3 cups butter-flavored shortening  
4 cups sugar  
1 cup molasses  
4 eggs  
8 cups all-purpose flour  
2 Tbsp plus 2 tsp baking soda  
2 tsp ground cinnamon  
1 tsp salt  
1 tsp ground cloves  
1 tsp ground ginger  
Additional sugar

## DIRECTIONS:

In a large mixing bowl, cream shortening and sugar. Add molasses and eggs; mix well. Combine the flour, baking soda, cinnamon, salt, cloves and ginger; gradually add to creamed mixture. Cover and refrigerate for 1-2 hours. For large cookies, use  $\frac{1}{4}$  cup measuring cup of dough and form into balls; roll in sugar. Place four cookies on a greased baking sheet at a time. Bake at 350° for 18-20 minutes or until edges are set. To make regular-sized cookies, use a  $1\frac{1}{4}$ " -  $1\frac{1}{2}$ " cookie scoop to make the cookie dough balls. Bake for 10-12 minutes in regular oven or 9 minutes in a convection oven. Remove to wire racks to cool.



Photo courtesy of Ryan Miller



# TOFFEE PECAN SANDIES

**Susan R Smith, Class 29**

## INGREDIENTS:

1 cup butter  
1 cup granulated sugar  
1 cup confectioners' sugar  
1 cup vegetable oil  
2 eggs  
1 tsp vanilla  
4½ cups all-purpose flour  
1 tsp baking soda  
1 tsp cream of tartar  
1 tsp salt  
2 cups chopped pecans  
1 pkg (6 oz) English Toffee Bits  
Additional sugar

## DIRECTIONS:

In a mixing bowl, cream butter and sugars. Add oil, eggs, and vanilla; mix well. Combine flour, baking soda, cream of tartar, and salt; gradually add to creamed mixture. Stir in pecans and toffee bits. Shape into 1" balls; roll in sugar. Place on ungreased baking sheet and flatten with fork. Bake at 350° for 12-14 minutes or until lightly browned.

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# SOFT GINGER COOKIES

**Ann Jacobs, Class 31**

## INGREDIENTS:

1 cup sugar  
⅓ cup shortening  
1 egg  
½ cup molasses  
1 tsp cinnamon  
1 tsp ginger  
1 tsp salt  
3 ¼ cups flour  
2 tsp baking soda mixed with 4 Tbsp hot water

## Directions:

Cream sugar and shortening. Add egg and molasses. Mix well. Sift dry ingredients together and add alternately with soda and hot water. Spread on greased cookie sheet. Bake 15-20 minutes at 350°. Cool. Frost with powdered sugar icing. Cut in squares or bars.

# PUMPKIN CHOCOLATE CHIP COOKIES

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 cup butter or margarine, softened  
¾ cup brown sugar  
¾ cup sugar  
1 egg  
1 tsp vanilla  
2 cups flour  
1 cup quick cooking oats  
1 tsp baking soda  
1 tsp ground cinnamon  
1 cup cooked or canned pumpkin  
1½ cup chocolate chips

## DIRECTIONS:

Cream butter and sugars. Beat in egg and vanilla. Combine dry ingredients. Stir into creamed mixture alternately with pumpkin. Fold in chocolate chips. Drop by tablespoonfuls onto greased baking sheets. Bake at 350° for 12-13 minutes or until browned.

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# SUPER SOFT CHOCOLATE CHIP COOKIES WITH SNICKERS®

**Susan R Smith, Class 29**

## INGREDIENTS:

2 sticks of butter, softened  
¾ cup packed light brown sugar  
¾ cup granulated sugar  
2 large eggs  
2 tsp vanilla extract  
3 cups flour  
1 tsp baking soda  
1 tsp baking powder  
½ tsp salt  
2 cups chocolate chips  
1 bag of Snickers® Bits (bite-size candies individually wrapped)

## DIRECTIONS:

Preheat oven to 350°. Line baking sheets with parchment paper. In large bowl, cream butter, brown sugar and granulated sugar. Add eggs and vanilla, continue to mix for 2-3 minutes until light and fluffy. Add flour, baking soda, baking powder, salt, and chocolate chips. Mix until combined. Unwrap candy and cut into thirds. Place in bowl. Roll dough mixture into balls (about 2 Tbsp in size/ medium cookie scoop). Place on baking sheet. Place 2 slices of candy bar on top of each cookie. Bake for 10-11 minutes until the edges are set and the middle is light and fluffy. Let the cookies rest on baking sheet for 3-4 minutes before removing to wire rack to cool completely.

# PUMPKIN BARS

Hillary Lowe (Jim), Class 31

## INGREDIENTS:

4 eggs  
2 cups sugar  
1 cup oil  
2 cups pumpkin  
2 cups flour  
1 tsp salt  
2 tsp baking soda  
2 tsp cinnamon

### **Frosting**

3 oz cream cheese  
4-5 Tbsp soft butter  
½ tsp vanilla  
1 cup powdered sugar

## DIRECTIONS:

For bars, beat eggs, sugar, oil and pumpkin until light and fluffy. Stir together flour and spices. Add to pumpkin mixture. Mix thoroughly. Spread in 15"x10"x1"pan. Bake at 350° for about 25-30 minutes. Cool. For frosting, cream together cream cheese, butter, and vanilla. Gradually add powdered sugar and beat until smooth. Spread on bars and cut.

Thanks to Susi Larrocea, Class 4 who also submitted this recipe for pumpkin bars.



Photo courtesy of Idaho State Department of Agriculture



# ALMOND BARS

**Deb Easterday Reeves, Class 41**

## INGREDIENTS:

2 cups butter  
1½ cups sugar  
1 cup almond paste  
2 tsp almond extract  
4 cups flour  
2 eggs, separated  
½ cup sliced almonds

## DIRECTIONS:

Preheat oven to 350°. Grease a 9"x13" pan. Cream butter and sugar until light and fluffy. Add the egg yolks, almond paste, and extract; mix well. Add flour and combine well. Spread dough in pan. Beat egg whites until foamy, brush over dough. Sprinkle with almonds and bake for 30 minutes. Cool completely and cut into bars.

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# PEANUT BUTTER FINGERS

**Dorita Waitley (Rick), Class 8**

## INGREDIENTS:

½ cup butter  
½ cup sugar  
½ cup packed brown sugar  
1 unbeaten egg  
⅓ cup peanut butter  
½ tsp vanilla  
½ tsp soda  
¼ tsp salt  
1 cup flour  
1 cup rolled oats  
1 cup chocolate chips  
½ cup powdered sugar  
¼ cup peanut butter  
2-4 Tbsp milk

## DIRECTIONS:

Cream ½ cup butter, sugar and brown sugar. Blend in egg, peanut butter and vanilla. Combine flour, salt, soda and oats then add to egg mixture and mix well. Spread in a greased 9"x13" pan. Bake at 350° for 20-25 minutes. Remove from oven and sprinkle immediately with chocolate chips. Let stand 5 minutes. Combine powdered sugar, peanut butter and milk and mix well. Spread melted chocolate chips evenly and drizzle with peanut butter mixture. Cool. Cut into 2" x 1" bars.

# MARSHMALLOW BROWNIES

**Ann Jacops, Class 31**

## INGREDIENTS:

### **Brownies:**

1 cup margarine or butter  
1/3 cup cocoa  
2 cups sugar  
4 eggs  
Pinch of salt  
1½ cups flour  
2 tsp vanilla  
1½ cups walnuts  
10½ oz miniature marshmallows

### **Frosting:**

½ stick margarine or butter (melted)  
1/3 cup whipping cream (or milk)  
1/3 cup cocoa  
3-4 cups powdered sugar

## DIRECTIONS:

Melt margarine, add cocoa, sugar, and one egg at a time, beating after each addition. Add salt, flour, vanilla, and nuts and mix together. Turn into a 12"x15" greased pan and bake at 350° for 25 minutes. Remove pan from oven and put marshmallows on top, return pan to oven and bake for an additional 5 minutes watching closely to make sure marshmallows don't burn. Remove from oven and let cool at least 3-4 hours. For frosting, combine butter, cream, cocoa and powdered sugar. When brownies are completely cooled, frost and continue to cool before cutting into squares.

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# MAGIC COOKIE BARS

**Susi Larrocea, Class 4**

## INGREDIENTS:

½ cup (1 stick) butter or margarine  
1½ cups graham cracker crumbs  
1 14-oz can Eagle Brand® Sweetened Condensed Milk (not evaporated milk)  
2 cups (12 oz) semi-sweet chocolate chips  
1 ⅓ cups flaked coconut  
1 cup chopped nuts

*Recipe adapted from Eagle Brand®*

## DIRECTIONS:

Preheat oven to 350° (325° for glass dish). In 9"x13" baking pan, melt butter in oven. Remove pan from oven and sprinkle graham cracker crumbs over butter; pour sweetened condensed milk evenly over crumbs. Top with remaining ingredients; press down firmly with fork. Bake 25 minutes or until lightly browned. Cool. Cut into bars. Store covered at room temperature.

# FUNFETTI GOOEY CAKE BARS

**Deb Easterday Reeves , Class 41**

## INGREDIENTS:

1 yellow cake mix  
1 stick (1/2 cup) butter, softened  
1 egg  
2/3 cup sprinkles, divided  
1/2 cup sweetened condensed milk  
1 cup white chocolate chips

*Recipe adapted from [www.crazyforcrust.com](http://www.crazyforcrust.com)*

## DIRECTIONS:

Preheat oven to 350°. Line a 9"x9" pan with foil, and spray liberally with cooking spray. Add cake mix, butter, and egg to the bowl of an electric mixer fitted with a paddle attachment. Mix until a thick dough forms. Add 1/3 cup sprinkles and stir until incorporated. Press about 2/3 of the dough into the bottom of the prepared pan. Sprinkle with white chocolate chips and remaining 1/3 cup sprinkles. Pour sweetened condensed milk over the top. Separate remaining dough into small balls, and evenly space over the top of the bars. Press down to flatten. Bake bars for about 30 minutes, or until they just begin to brown. Cool completely before cutting into bars.

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# APRICOT DESSERT BARS

**Dorita Waitley, (Rick) Class 8**

## INGREDIENTS:

2 1/2 cups drained, cooked apricots  
3/4 cup sugar  
1/4 cup apricot juice  
2 cups flour  
1 tsp salt  
1/2 tsp soda  
3/4 cup butter  
1 cup sugar  
1/2 cup coconut  
1/2 cup chopped walnuts

## DIRECTIONS:

Combine apricots, sugar and apricot juice. Cook over medium heat about 5 minutes until slightly thickened. Set aside to cool. Sift together flour, salt and soda. In mixing bowl cream butter and sugar then blend in flour to form crumb mixture. Stir in coconut and chopped nuts. Press 3 cups of crumb mixture in bottom and halfway up sides of greased 9"x13" pan. Bake at 400° for 10 minutes. Remove from oven and spread apricot mixture over partially baked crust. Sprinkle with remaining crumb mixture. Return to oven and bake 20-25 minutes. Cool. Cut into bars.



# APPLE SQUARES

**Ann Jacops, Class 31**

## INGREDIENTS:

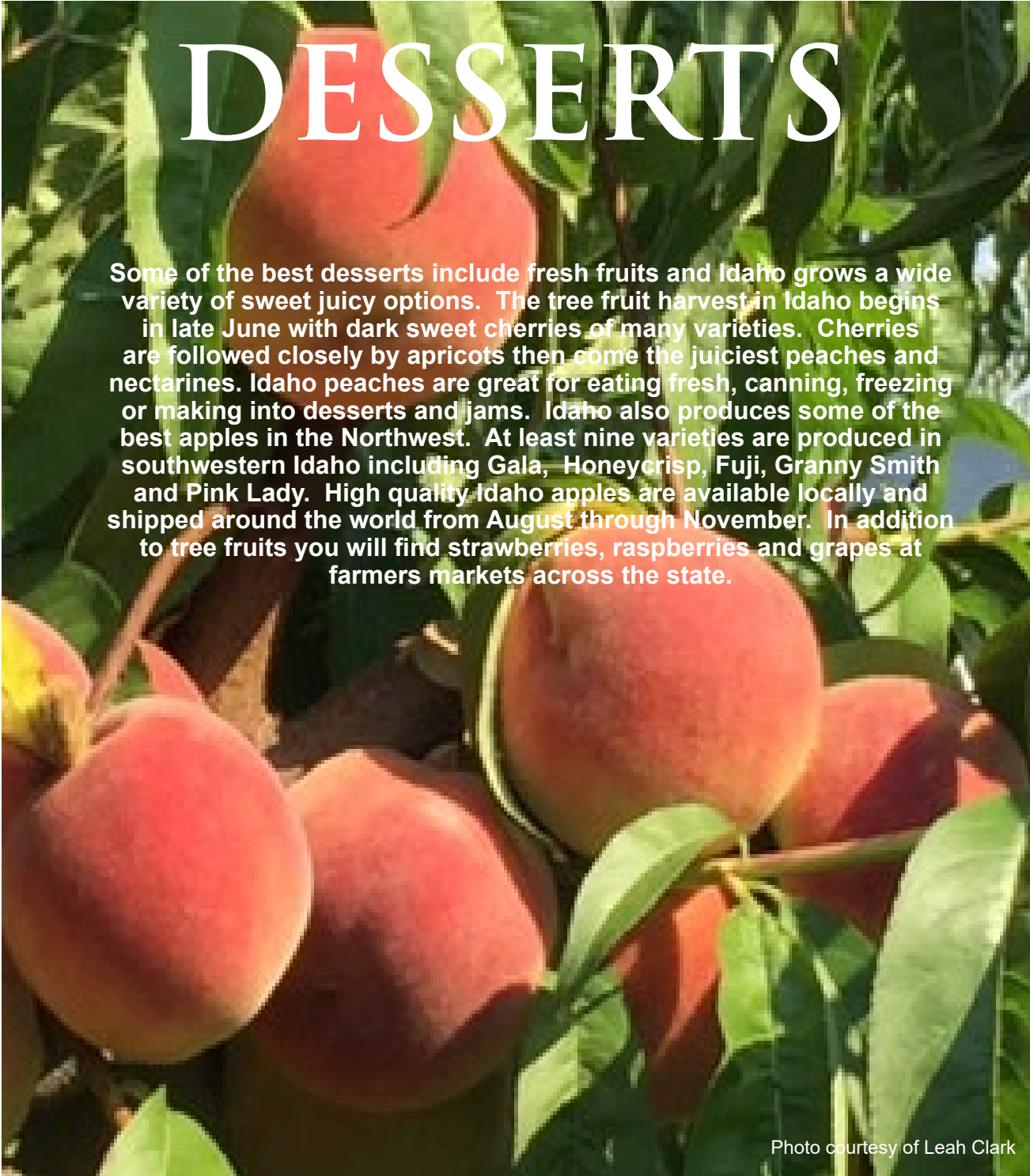
10 apples, peeled and sliced  
1 cup sugar  
½ tsp salt  
1 tsp cinnamon  
2½ cups flour  
½ tsp salt  
2 Tbsp sugar  
1 cup shortening  
2 eggs, separated  
2/3 cups milk  
1 cup dry corn flake cereal, crushed  
Powdered sugar and milk for icing if desired

## DIRECTIONS:

Mix sugar, salt and cinnamon together and add to sliced apples; set aside. To make crust, mix flour, salt and sugar together then cut in shortening. Combine milk and 2 egg yolks then add to flour mixture and blend to make dough. Divide dough in two equal parts. Roll out one of the dough balls to fit jelly roll pan or cookie sheet. Fit crust into pan, then crumble 1 cup corn flakes and spread over bottom crust. Spread apple mixture over crushed cereal. Roll out second dough ball to create top crust and place over apples. Pinch edges together to seal. Beat egg whites until fluffy and brush on top crust. Bake at 400° for 25 minutes. Remove from oven and drizzle a thin powdered sugar icing over top. Cut into squares.



Photo courtesy of Leah Clark



# DESSERTS

Some of the best desserts include fresh fruits and Idaho grows a wide variety of sweet juicy options. The tree fruit harvest in Idaho begins in late June with dark sweet cherries of many varieties. Cherries are followed closely by apricots then come the juiciest peaches and nectarines. Idaho peaches are great for eating fresh, canning, freezing or making into desserts and jams. Idaho also produces some of the best apples in the Northwest. At least nine varieties are produced in southwestern Idaho including Gala, Honeycrisp, Fuji, Granny Smith and Pink Lady. High quality Idaho apples are available locally and shipped around the world from August through November. In addition to tree fruits you will find strawberries, raspberries and grapes at farmers markets across the state.

Photo courtesy of Leah Clark

# PEACH PIE

**Leah Morgan Clark, Class 26**

## INGREDIENTS:

### **Crust:**

2 cups flour  
1 tsp salt  
2/3 cup butter or butter flavor shortening  
7-8 Tbsp cold water

### **Filling:**

6 cups sliced peaches (fresh or frozen)  
1/3 cup flour (1/2 cup if using frozen fruit)  
3/4 - 1 cup sugar  
1/4 tsp nutmeg  
1 Tbsp butter

## DIRECTIONS:

For crust, combine flour and salt. Cut in shortening/butter to coarse meal consistency. Add water and mix with fork until dough holds together. Divide dough in half. Roll out one half. Line pie pan with dough. For filling, combine flour, sugar and nutmeg then toss with peaches. Add peach mixture to crust-lined pie pan. Dot with butter. Roll out remaining crust and cover peach filling. Seal and crimp edges, then cut slits in top crust to allow steam to escape. Bake in 350° oven for 50-60 minutes until crust is golden-brown and juices are thick and bubbling.

# RHUBARB CRUNCH

**Elli Brown, Class 32**

## INGREDIENTS:

1 cup flour  
3/4 cup oatmeal  
1 cup brown sugar  
1/2 cup butter or margarine  
4 cups rhubarb, sliced  
1 cup sugar  
1 cup water  
2 tbsp cornstarch  
1 tsp vanilla

## DIRECTIONS:

Mix flour, oatmeal, brown sugar, and butter until crumbly. Put half in the bottom of a buttered 8"x8" baking dish. Place sliced rhubarb on mixture in pan. Cook sugar, water, cornstarch, and vanilla until clear. Pour over rhubarb. Spread on remaining crumbs. Bake at 375° for 1 hour.

*Recipe from Marilyn Brown*

Thanks to Dorita Waitley who also submitted this recipe for Rhubarb Crumble.



# DUTCH OVEN BERRY DELIGHT

**Janice Stimpson, Class 17**

## INGREDIENTS:

2 cans (15 oz) pie filling  
1 pkg of cake mix  
1 (12 oz) can of soda  
Whipped topping

*NOTE: Several flavor combinations can be used such as: blueberry pie filling with yellow cake and Sprite; cherry pie filling with chocolate cake and cola; apple pie filling with spice cake and root beer*

## DIRECTIONS:

Line a 12" Dutch oven with foil. Spread the pie filling on the bottom of the Dutch oven. Sprinkle the cake mix on top of the filling. Do not mix the two. Pour the soda over the cake mix and lightly stir it into the cake mix being careful not to disturb the pie filling. Use 4-6 briquets on the top and 18-20 on the bottom. Bake about 40 minutes or until done. Serve with whipped topping.



# UNBAKED HUCKLEBERRY PIE

**Linda Rider, Class 22**

## INGREDIENTS:

2 2/3 cups huckleberries, divided  
1 cup sugar  
1 cup water  
2 Tbsp cornstarch  
1 baked pie shell  
Whipped cream

## DIRECTIONS:

In medium saucepan cook 2/3 cup huckleberries with sugar, water and cornstarch until thickened. Cook thoroughly then add remaining 2 cups of huckleberries. Pour into baked pie shell. Chill. Serve topped with whipped cream.

# COCONUT RICE PUDDING

**Aria Spear, Class 39**

## INGREDIENTS:

6 cups cold unsalted cooked rice  
12 cups whole milk  
2 cups well-stirred canned unsweetened coconut milk  
1  $\frac{1}{3}$  cup sugar  
1 tsp salt  
2 tsp vanilla  
Sweetened flaked coconut, toasted

## DIRECTIONS:

Simmer rice, milk, coconut milk, sugar, and salt, uncovered in a 2½ to 3 quart heavy saucepan over moderate heat, stirring frequently, until thickened, about 40 minutes. Stir in vanilla. Garnish with coconut. Serve warm.

---

# MERINGUE HEART

**Kasia Duellman, Class 39**

## INGREDIENTS:

3 egg whites  
 $\frac{1}{4}$  tsp cream of tartar  
 $\frac{1}{2}$  cup sugar

### **Filling:**

1 – 3 oz pkg cream cheese, softened  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{2}$  tsp vanilla  
1 cup chilled whipping cream  
1 cup mini-marshmallows  
Fruit pie filling of choice

## DIRECTIONS:

For meringue, beat egg whites and cream of tartar until soft peaks form. Beat in sugar, 1 Tbsp at a time. Beat until glossy and stiff peaks form (about 7-10 minutes, and sugar is dissolved). Spread in a 9" heart shape on parchment paper. Bake 1½ hours at 275°. Turn off oven and leave door closed, 1 more hour then remove from oven to cool and set. For filling, blend cream cheese, sugar, vanilla. In a separate bowl whip cream. Fold together cream cheese, whipped cream and marshmallows. Spread over meringue and cover and chill 12 hours. Top with pie filling.

# STRAWBERRY DESSERT

**Deb Easterday Reeves, Class 41**

## INGREDIENTS:

### **Crust:**

1 cube butter, softened  
1½ cups flour  
2 Tbsp sugar

### **Filling:**

8 oz cream cheese  
1 cup sugar  
½ tsp almond extract  
1 cup whipping cream  
2-3 boxes of strawberries,

### **Topping:**

1 box Danish Dessert (Salada® brand  
found in the pudding section of grocery store)

## DIRECTIONS:

Blend crust ingredients with pastry blender. Pat into 9"x12" pan. Bake at 400° for 12-15 minutes. Cool. Meanwhile, mix cream cheese, sugar, and almond extract. Whip whipping cream, then mix with cream cheese mixture, spread over crust. For the topping, prepare Danish Dessert as box directs. Put 2-3 boxes strawberries on top of filling and spread Danish Dessert over all. Chill before serving.

*Recipe by Judy Musser*



# DORTHA'S FRUIT DIP

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 – 8 oz cream cheese  
1 – 7½ oz marshmallow creme  
1 tsp grated orange peel  
Dash of ginger

## DIRECTIONS:

Mix all ingredients together. Keep refrigerated, serve with variety of fruits.



# AUNT MABEL'S MARSHMALLOW DESSERT

**Ann Jacops, Class 31**

## INGREDIENTS:

30 large marshmallows  
1 cup milk  
1 cup cream, whipped  
4 oz chocolate bar, grated  
Graham Cracker crust

## DIRECTIONS:

Dissolve marshmallows with milk in double boiler – let cool. Mix whipped cream and chocolate together then mix with marshmallows mixture when cool. Pour mixture into graham cracker crust and top with grated chocolate or crushed graham crackers. Refrigerate.



# KADAEFI (GREEK SHREDDED WHEAT PASTRY)

**Lacey Papageorge, Class 42**

## INGREDIENTS:

12 large-sized shredded wheat biscuits  
1 cup butter  
1/2 - 1 cup milk  
Cinnamon to taste

### **Syrup:**

2 1/2 cups sugar  
1 1/2 cups water  
1/2 tsp vanilla

## DIRECTIONS:

Melt butter and use a small amount to coat 9"x12" baking pan. In separate dish, place shredded wheat biscuits in single layer. Pour enough milk to thoroughly soak the biscuits, then place soaked biscuits in prepared pan. Pour remaining melted butter over shredded wheat biscuits, then sprinkle with cinnamon. Bake at 350° for 35 minutes. While pastry is baking, make syrup. Mix sugar and water in small saucepan. Heat over medium low, stirring often so sugar doesn't burn. Stir until sugar is dissolved and begins to thicken, then add vanilla. Pour warm syrup over baked shredded wheat.

# HOMEMADE DAIRY ICE CREAM

**Deb Easterday Reeves, Class 41**

## INGREDIENTS:

2½ cups milk  
2¾ cups sugar  
1 tsp salt  
2½ cups Half & Half  
1½ tsp vanilla extract  
6 cups heavy whipping cream

## DIRECTIONS:

Scald milk until bubbles form around edge. Remove from heat. Add sugar and salt. Stir until dissolved. Stir in Half & Half, vanilla, and whipping cream. Cover and refrigerate 30 minutes. Freeze as directed for your ice cream maker. Makes 4 quarts of ice cream.

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# EASY NO-ROLL PASTRY CRUST

**Kasia Duellman, Class 39**

## INGREDIENTS:

1 1/2 cups flour  
1 1/2 Tbsp sugar  
3/4 tsp salt  
1/2 cup canola oil  
2 Tbsp milk

## DIRECTIONS:

Mix all ingredients together in a pie plate and press into place. Flute edges if desired. Add filling of choice and bake accordingly.



Photo courtesy of Justin Place

# CHOCOLATE PIZZA

**Janice Stimpson, Class 17**

## INGREDIENTS:

1 – 12 oz pkg semi-sweet chocolate pieces  
16 ounces white almond bark, divided  
1 cup crisp rice cereal  
1 cup peanuts  
2 cups miniature marshmallows  
 $\frac{2}{3}$  cup M&Ms®  
 $\frac{1}{3}$  cup flaked coconut  
1 tsp oil

## DIRECTIONS:

Melt chocolate with 14 oz of the almond bark, stirring until smooth. Stir in the cereal and peanuts. Add the marshmallows and stir well. Pour onto 12" pizza pan covered with well-greased foil, parchment paper or quick release foil. Top with M&Ms and sprinkle with coconut. Melt the remaining 2 oz of almond bark with the oil and drizzle over the coconut. Let stand at room temperature until firm. Store at room temperature.



# CREAM CHEESE MINTS

**Drew Eggers, Class 12**

## INGREDIENTS:

8 ounces cream cheese  
6  $\frac{2}{3}$  cups sifted powdered sugar  
1 tsp mint flavoring  
Food coloring if desired  
Sugar

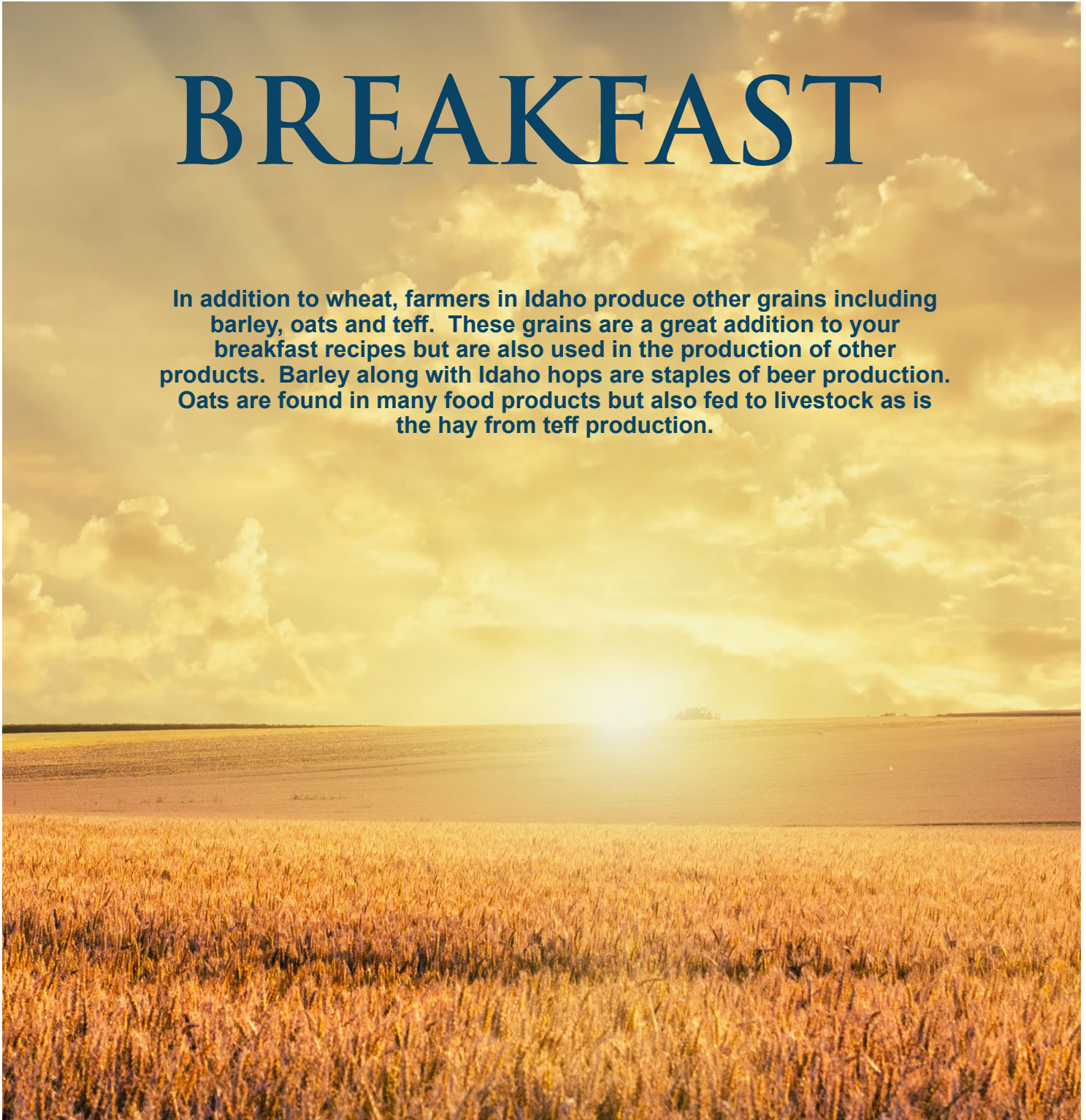
## DIRECTIONS:

Mash cream cheese and add flavoring and color if desired. Mix in powdered sugar and knead until thoroughly combined and consistency of pie dough. Roll into marble-sized balls. Place one side of ball in sugar, then press the sugar side down into a mold. Unmold at once onto waxed paper.



# BREAKFAST

**In addition to wheat, farmers in Idaho produce other grains including barley, oats and teff. These grains are a great addition to your breakfast recipes but are also used in the production of other products. Barley along with Idaho hops are staples of beer production. Oats are found in many food products but also fed to livestock as is the hay from teff production.**



# OVERNIGHT ASPARAGUS STRATA

**Galen Lee, Class 10**

## INGREDIENTS:

1 lb asparagus, trimmed and cut into 1 inch pieces  
4 English muffins, split and toasted  
2 cups shredded Colby-Jack cheese, divided  
1 cup fully cooked ham, diced  
½ cup sweet red pepper, chopped  
8 eggs  
2 cups milk  
1 tsp salt  
1 tsp ground dry mustard  
¼ tsp pepper

## DIRECTIONS:

In a large saucepan, bring 8 cups of water to a boil. Add asparagus, cover and cook for 3 minutes. Drain and immediately place asparagus in ice water. When completely chilled, drain and pat dry. Arrange 6 muffin halves, cut side up in a greased 9"x13" baking dish. Fill in spaces with remaining muffin halves cut to fit. Sprinkle with 1 cup cheese, asparagus, ham and red pepper. In a bowl, whisk eggs, milk, salt, mustard and pepper, pour over muffins. Cover and refrigerate overnight. Remove from refrigerator 30 minutes before baking. Sprinkle with remaining cheese. Bake uncovered at 375° for 40-45 minutes or until a knife inserted near the edge comes out clean. Let stand 5 minutes before cutting and serving.

---

# JEFF'S BREAKFAST CROISSANTS

**Aria Spear, Class 39**

## INGREDIENTS:

12 croissants  
12 eggs  
½ cup milk  
Salt and pepper to taste  
1 cup cheddar cheese, shredded

*Recipe by Jeff Harris*

## DIRECTIONS:

Cut croissants in half. Lay bottom half of croissants on bottom of pan casserole dish. Break eggs into a bowl. Add milk, salt, & pepper. Whip. Add ½ of the cheese. Pour over egg mixture over croissants in pan. Put top on croissants and sprinkle with remaining cheese. Cover with foil. Bake at 325° for 15 minutes or until egg is cooked through. Remove foil and bake another 5 minutes to crisp the croissant tops.

# AMISH BREAKFAST CASSEROLE

**Susi Larrocea, Class 4**

## INGREDIENTS:

1 lb sliced bacon, diced  
1 medium sweet onion, chopped  
1 lb mild, bulk sausage  
½ red bell pepper, diced  
½ green bell pepper, diced  
6 large eggs, lightly beaten  
4 cups frozen shredded hash browns, thawed  
2 cups cheddar cheese, shredded  
1½ cups small curd cottage cheese  
1¼ cups Swiss cheese, shredded  
Fresh, snipped chives for garnish

## DIRECTIONS:

In a large skillet, cook bacon and onion until bacon is crisp; drain. In a separate skillet cook sausage and bell peppers. In a very large mixing bowl, combine the remaining ingredients; stir in bacon mixture and sausage mixture. Transfer to a greased 13"x9"x2" baking dish. Bake, uncovered, at 350° for 35-40 minutes or until set and bubbly. Let stand for 10 minutes before cutting.

*Adapted from All Recipes and Can't Stay of the Kitchen.*

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# BREAKFAST CASSEROLE

**Aria Spear, Class 39**

## INGREDIENTS:

3 well-beaten eggs  
1 cup milk  
8 slices toasted bread with crust removed  
1 cup shredded cheese  
1 lb sausage, browned  
1 lb fresh mushrooms, sautéed  
½ cup onions, sautéed  
½ cup green peppers, sautéed  
1 can sliced black olives, drained

## DIRECTIONS:

Mix beaten eggs with milk. Brown sausage, drain grease and set aside. In same pan sauté onions, peppers and mushrooms. In baking dish, layer toast, cheese, and sausage. Pour egg milk mixture over layers and let set 15-20 minutes. Top with sautéed mushrooms, onions, and green peppers and finish with black olives. Bake at 350° until firm. Let set 10 minutes before serving.



# ASPARAGUS SAUSAGE CREPES

**Galen Lee, Class 10**

## INGREDIENTS:

1 lb bulk pork sausage  
1 small onion, chopped  
3 oz cream cheese  
½ cup shredded Monterey Jack cheese  
¼ tsp dried herbs (marjoram, oregano, thyme, basil or Italian seasoning)  
1 cup flour  
½ tsp salt  
1 cup milk  
3 eggs  
1 Tbsp vegetable oil  
32 fresh asparagus spears (about 1 lb), trimmed  
¼ cup butter  
½ cup sour cream

## DIRECTIONS:

In a large skillet, cook sausage and onion over medium heat until sausage is no longer pink, drain. Stir in cheeses and herbs; set aside. In a mixing bowl, combine flour and salt. Add milk, eggs and oil; mix well. Heat a lightly greased 8" non-stick skillet and pour 2 Tbsp batter into the center of the skillet. Lift and tilt pan to evenly coat the bottom. Cook until top appears dry then turn over and cook for 15-20 seconds. Remove to a wire rack to cool slightly. Repeat with remaining batter, adding oil to skillet as needed. When cool, stack crepes with waxed paper or paper towels between each one. Spoon 2 Tbsp of sausage mixture on the center of each crepe. Top with two asparagus spears. Roll up and place in greased 9"x13" baking dish. Cover and bake at 375° for 15 minutes. Combine butter and sour cream. Spoon sauce over crepes. Bake another 5 minutes or until heated through.



# MAKE-AHEAD OVERNIGHT TATER TOT BREAKFAST CASSEROLE

**Susi Larrocea, Class 4**

## INGREDIENTS:

12-16 oz breakfast sausage (can substitute chopped ham or sausage, or leave meatless)  
1 cup bell peppers, small diced  
½ cup onion, small diced  
6 large eggs\*  
1 cup milk  
½ cup sour cream  
½ tsp salt  
Pinch of black pepper  
24 oz (about 6 cups) frozen tater tots  
1 cup grated cheddar cheese  
1 cup grated Monterey Jack cheese  
Chopped green onion or chives, for garnish (optional)  
Sour cream and salsa, for serving (optional)

\*Can add additional eggs up to 10 total

## DIRECTIONS:

In a large skillet over medium heat, cook the sausage, peppers and onions, crumbling the sausage into small pieces as it cooks, until it is no longer pink and cooked through and the veggies are tender. Drain the grease. In a medium bowl, whisk together the eggs, milk, sour cream, salt and pepper until smooth. Lightly grease a 9"x13" baking pan. Place the tater tots in a single layer across the bottom of the pan. Sprinkle sausage over the tater tots followed by the veggies. Sprinkle cheese evenly across the top. Pour the egg mixture evenly over and across the top. Cover the dish with lightly greased foil and refrigerate overnight, up to 18 hours OR you can bake it right away. Preheat the oven to 350°. Bake covered for 25 minutes. Uncover and bake 20-25 minutes longer until golden, bubbly, and set. Sprinkle with green onions or chives, if using. Serve warm with sour cream and salsa if desired.

*Adapted from: [www.MelsKitchenCafe.com](http://www.MelsKitchenCafe.com)*

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# HOMEMADE MAPLE SYRUP

**Ann Jacops, Class 31**

## INGREDIENTS:

1 cup white sugar  
1 cup brown sugar  
1 cup light corn syrup  
1 cup water  
¼ tsp maple extract

## DIRECTIONS:

Combine all ingredients. Cook over medium heat until mixture comes to a boil. Simmer until desired thickness. Remove from heat. Stir in maple extract.

# COTTAGE CHEESE PANCAKES

**Scott Leibsle, Class 38**

## INGREDIENTS:

6 eggs  
1 cup cottage cheese  
½ cup flour  
¼ cup milk  
¼ cup vegetable oil  
Splash of vanilla extract

## DIRECTIONS:

Blend ingredients in blender on high for 30 seconds. Pour about ½ cup batter per pancake onto a preheated hot griddle. Flip once when bottom is lightly browned and bubbles rise to the top. Makes approximately 20 4-5" sized pancakes.

---

# GERMAN PANCAKES

**Nic Wittman, Class 39**

## INGREDIENTS:

6 eggs  
1 cup milk  
1 cup flour  
½ tsp salt  
3 Tbsp butter

## DIRECTIONS:

Preheat oven to 400°. Blend eggs, flour, milk and salt until foamy and smooth. Melt butter in a 9"x13" pan. Pour batter into pan. Bake for 20 minutes. Remove from oven and serve immediately.

---

# BUTTERMILK PANCAKES

**Kasia Duellman, Class 39**

## INGREDIENTS:

2 eggs, beaten  
1 tsp baking soda  
2 tsp sugar  
Dash salt  
1 heaping cup flour  
2 cups buttermilk

## DIRECTIONS:

Mix all ingredients just until blended (don't overmix). Drop about ¼ cup of batter per pancake and cook over medium heat. Flip pancakes over when edges are set and the majority of bubbles in center have popped. These pancakes are thin, more flour can be added if a thicker pancake is preferred.



# BLUEBERRY CROISSANT PUFF

**Susi Larrocea, Class 4**

## INGREDIENTS:

3 large croissants, cut up (about 5-5½ cups)  
1 cup fresh or frozen blueberries  
1 (8 oz) pkg cream cheese, softened  
2/3 cup sugar  
2 eggs  
1 tsp vanilla  
1 cup milk

Adapted from [www.the-girl-who-ate-everything.com](http://www.the-girl-who-ate-everything.com)

## DIRECTIONS:

Preheat oven to 350°. Place croissant pieces in a 9" square pan. Sprinkle with blueberries. Beat cream cheese, sugar, eggs, and vanilla in medium bowl with electric mixer until well-blended. Gradually add milk, beating well after each addition. Pour evenly over croissant pieces. Let stand 20 minutes or soak overnight. Bake for 35-40 minutes or until set in center and golden brown (cover with foil for the last 10 minutes if the tops are getting too browned). Serve warm sprinkled with powdered sugar.

---

# MASTER GRANOLA

**Aria Spear, Class 39**

## INGREDIENTS:

2 cups old-fashioned oats  
½ cup wheat germ  
2 Tbsp dark brown sugar  
¼ tsp salt  
1 cup extra ingredients (choose favorite dried fruits, nuts or coconut)  
¼ cup maple syrup  
3 Tbsp vegetable or canola oil  
1 Tbsp water  
Flavor extract of choice (almond, maple, or vanilla)

*Adapted From: Pam Anderson /Author/Perfect Recipes for Having People Over*

## DIRECTIONS:

Adjust oven rack to middle position, and heat oven to 275°. Coat a 9"x13" metal pan with cooking spray, then set aside. Mix oats, wheat germ, brown sugar, salt, and extra ingredients (except dried fruit) in a bowl. Bring syrup, oil, water, and any flavoring to a simmer in a saucepan over low heat. Drizzle over oat mixture, and stir to combine. Pour mixture onto prepared pan. Working a small amount at a time, pinch cereal together to form small clumps. Bake for 30 minutes. Stir in dried fruit. Continue to bake until golden brown, about 15 minutes longer. Let cool.

# QUICK HOMEMADE CINNAMON ROLLS

**Ann Jacops, Class 31**

## INGREDIENTS:

### **Rolls:**

6 Tbsp sugar  
½ cup vegetable oil  
3 Tbsp dry yeast  
1¾ cups warm water  
1½ tsp salt  
2 eggs  
5½ cups flour  
¼ cup butter or margarine, melted  
1 cup sugar  
1 Tbsp cinnamon

### **Maple frosting:**

3 cups confectioners' sugar  
1/3 cup butter or margarine, softened  
½ cup maple-flavored syrup

## DIRECTIONS:

Combine the 6 Tbsp sugar, vegetable oil, yeast, and warm water in a large bowl, let stand for 15 minutes. Stir in the salt, eggs, and flour. Roll immediately into 2 rectangles on a lightly floured surface. Brush melted butter over the rectangles and sprinkle evenly with a mixture of the 1 cup sugar and cinnamon. Roll as for a jelly roll. Cut into 2-inch wide slices; arrange the dough slices on a greased baking sheet. Let rise for 15 minutes. Bake at 375° for 20 minutes or until golden brown. While rolls are baking, make maple frosting. Combine confectioners' sugar, butter and maple syrup and beat until smooth. When rolls are done, remove from oven and frost immediately with maple frosting.

*Recipe from Tyanna Bischoff*

# CARAMEL PULL-APARTS

**Nic Wittman, Class 39**

## INGREDIENTS:

½ pkg frozen roll dough (18 rolls)  
½ cup butter, melted  
½ cup brown sugar  
1 3 oz pkg butterscotch or vanilla pudding and pie filling mix  
½ cup chopped walnuts

## DIRECTIONS:

Arrange frozen rolls in a fluted tube (Bundt) pan. Pour melted butter over rolls and sprinkle with brown sugar and dry pudding mix. Top with walnuts. Cover and let rise at room temperature for 10-12 hours or overnight. Bake at 350° for 30 minutes.

*Recipe from Karen Wittman*

# TEFF PANCAKES

**Royd Carlson , Class 43**

## INGREDIENTS:

2 cups Maskal Teff Ivory Teff Flour  
2 tsp baking powder  
1 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1/2 tsp salt  
2 large eggs  
1 1/2 cups milk  
2 Tbs butter, melted



Photos courtesy of The Teff Company

## DIRECTIONS:

Combine dry ingredients in a large bowl and set aside. In a separate bowl, combine lightly beaten eggs, milk, and melted butter. Whisk the liquid ingredients into the dry ingredients, being careful not to overmix. Heat a skillet over medium-low heat, and add about 1/4 cup of pancake batter, flipping when several bubbles begin to form, and the bottom is lightly golden. Cook until both sides are lightly golden, then remove from the heat and continue with the rest of the batter. Serve with fresh berries and maple syrup.

For waffles:

Add an additional 1/2 cup of milk (totaling 2 cups of milk) and stir to combine, being careful not to overmix. Cook in a waffle iron until the edges are crisp.





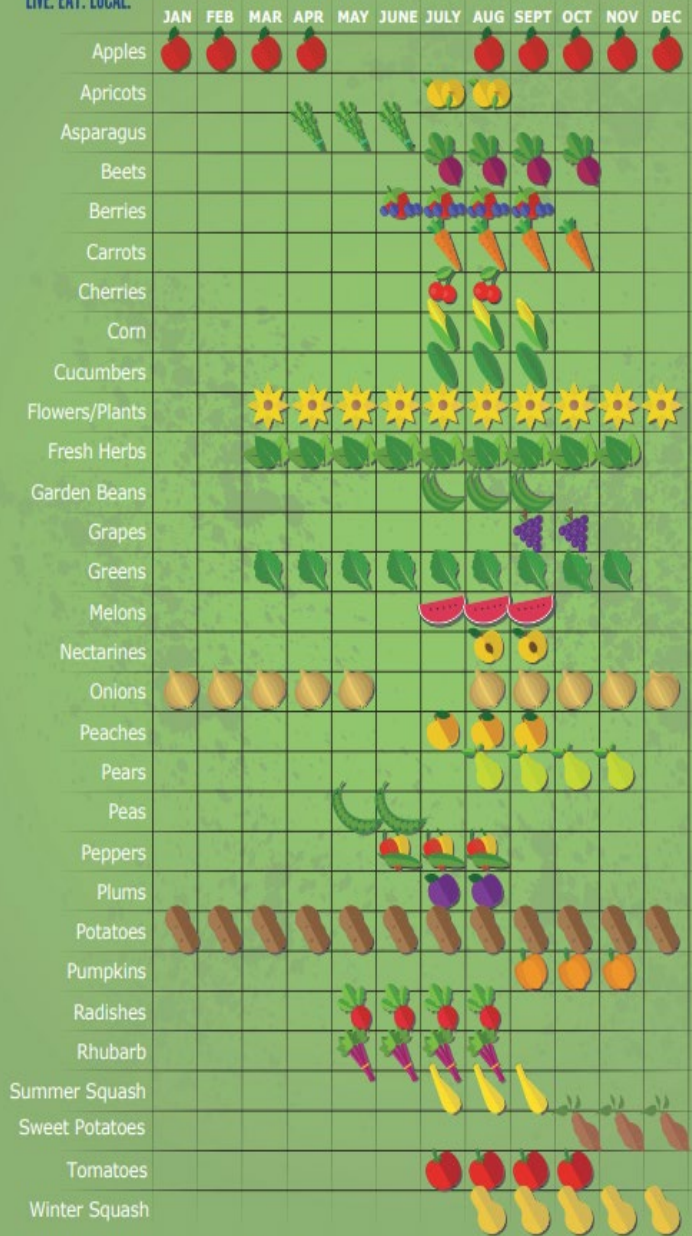
# IDAHO PREFERRED FAVORITES



All photos in this section courtesy of Idaho State Department of Agriculture



# WHAT'S IN SEASON!



Crop timing and availability may vary due to weather, growing conditions, and state region.

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# GRILLED IDAHO WATERMELON STEAKS WITH BALSAMIC REDUCTION

Idaho Preferred, ISDA

## INGREDIENTS:

1 small seedless Idaho watermelon, cut into 1-inch thick “steaks”

Olive oil for brushing

Salt & pepper

1/4 cup balsamic vinegar (or pre-made balsamic glaze)

Optional: crumbled feta or shaved Parmesan for garnish

## DIRECTIONS:

Heat grill or grill pan to medium-high. Brush watermelon slices lightly with olive oil and season with salt and pepper. Grill each side for 2–3 minutes until grill marks form. Drizzle with balsamic reduction and garnish with cheese if desired.



# IDAHO PEACH & SWEET CORN SALSA

**Idaho Preferred, ISDA**

## INGREDIENTS:

3 ripe Idaho peaches, diced  
1 ear Idaho sweet corn, kernels cut from cob (can be lightly grilled or raw)  
1 small red onion, finely diced  
1 jalapeño, seeded and minced  
Juice of 1 lime  
1/4 cup chopped fresh cilantro  
Salt and pepper to taste



## DIRECTIONS:

In a medium bowl, combine diced peaches, corn kernels, red onion, and jalapeño. Add lime juice and cilantro. Season with salt and pepper. Toss gently to combine. Let sit 10–15 minutes to let flavors meld. Serve with tortilla chips, over grilled proteins, or on tacos.



# WATERMELON & SWEET CORN SALSA

**Idaho Preferred, ISDA**

## INGREDIENTS:

2 cups Idaho watermelon, diced small  
1 ear Idaho sweet corn, kernels cut off the cob (raw or grilled)  
1/4 red onion, finely chopped  
1 jalapeño, seeded and minced  
1/4 cup chopped cilantro  
Juice of 1 lime  
Salt to taste

## DIRECTIONS:

Combine all ingredients in a bowl and gently mix. Chill for 30 minutes before serving to allow flavors to meld. Serve with tortilla chips or spoon over grilled fish, shrimp, or chicken.



# IDAHO CHICKPEA SALAD

**Idaho Preferred, ISDA**

## INGREDIENTS:

1 can Idaho chickpeas, drained and rinsed  
1 small red bell pepper, diced  
1 cucumber, diced  
1/4 red onion, thinly sliced  
1/4 cup chopped parsley  
1/4 cup crumbled feta cheese  
2 Tbsp olive oil  
1 Tbsp lemon juice  
Salt and pepper to taste

## DIRECTIONS:

Combine chickpeas, bell pepper, cucumber, onion, parsley, and feta in a bowl. Whisk olive oil, lemon juice, salt, and pepper in a small bowl. Pour dressing over salad and toss well. Chill before serving.

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# ROASTED IDAHO PLUM & BEET SALAD WITH GOAT CHEESE AND WALNUTS

**Idaho Preferred, ISDA**

## INGREDIENTS:

1 can Idaho chickpeas, drained and rinsed  
1 small red bell pepper, diced  
1 cucumber, diced  
1/4 red onion, thinly sliced  
1/4 cup chopped parsley  
1/4 cup crumbled feta cheese  
2 Tbsp olive oil  
1 Tbsp lemon juice  
Salt and pepper to taste

## DIRECTIONS:

Preheat oven to 400°F. Arrange plum quarters on a parchment-lined baking sheet. Drizzle with a bit of honey and roast for 12–15 minutes until softened and caramelized. In a large bowl, toss greens with sliced roasted beets. In a small bowl, whisk together balsamic vinegar, olive oil, salt, and pepper. Top salad with roasted plums, goat cheese, and walnuts. Drizzle with dressing and serve immediately.

# ROASTED IDAHO PUMPKIN SOUP WITH APPLE & THYME

## Idaho Preferred, ISDA

### INGREDIENTS:

1 small Idaho pumpkin (about 2–3 lbs),  
peeled, seeded, and cubed  
1 medium Idaho apple (e.g., Gala or Fuji),  
peeled and chopped  
1 small yellow onion, chopped  
2 cloves garlic, minced  
1 Tbsp fresh thyme (or 1 tsp dried)  
4 cups vegetable or chicken broth  
1/2 cup heavy cream or canned coconut  
milk  
2 Tbsp olive oil  
Salt and pepper to taste  
Pumpkin seeds or fresh thyme sprigs, for  
garnish (optional)

### DIRECTIONS:

Preheat oven to 400°F. Toss cubed Idaho pumpkin with 1 Tbsp olive oil, salt, and pepper. Spread on a baking sheet and roast for 25–30 minutes, until tender and slightly caramelized. In a large pot, heat remaining olive oil over medium heat. Sauté onion until translucent, then add garlic, apple, and thyme. Cook 5 minutes until softened. Add roasted pumpkin and broth. Bring to a simmer and cook for 10–15 minutes, until all ingredients are soft. Use an immersion blender (or transfer to a blender in batches) to puree until smooth. Stir in cream or coconut milk, and adjust seasoning to taste. Serve warm, garnished with roasted pumpkin seeds or a sprig of thyme.



# CILANTRO-LIME BLACK BEANS & BARLEY

## Idaho Preferred, ISDA

### INGREDIENTS:

3 cups chicken broth  
1 cup Idaho barley (pearl, hulless, or hulled)  
¼ tsp salt  
1 Tbsp minced garlic  
2 Tbsp lime juice  
1 (15 oz) can black beans, rinsed and drained  
½ cup chopped cilantro

### DIRECTIONS:

Combine chicken broth, barley, salt, and garlic in an Instant Pot. Seal and set to cook on High Pressure for 35–40 minutes. After cooking, use either a natural or quick pressure release. Rinse and drain the barley. Mix in 1 tablespoon of lime juice, the black beans, and cilantro. Taste and add the remaining tablespoon of lime juice if desired.





# HEARTY IDAHO BARLEY & VEGGIE SOUP WITH FRESH HERBS

## Idaho Preferred, ISDA

### INGREDIENTS:

1 package *Kauffman Farm Hearty Barley Soup Mix*  
1 Tbsp Idaho butter or olive oil  
1 medium onion, diced  
2–3 carrots, chopped  
2 celery stalks, chopped  
2 Idaho potatoes, diced (optional for thicker stew)  
1 can (14.5 oz) diced tomatoes, undrained  
6–8 cups low-sodium broth or water  
1 tsp thyme  
1/2 tsp oregano  
Salt and pepper to taste  
Optional: 1/2 pound ground beef or sausage, or 1 cup chopped mushrooms  
Optional garnish: fresh parsley or grated Idaho cheese

### DIRECTIONS:

In a large stock pot, heat butter or oil over medium heat. Add onion, carrot, and celery. Sauté for 5–7 minutes until softened. If using ground meat or sausage, add now and brown until fully cooked. Drain excess fat. Stir in the full Kauffman Farm Hearty Barley Soup Mix packet, diced tomatoes, potatoes (if using), and broth. Bring to a boil, then reduce heat to low. Cover and simmer for 60–75 minutes, stirring occasionally, until barley and lentils are tender. Add thyme, oregano, salt, and pepper to taste. If soup gets too thick, add more broth or water. Top with fresh parsley or a sprinkle of shredded Idaho cheddar for richness.



# CREAMY IDAHO CHICKPEA & WINTER SQUASH SOUP

**Idaho Preferred, ISDA**

## INGREDIENTS:

1 cup cooked Idaho chickpeas  
1 small Idaho butternut or acorn squash,  
peeled and cubed  
1 small onion, chopped  
2 cloves garlic, minced  
3 cups vegetable or chicken broth  
1/2 tsp ground cumin  
1/4 tsp cinnamon  
1/4 cup cream or coconut milk (optional for  
added richness)  
Salt and pepper to taste  
Olive oil

## DIRECTIONS:

Roast squash with a drizzle of olive oil at 400°F for 25–30 minutes until soft. In a pot, sauté onion and garlic in olive oil until translucent. Add chickpeas, roasted squash, broth, and spices. Simmer for 15–20 minutes, then blend until smooth using an immersion blender. Add cream if desired. Season to taste with salt and pepper and serve warm with crusty bread.





# CRISPY IDAHO CHICKPEA CAKES WITH HERBED YOGURT SAUCE

## Idaho Preferred, ISDA

### INGREDIENTS:

1 ½ cups cooked Idaho chickpeas  
1/4 cup grated carrot  
1/4 cup finely chopped red onion  
2 cloves garlic, minced  
1 egg  
1/3 cup breadcrumbs  
2 Tbsp fresh parsley or cilantro, chopped  
1 tsp cumin  
Salt and pepper to taste  
Olive oil for pan-frying

### **Herbed Yogurt Sauce:**

1/2 cup plain Greek yogurt  
1 Tbsp lemon juice  
1 Tbsp olive oil  
1 Tbsp chopped fresh dill or mint  
Salt to taste

### DIRECTIONS:

In a food processor, pulse chickpeas until mostly smooth (some texture is okay). Add remaining ingredients (except oil and sauce) and mix well. Form into small patties. Heat a skillet with olive oil and pan-fry patties for 3–4 minutes per side until golden and crispy. Mix all yogurt sauce ingredients in a bowl. Serve cakes warm with a dollop of sauce.





# RAINBOW TROUT FAJITAS

## Idaho Preferred, ISDA

### INGREDIENTS:

4 Idaho rainbow trout fillets  
½ cup fresh lime juice  
3 tbsp chopped cilantro  
2 garlic cloves, minced  
¾ tsp ground cumin  
¼ cup olive oil  
1 Idaho onion, thinly sliced  
1 red bell pepper, sliced  
1 green bell pepper, sliced  
8 Idaho flour tortillas (or lettuce wraps)  
Idaho sour cream and salsa (optional)

### DIRECTIONS:

Marinate trout in lime juice, cilantro, garlic, cumin, salt & oil for at least 30 minutes. Sauté onions and peppers in 2 tsp oil until tender; set aside. Cook trout on grill or in skillet, about 2 minutes per side. Warm tortillas; assemble tacos with trout, veggies, sour cream and salsa.



# GLUTEN-FREE CHERRY COBBLER

**Idaho Preferred, ISDA**

## INGREDIENTS:

5 cups pitted fresh sweet Idaho cherries  
1 tablespoon fresh-squeezed lemon or lime juice  
1 cup plus 1 tablespoon sugar  
1 cup Idaho teff flour  
1/3 cup Idaho butter, melted  
1/2 cup heavy Idaho whipping cream



## DIRECTIONS:

Preheat oven to 375°F. Coat an 8" baking pan with non-stick spray. Place pitted cherries (whole or halved) in a bowl, sprinkle with lemon or lime juice, and toss to coat. Place cherries in the prepared pan. In a medium bowl, combine sugar and 1 cup teff flour. Stir in the egg until thoroughly blended; the mixture will be crumbly. Top cherries evenly with flour mixture, then drizzle with melted butter. Bake for 35–40 minutes until cobbler is golden brown and cherry juice is thick and bubbling. While baking, whip cream until it begins to thicken. Add remaining 1 tablespoon sugar and continue whipping until cream forms soft peaks. To serve, spoon cobbler into individual dishes, top with whipping cream, and garnish with a fresh stemmed cherry if desired.

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# GRILLED IDAHO PEACHES WITH HONEYED GOAT CHEESE & MINT

**Idaho Preferred, ISDA**

## INGREDIENTS:

4 ripe Idaho peaches, halved and pitted  
1 Tbsp olive oil  
4 oz local goat cheese  
2 Tbsp Idaho honey  
Fresh mint leaves, chopped  
Pinch of flake salt

## DIRECTIONS:

Preheat grill to medium heat. Brush peach halves with olive oil and place cut-side down on grill. Cook for 3–5 minutes, until grill marks appear and peaches are softened slightly. Remove from heat. Spoon a dollop of goat cheese into the center of each peach half. Drizzle with honey, sprinkle with mint, and a pinch of flake salt.

# IDAHO CANTALOUPE BREAKFAST SMOOTHIE

**Idaho Preferred, ISDA**

## INGREDIENTS:

2 cups ripe Idaho cantaloupe, cubed  
1 frozen banana  
1/2 cup plain Greek yogurt  
1/2 cup orange juice or unsweetened almond milk  
1 Tbsp honey or maple syrup (optional)  
1/4 tsp ground ginger (optional)  
Ice cubes, as needed.

## DIRECTIONS:

Add all ingredients to a blender and blend until smooth.  
Taste and adjust sweetness or texture with more juice or yogurt as needed.  
Serve immediately with a sprinkle of chia seeds or granola on top, if desired.



# TEFF & IDAHO APPLE BREAKFAST PORRIDGE

**Idaho Preferred, ISDA**

## INGREDIENTS:

1/2 cup teff  
1 1/2 cups water or milk  
1 Idaho apple, peeled and diced  
1/2 tsp cinnamon  
1 Tbsp Idaho honey or maple syrup  
Pinch of salt  
Optional: walnuts, raisins, flaxseed

## DIRECTIONS:

Bring water and teff to a boil in a small saucepan. Reduce heat and simmer for 10–15 minutes, stirring occasionally.  
Add apples, cinnamon, and honey in the last 5 minutes.  
Serve warm with desired toppings.



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# NOTES



Leadership  
Idaho   
Agriculture