

Theme: States

**2020 4-H
Food Fare**

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K-STATE
Research and Extension



Johnson
County

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California Country Hearts

Homemade Sushi Rice and California Rolls

Ingredients for Perfect Sushi Rice:

2 cups Japanese short or medium grain rice
2 1/2 cups cold water
5 Tbsp Sushi Vinegar

Make your own sushi vinegar by combining the following 3 ingredients and dissolving them together over low heat on the stove, then let the mixture cool:

4 Tbsp Rice vinegar
2 Tbsp sugar
2 tsp salt I used sea salt

Ingredients for California Rolls:

1/2 lb Imitation crab meat p.s. the "log" shaped crab meat is the easiest to work with
1 Avocado ripe but still firm
1/2 medium cucumber peeled and sliced into long julienne strips
Toasted Nori Seaweed
Toasted sesame seeds
A sushi rolling mat \$2 at Cost Plus World Market If you don't have a sushi mat, try using parchment paper instead.

For Dips/Sauces:

Soy sauce regular or low sodium
Wasabi paste or wasabi powder
For spicy mayo: Mayonnaise ~1 Tbsp and Sriracha hot chili sauce (~1 tsp) or to taste

How to Cook Perfect Sushi Rice (Rice Maker and Stove-top versions):

Stove Top: P.S. do not add salt while cooking rice. Wash the rice with cold water until the water runs clear. Drain well. Put drained rice in a heavy sauce-pan and add 2 cups cold water. Cover tightly and set the pan over high heat and bring to a boil. Once it boils, reduce heat to medium and let cook covered until all the water is absorbed (7-8 min). Do not remove the cover to check, but listen for the bubbling to stop. Once you hear a faint hissing sound, reduce the heat to very low and cook another 6 min. Remove from the heat and let stand 15 min covered. This is the basic white rice eaten with Japanese meals. Transfer the hot rice to a large bowl and break it up to get rid of all the hot clumps. Let the rice cool down until it is just warm, then stir in your cooled sushi vinegar

Rice Cooker: If you have a rice maker (way easier!), follow rice maker instructions and cook on the white rice setting. Transfer the hot rice to a large bowl and break it up to get rid of all the hot clumps. Let the rice cool down until it is just warm, then stir in your cooled sushi vinegar

Assembling your California Rolls:

Wrap your sushi matt in plastic wrap before using it (this makes it re-useable and you don't even have to wash it!). Fold the pieces of nori in half to split them. Toast your sesame seeds over medium heat, stirring constantly until golden. Slice up your veggies. Spread a generous handful of sushi rice onto the 1/2 sheet of nori. Use your WET FINGER TIPS (keep your hands wet to prevent sticking) to spread the rice evenly over the entire surface of the nori. Flip the rice covered piece of nori over so the rice is facing down (this way, your rice will be on the outside). Place your fillings across the center of your rice in the middle of the sheet (don't overfill or the roll won't seal). Start rolling away from you using your matt to firmly keep the roll in place. Apply some pressure to make a tight roll. If its not tight enough, it will be difficult to cut. Once the roll is complete, sprinkle the roll with toasted sesame seeds while it is still on the mat so you can turn it easily. Run your sharp knife through a damp paper towel before slicing so the rice won't stick as much. Cut the roll in half, then line the two halves up and slice even 1-inch rings. I have found that it slices easier when you slice quickly.

In- N- Out Burger Sauce

1/2 cup mayonnaise
3 tablespoons ketchup
2 tablespoons sweet pickle relish
1 1/2 teaspoons sugar
1 1/2 teaspoons distilled white vinegar

Combine all ingredients until well blended. Serve chilled.

Georgia Oxford Hustlers

Georgia Cornbread Cake aka Pecan Cake

1 ½ cups all-purpose flour	4 large eggs, beaten
½ tsp. salt	1 cup vegetable oil
2 ¼ tsp. baking powder	1 tsp. vanilla extract
1 cup granulated sugar	2 cups pecans, chopped very fine
1 cup packed brown sugar	

Preheat oven to 350 degrees. Lightly grease and flour a 9x13 inch baking pan. In a small mixing bowl, combine flour, salt, and baking powder. Set aside. In a large bowl, combine granulated sugar, brown sugar, eggs, vegetable oil, and vanilla. Add flour mixture and pecans and stir until the batter is smooth. Pour the batter into the prepared pan and bake for 30-35 minutes. Allow cake to cook completely. Cut into squares.

Peach Cobbler Dump Cake

2 (16 oz.) cans peaches in heavy syrup	½ cup butter
1 (18.25 oz.) package yellow cake mix	½ tsp. ground cinnamon

Preheat oven to 375 degrees. Empty peaches into the bottom of a 9x13 inch pan. Cover with dry cake mix and press down firmly. Cut butter into small pieces and place on top of cake mix. Sprinkle top with cinnamon. Bake for 45 minutes.

Sweet Cornbread Mini Muffins

1 ½ cups yellow cornmeal	2 eggs
½ cup all-purpose flour	1 cup milk
½ tsp. salt	½ cup honey
3 tsp. baking powder	2 tbsp. butter, melted
½ cup white granulated sugar	

Preheat oven to 400 degrees. Spray mini muffin pan with cooking spray or line pan with paper liners. In a large bowl, mix together cornmeal, flour, salt, baking powder, and sugar. Add eggs, milk, honey, and butter. Mix well with spoon. Fill muffin cups ½ - ¾ full with batter. Bake for 12-15 minutes until golden brown on top and centers test done.

Sweet Tea

For the simple syrup:	For the tea:
¾ cups granulated sugar	10 cups water, divided
¾ cups water	6 regular-sized black tea bags
	1 pinch baking soda
	Ice, as needed

For the simple syrup: Mix sugar and water in a small saucepan. Bring the mixture to a boil and allow to boil for about 5-7 minutes. You'll notice the mixture will reduce. Remove from heat and pour into a heatproof bowl and set aside to cool.

For the tea: In the same saucepan, bring 3 cups of water to a boil. Remove the pot from the range and place on a trivet. Add tea bags and baking soda. Steep for 5-6 minutes. Remove tea bags without squeezing. Add simple syrup and stir. Pour into a pitcher and add remaining 7 cups water. Serve over ice.

Vidalia Onion Pie

1 cup Ritz cracker crumbs	¼ cup whole milk
½ stick butter, melted	1 tsp. salt
2 cups thinly sliced Vidalia onions	½ tsp. freshly ground black pepper
2 Tbsp. butter	¼ cup grated sharp cheddar cheese
2 eggs	

Preheat oven to 350 degrees. Mix the cracker crumbs with the melted butter. Press the mixture into the bottom of an 8-inch pie plate. Heat 2 tablespoons butter in a skillet over medium heat. Add the onions and cook, stirring, until they soften. Spoon onions into the pie crust. Combine the eggs, milk, salt, and pepper in a bowl and whisk to blend. Pour the mixture over the onions. Sprinkle with the cheese and bake until the center sets, about 30 minutes.

Hawaii

Stanley Buccaneers

Aloha Meatballs

1 bag frozen home-style meatballs (35-40 meatballs)
20 ounce can of pineapple chunks, reserve juice
½ cup packed brown sugar

1/3 cup apple cider vinegar (if you are not a vinegar fan you can reduce to ¼ cup)
2 tbsp cornstarch
1 tbsp soy sauce

Bake meatballs according to package directions. While meatballs are cooking, drain pineapple and reserve ¼ cup of juice. Combine the reserved juice, brown sugar, vinegar, cornstarch, and soy sauce in a small mixing bowl, mixing well. Pour the juice mixture into a skillet and cook over medium heat, stirring constantly until thickened, about 10 minutes. Add the cooked meatballs and pineapple chunks to the juice mixture, stirring occasionally until heated through, and serve over rice. You can also stick a toothpick or small skewer into a pineapple chunk, then a meatball, and serve as an appetizer.

Coconut Macaroons

14 ounces sweetened shredded coconut
14 ounces sweetened condensed milk
1 teaspoon pure vanilla extract

2 extra-large egg whites, at room temperature
1/4 teaspoon kosher salt

Preheat the oven to 325 degrees F. Combine the coconut, condensed milk, and vanilla in a large bowl. Whip the egg whites and salt on high speed in the bowl of an electric mixer fitted with the whisk attachment until they make medium-firm peaks. Carefully fold the egg whites into the coconut mixture. Drop the batter onto sheet pans lined with parchment paper using either a 1 3/4-inch diameter ice cream scoop, or 2 teaspoons. Bake for 25 to 30 minutes, until golden brown. Cool and serve.

Luuu Punch

1 (46 fluid ounce) can pineapple juice
1 (6 ounce) can frozen orange juice concentrate, thawed

2 liters lemon-lime flavored carbonated beverage

In an empty gallon milk jug or pitcher, pour pineapple juice and orange juice concentrate. Shake to mix and pour in the lemon-lime soda. You may need to let the fizz settle and then return to pouring. This will fill up the gallon. Freeze overnight. Let the punch start to thaw 2 hours before serving. Serve slushy.

Shave Ice

Ice Cubes
Water (4 cups)
Sugar (4 cups)

Shave Ice Syrup Concentrate (1 oz) or can use 1 package of unsweetened drink mix (kool-aid or similar)

Create the shave ice syrup: In a medium saucepan combine sugar and water, and bring to a boil, stirring, until sugar has completely dissolved to form simple syrup. Allow the simple syrup mixture to cool and pour into a 1 quart bottle (leave about 2 ounces of free space in the bottle). Add 1oz concentrate into each quart of simple syrup - close the bottle tightly and shake. Be sure the bottle is completely sealed - Be careful the concentrate will stain!

Shave and flavor the ice: Let ice stand at room temp until it starts to glisten / sweat. Load the shave ice hopper and shave a cup of fresh shaved ice. Pour flavor directly on the top of the shave ice and enjoy.

Idaho Lucky Clover

Cheesy Potato Cakes

Potato Cakes:

6 medium red potatoes
1 1/2 c. cheddar cheese
1/4 c. shredded Parmesan cheese
3 green onions chopped
salt and pepper to taste
1/2 tsp. garlic powder

Breading:

1 c. seasoned breadcrumbs
1/2 c. flour
1 egg beaten
1 c. milk

Spicy-Creamy Sauce:

1 c. sour cream
1 can Rotel tomatoes medium meat
1 tsp. onion powder
1/2 tsp garlic powder
1 Tbsp. white vinegar
salt and pepper to taste
1 tsp Tabasco sauce

Boil potatoes for about 20-25 minutes until soft, but still a little firm. Do not overcook. As potatoes are boiling, combine sauce ingredients. Cover and chill. Drain potatoes and mash them with a potato masher (with skin ON). Coarsely mash the potatoes, you still want some small chunks in it. Add remaining potato cake ingredients and mix well. Combine breadcrumbs and flour in a pie pan or large plate. In a separate bowl, combine eggs and milk. Get a good handful of the potato mixture and form it into a patty, about the size of a hamburger patty. Pat the potato mixture into the breadcrumb mixture, then dip into the milk and egg, then cover again with breadcrumbs. When the patty is completely covered with lots of breadcrumbs, place on a cookie sheet or large plate. Cover and chill for about an hour. Heat about 1 c. of vegetable oil in a large skillet. Pan fry the cakes on medium heat for about 2-4 minutes on each side or until golden brown. Drain on paper towels then serve with the spicy-creamy sauce! Garnish with chopped green onion or chives.

Mashed Potatoes

5 large potatoes
6 oz cream cheese
1 cup sour cream
1 tsp onion salt

1 tsp salt
1/4 tsp pepper
2 Tbsp butter

Boil peeled potatoes for about 20-25 minutes with salt until tender. Drain and mash with a potato masher until smooth. Add all other ingredients and beat until light and fluffy. Cool and cover – will keep for 2 weeks in refrigerator. Dot with butter. Bake in 9x13" pan @350 for 30-40 minutes.

Red Hot Apple Cider

2 quarts apple juice
1 tablespoon sugar
1 cup Red Hots candy

In a large pot combine apple juice and sugar. Simmer until warm but not boiling. Add candy to liquid. Continue to simmer until candy melts, stirring occasionally to prevent sticking.

Kansas Master Food Volunteers

Beef Chili

1 teaspoon oil	1 teaspoon Mrs. Dash seasoning
1 large onion, chopped	3 tablespoons chili powder
4 garlic cloves, minced	1 (14 ounce) can tomatoes (no salt)
1 red bell pepper, chopped	1 (6 ounce) can tomato sauce (no salt)
1 pound ground beef (90% lean)	2 (14 ounce) cans red beans (no salt)
1/2 teaspoon kosher salt	2 tablespoons brown sugar
1 teaspoon lemon pepper	

Heat oil in large pot. Add ground beef, onion, garlic, kosher salt, lemon pepper and Mrs. Dash seasoning. Cook until ground beef is no longer pink and onion is soft. Add chili powder, tomatoes, tomato sauce, beans and brown sugar. Simmer 30 – 60 minutes.

Bierocks

10 to 11 cups all-purpose flour, divided	FILLING:
1 package (1/4-ounce) active dry yeast	2 pounds ground beef
1/2 cup sugar	1 large onion, chopped
2 teaspoons salt	2 teaspoons salt
2-1/2 cups water	1 teaspoon ground white pepper
1 cup whole milk	2 pounds shredded cabbage, cooked and drained
1/2 cup butter, cubed	
2 large eggs	

For dough, in a large bowl, combine 4 cups of flour, yeast, sugar and salt; mix well and set aside. In a saucepan, heat water, milk and butter just until butter melts. Remove from heat and cool to 120°-130°. Combine with flour mixture; add eggs. Using an electric mixer, blend at low speed until moistened then beat at medium speed for 3 minutes. By hand, gradually stir in enough remaining flour to make a firm dough. Knead on a floured surface about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; let rise again until almost doubled. Meanwhile, for the filling, brown beef with onion, salt and pepper; drain. Mix together with cabbage; set aside. Divide the dough into fourths. Roll each piece into a 15x10-in. rectangle. Cut into 5-inch squares. Spoon 1/3 to 1/2 cup filling onto each square. Bring the four corners up over the filling; pinch together to seal. Repeat with remaining dough and filling. Place on greased baking sheets Bake at 375° for 30 minutes or until brown.

Corn and Bean Soup – Traditional Native American dish

1-1/2 cups dried kidney beans (or can kidney beans)	1/2 teaspoon salt
1/2 cup hominy (kernels of corn with the outer skin removed)	1 small onion, sliced
1/2 cup maize/corn kernels (canned or frozen)	Water
1/2-pound smoked ham (substitute for bison meat)	

Wash dried beans. Cover with water and soak overnight. Drain water. Place beans and ham in saucepan with water about 2 inches above beans. Cover and cook 30 minutes. Add hominy and stir. Cook 15 minutes. Add corn and stir. Push out rings of onion and lay on top of mixture. Cook about 20 minutes. Stir well. Cover and cook 1-1/2 hours.

Kansas Master Food Volunteers

Cinnamon Rolls

Dough:

1-quart whole milk
1 cup vegetable oil
1 cup sugar
2 packages active dry yeast, 0.25-ounce packets
8 cups (Plus 1 cup extra, reserved) all-purpose flour
1 teaspoon (heaping) baking powder
1 teaspoon (scant) baking soda
1 tablespoon (heaping) salt
1 cup butter, melted
2 cups sugar
2 tablespoons Cinnamon

MAPLE FROSTING:

1 bag Powdered sugar
2 teaspoons maple flavoring
1/2 cup milk
1/4 cup butter, melted
1/4 cup brewed coffee
1/8 teaspoon salt

For the dough, heat the milk, vegetable oil, and sugar in a medium saucepan over medium heat to just below a boil. Set aside and cool to warm. Sprinkle the yeast on top and let it sit on the milk for 1 minute. Add 8 cups of the flour. Stir until just combined, then cover with a clean kitchen towel, and set aside in a relatively warm place for 1 hour. After 1 hour, remove the towel and add the baking powder, baking soda, salt, and the remaining 1 cup flour. Stir thoroughly to combine. Use the dough right away, or place in a mixing bowl and refrigerate for up to 3 days, punching down the dough if it rises to the top of the bowl. To assemble the rolls, remove half the dough from the pan/bowl. On a floured baking surface, roll the dough into a large rectangle, about 30 x 10 inches. The dough should be rolled very thin. To make the filling, pour 3/4 cup to 1 cup of the melted butter over the surface of the dough. Use your fingers to spread the butter evenly. Generously sprinkle half of the ground cinnamon and 1 cup of the sugar over the butter. Don't be afraid to drizzle on more butter or more sugar! Goopy is the goal. Now, beginning at the end farthest from you, roll the rectangle tightly towards you. Use both hands and work slowly, being careful to keep the roll tight. Don't worry if the filling oozes as you work. When you reach the end, pinch the seam together and flip the roll so that the seam is face down. When you're finished, you'll wind up with one long log roll. Slip a cutting board underneath the roll and with a sharp knife, make 1/2-inch slices. One "log" will produce 20 to 25 rolls. Pour a couple of teaspoons of melted butter into disposable foil cake pans and swirl to coat. Place the sliced rolls in the pans, being careful not to overcrowd. (Each pan will hold 7 to 9 rolls.) Repeat the rolling/sugar/butter process with the other half of the dough and more pans. Preheat the oven to 375°F. Cover all the pans with a kitchen towel and set aside to rise on the countertop for at least 20 minutes before baking. Remove the towel and bake for 15 to 18 minutes, until golden brown. Don't allow the rolls to become overly brown. While the rolls are baking, make the maple icing: In a large bowl, whisk together the powdered sugar, milk, butter, coffee, and salt. Splash in the maple flavoring. Whisk until very smooth. Taste and add in more maple, sugar, butter, or other ingredients as needed until the icing reaches the desired consistency. The icing should be somewhat thick but still very pourable. Remove pans from the oven. Immediately drizzle icing over the top. Be sure to get it all around the edges and over the top. As they sit, the rolls will absorb some of the icing's moisture and flavor.

Instant Pot Ribs

1-2 racks pork ribs
1 teaspoon salt
1 teaspoon freshly ground black pepper
1 teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon onion powder

1 teaspoon light brown sugar
1 cup water
1/2 cup apple juice, or 1/4 cup apple cider vinegar
1 teaspoon liquid smoke, optional
1 cup barbecue sauce, homemade or store-bought

Remove membranes from the back of ribs, if needed. Rubs seasonings over both sides of ribs. Place wire trivet rack in the bottom of the instant pot. Add water, apple juice (or apple cider vinegar) and liquid smoke to the instant pot (optional but recommended for that great smokey flavor). Place the ribs upright, with the meat side facing out. If you're using one large rack of ribs, then circle them around the pot. Secure lid and close vent. Press "manual" or "pressure cook" and cook on high pressure for 25 minutes. When the timer beeps, allow the pressure to naturally release for 15 min, then safely turn the valve to quick release. Carefully remove ribs to a large, foil-lined baking sheet and slather them in BBQ sauce. Optional: broil them in the oven for 2-3 minutes to caramelize the bbq sauce.

Notes: For spare ribs, add 5-10 minutes to the cooking time (high number for higher altitudes and very "fall-off-the-bone" ribs, lower number for lower altitude and tender ribs). Liquid smoke can be found near the bbq sauces at your local grocery store. It will add an amazing smokey flavor to the ribs. For the BBQ sauce I prefer Sweet Baby Ray's original, or homemade bbq sauce.

Kansas Master Food Volunteers

Pfeffernusse Spiced Snowball Cookies

3-1/2 cup all-purpose flour	1/2 teaspoon ground cardamom
2 teaspoon baking powder	1/4 teaspoon ground white pepper
1/2 teaspoon baking soda	1 cup (2 sticks) unsalted butter, softened
1/2 teaspoon salt	1 cup granulated sugar
1 1/2 teaspoon ground cinnamon	1/4 cup molasses
1 teaspoon ground ginger	1 egg
1/2 teaspoon ground cloves	Powdered sugar to coat cooled cookies (about 1-1/2 - 2 cups)

In a large bowl, combine flour, baking powder, baking soda, cinnamon, ginger, cloves, cardamom, and white pepper; whisk to combine. In a large bowl, cream butter and sugar together with an electric mixer until fluffy. Beat in egg and molasses, stirring until blended. Gradually add the flour mixture, stirring at low speed until combined. Shape dough into a disk, wrap tightly in plastic wrap, and refrigerate for several hours, or up to 1 week. Preheat the oven to 350 degrees F. Line baking sheets with parchment paper or a silicone baking mat. Roll dough into 1-inch balls, and place 2 inches apart on prepared baking sheets. Bake for 12 to 14 minutes or until lightly browned. Cool on baking sheets for 2 minutes before transferring to wire racks to cool completely. Roll cooled cookies in powdered sugar to coat. If you like a lot of powdered sugar, roll once in the powdered sugar, allow them to sit for a minute, and then roll them again. (My preferred method.) Store in an air-tight container at room temperature or freeze for up to 3 months.

Sour Cream Raisin Squares

1 cup butter, softened	1/8 teaspoon salt
1 cup packed brown sugar	4 egg yolks
2 cups all-purpose flour	2 cups (16 ounces) sour cream
2 cups quick-cooking oats	1-1/2 cups raisins
1 teaspoon baking powder	1 cup sugar
1 teaspoon baking soda	1 tablespoon cornstarch

In a large bowl, cream the butter and brown sugar until light and fluffy. Combine the flour, oats, baking powder, baking soda and salt; gradually add to creamed mixture (mixture will be crumbly). Set aside 2 cups; pat remaining crumbs into a greased 13-in. x 9-in. baking pan. Bake at 350° for 15 minutes. Cool. Meanwhile, in a small saucepan, combine filling ingredients. Bring to a boil; cook and stir for 5-8 minutes. Pour over crust; sprinkle with reserved crumbs. Bake 15 minutes longer.

Louisiana Blue River Wranglers

Chicken & Sausage Jambalaya

1 tablespoon olive oil	1 1/2 cup rice
12-16 ounces andouille sausage	1/2 teaspoon salt, optional
4 boneless chicken thighs	2 teaspoon Cajun seasoning
1 onion, chopped	1/2 teaspoon thyme
1 green pepper, chopped	1 can diced tomatoes (14 oz)
3 ribs celery, chopped	1 3/4 cup chicken broth (use 2 1/4 cups for 8 quart Instant Pot)
3 cloves garlic, minced	4 scallions, sliced

Chop the onion, green pepper, celery and garlic. Then slice the andouille sausage and cut the chicken thighs into bite sized pieces. Set the Instant Pot to Saute and add the olive oil. Allow it warm up for a few minutes. Brown the andouille sausage for about 5 minutes, until it is nicely browned. Then remove the sausage and set it aside for now. Stir so that it does not stick to the bottom of the pot. Add the chopped chicken thighs to the Instant Pot to brown. Brown for 3 minutes. Stir so that it does not stick to the bottom of the pot. Turn the Instant Pot off. Add the chicken broth to the instant pot to deglaze. Scrape the bottom of the container with a wooden spoon to make sure there aren't browned bits of sausage or chicken stuck to the bottom. Bits of food stuck to the bottom might cause the BURN error once the pot is brought up to pressure, so scrape it well. Add the onion, green pepper, celery, garlic, salt, Cajun seasoning, and thyme. Stir to mix the vegetables and seasoning. Add the rice and mix. Add the can of tomatoes on top of the rice, but don't stir it in, just spread it out on top. This will reduce the chance of a BURN error. DO NOT add the browned sausage. Put the lid on the Instant Pot and set it for Manual High Pressure for 8 minutes. Once the pressure cooker has finished cooking let it rest for 5 minutes, then manually release the pressure. Take the lid off and stir the cooked & reserved andouille sausage into the Instant Pot. Replace the lid and let it rest for another 5 minutes to warm the sausage. Serve sprinkled with scallions.

Easy King Cake

2 – 17.5 cans of jumbo cinnamon rolls with icing (each tube had 5 rolls)
2 oz cream cheese
sugar crystals in purple, gold, and green

Preheat your oven to 350 degrees and spray a Bundt or tube pan with non-stick cooking spray. Pop open the cinnamon roll tubes and remove the icing. Then line the bottom with the rolls. You may have to squeeze them in there. Bake for 25 to 30 minutes or until the cinnamon rolls are no longer gooey. Turn out onto platter to cool. In the meantime, mix the two icing packets with 2 ounces of softened cream cheese. Once the cake is cool, spread the icing and decorate with alternating sugar colors.

Hot Crawfish Dip

1/4 cup butter	2 cloves garlic, finely chopped
1 bunch green onions, sliced about 1 cup	1 4 ounce jar chopped pimiento, drained
1 small green bell pepper, diced	2 teaspoon Tony Chachere's seasoning
1 pound crawfish tails	1 (8 ounce) package cream cheese

Sauté onions, bell pepper and garlic in butter. When tender add crawfish, pimiento and seasoning. Cook about 10 minutes then add cream cheese over low heat. When mixed and smooth and bubbly it's ready to serve.

Swamp Punch

1 bottle (1.75 Liters) Simply Lemonade	3 drops green liquid food coloring
3 cans (8 ounces each) Diet 7UP (regular is fine too)	3 drops yellow liquid food coloring
1/4 cup lime juice	1 container lime sherbet (I used about 10 small scoops)

In a medium punch bowl, combine the lemonade, soda, lime juice and green and yellow food coloring. Stir gently to combine. Add scoops of lime sherbet and very gently stir. Serve in small punch glasses.

New York Prairie Star

New York mini Cheesecakes

For the graham cracker crust
1 cup graham crackers (9 crackers)
4 Tablespoons of melted butter

Cheesecake filling
16oz. Cream cheese, softened
½ cup of sugar
2 eggs
1 teaspoon vanilla extract

Preheat oven to 350*. Place a pan with water in the oven during the preheating and cooking process. Add cupcake liners to the muffin tin. Place graham crackers in a food processor and pulse until you get fine crumbs. Mix graham crackers and butter then blend with a fork. Blend cream cheese in a medium size bowl (or Kitchen Aid mixer). Mix until cheese is soft and creamy. Add eggs and sugar to the bowl. Mix until thoroughly combined. Add vanilla. Continue to mix 3-5 minutes until it is creamy and soft. Add 1 Tablespoon of graham cracker mix in the cupcake liner. Press mixture firmly with the tips of your fingers until it is firm and level (this is your crust). To the top of your crust add 2 heaping Tablespoons of cheesecake batter. Place the cupcakes in the oven. Bake for 18 minutes or until the cheesecake batter is set. Chill before serving.

New York Style Hot Dogs

6 jumbo or bun length beef hot dogs
2 tbsp olive oil
2 medium onions, sliced
1/2 tsp ground cinnamon
1/2 tsp chili powder
pinch of cayenne pepper

1/4 cup ketchup
1/2 cup water
spicy brown mustard, to taste
6 hot dog buns
1 cup sauerkraut

Heat oil in a medium saucepan over medium heat. Add onions and sauté until soft. Stir in the cinnamon, chili powder and cayenne pepper and cook for 1 minute. Add ketchup and water and stir until well combined. Bring to a simmer and cook until the sauce thickens, about 10 to 15 minutes. While the onion sauce is cooking, boil hot dogs for 5-6 minutes over medium-high heat. Put hot dogs in buns and top with sauerkraut, onion sauce and spicy brown mustard.

Washington D.C. Frontier Family

Cherry Crisp

1 (21 ounce) can cherry pie filling	3/4 teaspoon ground cinnamon
1/2 cup all-purpose flour	3/4 teaspoon ground nutmeg
1/2 cup rolled oats	1/4 cup chopped pecans
2/3 cup brown sugar	1/3 cup melted margarine

Preheat oven to 350 degrees F (175 degrees C.) Lightly grease a 2 quart baking dish. Pour pie filling into the dish, and spread evenly. In a medium bowl, mix together flour, oats, sugar, cinnamon, and nutmeg. Mix in melted margarine. Spread over pie filling, and sprinkle with chopped pecans. Bake in the preheated oven for 30 minutes, or until topping is golden brown. Allow to cool 15 minutes before serving.

Wisconsin Great Plains

Danish Kringle

1 cup butter
2 cups sifted all-purpose flour
1 cup sour cream
1/2 cup butter, softened

In a large bowl, cut 1 cup butter into flour until crumbly, leaving pea-sized chunks. Stir in sour cream, and mix well; dough will be sticky. Form dough into a ball. Cover tightly, and refrigerate 8 hours, overnight or up to 3 days. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet. Prepare the filling by combining 1/2 cup softened butter, brown sugar, and 1 1/4 cup chopped walnuts. Divide dough into three equal parts; return two parts to the refrigerator to keep cold. Quickly form 1/3 of the dough into a rectangle, and flour lightly. On a heavily floured surface, roll out to approximately 12x17 inches. Position lengthwise on the work surface. Along the long edges of the dough rectangle, use a sharp knife to cut 4 inch long angled lines about 1/2 inch apart. Spoon 1/3 of the filling along the length of the rectangle's uncut center. Alternating from one side of the dough to the other, fold each 1/2 inch wide strip towards the center, crisscrossing the filling in a braid-like fashion. Lightly press together the ends of the strips to seal. Sprinkle with 1/3 of the remaining walnuts. Repeat with remaining ingredients to form 3 braided danishes. Arrange danishes on prepared baking sheets. Bake for 30 minutes in the preheated oven, or until golden brown. Cool for approximately 30 minutes. While the danishes are cooling, prepare the icing: mix confectioners sugar and water until smooth. Drizzle in fine streams over warm danishes.