



4-H Farm to Fork Camp Cookbook 2021

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Sweet Potato Biscuits

Ingredients:

- 3/4 cup cooked mashed sweet potato (about 1 large sweet potato)
- 1/3 to 1/2 cup whole milk, as needed
- 1 1/2 cups all-purpose flour, plus more for dusting
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 6 tablespoons cold unsalted butter, cut into small bits

Instructions:

1. Place a rack in the center of the oven and preheat to 425 degrees F. Grease a baking sheet (with butter, oil or cooking spray).
2. In a small bowl, whisk together the sweet potato and 1/3 cup milk. Set aside.
3. In a large bowl, whisk together the flour, sugar, baking powder and salt. Cut in the butter with your hands, a pastry blender or two knives until the mixture resembles coarse meal. Add the sweet potato mixture and fold gently to combine. Add the remaining milk a little at a time until all the flour is moistened. The amount of milk you will need will depend on the moisture of the sweet potato.
4. Sprinkle a small handful of flour on a work surface. Turn the dough out onto the surface and knead lightly 2 to 3 times with the palm of your hand until the mixture comes together. Pat the dough out into a 1/2-inch-thick round.
5. Using a 2 1/2-inch-round biscuit cutter, cut the dough into biscuits. Gently reroll the scraps and cut out more biscuits. Place the biscuits on the prepared baking sheet and bake until light golden brown and firm to the touch, 12 to 14 minutes. Serve these fluffy biscuits warm or at room temperature.

Source: <https://www.foodnetwork.com/recipes/paula-deen/fluffy-sweet-potato-biscuits-recipe-1973812>

Blueberry Compote

Ingredients:

- 2 cups fresh or frozen blueberries
- 3 tablespoons water
- ¼ cup sugar
- 2 teaspoons lemon juice

Instructions:

1. In a sauce pan add blueberries, water, sugar and lemon juice.
2. Heat over medium high heat for 18 minutes stirring occasionally.

*Add tablespoon of corn starch to thicken if compote is too thin

Beef and Broccoli

Ingredients:

- 3 Tablespoons cornstarch, divided
- 1-pound flank steak, cut into thin 1-inch pieces
- 1/2 cup low sodium soy sauce
- 3 Tablespoons packed light brown sugar
- 1 Tablespoon minced garlic
- 2 teaspoons grated fresh or 1/4 tsp ground ginger
- 2 Tablespoons vegetable oil, divided
- 4 cups small broccoli florets

Instructions:

1. In a large bowl, whisk together 2 tablespoons cornstarch with 3 tablespoons water. Add the beef to the bowl and toss to combine.
2. In a separate small bowl, whisk together the remaining 1 tablespoon cornstarch with the soy sauce, brown sugar, garlic and ginger. Set the sauce aside.
3. Heat a large nonstick sauté pan over medium heat. Add 1 tablespoon of the vegetable oil and once it is hot, add the beef and cook, stirring constantly until the beef reaches 145°F. Transfer the beef to a plate and set it aside.
4. Add the remaining 1 tablespoon of vegetable oil to the pan and once it is hot, add the broccoli florets, stirring occasionally, until the broccoli is tender, about 4 minutes.
5. Return the beef to the pan then add the prepared sauce. Bring the mixture to a boil and cook, stirring, for 1 minute or until the sauce thickens slightly. Serve with rice or noodles.

Source: <https://www.justataste.com/easy-beef-and-broccoli-recipe/>

Fish Tacos

Ingredients:

- 8 small flour or corn soft tortillas

Slaw

- 1 pack of pre cut slaw mix
- 2-3 Tablespoons citrus juice (lemon or lime)
- Salt to taste
- Pepper to taste

Taco Sauce

- ½ cup sour cream
- ½ cup lite mayonnaise
- 2 tablespoons hot sauce
- 2 tablespoons lemon or lime juice

Blackened Fish

- 8 oz. fresh Tilapia or white fish
- 1 Tablespoon Blackening seasoning
- 1 Tablespoon oil

Breaded Fish

- 8 oz. fresh Tilapia or white fish
- ½ cup all-purpose flour
- 1 large egg
- 1-2 teaspoons soul or fish seasoning
- ½ cup panko bread crumbs
- ¼ cup oil

Instructions:

1. *Slaw*- In a large bowl combine slaw, citrus juice, salt and pepper. Stir until combined. Cover and let rest in refrigerator until ready to serve.
2. *Taco Sauce*- In a small bowl mix together sour cream, mayonnaise, hot sauce, and citrus juice. Cover and put in refrigerator until ready to serve.
3. *Blackened Fish*- Heat non-stick pan to medium high to high heat. Sprinkle blackened seasoning on both sides of tilapia. Once pan is hot add oil. Then add tilapia to pan. Flip the tilapia once the bottom begins to darken and releases easily from pan. Cook until internal temperature reaches 145°F.
4. *Breaded Fish* – Crack and whisk egg in small bowl to create a wash. Mix together soul seasoning and flour on a plate. On a separate plate put panko bread crumbs. Cut tilapia into 2-inch pieces. Heat non-stick pan to medium high. Add oil to the pan and let it get hot. Cover the tilapia in flour then dredge in egg wash then cover in bread crumbs. Once oil is hot add breaded tilapia to the pan. Once tilapia is golden brown on bottom flip to the other side. Cook until internal temperature reaches 145°F.
5. Heat tortilla shell in microwave for 10-15 seconds to warm. Add slaw, tilapia of choice and sauce to taco and enjoy!

*Try serving with a lime wedge to add fresh squeezed lime before eating.

Fresh Tomato Salsa (Pico de Gallo)

Ingredients:

- 2 to 3 medium sized fresh tomatoes (1 to 1 1/2 pounds), stems removed
- 1/2 red onion
- 2 serrano chiles or 1 jalapeño chile (stems, ribs, seeds removed), less or more to taste
- Juice of one lime
- 1/2 cup chopped cilantro
- Salt and pepper to taste
- Pinch dried oregano (crumble in your fingers before adding), more to taste
- Pinch ground cumin, more to taste

Instructions:

1. Roughly chop the tomatoes, chiles, and onions. Be careful while handling the chile peppers. Use a plastic baggie or disposable gloves to handle them, or wash your hands thoroughly with soap and hot water after handling and avoid touching your eyes for several hours.
2. Set aside some of the seeds from the peppers. If the salsa isn't hot enough, you can add a few for more heat.
3. Place all of the ingredients in the bowl of a food processor fitted with the blade. Pulse only a few times, just enough to finely dice the ingredients and not enough to purée. If you don't have a food processor, you can finely dice by hand.
4. Place in a serving bowl. Add salt and pepper to taste. If the chilies make the salsa too hot, add some more chopped tomato. If it's not hot enough, carefully add a few of the seeds from the chilies, or add a little more ground cumin.

Source: https://www.simplyrecipes.com/recipes/fresh_tomato_salsa/

Zucchini Fritters

Ingredients:

- 4 cups shredded zucchini
- 2/3 cup all-purpose flour
- 2 large eggs, lightly beaten
- 2 Tablespoons olive oil
- Sour cream, for serving (optional)
- Green onions, for serving (optional)

Instructions:

1. Place the shredded zucchini in a colander set over a bowl and sprinkle the zucchini lightly with salt. Allow the zucchini to stand for 10 minutes. Using your hands, squeeze out as much liquid from the zucchini as possible. Transfer the zucchini to a large bowl.
2. Add the flour, eggs, 1/4 teaspoon salt and 1/8 teaspoon pepper to the bowl, stirring until the mixture is combined. Line a plate with paper towels.
3. Add the olive oil to large sauté pan set over medium heat. Once the oil is hot, scoop 3-tablespoon mounds of the zucchini mixture into the pan, pressing them lightly into rounds and spacing them at least 2 inches apart. Cook the zucchini fritters for 2 to 3 minutes, then flip them once and cook an additional 2 minutes until golden brown and cooked throughout. Transfer the zucchini fritters to the paper towel-lined plate and immediately sprinkle them with salt. Repeat the scooping and cooking process with the remaining zucchini mixture.
4. Serve the zucchini fritters topped with sour cream (optional) and chopped green onions.

Source: <https://www.justataste.com/5-ingredient-zucchini-fritters-recipe/>