



4-H Farm to Fork Camp Cookbook 2022



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Apple Madeleines

Ingredients:

- 14 tablespoons butter
- 2 small apples
- 3 eggs
- 6 tablespoons of honey
- ¼ cup milk
- 2 teaspoons ground cinnamon
- 1 tablespoon baking powder
- 2 cups all-purpose flour

Instructions:

1. Preheat oven to 350°F
2. Peel, core, and chop apples into small pieces.
3. Combine 4 tablespoons of melted butter, apples and cinnamon in an oven safe dish or baking sheet.
4. Roast the apples in the oven for about 5 minutes until softened. Remove from oven and create an apple puree with an immersion blender, food processor, or back side of fork.
5. In a large bowl, combine apple puree, eggs, milk, and honey then stir until smooth.
6. Add in sifted flour and baking powder to the mixture and mix just until smooth. Once smooth add in the remaining melted butter and mix until combined.
7. Refrigerate for at least 20 minutes to let batter cool.
8. Preheat oven to 400°F
9. Add batter to greased madeleine pan filling about 2/3 of the way to the top. The batter will rise a good bit so do not overfill. Bake for about 10 minutes or until golden brown. Enjoy!

*Muffin pan will work if you do not have a madeleine pan but cooking times may vary.

Pan Seared Trout

Ingredients:

- ½ cup halved cherry tomatoes
- 2 cloves of minced garlic (about 1 Tablespoon)
- 2 tablespoons olive oil
- 1 lb. fresh trout
- Lemon wedges
- Cajun or soul seasoning (optional)
- Salt
- Pepper

Instructions:

1. Heat large frying pan to medium high heat.
2. Add oil to warm pan and let oil heat up a minute or so.
3. Add tomatoes and garlic to pan, and sauté for a couple of minutes. Be careful not to burn the garlic.
4. Add salt, salt pepper, and any other choice of seasoning to the trout. Transfer trout to the pan. After the fish begins to golden on the cook side and it easily separates from the pan, flip the fish to the other side and continue to cook until the fish reaches minimum internal temperature of 145°F.
5. Serve fish hot on a plate smothered in tomatoes and garlic from the pan with a lemon wedge.

Potato Soup

Ingredients:

- 1 whole medium onion, diced
- 3 whole carrots, scrubbed clean and diced
- 3 stalks celery, diced
- 6 whole small russet potatoes, peeled and diced
- 8 c. low sodium chicken or vegetable broth
- 3 tbsp. all-purpose flour
- 1 c. milk
- 1/2 c. heavy cream
- 1/2 tsp. salt, more to taste
- Black pepper, to taste
- 1/2 tsp. Cajun spice mix
- 1 tsp. minced fresh parsley
- 1 c. grated cheese of your choice

Instructions:

1. Heat large pot to medium-high heat and add the onions, carrots, and celery. Stir and cook for 2 minutes or so, then add the diced potatoes. Cook for 5 minutes, seasoning with salt, pepper, and Cajun spice.
2. Pour in the broth and bring it to a gentle boil. Cook for 10 minutes, or until the potatoes are starting to get tender. Whisk together the flour and the milk, then pour into the soup and allow the soup to cook for another 5 minutes.
3. Remove half to 2/3 the soup and blend in batches in a blender/food process until completely smooth. (**USE CAUTION WHEN BLENDING HOT SOUP; IF POSSIBLE, ALLOW THE SOUP TO COOL BEFORE BLENDING**) Pour it back into the soup pot and stir to combine. Let it heat back up as you taste for seasonings, adding more of what it needs. Stir in cream, then stir in parsley, reserving a little for garnish.
4. Serve in bowls garnished with parsley, grated cheese.

Oyster Po'Boy

Ingredients:

- 8 oz can whole oysters
- 1 cup milk
- 3 tablespoons hot sauce
- ½ cup flour
- ½ cup cornmeal
- ¼ cup vegetable oil
- ¼ tsp Salt
- ¼ tsp Pepper
- ½ tsp Cajun or all-purpose seasoning
- 1 small bag of shredded lettuce
- 2 small tomatoes sliced
- Pickle chips
- ½ cup mayonnaise
- Juice from 1 lemon
- French bread loaf or hoagie roll
- 2 tablespoons spreadable butter

Instructions:

1. Drain the oysters and place in a small bowl. Cover with milk and hot sauce and let soak for 15 minutes.
2. In a small bowl mix together mayonnaise, lemon juice, salt, pepper, and Cajun seasoning. Cover and set in refrigerator until ready to assemble sandwich.
3. Heat oil over medium high heat in a frying pan. If oil begins to smoke decrease temperature.
4. Strain oysters from milk and hot sauce mixture and place in a plastic bag filled with mixture of all purpose flour and corn meal. Shake until individual oysters are evenly coated.
5. Place coated oysters in oil and cook until golden brown.
6. Assemble the Po'Boy by spreading Cajun mayo on the bread then adding lettuce, tomato, pickles, and oysters. Enjoy!

Beef and Vegetable Soup

Ingredients:

- 1 lb ground beef
- 3 cups of your favorite chopped vegetables (ex. potato, carrots, onion, peas)
- 2 quarts beef broth (may be substituted with beef bouillon)
- 2 tablespoon vegetable oil
- 1 can diced tomatoes
- Salt to taste
- Pepper to taste
- Fresh or dry herbs (optional)

Instructions:

1. Brown ground beef in a pot until it reaches internal temperature of 155°F.
2. Add oil and chopped vegetables to the pot then continue to sauté at medium heat until onions get translucent.
3. Pour in beef broth and canned tomatoes to the mixture and bring to a boil.
4. Reduce to a simmer and cook 15-20 min until vegetables are at desired tenderness.
5. Add spices to taste and enjoy!

Heritage Pineywoods Beef Liver Pâté with Bacon, Rosemary, & Thyme

Ingredients:

- 6-8 thick pieces organic nitrate free uncured applewood smoked bacon
- 1 small organic sweet onion, chopped
- 4 cloves organic garlic, minced
- 1 pound wild-foraged Heritage Pineywoods Beef liver
- 2 tablespoons fresh organic rosemary, minced
- 2 tablespoons fresh organic thyme, minced
- ½ teaspoon sea salt

Instructions:

1. Cook the bacon until crisp, remove from pan and set aside to cool.
2. Add the onion and garlic to the bacon grease and cook for 1 minute on medium-low. Top with liver and sprinkle with herbs. Cook slowly, turning several times, until the liver is no longer pink in the center. **Optional:** keep a small amount of the raw onion aside & add in Step 3 for some crunch.
3. Cool slightly. Place all ingredients into a food processor, including bacon grease from the pan, sea salt, and optional raw onion. Process to your preferred consistency, I prefer it smooth.
4. Enjoy warm, fresh from the food processor by itself or on your favorite bread or cracker. Experiment with toppings – one of my favorites is bread & butter pickles. Refrigerate leftover pâté and eat cold or reheat, as desired.