



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.