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*North Carolina Apple Growers Association
Apple Dessert Recipe Contest*

First Place: Christy Holland, Clayton

Cinnamon Apple Donut Delight

1 stick (1/2 cup) unsalted butter
1/2 cup light brown sugar
1 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. cloves
5 cups peeled, chopped apples (I prefer NC Honeycrisp, but Pink Lady or Fuji also work)
24-30 glazed cake-style donut holes, sliced in half

Preheat oven to 400°. Melt the butter in a 10-inch or 12-inch cast iron skillet over medium heat. Add brown sugar; stir until dissolved and bubbly. Stir in cinnamon, nutmeg, and cloves. Add apples to skillet and stir to coat with butter mixture. Simmer for 5 minutes, until crisp-tender. Remove from heat. Arrange donut hole halves, cut side down, on the top of the apple mixture, starting at the edge of the skillet and working inward until the entire apple mixture is covered. Place entire skillet in the oven and bake for 15 minutes, or until donut holes turn slightly brown. Remove skillet from the oven and allow to cool 5-10 minutes before serving. This is best served warm but may also be enjoyed at room temperature.

Servings: 8 Prep Time: 10 minutes Total Time: 30 minutes



★ ★ ★ ★ ★
*North Carolina
Tar Heel Double Pork Challenge*

First Place: Domina Ireland, Raleigh

Andouille & Pulled Pork Pozole Verde



2 Tbsp. avocado oil
1 large yellow onion, finely chopped
4 garlic cloves, minced
1 can (4 oz.) diced green chilies
4 andouille sausage links (12 oz. package), cubed into ¼ to ½ inch pieces
1 package (16 oz.) cooked, real pit pulled pork, drained of any liquid
(such as Brookwood Farms)
4 cups chicken stock
2 Tbsp. onion powder
2 Tbsp. garlic powder
2 Tbsp. cumin
1 tsp. white pepper
1 tsp. jalapeno powder (or green chili powder)
2 cans (15.5 oz.) garbanzo beans/chickpeas, drained and rinsed
1 jar (16 oz.) salsa Verde
1 jar (12 oz.) Recaito by Goya
Salt and pepper to taste
Garnish with sour cream and cilantro (optional)

In Dutch oven, heat oil. Add onions, garlic and green chilies then sauté for about 2 minutes until the onions become translucent. Add the andouille sausage and pulled pork and stir to combine.

Next, add the chicken stock and bring to a boil. Reduce heat to a simmer, add the dry ingredients and garbanzo beans. While simmering, pour in the salsa Verde and Recaito stirring to combine. Salt & Pepper to taste.

Let simmer for 45 minutes to an hour. Allow to cool slightly and serve. Garnish optional.

Servings: 4 Prep Time: 15 minutes Total Time: 1 Hour



★ ★ ★ ★ ★
*North Carolina Soybean Producers Association
Beat Food Boredom, Cook with Soy Contest*

First Place: Lou Mitchell, Raleigh

Tofu Stuffed Shells in Marinara Sauce with Edamame

16 oz. box jumbo pasta shells

Cook one box jumbo pasta shells according to package directions, drain and set aside.



Sautéed Vegetables:

1 medium zucchini, chopped

1 medium red onion, chopped

1 green pepper, chopped

2 cups mushrooms, chopped

2 Tbsp. Olive oil

Sauté all vegetables in olive oil until tender, 5-10 minutes; set aside.



Sauce:

2 Tbsp. olive oil

1 15 oz. can tomato sauce

1 14.5 oz. can diced tomatoes

½ cup red wine

2 cloves crushed garlic

3 cups marinara sauce

1 ½ cups edamame

3 Tbsp. sugar

Salt to taste

Sauté garlic in olive oil until fragrant, 30 seconds to 1 minute, add other ingredients and simmer until reduced by about 25%.

Filling:

1 16 oz. package extra firm tofu

3 Tbsp. basil pesto

1 12 oz. package of frozen spinach, thawed and drained

1 cup ricotta cheese

Salt to taste

Place all filling ingredients in food processor and blend until smooth.

Topping:

2 (8oz.) packages shredded Italian cheese (I use mozzarella, Romano, with a little parmesan)

Preheat oven to 350 degrees and grease a 9x13 pan. Spoon a thin layer of the sauce on the bottom of pan. Fill each shell with a spoonful of filling, place in pan. Layer sautéed vegetables on top of shells. Sprinkle with a thin layer (about 1/3) of shredded cheese. Cover with remaining sauce. Bake in oven till bubbly, about 30 minutes. Remove from oven, cover with remaining cheese. Return to oven and cook until cheese is melted and a little brown, about 10 minutes.

Servings: 10 Prep Time: 40 minutes Total Time: 1 hour, 20 minutes

★ ★ ★ ★ ★
EGGcellent Breakfast on the Go Recipe Contest
Sponsored by the North Carolina
Egg Association
First Place: Melanie Gayle Braley, Apex

On the Go Scotch Eggs

1 lb. bulk pork sausage
8 hard-boiled eggs
1 large egg
1 cup Italian breadcrumbs

Beat one large egg in a bowl. Divide sausage into 8 portions: shape into patties. Place one hard-boiled egg on each patty, shaping the sausage mixture around the egg until completely covered. Dip each sausage covered egg in raw egg, then roll in breadcrumbs until covered. Place in baking dish and bake in a preheated 350-degree oven for 40-45 minutes or until golden brown. Can be eaten cold or warm. Can be frozen for later. May be dipped in any of your favorite sauces. Great for on the go breakfast.



★ ★ ★ ★ ★
NC Beef Council Championship

First Place: Margaret Howard, Fuquay Varina

Jalapeno-Laced Pulled Beef Sliders

2 Tbsp. olive oil
3-pound beef chuck roast
2 tsp. salt and pepper
1 large onion, coarsely chopped
8 cloves garlic, minced
3/4 cup dry red wine
4 cups beef broth
3 fresh thyme sprigs
1 1/2 Tbsp. Italian seasoning
1 1/2 tsp. crushed red pepper flakes
2 Tbsp. butter
1/2 sweet red pepper, sliced in 1/4 inch strips
1/2 green pepper, sliced in 1/4 inch strips
1 large onion, sliced in 1/4 inch strips
1/2 tsp. garlic powder
2 tsp. Worcestershire sauce
3 French baguettes, cut into 3-inch segments and halved
20 slices provolone cheese
3-4 oz. sliced pickled jalapeno peppers (winner recipe used: sweet, hot peppers)



Heat olive oil over medium-high heat in a large stockpot. Brown roast on all sides. Sprinkle with salt and pepper on each side. Transfer to a large slow cooker. Add chopped onions to stockpot. Cook and stir 2-3 minutes or until lightly browned. Add garlic and continue cooking 30 seconds longer. Add wine, stirring to loosen browned bits from pan. Stir in beef stock, thyme, Italian seasoning, and red pepper flakes. Pour mixture over beef in slow cooker. Cook, covered, on low 8 hours or until beef is tender. About 1/2 hour before removing beef, sauté the onions and peppers in butter over medium heat until tender, about 20 minutes. Add 1/2 tsp. garlic powder and 2 tsp. Worcestershire sauce. Set aside. Remove roast; cool enough to handle. Remove excess fat and pull beef apart in a bowl. Stir a few tablespoons of the cooking juices into the beef to moisten. Place sliced baguettes on baking sheets, cut sides up. Broil until lightly toasted. Remove from oven; layer 1/2 slice provolone cheese on each piece. Top cheese with beef, onion/pepper mixture, and 4-5 jalapeno slices. Place tops on buns. Cover loosely with aluminum foil and bake at 350 degrees about 30 minutes, until cheese is melted. Serve with additional jalapeno slices and strained cooking liquid for dipping if desired.

*Beef can be cooked overnight, and sandwiches assembled and baked the following day prior to tailgate event.

Servings: 8 (18-20 appetizers) Prep Time: 30 mins.

Total Time: 8 hours, 30 mins. (slow cooker)

★ ★ ★ ★ ★
*North Carolina Peanut Growers Association
Peanuts Go International Recipe Contest*

First Place: Robert Mermelstein, Raleigh



Monsieur Peanut Bars

Chocolate Coating:

1 lb. high quality milk chocolate

Peanut Sable:

1 1/3 cup roasted salted NC peanuts
8 Tbsp. unsalted butter, room temperature
2/3 cup sugar
1 tsp. vanilla
1 tsp. salt
1 cup flour

Peanut Butter Mousse:

4 large eggs
7 tsp. sorghum syrup
7 tsp. honey
2 1/2 tsp. gelatin

1/4 cup water

1 1/3 cup heavy cream

1 cup plus 2 Tbsp. natural peanut butter

1/2 tsp. kosher salt

Chocolate Filling:

5 oz. high quality milk
chocolate chopped
1/4 cup chopped
roasted, salted NC
peanuts

Garnish:

Melted dark chocolate
Crushed peanuts



Make the coating: Melt the chocolate and use a pastry brush to coat the insides of the molds. Place in refrigerator to set.

Make the sable: Place the peanuts in a food processor work bowl and process until coarsely ground. Cream butter, sugar, vanilla, and salt in a mixer until completely blended. Mix flour and peanuts, add to creamed mixture, beating on low until combined. Shape the dough into a square, wrap in plastic, and refrigerate 1 hour. Roll the dough 1/4-inch thick between 2 sheets of parchment paper and freeze 30 minutes. Preheat oven to 350°F. Remove top sheet of parchment paper, cut dough to the size of mold bases, and bake 12 – 15 minutes, or until golden-brown. Remove from oven and let cool.

Make the mousse: Whisk together eggs, sorghum, and honey in a bowl over simmering water until the mixture is hot and beginning to steam. Transfer to a mixer bowl and whip on high about 10 minutes until the mixture is very airy. Meanwhile, sprinkle the gelatin over the water and let rest until dissolved. Heat the cream in a small saucepan over medium heat. Once hot, stir the gelatin into the cream. Pour the hot cream over the peanut butter and salt and stir well to combine completely. Fold 1/3 of the egg mixture into the cream. Fold the lightened peanut butter mixture into the remaining egg mixture. Pour the mousse into the chocolate shells to fill about halfway. Return to freezer for 20 minutes to set.

Make the filling: Melt the chocolate in a bowl over simmering water. Stir in the peanuts, remove from heat, and let cool 10 minutes. Spoon a little filling into each mold.

To assemble: Place a sable cookie on top of filling in each mold. Refrigerate 5 minutes. Spread a thin layer of melted chocolate over the top to enclose filling, scraping away the excess. Let chill in refrigerator at least 2 hours. Turn bars out onto a plate and pipe melted dark chocolate decoratively on bars and sprinkle with crushed peanuts.

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*NC Vegetable Growers
Recipe Challenge*

First Place: Domina Ireland, Raleigh

**Warm C.O.A.T Soup
(cauliflower, onion, asparagus, turnip)**



4 Tbsp. avocado oil, divided
1 head cauliflower, broken into florets
1 medium turnip, greens removed, cleaned, and cubed
1 cup asparagus, trimmed and chopped
1 large yellow onion, finely chopped
2 garlic cloves, finely chopped
4 cups vegetable stock, divided
1 cup buttermilk
1 Tbsp. onion powder
1 Tbsp. garlic powder
½ tsp. green chili powder (cayenne can be used)
Salt and pepper to taste
Garnish with chopped chives and sour cream (optional)



Heat oven to 400 degrees. Drizzle cauliflower, asparagus, and turnips with 2 Tbsp. of avocado oil and roast on a baking sheet for about 18 to 20 mins.

In a Dutch oven, heat remaining avocado oil then add onion and garlic. Cook until onion becomes translucent. Move contents to a bowl. With Dutch oven still hot, deglaze with ½ cup stock. Add remaining stock and bring to a light boil. Add roasted cauliflower, asparagus, and turnips. Reduce heat to low and stir in onion and garlic plus the powders. Simmer about 10 minutes. Remove from heat.

Pour half into a food processor and blend well. Add remaining mixture to the food processor and blend on low while slowly adding the buttermilk until it is smooth. Combine all back in the Dutch oven, add salt/pepper then stir, heating on low to warm back up. Pour into bowls, garnish, and eat.

Servings: 4 Prep Time: 30 minutes Total Time: 45 minutes

★ ★ ★ ★ ★
*North Carolina Pecan Association
Pecan Breakfast Recipe Contest*

First Place: Melissa Bentley, Zebulon



Olive Oil Pecan Streusel Coffee Cake

Streusel:

1 1/2 cups pecans finely chopped and toasted
1/2 cup packed brown sugar
1 Tbsp. cinnamon
1/2 tsp. salt
3 Tbsp. butter melted

Glaze:

3 Tbsp. butter
3/4 plus 2 Tbsp. confectioner sugar
1 tsp. vanilla
2 – 3 Tbsp. milk

Cake:

2 cups all-purpose flour
2 tsp. baking powder
1 tsp. salt
1 1/4 cups sugar
3 large eggs
1 Tbsp. finely grated lemon zest
1 cup extra-virgin olive oil
2/3 cup sour cream



To make streusel: Heat the oven to 350 degrees. Spread pecans on baking sheet and bake until toasted, about 5 minutes. Let cool completely. In a large bowl, mix the pecans with the brown sugar, cinnamon, salt, stir in the butter to combine.

To make cake: Butter and flour a 10 cup Bundt pan. In a medium bowl, whisk the flour with the baking powder and salt. In a large bowl, whisk together the sugar with the eggs, lemon zest until fluffy. Whisk in the oil and sour cream. Fold in the dry ingredients until smooth.

Pour one third of batter into the pan. Sprinkle half the streusel over the cake. Repeat with half of the remaining batter and all the remaining streusel. Top with remaining batter and smooth the top. Bake until edges pull away from the sides, 45 to 50 minutes. Let cool in the pan for 15 minutes, then invert on wire rack. Let cool completely.

Heat butter over medium heat, until melted and just golden brown. Remove from heat, add confectioner sugar, vanilla, and milk until pourable. Drizzle over cake. Let set, 15 minutes.

Servings: 10 Prep Time: 30 minutes Bake Time: 50 minutes

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Sweet Potato Dietary Restrictions Recipe Competition
Sponsored by the North Carolina
Sweet Potato Commission
First Place: Betsy Tankersley, Flat Rock



Buckeye Ice Cream Sundaes: Gluten-Free, Vegan-Friendly

Ice Cream:

1 ½ cups cooked, mashed sweet potatoes
 1 cup pure maple syrup
 3 Tbsp. vanilla extract
 16 oz. creamy peanut butter
 21 oz. cream of coconut *(Coco Goya Brand)
 ¼ tsp. allspice
 ½ tsp. salt

Hot Fudge Sauce:

1/3 cup coconut oil
 ¼ cup sugar
 1/3 cup cocoa powder
 1/3 cup plant-based milk substitute
 1 tsp. vanilla extract
 1 cup dairy-free chocolate chips

Whipped Cream:

15 oz. can cream of coconut *(Coco Goya Brand)
 3 Tbsp. powdered sugar
 1 tsp. vanilla extract

Topping:

1 cup gluten-free mini pretzels



To make ice cream: With a mixer, blend all ingredients together until smooth.

* Use 2 -15 oz. cans cream of coconut, drain off all the clear liquid and only add the thick, white, creamy part. Use all the white cream from 1 can and 1/3 from the second can. Place mixture in a large plastic or metal container and lay plastic wrap on top of the mixture (this will help keep ice crystals from forming on your ice cream). Place in freezer for 4 hours, stirring and recovering approximately every 30 minutes. **While you are near the freezer, place a medium mixing bowl in the freezer for 30 minutes, this will be for the whipped cream.

To make Hot Fudge Sauce: While your ice cream forms, you can make the hot fudge sauce. In a medium pot, mix the oil, sugar, cocoa, and milk substitute until combined. Bring mixture to a steady boil over medium-high heat, stirring until thickened (if it is being troublesome, some tapioca or cornstarch will help). Remove from heat and stir in the vanilla and chocolate chips until smooth.

To make Whipped Cream: While your ice cream forms, you can make the whipped cream. *Drain off the clear liquid from the cream of coconut (keeping the creamy, white part). Remove the mixing bowl from the freezer. Place cream of coconut, powdered sugar, and vanilla in bowl. Whip on medium-high speed until stiff peaks form.

Assembly: Scoop out a hearty serving of the peanut butter ice cream into a serving dish. Top with a spoonful of hot fudge sauce, then whipped cream and then sprinkle with pretzels or whatever other topping you like.

Servings: 8 Prep Time: 25 minutes

Total Time: 4 hours (to freeze ice cream), 25 minutes

★ ★ ★ ★ ★
House-Autry Mills
Bring Your Flavor: Fried Mac N Cheese Bites

First Place: Julia Truelove, Raleigh



Corn Mac Choux Fritters

For the Mac & Cheese:

- 1 Tbsp. butter
- 1/2 cup diced onions
- 1 cup fresh corn kernels
- 1 tsp. Cajun seasoning
- 2 Tbsp. flour
- 1 cup milk
- 2 cup dry macaroni, cooked according to directions
- 1 1/2 cup shredded Pepper Jack cheese

For the fritters:

- 2 cup House Autry Hushpuppy Mix with Onion
- 2 tsp. Cajun seasoning
- 1 1/2 cup milk

1 cup House Autry Hushpuppy Mix with Onion for dredging
Oil for frying

For the dipping sauce:

- 1 cup mayonnaise
- 2 Tbsp. Country Dijon mustard
- 1 tsp. Cajun seasoning
- 1 Tbsp. hot sauce
- 1 tsp. lemon juice
- 1 clove garlic, minced
- 1 green onion, thinly sliced

**To prepare the Mac & Cheese:**

In a large skillet over medium heat, melt 1 Tbsp. butter and add the onion, corn, and 1 tsp. Cajun seasoning. Sauté until onion is tender, then stir in flour and cook 1 minute. Slowly stir in 1 cup of milk. Cook 1 minute, add in cooked macaroni and Pepper Jack cheese, stirring until cheese is melted and all ingredients are well combined. Pour into a 9 x 13 dish and refrigerate until cold, at least two hours. Cut the Mac & Cheese into 32 pieces. Place them on a parchment lined cookie sheet, cover with plastic wrap and freeze for at least two hours or overnight.

Make the dipping sauce by stirring together all ingredients in a small bowl. Cover and chill until serving.

To make the fritters:

Prepare the batter by stirring together 2 cup Hushpuppy Mix and 2 tsp. Cajun seasoning in a medium bowl. Whisk in milk. In a separate bowl, add 1 cup of the Hushpuppy Mix for dredging. Heat at least 3 inches of oil in a large Dutch oven or a deep fryer to 350 degrees.

Dredge each frozen Mac & Cheese square in dry mix then dip in the batter, completely coating. Carefully lower into the hot oil and fry for 1 and a half minutes, flip and cook another 1 and a half minutes until golden brown on both sides. Cook in batches so as not to overcrowd. Remove fritters with a slotted spoon to a paper towel lined plate. Serve warm with the dipping sauce.

Makes 32 pieces