

2024 University of Wyoming



Showcase Showdown Food Cook Off Recipes



McQueen Mini Burgers

Albany County

Carter Sanders, Augustus Epler and Bryce Main

Ingredients

- 1 pound lean ground beef (90/70)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1 Tablespoon steak sauce
- 8 mini buns
- 4 slices of cheddar cheese - cut in half



Instructions

1. Preheat electric skillet to 450 degrees F
2. Add ground beef, seasonings and steak sauce to mixing bowl. Mix with clean hands until well incorporated
3. Divide meat into 8 equal parts. Roll each part into a ball and then press down into a patty. The meat will shrink during cooking, insert thumb to indent center of burger to reduce shrinkage
4. Cook burgers 2-3 minutes then flip. Cook for another minute then add sliced cheese and cook for another 1-2 minutes. Remove from pan and let rest for 5 minutes. Place on buns with desired toppings.

Serve with toppings: onion, lettuce, tomato, sliced pickles, mayo, mustard, ketchup

Frank Salad

Albany County

Carter Sanders, Augustus Epler and Bryce Main

Ingredients

- 1 small cantaloupe
- 6 oz blueberries
- 1 pound strawberries, hulled
- 2 large kiwi
- 5 oz red grapes

Instructions

1. Cut cantaloupe in half and scoop out the seeds. Slice cantaloupe and remove the rind and discard. Slice into small chunks and add to bowl.
2. Add blueberries to the bowl.
3. Remove stems from strawberries, cut strawberries into halves. Add to bowl.
4. Slice grapes in half and add to bowl.
5. Peel kiwis and slice fruit. Cut slices into quarters and add to salad.
6. Gently mix fruit together.

Crophopper Corn

Albany County

Carter Sanders, Augustus Epler and Bryce Main

Ingredients

- 3 ears of fresh corn-shucked, washed and divided into thirds
- Butter
- Salt

Instructions

1. Fill pot 1/2 full of water and place on high heat to boil with lid.
2. Shuck corn and wash ears. Break into thirds.
3. Add clean corn to boiling water. Return water to boil. Cook for 3 minutes.
4. Turn skillet on to 350 degrees and melt butter in center of pan.
5. When corn is done cooking, remove from water and place in heated buttered skillet. Toast corn until slightly brown, remove and serve.

Parmesan Panko Baked Cod Recipe

Big Horn County

Abigail Bazemore and Charlee Twitchell

Ingredients

- 1 pound cod fillet
- 2 Tbsp avocado oil mayonnaise
- 1/2 cup panko breadcrumbs
- 1/3 cup parmesan cheese grated
- 1 tsp garlic powder
- 1/2 tsp dried dill
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 egg
- lemon wedge for serving

Instructions

If fish has extra liquid on it, place it on paper towels to let them dry more.

In small bowl combine the panko, parmesan, garlic powder, dried dill, sea salt, and pepper.

Crack an egg into a bowl and beat.

Set up a breading station with four bowls in this order: bowl holding cod, bowl holding flour, bowl holding beaten egg and bowl of breading.

Working with one piece of cod at a time, dredge the cod in flour, then coat the cod in egg, and finally thoroughly coat the cod in the seasoned breadcrumbs. Repeat until all of the cod is breaded.

Heat a 10-12 inch nonstick pan on medium heat and add the oil. Once the oil begins to shimmer, add the cod spaced evenly in the pan. Pan fry for 5 minutes. Rotate each piece of cod 180 degrees 1/2 way through to evenly brown the top.

After 5 minutes flip the cod and set heat to medium-low. Pan fry for another 5 minutes, once again rotate the cod 1/2 way through to evenly cook.

Serve with Mango salsa (see recipe) and fresh lemon wedges.

4 Servings 256 KCalories



5 Minute Mango Salsa
Big Horn County
Abigail Bazemore and Charlee Twitchell

Ingredients

- 1 mango, diced (about 2 cups)
- 1/2 cup red bell pepper, diced
- 1/4 cup red onion, diced
- 1 small Jalapeno pepper (seeds removed and diced finely)
- 2 tsp lime juice
- 1/4 cup parsley or cilantro, chopped
- 1 pinch red pepper flakes for garnish
- salt to taste
- black pepper to taste

Instructions

1. Add all ingredients to a bowl. Taste for seasoning and add salt and pepper to taste.
2. Let sit in the fridge for 10 minutes for flavors to blend.
3. Serve on top or on the side.

4 Servings 69 Calories



Rice Cooker Rice Pilaf
Big Horn County
Abigail Bazemore and Charlee Twitchell

Ingredients

- 1 cup Jasmine Rice
- 1 cup mushrooms, diced
- 1 1/4 cup chicken broth
- 1/4 cup onion, chopped
- 1/4 cup slivered almonds
- 1 Tbsp butter
- 1 clove garlic, minced
- 1 bay leaf
- 1/2 tsp kosher salt

Instructions

1. Wash and rinse rice well.
2. Add rice, mushrooms, chicken broth, onion, garlic, butter, bay leaf, almonds and kosher salt to rice cooker. Stir ingredients together well.
3. Set the cooker to cook on the white rice cooking function.
4. Fluff rice with small plastic spoon and serve.

Skillet Italian Meatballs

Big Horn County

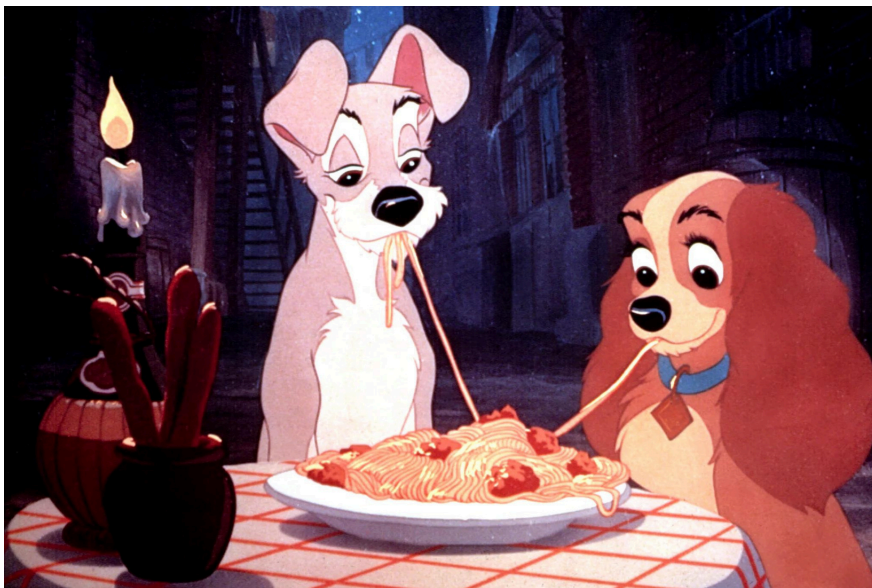
Ava Wennberg and Brooklyn Winters

Ingredients

- 1 pound ground beef
- 1/2 pound ground pork
- 1 large egg
- 1/4 cup plain breadcrumbs
- 2 Tbsp grated parmesan cheese
- 1 small onion diced small (about 1/3-1/2 cup)
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- 1 tsp salt
- 1/2 tsp pepper
- garlic salt for sprinkling on top
- 1 Tbsp olive oil
- 1 24-28 oz jar of marinara sauce
- Optional - mushrooms

Instructions

1. Mix all ingredients (besides the garlic salt and olive oil) in a large bowl with clean hands until combined.
 2. Roll the mixture into 1-inch meatballs (around 25-30). Sprinkle the tops lightly with garlic salt.
 3. Heat the olive oil in a large cast-iron skillet over medium heat. Add the meatballs and cook for around 5-7 minutes - or until the meatballs are cooked.
 4. Pour the marinara sauce on top, mix and wait for the sauce to simmer and completely warmed through.
 5. Serve on a bed of spaghetti, penne or even zoodles!
- 4 Servings 363 Kcal (7-8 meatballs - pasta not included)



Monte Cristo Sandwich

Natrona County

Wolf, Haigler, and Danford

Ingredients

- 1 egg
- 1 3/4 Cups plus 2 tablespoons water
- 1 3/4 cups flour
- 1/4 teaspoon salt
- 8 slices egg bread (Challah works well), sliced 1/2 inch thick
- 2/3 pound ham cut into 4 slices
- 2/3 pound turkey, cut into 4 slices
- 1/4 pound swiss cheese, 4 slices
- 3 cups canola oil
- Confectioners' Sugar
- Blackberry Preserves

Instructions

1. Line a cookie sheet with paper towels; set aside.
2. Whisk the egg and water together in a mixing bowl. Add flour, salt, and baking powder and whisk thoroughly, scraping the side of bowl. Continue to whisk for 20 minutes, until smooth.
3. On one slice of bread arrange a slice each of ham, turkey, and cheese, covering the bread evenly. Place another slice of bread on top and slice the sandwich in half diagonally.
4. Heat oil to between 365 degrees and 375 degrees in a 10-inch pan. Do not let the oil reach a higher temperature than this; if the oil starts to smoke, turn the heat down. Dip half of the sandwich into the batter, allowing excess to drain, and very carefully place into the oil. Repeat with the other sandwich half. Cook 3 minutes on each side. Place the cooked sandwich on the prepared cookie sheet in a warm oven until ready to serve. Repeat for the other three sandwiches. Cook the sandwiches one at a time and allow the oil to reach the desired temperature in between each batch.
5. Sprinkle sandwiches with confectioners' sugar and serve with blackberry preserves on the side.

Horrible Wholesome Sunshine Salad

Natrona County

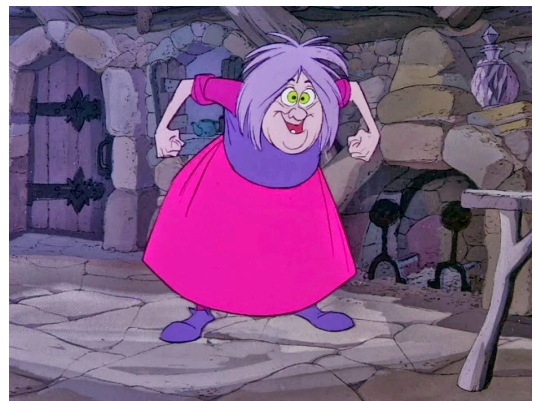
Wolf, Haigler, and Danford

Ingredients

- 8 naval Oranges, Blood Oranges, and/or grapefruit
- 2 tablespoons honey
- 2 tablespoons apple cider vinegar
- 1/4 cup olive oil
- Salt and Pepper, to taste
- 2 tablespoons chopped fresh mint
- 1 tablespoon chopped fresh basil
- 3 tablespoons crumbled feta or goat cheese

Instructions

1. Prepare the citrus. Peel each fruit with a knife, making sure to remove all the pith, then cut slices about 1/4 inch thick. Arrange on a serving tray.
2. Prepare the dressing. In a small bowl, combine the honey, vinegar, olive oil, salt, and pepper, Whisk until emulsified.
3. Drizzle the dressing over the fruit, then top with the herbs and cheese. Serve immediately.



Princess Tiana's Gumbo and Beignets

Albany County

Taylor Kimzey and Audrey Olson

Ingredients (Gumbo)

- 3/4 cup vegetable oil
- 1 cup all purpose flour
- 1 small green pepper, diced
- 1 onion, diced
- 3 stalks of celery, trimmed and diced
- 1 tsp salt
- 1/2 tsp black pepper
- 5-6 cups low sodium chicken stock
- 1 bay leaf
- 12 oz smoked Andouille sausage cut into 1/4 inch slices
- 4 cooked boneless, skinless chicken breast cut into 1/2 inch cubes
- 1 pound peeled and deveined shrimp
- 2 Tbsp Tabasco sauce
- 1 cup Minute Rice
- 1 cup boiling water

Instructions

1. Place the sausage in a skillet and heat it over medium-high heat. Cook the sausage slices for 2-3 minutes per side until browned. Remove from the pan and set aside.
2. Add the oil to a large, heavy-bottomed pot set over medium-low heat. Add the flour and start stirring. Keep cooking and stirring. Keep cooking and stirring for about 20-30 minutes until the roux has a deep, dark color. Make sure you don't burn your roux as that will ruin the taste of the Gumbo.
3. Next, stir in the green bell peppers, onion, celery, salt and pepper. Cook for 1 minute.
4. Mix in 5 1/2 cups of chicken broth. Add the bay leaf and stir well to combine. Let the gumbo come to a boil and cook for 5-7 minutes. Remove any foam that floats to the top.
5. Add the chicken, Andouille sausage, and shrimp. Cook for 3-5 minutes until the shrimp are tender. If the Gumbo seems too thick, add the remaining 1/2 cup of chicken broth.
6. Serve over white rice and enjoy.

Ingredients (Beignets)

- 3 cups flour (divided)
- 1/3 cup sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp nutmeg
- 1 cup buttermilk
- 1/3 cup water
- 1 egg, beaten
- 1/2 tsp vanilla extract
- vegetable oil for frying
- confectioner's sugar for dusting



Instructions

1. Combine 2 3/4 cups of flour with sugar, baking powder, baking soda, salt and nutmeg. Whisk everything together.
2. In a large bowl, whisk together buttermilk, 1/3 cup water, egg, and vanilla extract.
3. Add wet ingredients to dry and combine with a wooden spoon.
4. Use some of the remaining flour to dust your work surface. Place the dough on the flour and pat into a large, 1/2 inch thick square. Dust the top with more flour if it gets sticky. Slice the dough into 2 1/2 inch squares.
5. Carefully drop 3 dough squares at a time into the hot oil. Fry for 3 minutes, until golden brown. Turn over and continue frying for 3 minutes. Transfer using a slotted spoon to a wire rack set over paper towels to drain.
6. Dust with powdered sugar and serve warm.

Hawaiian Chicken Skillet

Big Horn County

Chase Allen, Bret Winters and Michael Broederlow

Ingredients

- 1 1/4 pound boneless, skinless chicken breasts, cut into 1- inch cubes
- 4 slices thick-cut bacon
- 1/2 cup diced red onion
- 1 Tbsp grated fresh ginger
- 1 large red bell pepper, seeded and cut into 1-inch pieces
- 20 oz can pineapple chunks
- 1/2 cup BBQ sauce
- 2 Tbsp low-sodium soy sauce
- 1/4 cup chopped scallions

Instructions

1. Place the bacon in a large skillet and set over medium heat. Break the pieces apart with a wooden spoon and cook until reddish-brown - 5 minutes.
2. Add the onions and grated ginger. Sauté for 1 minute. Then add in the chicken pieces. Stir and cook for 2-3 minutes. Then push the chicken to the sides of the pan and add the bell pepper.
3. Sear the peppers for 2-3 minutes. Then add in the pineapple chunks, BBQ sauce and soy sauce. Stir well to coat and simmer for 4-5 minutes. Sprinkle with scallions. Serve warm with a salad or side of rice.
4. Rice: Add chicken bouillon cube to water or chicken broth to minute rice. Cook until tender.

6 Servings 292 Kcal not including rice or salad



Magic Lamp Curry (Aladdin)

Lincoln County

Tawny Albins, Richlee Stewart, and Henley Scherr

Ingredients

- 1 Tbsp vegetable oil
- 1 chicken breast, cut into bite-size pieces
- 1 onion, chopped
- 2 Tbsp butter
- 1 1/2 Tbsp curry powder
- 1/4 tsp garlic powder
- 1 (13.5 oz) can coconut milk
- 1/2 cup raisins
- 1/2 apple, peeled and grated
- 1 packed cup fresh baby spinach

Instructions

1. Heat the vegetable oil in a large frying pan over high heat. Cook the chicken and onion in the pan, stirring often, for 6-7 minutes to lightly brown the meat. Transfer the chicken and onion to a bowl and set it aside.
2. Pour any leftover liquid out of the pan and into a leak-proof container. Turn the heat down to low and melt the butter in the pan. Stir in the curry and garlic powder and cook until the mixture starts to bubble (about 1 or 2 minutes).
3. Stir in the coconut milk, raisins, and grated apple. Then add the chicken and onion back in. Cover the pan and simmer the chicken curry for 10 minutes.
4. Stir in the fresh baby spinach and simmer for 2 more minutes. Serve the curry on its own or with rice.

*Note: Just like Aladdin's friend the Genie, this spicy, golden curry sauce can fulfill three dinner wishes. You can make it with chicken (simply follow the recipe) or beef (substitute 1/2 lb of sliced sirloin tips for the chicken). Or, for a yummy veggie version, leave out the meat and double the spinach.



Monana SAILBOATS Tacos

Albany County

Kate Sanders and Gracyn Hoff

Ingredients

- 1 pound lean ground beef
- 1 Tbsp chili powder
- 1 1/2 tsp ground cumin
- 1 tsp salt
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp dried oregano
- 1/2 cup water



Instructions

Taco Meat

Heat a large skillet over medium heat. Brown the ground beef for about 5 minutes, breaking up the meat into small pieces. Cook until meat is no longer pink. Drain off any excess grease. Measure in a small bowl chili powder, cumin, salt, paprika, garlic powder, onion powder, and oregano. Add seasoning to ground beef. Pour in the water and stir till mixed thoroughly. Let the meat simmer for 5 minutes or until thickened. Turn off heat and set aside.

Toppings

1. Slice thin slices of lettuce from head.
2. Shred cheese with shredder.
3. Use can opener to open can of olives and beans, Strain the liquid out of can.
4. Rinse the black beans.
5. Slice cherry tomatoes into quarters.
6. Cut avocado in half and remove seed. Slice the avocado and spoon out of peel.
7. Slice onion in half. Set 1/2 aside. Dice 1/2 onion.

Serving

1 package soft tortilla bowls
iceberg lettuce, finely shredded
1 cup shredded cheese
1 can black olives
1 can black beans
handful cherry tomatoes
1 avocado, sliced
1/4 sweet onion, diced
sour cream
salsa

Fill tortilla bowl with lettuce, onion, olives, taco meat, cheese, avocado, and tomato. Garnish with dollop of sour cream and salsa.

Pineapple Pork Chop with Sweet Potato Mash and Sauteed Vegetables

Platte County

Abbigail Alexander, Ashley Alexander and Ciel Jenkins

Ingredients

Pork Chop Ingredients

- 2 Thick Cut Boneless Pork Chops
- 1 Teaspoon EACH: garlic salt and onion powder
- ½ Teaspoon EACH: pepper and paprika
- 2 Tablespoon Olive Oil
- 20 ounce can of unsweetened pineapple tidbits, juice and fruit
- 2 Tablespoon honey
- ¼ Cup Soy Sauce
- 1 Teaspoons minced garlic
- 1 Teaspoon minced fresh ginger

Sweet Potato Mash Ingredients

- 1 sweet potato, peeled and chopped into chunks
- 1 Teaspoon Paprika
- ½ Teaspoon Salt
- ¼ Teaspoon chili powder
- ¼ Teaspoon garlic powder
- 1 Tablespoon butter
- 1 Tablespoon milk

Sautéed Vegetable Ingredients

- ½ Onion in bite size pieces
- ½ Sweet Pepper in bite size pieces
- ½ 16 oz bag frozen whole green beans

Pork Chop Instructions

1. Season pork chops on both sides with garlic salt, onion powder, pepper, and paprika.
2. Heat oil in a large, non-stick frying pan over medium-high heat. Add pork chops and sear for 4-5 minutes, or until golden on one side.
3. While the chops are searing, in a medium sized mixing bowl, add the pineapple tidbits, honey, soy sauce, ginger, and garlic. Whisk to mix.
4. Flip the pork chops over, then pour the sauce into the pan. Continue to cook the pork chops until they reach an internal temperature of 145 degrees Fahrenheit and the pineapple sauce has reduced and thickened, about 10 minutes. If the sauce gets too thick, add a splash of water.
5. Drizzle with soy sauce as desired to serve.

Sweet Potato Mash Instructions

1. Peel and cube sweet potato.
2. Place in rice cooker inner pot, cover with water.
3. Close lid, press steam/cook button, and steam for 20 minutes.
4. Remove potatoes from pot, drain water.
5. Mash potato, butter, milk, and spices with a fork or potato masher. Mix well.

Sautéed Vegetables Instructions

1. Chop ½ onion and 1/2 pepper into bite size pieces.
2. Add vegetables to frying pan with pork chops. Sauté onions, peppers, and green beans until tender crisp.
3. Remove from heat, serve



Grilled Hawaiian Chicken Teriyaki

Wind River Reservation

Yesenia Carrillo and Blue Moccasins Soldier Wolf

Ingredients

- 6 chicken tenders or 3 breasts
- 2 zucchini
- 2 bell peppers
- 1/2 pineapple
- 1 red onion
- 1 batch Coconut rice

Teriyaki Sauce:

- 1/2 cup soy sauce
- 2 Tablespoons rice vinegar
- 1 Tablespoon sesame oil
- 1/4 cup + 1 Tablespoon light brown sugar
- 1 Tablespoon honey
- 3/4 teaspoon ground ginger
- 1 clove garlic
- 2 teaspoons cornstarch mixed with 2 teaspoons water
- 1/4 teaspoon crushed pepper flakes

Instructions

1. Make the coconut rice.
2. Make the teriyaki sauce by adding all the sauce ingredients to a small saucepan over medium heat. Bring to a boil, stirring constantly, and boil for about 1 minute. The sauce should be thick enough to coat the back of a spoon.
3. Pour 1/4 cup of the teriyaki sauce over the raw chicken and set aside to marinate for at least 15 minutes.
4. Preheat a grill or grill pan. If you have a vegetable grill basket to grill the vegetables in, then chop them and grill them in the basket. If not, cut them into large pieces and will not fall through the grill grates.
5. Drizzle some olive oil over the vegetables and over the pineapple spears. Grill the vegetables for just a few minutes on each side then remove to plate.
6. Grill the pineapple next by placing the pineapple spears directly on the grill. Grill for about 2 minutes on each side and remove to plate.
7. Lastly, place the chicken on the grill. Cook on each side until cooked through. Remove to a plate to rest before slicing.
8. To Assemble: Add coconut rice to a serving bowl. Top with veggies, pineapple and chicken. Drizzle teriyaki sauce on top.



Coco Fajitas
Albany County
Jade Davis and Kolby Van Buren

Ingredients

- 1 pound beef flank steak
- ½ cup of water
- ½ cup of claudes marinade
- 2 tablespoons olive oil
- 1 red bell pepper
- 1 yellow bell pepper
- 1 yellow onion (Reserve 2 TBS for guacamole)
- 1 cup Colby jack cheese
- 10-4in flour tortillas



Instructions

1. Slice steak into even thin strips.
2. Mix water and marinade in bowl and add steak strips, then set aside to prep rest of ingredients.
3. Slice the bell peppers and onion. Grate the cheese.
4. In skillet add the 2 tablespoons of oil and heat up. Once hot add the bell peppers and onion. Cook until onion is translucent and peppers are soft. Set aside when done.
5. In same pan cook the steak strips to 140 degrees, check with a thermometer.
6. Once meat is cooked all the way, put a scoop in tortilla then layer on some cooked bell peppers, then sprinkle on the cheese.
7. Fold tortilla in half and put in hot skillet to melt cheese. Serve and enjoy.

Lime Crema Sauce

- 8oz sour cream
- 1 clove garlic
- 1 tsp lime zest
- 1 T lime juice
- ¼ tsp salt

Instructions

1. Zest the lime and squeeze the juice out.
2. In a bowl combine all ingredients until well combined. Set aside until ready to drizzle on the fajitas at final plating.

Guacamole

- 3 ripe avocados
- 2 TBS yellow onion
- ¾ tsp salt
- 1 garlic glove
- 4 tsp lime juice
- 1 tsp cilantro
- ¼ Cup rotel

Instructions

1. Using a chopper chop the onions and cilantro, set aside.
2. In a bowl, mash the avocados, using a garlic press to add the garlic, add salt, lime juice onion, cilantro and rotel. Mix well and set aside.

Coco Fajitas - Continued

Albany County
Jade Davis and Kolby Van Buren

Elote

- 15 oz canned corn
- ½ tsp unsalted butter
- 1 tablespoon mayo
- 1 tablespoon sour cream
- 1/3 cup cotija cheese
- 2 tsp tajin
- 2 tablespoons chopped cilantro

Instructions

1. Drain the corn, melt butter in a skillet over medium high heat. Grill corn for 3-4 minutes until corn turns golden brown. Allow corn to cool.
2. Meanwhile, stir together the mayo and sour cream in small bowl. Chop cilantro.
3. Once corn is cool stir together the mayo/sour cream sauce into it. Top with cotija and tajin.

Garnish:

- Cilantro
- 4 tomatoes
- 4 limes



The Frog Prince's Favorite Jambalaya

Albany County

Karsten Ewell, Ty Ewell and Connor Kimzey

Ingredients

- 1 Tablespoon oil (vegetable or Canola)
- 1 pound Andouille Sausage
- 1.5 pounds boneless skinless chicken breast, cut into bite sized pieces
- 2 tablespoons all-purpose flour
- 1 yellow or white onion, chopped
- 4 green onions, chopped
- 4 garlic cloves', finely minced (or equivalent)
- 3 ribs celery, chopped
- 1 green bell pepper chopped
- 1 ½ teaspoon dried basil
- 1 teaspoon salt
- ½ teaspoon fresh ground black pepper
- ¼ teaspoon cayenne pepper (optional)
- 14.5-ounce can of diced tomatoes
- 2 ½ cups chicken broth
- 1 ¼ cup long grain white rice

Instructions

Add rice and chicken broth to rice cooker.

Cut chicken, sausage and vegetables.

In a large skillet, add oil over medium high heat. Once hot, add the chicken and cook, flipping once or twice to brown on all sides. Remove chicken to a separate bowl. Add sausage and cook until browned on both sides. Add chicken to the bowl with chicken.

Reduce heat to medium, add butter and flour to the pan, and stir well, scraping. Add onion, garlic, celery, bell peppers and sauté for 3 minutes.

Add basil, Cajun seasoning, diced tomatoes, salt, peppers, and stir well to combine. Add cooked rice and meat to the pan and mix well. Reduce heat to low and simmer as necessary to reduce any remaining liquid.



Loco Moco

Wind River Reservation

Alfred Shakespear, Wyatt SunRhoades and Reico Shakespeare

Ingredients

For the rice

- 2 cups white medium grain rice
- 2 cups water

For the gravy

- 2 cups beef stock
- 3 Tablespoon cornstarch
- 1 teaspoon onion powder
- 1 teaspoon shoyu
- 1 teaspoon beef bouillon paste
- 1 Tablespoon heavy cream

For the burger

- 2 pounds ground beef
- 1 egg
- ¼ cup diced onion
- 2 Tablespoons ketchup
- 2 Tablespoons mayonnaise
- salt and pepper to taste

For the egg

- cooking oil of choice
- 6 large eggs
- salt and pepper to taste



Instructions

1. Rinse rice with cool, running water until the water runs clear. Please rinsed rice and fresh water into a rice pot. Cook the rice in the cooker until completed.
2. While the rice is cooking start the brown gravy. To a small pot add beef stock, cornstarch, onion powder, shoyu, and beef bouillon paste. Whisk to combine. Continue cooking until thickened. Once thickened remove from heat and stir in heavy cream. Set aside.
3. Next, in a large bowl add ground beef, egg, onion, panko, ketchup, mayonnaise, salt and pepper. Mix until well combined. Form ground beef mixture into patties and place in a large pan over medium heat. Cook until browned, then flip and repeat until all the patties have cooked.
4. While the patties are cooking, begin to prepare the egg. In a small pan, add the cooking oil of choice. Carefully crack the egg into the pan. Add salt and pepper. Cook until edges just start to brown up. Carefully flip the egg being cautious not to crack the yolk. Repeat cooking on the other side. Remove from the pan and set aside. Continue with the remaining eggs.
5. To assemble: add on scoop of rice, next the burger, cover with brown gravy, and top with the egg.



Pua Hawaiian Pork Sliders

Laramie County

Bethany and Levi Gasner

Ingredients

1 Tbsp olive oil
1/4 green pepper chopped
1/4 sweet onion chopped
1/2 pound of ground pork
Hawaiian BBQ Sauce

Hawaiian BBQ Sauce

1/2 cup ketchup
1/2 cup brown sugar
1/4 cup low sodium soy sauce
1/4 cup pineapple juice
~~2 cloves of garlic~~ 1 1/2 tsp of jarred minced garlic substitution
~~1 Tbsp ginger (finely grated)~~ 1/4 tsp ground ginger substitution
1 Tbsp rice wine vinegar
1 Tbsp sesame oil
1 tsp Sriracha Sauce
Salt to taste



Sesame Chicken Ramen Skillet

Laramie County

Jocie Bowen, Leah Martens, and Landon Schei

Ingredients

- 1/2 cup low-sodium soy sauce
- 1/4 cup honey
- 1/4 cup rice wine vinegar
- 1 Tbsp sriracha
- 2 tsp sesame oil
- 2 cloves garlic minced
- 4 green onions, thinly sliced (divided)
- 2 tsp sesame seeds
- Kosher salt
- 2 Tbsp vegetable oil
- 3/4 pound boneless skinless chicken breasts, cut into 1 inch cubes
- freshly ground black pepper
- 1 cup cornstarch
- 1 head of broccoli, cut into small florets
- 3 packets ramen noodles (seasonings discarded), cooked

Instructions

1. In a medium bowl, whisk together soy sauce, honey, rice wine vinegar, Sriracha, sesame oil, garlic, most of the green onions, sesame seeds, and a pinch of salt. Set aside.
2. In a large skillet over medium-high heat, heat oil. Meanwhile, season chicken with salt and pepper and toss in cornstarch until evenly coated. When oil is hot, cook chicken in batches until golden brown and crispy, 8 to 10 minutes. Drain on paper towels.
3. Add soy sauce mixture and bring to simmer, then stir in broccoli and cook until crisp-tender, about 2 minutes. Add the cooked chicken and ramen noodles and toss to coat. Garnish with remaining green onions before serving.



Princess and the Frog Shrimp Etouffee

Lincoln County

Alexander Pringle and Easton Albins

Ingredients

- | | |
|--|---|
| 1 1/2 pounds medium shrimp peeled and deveined | 4 cloves garlic, minced |
| 1 Tbsp Cajun seasoning | 3 cups shrimp stock or chicken broth |
| 1 Tbsp vegetable oil | 2 cups tomatoes fresh (not canned), diced |
| 1/3 cup butter | 3 Tbsp Worcestershire sauce |
| 1/3 cup flour | 2 bay leaves |
| 1 small onion, chopped | salt and pepper to taste |
| 1/2 bell pepper, chopped | 1/4 cup green onion |
| 2 ribs celery, chopped | 1/4 cup parsley |
| 1/4 tsp thyme | 1/2 lemon juiced |

Instructions

1. Toss shrimp with Cajun seasoning. Heat oil over medium-high heat and add shrimp. Cook until shrimp just begins to turn pink, about 2 minutes. Remove from pan and set aside.
2. Melt butter over medium heat in a large skillet. Stir in flour and cook until the flour becomes the color of peanut butter, about 6-8 minutes.
3. Add onions, bell pepper, celery, thyme, and garlic. Cook until slightly softened. Stir in the broth/stock a bit at a time until smooth.
4. Add tomatoes, Worcestershire and bay leaves and return to a boil. Reduce heat to low and simmer uncovered about 20 minutes. Add salt and pepper to taste.
5. Stir in the green onions, parsley, lemon juice and shrimp with any juices. Cook just until shrimp is heated through, do not overcook.
6. Serve over rice.

***** For more flavor, shell your own shrimp. Add shells (and heads), add to chicken broth and simmer on low 20 minutes. Strain and discard shells. Use this broth in place of chicken broth.

Do not overcook shrimp, cook just until pink on each side in step 1. The shrimp will finish cooking through when reheating.

4 Servings 458 Calories



Moana Chicken Quesadillas

Goshen County

Paislee Erskine, Annabelle Duffy and Charlee Smith

Ingredients

Tortillas

- 3 cup flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/3 cup extra virgin olive oil
- 1 cup warm water

Instructions

1. Combine flour, salt and baking powder in bowl of mixer. Using dough hook, mix dry ingredients until combined.
2. Add oil and water with mixer running at medium speed. After about 1 minute or when mixture comes together and begins to form a ball, decrease mixing speed to low. Continue mixing for 1 minute or until dough is smooth.
3. Transfer dough to a lightly floured work surface. Divide into 16 equal portions. Turn each piece to coat with flour. Form each piece into a ball and flatten with the palm of your hand. Cover flattened balls of dough with a clean kitchen towel and allow to rest for at least 15 minutes (or as much as 2 hours) before proceeding.
4. Heat a large pan on medium. Roll each dough piece into a rough circle, about 6 inches in diameter (use parchment paper between layers).
5. When the pan is hot, place one dough circle into the pan and allow to cook for about 45 seconds or until the bottom has a few pale brown spots. If browning too quickly turn down the heat. Flip to the other side and cook for 20 seconds.
6. Remove from pan and stack in covered container or zippered bag to keep soft.

From thecafesucrefarine.com

Chicken

- 1/2 cup pineapple juice
- 1/2 cup brown sugar
- 6 tablespoons ketchup
- 6 tablespoons soy sauce
- 3 tablespoons chicken broth
- 1 1/4 teaspoons ginger
- 3/4 teaspoon garlic
- 2 lbs boneless, skinless chicken breast

Instructions

1. In large bowl, whisk together the pineapple juice, brown sugar, ketchup, soy sauce, chicken broth, ginger and garlic. Reserve 1 cup of the marinade and set aside in separate bowl. Add chicken to large bowl and coat thoroughly. Cover and refrigerate for 10 minutes.
2. Heat pan on medium heat and spray with non-stick cooking spray. Drain chicken and discard marinade, cook for 6 to 8 minutes on each side or until no longer pink and meat thermometer reads 165 degrees. Baste with reserved marinade occasionally as cooking.
3. Remove cooked chicken and dice into small pieces.

From asimplepantry.com



Moana Chicken Quesadillas - Continued

Goshen County

Paislee Erskine, Annabelle Duffy and Charlee Smith

Ingredients

Salsa

- 3 cups diced pineapple
- 1 jalapeno pepper, seeded and minced
- 1/4 cup cilantro, finely chopped
- 1/2 cup red onion, finely chopped
- 3 large limes, juiced
- 1 teaspoon chili powder, optional
- 1/2 teaspoon salt
- black pepper, to taste
- 1. In bowl, combine all ingredients and refrigerate for at least 15 minutes.
- 2. Refrigerate covered for up to 2 days.

From ifoodreal.com

Quesadilla

- Tortillas from above
- Chicken from above
- 2 cups shredded cheddar cheese

Instructions

1. Heat pan on low/medium heat. Lay out tortillas, spread a scoop of the chicken on half of the tortilla. Sprinkle cheese on top of chicken. Close the tortilla by folding over in half.
2. Spray pan with non-stick spray and place in the quesadilla in the pan and cook for 2 to 3 minutes, until browned. Flip to the other side and cook for 1 to 2 minutes.
3. Remove from the pan and serve with salsa.

