

Marks Remarks by Mark Rowen Lincoln County Educator 7-10-08

Lincoln, Turner and Union Counties held the Special Foods event at the Lennox School. All of our Lincoln County participants received purple ribbons and are eligible to move on to State competition at the South Dakota State Fair. Congratulations and here are the prize winning recipes from our Lincoln County 4-H members. If any of the public is interested in the other county recipes stop into the Lincoln County Extension office in the basement of the new courthouse for a book of all of the 2008 Special Food recipes in the event.

## **Crazy Noodle Pork Delight**

**Daniel Bogue – Lincoln County**

1 lb pork tender loin cut into pieces	1 tbsp vegetable oil
1 medium red pepper chopped	1 ½ cups water
1 cup broccoli florets	1 tbsp minced fresh parsley
4 green onions minced	1 tbsp soy sauce
2 packages (3 oz each) pork or oriental flavor ramen noodles	

In a large skillet cook pork, pepper, broccoli and onions in oil until meat is no longer pink. Add the water and noodles with contents of seasoning packets, parsley, and soy sauce. Bring to boil. Reduce heat; cook for 3-4 minutes until noodles are tender.

## **Tropical Fruit Smoothie**

**Amanda Lofland – Lincoln County**

1 cup skim milk	1 cup pineapple chunks
1 cup frozen strawberries	1 banana

Freeze fruit the night before: no ice. Put fruit and milk in blender for 1-2 minutes. Pour into pitcher, and then glasses. Garnish with whip cream and serve. Yields: 2 servings.

## **Fire Cracker Beef Burger**

**Alyssa Bogue – Lincoln County**

1 lb. ground beef	4 slices of bacon cooked and cut
¼ tsp chef secret seasoning	4 tbsp shredded Cheddar cheese
3 tbsp ranch dressing	4 hamburger buns

Mix burger, 2 tablespoons ranch dressing and chef's secret. Mix bacon with 1 tablespoon ranch dressing and cheddar cheese. Top 4 of the patties with bacon mixture, top with 2<sup>nd</sup> pattie. Fry on medium heat, flip half way through.

## **Crispy Crusted Walleye**

**Liz Dahl – Lincoln County**

1 cup sliced pre-boiled potatoes  
1 cup leeks, chopped (onions)  
½ cup red and green peppers, chopped  
4 walleye fillets (3-4 oz each)  
½ cup coarse bread crumbs  
½ cup grated Parmesan cheese  
½ cup plain potato chips, crushed  
½ tsp paprika  
2 tbsp butter  
lemon wedges

Combine veggies and put in greased baking dish. Arrange filler on top of veggies. Combine crumbs, potato chips, paprika with melted butter. Bake at 450 degrees for 20 minutes or until fillets flake with fork easily. Serve with lemon wedges. Good with lemon snap peas.

## **Stromboli**

**Aryca Lothrop – Lincoln County**

2 cans crescent rolls  
4 oz ham  
4 oz Canadian bacon, diced  
1 cup mozzarella cheese, shredded or grated  
6 oz pizza sauce  
¼ teaspoon Italian seasoning  
¼ cup of onions, chopped  
½ cup of green pepper, chopped  
½ cup of black olives, chopped  
½ cup of mushrooms, sliced

Preheat oven to 350 degrees. Mix all ingredients together except crescent rolls in a bowl and set aside. Arrange crescent triangles on pizza pan a circle overlapping center. Roll overlapping edges flat. Spoon filling over triangles evenly. Fold points of triangles over filling and tuck under bases of the center. Filling will not be covered. Bake for 25-30 minutes. Serves 4-6

## **Mozzarella Pork Roll Ups**

**Matthew Bogue – Lincoln County**

1 lb bulk Italian sausage  
1 medium green pepper, chopped  
1 tablespoon minced onion  
1 cup (8 oz) pizza sauce  
28 slices pepperoni  
½ teaspoon dried oregano  
6 flour tortillas (10 inches)  
6 pieces (1 oz each) string cheese

In a large skillet, cook the pork sausage, green peppers, and onion over medium heat until meat is no longer pink; drain. Stir in the pizza sauce, pepperoni, and oregano. Spoon about ½ cup pork sausage mixture off-center on each tortilla; top with a piece of string cheese. Fold on side of each tortilla over filling and roll up from the opposite side. Place seam side down on an ungreased baking sheet. Bake at 350 degrees for 10 minutes or until heated through and cheese is melted.

## **Italian Pork Chops**

**Kirista Smit – Lincoln County**

½ cup original Bisquick mix

½ cup Italian Dressing

½ cup Progresso garlic herb bread crumbs

4 Pork boneless loin chops ½ in thick

2 tbsp vegetable oil or virgin olive oil

Place Bisquick mix, dressing, and bread crumbs in separate shallow bowls. Coat pork chops with Bisquick mix. Dip coated pork chops into dressing then coat with bread crumbs.

Heat oil in 12-inch nonstick skillet over med-high heat. Cook pork in oil about 5 minutes or until golden brown, reduce heat to low. Carefully turn pork. Cook 10-15 minutes longer or until pork is no longer pink in center. Serve immediately.

## **Frosty Fruit N Yogurt Parfait**

**Corissa Sweeter – Lincoln County**

2 cups yogurt

1 cup strawberries

2 tbsp granola

Wash and slice strawberries. Measure ½ cup yogurt into two separate glasses. Layer ½ cup strawberries into each and add additional ½ cup yogurt on top. Sprinkle 1 tablespoon granola on top of each.