

СООКВООК

featuring recipes by Food & Swine blogger Cristen Clark



Family-friendly recipes inspired by the Iowa State Fair.





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THE IOWA FOOD & FAMILY PROJECT

invites you to join us for some straight talk about food. We explore how food is grown around the state and introduce the people who make it happen, 365 days a year. We're fortunate to have so many menu choices and the confidence that our food is safe, affordable and delicious!

Have a question about food or agriculture? We'll point you to a local farmer or dietitian for more information. Interested in visiting a farm? You can try your hand at driving a combine during a personalized farm tour for your family or friends. Looking for dinner ideas? You've come to the right place, as this cookbook is chock-full of recipes to give you a taste of the Iowa State Fair year-round.

The Iowa Food & Family Project is proud to be made up of farm organizations, non-profit groups, restaurants, grocery stores and more. Our goal is to connect you with the Iowa farmers who grow crops and livestock so you feel more confident about the food choices you make. We're also the presenting sponsor of Live Healthy Iowa because we know healthy activities start with healthy food and healthy food starts on the farm!

Looking to learn more? It's "fairly" easy to get connected with us at IowaFoodandFamily.com, or join the conversation on Facebook, Twitter and Instagram. Enjoy the "fare!"







IOWA SOYBEAN Association





BEEF INDUSTRY COUNCIL









thesoyfoodscouncil.com

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FOOD AND SWINE BLOGGER

CRISTEN CLARK





WELCOME TO THE IOWA FOOD & FAMILY PROJECT'S "IOWA STATE FARE" COOKBOOK

serving up tried and true recipes from our friend, farmer and Iowa State Fair aficionado Cristen Clark! Enjoy a taste of your top Fair foods all year long with this collection of meals and desserts the whole family will enjoy.

The Iowa State Fair is the ultimate intersection of Iowa farmers, history and, of course, food! The Iowa Food & Family Project celebrates our state's deep agricultural roots and the faces and families — like the Clarks — who grow our food — from fruits and veggies to soybeans, cows, poultry, pigs, cattle, turkeys and eggs all year long.

Iowa farmers like Cristen take their job seriously and continually strive to do better each day — for the their animals, environment and family.

Outside of farming, Cristen's family likely looks a lot like yours, too: balancing children's school functions and ball practice while lending a helping hand in the community. Despite the hustle and bustle of everyday life, a constant priority is family meal time — the opportunity to unwind, reconnect, share laughs and make longstanding memories.

the shoulders of fairgoers passing by. We spent humid nights in our family camping spot, snuggled into our sleeping bags while being serenaded by booming fireworks and "State Fair Highlights" hosted by the late Mark Pearson.

My family shares a love of the Iowa State Fair that only multiplies as our family grows and the years go by. Experiencing the Fair again with my children is so exciting... even though riding the Giant Slide in my 30s is quite a different experience. This 11-day event is the perfect way to experience so many things our state is known for: agriculture, kind people and fantastic food!

Dig into this cookbook for Fair inspired recipes you can make at home. I hope these recipes give your family an opportunity to spend time in the kitchen and around the dinner table together: the perfect place to be.

With love,

Cristen Clark

THE IOWA STATE FAIR HOLDS A SPECIAL PLACE IN MY HEART.

It has been a vacation destination for my family for as long as I can remember and an event that makes me proud to be an Iowan. The Fair is the perfect combination of cuisine, conversation and Iowa culture, and a family tradition I'll enjoy for years to come. Growing up on a farm didn't offer many opportunities to go out and take a "real" vacation. Being at home, caring for livestock and playing many sports were priorities above any vacation that would take us away from the farm. Being a central Iowan, the Iowa State Fair was just close enough to make it an every day event (when we could). I loved seeing friends from around the state and beyond, hanging out in the pens near their 4-H show animals and dropping play spiders on

IOWA STATE FAIR

BY THE NUMBERS

A WORLD RECORD FOR THE MOST PEOPLE SIMULTANEOUSLY EATING CORN DOGS WAS SET AT THE FAIR

CORN DOGS CONSUMED

CATTLEMEN'S BEEF QUARTERS SERVE MORE THAN 28,000 POUNDS OF BEEF

TURKEY GRILL OPENED IN **1983**

approximately

160,000 EGGS-ON-A-STICK are handed out every year **HOT DOGS** state fair favorites that come from

AVERAGE NUMBER OF

PORK CHOPS SERVED ANNUALLY IS 75,000

BEER &

THE FAIR SPANS OVER 400 ACRES ON 400 ACRES A FARMER CAN GROW:

94,00 BUSHELS OF CORN





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ITALIAN GRINDER SANDWICHES

SERVINGS: 6 sandwiches // PREP TIME: 25 min // COOK TIME: 15 min

½ yellow onion, chopped finely
½ red bell pepper, chopped finely
4 garlic cloves, minced
1 lb. ground beef
1 lb. hot Italian sausage
2 teaspoons pizza seasoning
1 (15 oz.) can pizza sauce
1 lb. Mozzarella cheese, grated

6 hoagie buns

1. Preheat oven to 450°F.

- 2. In a large frying pan, sauté onion, red pepper and garlic for one minute. Add ground beef, Italian sausage and pizza seasoning to onion mixture, cook until browned. Remove from heat, set aside.
- 3. Line a lightly greased 9x13-inch pan with 6 hoagie buns, sliced and slightly opened.
- **4.** Add a scant cup of the meat mixture to the inside of each of the buns.
- 5. Layer meat-filled buns with ¼ cup pizza sauce and ½ cup grated Mozzarella cheese to cover all the sauce, meat and edges of buns.
- 6. Bake at 450°F for 12-15 minutes until cheese is melted and slightly browned. Remove from oven and serve warm.

BLUE BOY, THE PRIZE HOG AND STAR OF PHIL STRONG'S ICONIC FILM, STATE FAIR. THE 1945 MOVIE WON AN OSCAR FOR BEST ORIGINAL SONG.

NUTRITION | PER SERVING: 982 Calories, 517 Calories from Fat, 58g Total Fat, 152mg Cholesterol, 1827mg Sodium, 62g Carbohydrate, 4g Dietary Fiber, 52g Protein

PORK BREAKFAST BURGER

SERVINGS: 6 sandwiches // PREP TIME: 15 min // COOK TIME: 20 min

- 2 teaspoons soybean oil
- 2 bell peppers (any color), cut into
- ½-inch-wide strips
- 1 large sweet yellow onion, sliced into
- ¹/₂-inch-wide rings
- 1/4 teaspoon salt
- 1½ pounds ground pork
- 2 teaspoons seasoned salt
- Softened butter for toasting buns
- 6 King's Hawaiian hamburger buns, split
- 6 eggs
- 6 slices American cheese
- 9 slices cooked bacon, cut in half crosswise

THE DAY OF A LIVESTOCK SHOW AT THE FAIR TENDS TO BE QUITE LONG WHICH MAKES EATING A PROTEIN-PACKED BREAKFAST PRETTY IMPORTANT. THIS PORK BREAKFAST BURGER IS SAVORY, SATISFYING AND MAKES A WORTHY PRIZE-WINNING SHOW DAY BREAKFAST." - CRISTEN

- 1. Heat the oil in a large skillet over medium heat. Add the bell pepper and onion and sauté until tender, about 5 minutes. Season with salt and transfer to a plate; keep warm.
- Divide the pork into 6 equal portions and shape into patties; sprinkle evenly with seasoned salt. Grill or pan fry them in the skillet over medium-high heat until cooked through, about 3 minutes per side. Remove patties from heat; keep warm.
- 3. Spread a small amount of butter on the cut sides of the buns and toast on a grill or in a pan until golden; keep warm.
- **4.** Coat a nonstick skillet with cooking spray. Fry eggs to desired doneness then transfer to a platter. Top each egg with a slice of cheese.

To assemble, place a toasted bun bottom down on a plate and top with a pork burger, a fried egg, some of the sautéed vegetables, 3 bacon strips and the top bun. Use skewers to hold the sandwiches together, if desired.



NUTRITION | PER SERVING: 731 Calories, 50g Total Fat, 336mg Cholesterol, 1,647mg Sodium, 27g Carbohydrate, 2g Fiber, 41g Protein





THE NEXT BEST SELLER TO CAMPBELL'S CORN DOG IS THEIR THIRST-QUENCHING

STATE FAIR LEMONADE













CAMPBELL'S CONCESSIONS

A true "fair experience" begins with one iconic food on a stick: the corn dog. Anywhere you turn at the Iowa State Fair, you'll find people enjoying one of the most famous fair foods around. For Campbell's Concessions corn dogs are big business, as they welcome and celebrate the 5th generation of their family to work at the Iowa State Fair.

What began as Little Concessions in the 1920s with Phil and Katie Little has grown into a family success story. Their son Melvin Little took over Little Concessions in 1954 with three cookhouses, a beer establishment and ten traveling "Poncho Dog" (corn dog) stands. Employees gained customers' attention by barking "Get your educated corn dog! Rides a stick! Swims in grease and wears an overcoat! You bite it, it won't bite you!" The business became Campbell's Concessions in 1972 when Melvin Little sold his corn dog operation to Calvin Campbell and Helen Little.

When Campbell's Concessions' current President Eric Campbell, son of Calvin Campbell, was only days old, he was brought out to the hot dog sticking trailer at the Iowa State Fair to oversee the operation. At age nine he was busing tables

in the 24-hour Campbell's Cafe located in the Cattle Barn on the Fairgrounds. Eric worked his first corn dog stand at the age of 12. His commitment to the family business has helped Campbell's Concessions grow to have a massive presence at the Iowa State Fair. The "best seller" when it comes to talking about his pride in the family business? "We are entering the 5th generation of our family to work and we're still here," says Campbell.



BEEF & NOODLE SUNDAES IOWA'S GRILLED TURKEY TENDERLOIN ON A STICK

recipe on page 18

BEEF & NOODLE SUNDAES

SERVINGS: 8 servings // PREP TIME: 45 min // COOK TIME: 8 hrs

One - 3 lb. beef chuck roast

- 2 teaspoons Lawry's seasoned salt
- 1 teaspoon cracked black pepper
- 2 bay leaves
- 4 cups beef stock
- 3 tablespoons flour
- Salt and pepper

Mashed potatoes, 4-6 cups prepared (two packets of instant mashed potatoes)

- Cook roast, salt, pepper, bay leaves and 1 ½ cups of beef stock on low in the slow cooker for 8 hours. Remove meat from pan, shred and discard excess fat. Set aside.
- 2. With remaining juices, strain 3 tablespoons fat off and place in large skillet over medium heat.
- **3.** Add 3 tablespoons of flour and whisk together, cook for one minute.
- **4.** Add remaining liquids that have been strained of excess fat, whisk well.
- **5.** Add remaining beef stock, and continue whisking while gravy comes to a simmer.

Sweet corn, 3 cups prepared

1 lb. package of egg noodles cooked to package directions, drained

One bunch green onions, chopped finely

One small container of cherry tomatoes

- 6. Simmer gravy for a couple minutes until thick. Season with salt and pepper to taste.
- Remove from heat. Fold in cooked egg noodles and shredded beef.

TO ASSEMBLE:

In serving vessels*: Add a generous amount of mashed potatoes, a layer of corn, layer beef and noodles with gravy, and a cherry tomato or two on top. Garnish with chopped green onions. Serve warm.

*Serve in bowls, ice cream glasses or layer in a large casserole dish and serve family style.

IOWA'S GRILLED TURKEY TENDERLOIN ON A STICK

Recipe courtesy of: Iowa Turkey Federation

SERVINGS: 6 servings // PREP TIME: 5 hrs // COOK TIME: 15 min

- 2 tablespoons lemon juice
- ¹/₄ cup soy sauce
- ¹/₄ cup soybean oil
- 1/4 cup dry sherry OR red wine
- In a self-sealing plastic bag, plastic storage container or glass dish, combine lemon juice, soy sauce, soybean oil, dry sherry, minced onion, ground ginger and garlic powder.
- If desired, slice the turkey tenderloins in half lengthwise, making two thinner fillets.
 *To make cutting easier, place tenderloins in freezer for 20 minutes before slicing.
- 3 Add the turkey to the bag or container. Seal the bag or cover the container.

- 2 tablespoons instant minced onion
- ¹/₈ teaspoon ground ginger
- ¹/₈ teaspoon garlic powder
- 1 pound turkey tenderloin
- **4.** Place in refrigerator and marinate for 4-12 hours.
- **5.** Drain off the marinade and discard.
- 6. Place tenderloin pieces on a wood skewer.*
- Grill over direct medium heat 6 to 8 minutes per side or until meat thermometer registers 170°F and turkey is no longer pink.

*Soak wooden skewers in water for 30 minutes prior to using to prevent burning on grill.

AVOTZIKI SALAD DRESSING/DIPPING SAUCE

Recipe courtesy of: Kerri Rush, Fresh Café and Market, Clive

1 (12 ounces) Mori-Nu Soft Silken TofuAdd in:1 ripe Avocado, peeled and pitted2 tablespoons fresh chopped dillJuice of 2 lemons½ medium cucumber finely diced1 garlic clove dicedPulse until well mixed. Store in1 tablespoon Himalayan Saltrefrigerator - makes 16 ounces of
dressing.

NUTRITION | PER SERVING: 166 Calories, 26g Protein, 6g Fat (1g Saturated), 59mg Cholesterol, 258mg Sodium, 1g Carbohydrate, 0g Fiber

NUTRITION | PER SERVING: 517 Calories, 13 Total Fat, 86 Cholesterol, 1021mg Sodium, 76g Carbohydrate, 7g Fiber, 27g Protein



CRISTEN'S GIANT CINNAMON ROLLS

SERVINGS: 12 cinnamon rolls // PREP TIME: 3 hrs // COOK TIME: 35 min

FOR THE DOUGH:

FILLING INGREDIENTS:

2 tablespoons ground cinnamon

VANILLA ICING INGREDIENTS:

2 teaspoons vanilla bean paste

1 cup brown sugar

1/2 tablespoon flour

8 tablespoons butter

6 cups powdered sugar

(or vanilla extract)

1/2 cup milk

Pinch of salt

Dash of salt

- 2 packets, 41/2 teaspoon instant yeast
- 1/2 cup warm water (110°)
- 2 teaspoons honey
- 1¹/₂ cups milk (warmed to 110°)
- 8 tablespoons butter, room temperature
- 3 eggs at room temperature, lightly beaten
- 1/2 cup sugar
- 2 teaspoon salt
- 1/2 cup smooth mashed potatoes
- 7¹/₂ to 8 cups all purpose flour

DOUGH INSTRUCTIONS:

- 1. In a large mixing bowl, proof yeast with warm water and honey in a small bowl until foamy.
- 2. To large mixing bowl with yeast mixture, add milk, butter, eggs, sugar, salt and potatoes.
- 3. Whisk well until combined. Add flour, mixing with each 1 cup addition. Stir well until dough comes together.
- **4.** Turn out onto a lightly floured work surface and knead for 8-10 minutes, by hand, until smooth and elastic.
- 5. Place in greased bowl, flip dough over so both sides are well greased then cover lightly with plastic wrap and let rise until double. (60-75 minutes).
- 6. Punch dough down to degas. Let rest for 10 minutes, covered. Meanwhile, prepare filling.

FILLING INSTRUCTIONS:

 Mix in a small bowl: brown sugar, sugar, cinnamon, flour and salt. Set aside to use once dough is rolled out.

VANILLA ICING INSTRUCTIONS:

- 1. Whisk powdered sugar, vanilla, milk and salt until smooth.
- 2. Add additional drops of milk or tablespoons of powdered sugar to achieve desired consistency.
- **3.** Set aside until rolls are out of the oven and cooled 15 minutes. *Double frosting batch if desired.*

ASSEMBLY:

- **1.** On a lightly greased surface, roll dough into 12x24-inch rectangle.
- 2. Spread butter evenly over dough. Sprinkle filling evenly over butter. (Leave 1" unfilled at end of roll so it seals easily after rolling up.)
- 3. Roll up long end to long end. Pinch seam at the end of the roll.



- 5. Place 6 slices each, cut side up in 2 well buttered 9x13 inch baking dishes.
- 6. Rolls should not be touching at this point. Cover with greased plastic wrap and let rise until double in size, nearly filling the pan. (60-75 minutes) Towards end of second rise, preheat oven to 350°F.
- Bake the rolls at 350° for 28-32 minutes until internal temperature registers 190°F with an instant read thermometer. Do not let roll tops overbrown. Tent with foil during the last 10-15 minutes of baking if necessary.
- 8. Remove rolls from oven. Let rest 15 minutes then drizzle with icing. Serve warm.

BAKING BREAD IS MY FAVORITE THING TO DO IN THE KITCHEN. I LOVE KNEADING THE DOUGH; IT TRANSPORTS ME BACK IN TIME TO MY GRANDMA MADELINE'S KITCHEN. SHE ALWAYS REMOVED HER ORNATE TURQUOISE RINGS TO KNEAD HER DOUGH BY HAND. IT WAS A CHALLENGE NOT TO FALL ASLEEP WHILE WATCHING HER PUSH THE DOUGH OVER ITSELF AGAIN AND AGAIN." - CRISTEN

NUTRITION | PER SERVING: Calories 795, Protein 12g, Fat 19g (Saturated 1g), Cholesterol 98mg, Sodium 563mg, Carbohydrate 146g, Fiber 3g





BUTTERMILK CRUNCH FRIED CHEESE CURDS

SERVINGS: 8 servings // PREP TIME: 10 min // COOK TIME: 5 min

- -1½ quarts soybean oil
- 3 cups buttermilk
- 2 large eggs
- 2 cups panko crumbs
- ¹⁄₄ cup flour
- ¹/₄ cup cornstarch
- 1 teaspoon baking powder
- 2 (12 oz.) packages fresh cheese curds (white)



- In a high-sided, heavy-bottomed pot, heat 1-1½ quarts of soybean oil to 375°F.
- Whisk together buttermilk, eggs, panko crumbs, flour, corn starch and baking powder until smooth.
- Preparing a few at a time, coat cheese curds in batter and fry a few minutes until golden brown. Remove to a paper towel lined plate. Serve immediately with marinara or ranch dressing for dipping.

Mixing the traditional wet batter with panko breadcrumbs gives these little cheesy gems classic fair flavor, with a little texture too!

NORMA DUFFIELD STRONG "DUFFY" LYON, BETTER KNOWN AS THE "BUTTER COW LADY," CARVED HER FIRST BUTTER COW IN 1960. SHE CONTINUED TO DO SO EVERY YEAR UNTIL HER RETIREMENT IN 2006. SHE PASSED JUNE 26, 2011, AT AGE 81.

NUTRITION | PER SERVING: 281 Calories, 18g Total Fat, 42mg Cholesterol, 386mg Sodium, 16g Carbohydrate, .5g Fiber, 13g Protein



DOUBLE CORN DOG MINI MUFFINS

SERVINGS: 18 mini muffins // PREP TIME: 15 min // COOK TIME: 10-15 min

1 (8.5 oz.) corn muffin mix

1 egg

1/3 cup milk

1 cup canned sweet corn kernels, well drained

3 hot dogs

- 1. Preheat oven to 400°F.
- 2. In a large mixing bowl add corn muffin mix, egg and milk. Whisk until combined.
- **3.** Add sweet corn kernels, stir to combine.
- **4.** Cut hot dogs into 6 pieces each, total of 18 pieces.
- 5. Scoop 1 tablespoon of batter into 18 greased mini muffin cups.
- 6. Press 1 piece of cut hot dog into each of the batter filled mini muffin cups.
- **7.** Bake for 10-15 minutes or until muffin tops are golden brown.
- 8. Serve warm with ketchup or other desired dipping sauces.





NUTRITION: 1 serving: Calories 166, Protein 26g, Fat 6g (Saturated 1g), Cholesterol 59mg, Sodium 258mg, Carbohydrate 1g, Fiber 0g

THERE'S NOTHING QUITE LIKE A COOL, REFRESHING CUP OF WATERMELON ON A HOT DAY. IT IS MY FAVORITE IOWA STATE FAIR TRADITION!" - CRISTEN



BEATTIE'S MELON PATCH

Beattie's Melon Patch has been an Iowa State Fair mainstay since 1978. Situated in a permanent structure west of the Giant Slide, you'll find the most refreshing treat at the Fair: fresh melon and mixed fruit cups, which pair nicely with their smoked meat sandwiches and steak kabobs.

After Gary and Sherry Beattie were married, they began growing watermelon, cantaloupe and pumpkins in addition to corn and soybeans on their farm in central Iowa. As their family grew, one thing was certain for Sherry, "Raising our children on the farm is the best thing we could have done for them. It also kept us closer as a family."

The third generation of the Beattie family is actively working in the family business today and that is certainly special to this honest, hard-working family. "Farming and raising food is a great way to teach our children and grandchildren about family and life," Sherry says.

Beattie's Melon Patch looks a little different today than it did when first built. The initial structure has been modified three times to accommodate their loyal patrons. "We have expanded over the years and most recently added more seating because our stand has become a place where families eat together," Sherry says.

If it weren't for their food stand keeping the family busy at the Fair, Sherry says they would likely be showing animals, attending livestock shows, checking out various contests and enjoying the evening entertainment on one of the many free stages. "Our family would be at the Fair every day. Gary and I attended the Fair our entire childhood, so it is just natural for us to be here, and our kids are the same way."



- **1. MELON CUPS**
- 2. SMOKED MEAT SANDWICHES
- **3. STEAK KABOBS**





Beattle







BACON & SWEET CORN MAC 'N CHEESE

SERVINGS: 6-8 as main dish // PREP TIME: 20 min // COOK TIME: 20 min

¹/₄ cup onion, minced

5 tablespoons butter

1 tablespoon of reserved bacon fat from cooking bacon

¹/₃ cup flour

3¹/₂ cups half and half

¹/₂ lb. block Monterey Jack cheese, shredded (2 cups), divided

¹/₂ lb. block mild cheddar cheese, shredded (2 cups), divided

1/2 cup Parmesan cheese

2 teaspoon dry mustard powder

¹/₂ teaspoon seasoned salt (adjust to taste)

1/4 teaspoon pepper (adjust to taste)

1 (15 oz.) can sweet corn, drained or 2 cups of frozen sweet corn, drained

1 pound cellentani/cavatappi or other shape pasta, cooked to al dente and drained

1 lb. smoked bacon, cooked, chopped, divided

 $\frac{1}{2}$ cup chopped green onions

- 1. In a large saucepan or stock pot, re-heat reserved bacon fat over medium heat, add butter.
- 2. Add onion and sauté for 5-7 minutes until translucent and tender.
- **3.** Add flour and stir for 1 minute, to cook raw flour taste out. Whisk in half and half.
- **4.** Reduce heat to medium low and simmer until mixture is reduced by one fourth and has thickened.
- Stir or whisk in 1²/₃ cup of Monterey Jack and cheddar cheeses, and Parmesan cheese until melted, creamy and thickened. Add mustard powder. Season to taste with salt and pepper, mix well.
- 6. Stir in corn, cook 1 minute more. Remove from heat and gently stir in cooked and drained pasta and 3/4 of the chopped bacon.
- Pour mixture into greased 9x13-inch baking dish. Cover with remaining cheese.
- 8. Bake at 350°F for 20 minutes, or until cheese is bubbly and slightly golden brown. Serve warm, garnish with remaining bacon and chopped green onions.

NUTRITION | PER SERVING: 978 Calories, 66g Total Fat, 156mg Cholesterol, 1229mg Sodium, 63g Carbohydrate, 3g Fiber, 35g Protein

MINI CHOCOLATE CHIP WALNUT COOKIES

SERVINGS: 5 dozen cookies // PREP TIME: 20 min // COOK TIME: 12 min

2¹/₃ cup all-purpose flour

1 teaspoon baking soda

1 teaspoon salt

1 cup butter, at room temperature (2 sticks)

1 cup brown sugar

- 1. Preheat oven to 350°F.
- 2. In a large mixing bowl, whisk flour, baking soda and salt.
- **3.** In a separate mixing bowl, add butter and sugars, beat together until combined and fluffy.
- 4. Add eggs and vanilla and mix until combined.
- 5. Add flour mixture, and mix only until combined.
- 6. Fold in chocolate chips and walnuts.
- Scoop with mini ice cream scoop (roughly one scant tablespoon) into balls, roll in granulated sugar.

| rolling dough balls in |
|---------------------------------|
| 2 eggs |
| 1 teaspoon vanilla extract |
| 12 oz. bag mini chocolate chips |

¹/₂ cup white sugar, plus ¹/₄ cup for

- 1 cup English walnuts, chopped finely
- 8. Place on greased or lined baking sheets 2-3 inches apart.
- 9. Gently depress tops to make flat, thick disks. Sprinkle on a bit more sugar, if desired.
- **10.** Bake at 350°F for 10-12 minutes.
- 11. Remove to a cooling rack.
- 12. When cooled, serve piled high into a Styrofoam cup for full "Fair effect" alongside a cold glass of milk.



NUTRITION | PER SERVING - 5 MINI COOKIES: 531 Calories, 31g Total Fat, 76mg Cholesterol, 427mg Sodium, 62g Carbohydrate, 3g Fiber, 6g Protein

PICKLE DOG PINWHEELS

SERVINGS: 24 slices // PREP TIME: 10 min // COOK TIME: 30 min

2 burrito-sized flour tortillas

8 oz. cream cheese, at room temperature, divided

- **1.** Spread one-fourth of cream cheese mixture on each tortilla to edges.
- **2.** Divide slices of dried beef over the two cream-cheese-covered shells.
- **3.** Spread remaining cream cheese over dried beef slices on both tortilla shells.
- Lay two pickles on the bottom quarter of one cream-cheese and beef-layered shell.



- CLEVER MARKETING IS ANOTHER STATE FAIR TRADITION (NOTE REFERENCE TO "MORTGAGE LIFTER" AT BOTTOM OF THIS POSTER; IN THE EARLY 1900S, FARM FAMILIES OFTEN REFERRED TO THEIR PIGS AS "MORTGAGE LIFTERS" BECAUSE PROFITS FROM THEIR SALE HELPED PAY FOR THEIR NEW HOMESTEADS).
- NUTRITION | PER SERVING: 53 Calories, 4g Total Fat, 15mg Cholesterol, 264mg Sodium, 2g Carbohydrate, 0g Fiber, 3g Protein

- 2 (2.5 oz.) packages dried beef
- 4 whole dill pickles approx. 4"-5" long
- Roll tortilla shell over pickles from the bottom side. Once rolled, wrap tightly in plastic wrap.
- **6.** Refrigerate for 30 minutes. Slice to 3/4-inch slices. Serve chilled.





OLD-FASHIONED LEMONADE AND CHERRY LEMONADE

SERVINGS: 2 large lemonades // PREP TIME: 5 min // COOK TIME: 5 min

1 large lemon, or 2 small lemons ¹/₂ cup granulated sugar 20 oz. cold water

- 1. Cut lemon in half and express all juices into a large shaker bottle. Quarter and reserve lemon pieces.
- 2. Add sugar and water to shaker bottle. Shake for 30 seconds.
- **3.** Pour into large cups filled with ice and serve cold with a straw. Add expressed lemon pieces for garnish.

FOR CHERRY LEMONADE:

- 1. Add 3 maraschino cherries and 2 teaspoon grenadine syrup to each glass of ice.
- 2. Pour prepared lemonade on top of ice, stir. Serve immediately.



A ROLLER COASTER CONSTRUCTED IN 1908 ON THE NORTHEAST SIDE OF THE GRANDSTAND ENTERTAINED CROWDS FOR NEARLY 40 YEARS BEFORE IT WAS TORN DOWN IN 1946.

NUTRITION | PER SERVING: 206 Calories, 0g Total Fat, 0mg Cholesterol, 2mg Sodium, 56g Carbohydrate, 3g Fiber, 1g Protein, Sugars 52g Cherry Lemonade: 262 Calories, 0g Total Fat, 0mg Cholesterol, 6mg Sodium, 70g Carbohydrate, 3g Fiber, 1g Protein, Sugars 63



PEPPERMINT ICE CREAM SANDWICHES

SERVINGS: 9 sandwiches // PREP TIME: 30 min // COOK TIME: 9 hrs

2 quarts vanilla ice cream

1 package (1 pound) Double-Stuffed Oreos®

2 jars (12 ounces each) hot fudge ice cream topping

- 1. Line an 8x8-inch baking pan with plastic wrap, extending the sheets of plastic over the sides. Set the ice cream out to soften.
- 2. Place the Oreos® in a large plastic zip-top bag and crush into large pieces with a rolling pin. Press half of the crushed cookies into the pan and freeze until firm. When the ice cream is soft, stir in the crushed candies and extract, if desired. Carefully spread softened ice cream onto the layer of crushed cookies and freeze for 30 minutes or until firm.

½ cup crushed quality peppermint candy½ teaspoon peppermint extract, optional

- 3. Warm the hot fudge topping in a microwave for 45 seconds and carefully spread over the chilled ice cream layer. Press the remaining crushed cookies gently into the fudge to secure, freeze for 8 hours or until firm.
- **4.** To serve, lift the solid ice cream sandwiches out of the pan using the overhanging plastic wrap and transfer to a cutting board. Carefully peel the plastic away and with a warm knife, cut into 9 individual ice cream sandwiches. Serve immediately or wrap individual sandwiches in plastic wrap and freeze.

THE BAUDER'S PEPPERMINT BAR IS ONE FAIR TREAT THAT I CANNOT GO WITHOUT! THE DELICIOUS LAYERS OF RICH CHOCOLATE AND COOKIES, PAIRED WITH REFRESHING PEPPERMINT ICE CREAM, IS A SCRUMPTIOUS INDULGENCE! MY HUSBAND ALWAYS THINKS I ORDER ONE TO SHARE, I'M NOT SURE WHEN HE WILL FIGURE OUT THAT'S NOT THE CASE." - CRISTEN

NUTRITION | PER SERVING: 980 Calories, 51g Total Fat, 175mg Cholesterol, 404mg Sodium, 126g Carbohydrate, 3g Fiber, 12g Protein





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Funded in part by the soybean, pork, beef, egg, dairy, corn and turkey checkoffs.