

LEMON SHAKE-UP

1/2 lemon

1/4 c. sugar

1/2 c. water

1 c. crushed ice

Thoroughly juice the lemon half and cut into quarters. Put both fruit and juice into a 16 ounce disposable glass. Add the sugar, water, and crushed ice. Stir drink by pouring back and forth between two glasses several times. Add very cold water to fill glass, then enjoy.

Lemon Shake-Up South Beach Style!

Ingredients:

Juice of 2 lemons (1/2 cup)

1 squeezed lemon, cut into fourths

2 cups water

1/2 cup of Splenda or to taste

Ice cubes

Directions:

Place all ingredients in a 1-quart jar and cover with lid. Shake jar to dissolve Splenda, pour into tall glasses.

Makes 2, 8 ounce servings

Comments

This recipe was obtained from a lemonade shake-up vendor at the fair

County Fair Corn Dog

Swipe it with mustard for a true fair time treat.

1/2 cup yellow cornmeal
1/2 cup flour
1 Tablespoon sugar
1 teaspoon dry mustard
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup milk
1 egg, lightly beaten
1 Tablespoon melted shortening
6 hot dogs
6 skewers or sticks
Vegetable oil for frying



Combine the cornmeal, flour, sugar, mustard, baking powder, and salt. Add milk, egg and shortening and mix until very smooth. Pour the mixture into a tall glass. Place sticks in hot dogs and dip the dogs into the cornmeal batter, coating evenly. Deep fry in oil heated to 375 degrees until golden brown, about two minutes. Drain on paper towels and serve while hot.

Lemon Shakeup

No trip to the fair is complete without a lemon shakeup. This recipe creates lemon syrup that you can mix fresh to order.

2 cups sugar
1 cup water
1 cup freshly squeezed lemon juice (about 4 large lemons), reserve rinds
water
crushed ice



Combine sugar and water. Boil for 5 minutes. Cool to room temperature. Add lemon juice. Strain any seeds from the mixture and refrigerate. To make your shakeup, add approximately 2 tablespoons of syrup (more if you like it sweeter) to an 8-ounce glass of water. Add a

piece of the rind from the squeezed lemons. Add crushed ice, cover glass, and shake to blend.

Funnel Cakes

Recipe used with permission from Father Dominic Garramone, a Benedictine monk at St. Bede Abbey, Peru, Ill., who remembers the confection from youthful days at Peoria's Heat of Illinois Fair. Instructional videotapes and cookbooks from the Breaking Bread with Father Dominic television program may be ordered at 800/293-5949. Or www.breaking-bread.com.

3 eggs
1-1/4 cups milk
1 teaspoon vanilla extract
2-1/2 cups unbleached white flour
1/2 cup granulated sugar
2 teaspoons baking powder
1/2 teaspoon salt
Vegetable oil, for frying
Confectioner's sugar or cinnamon sugar for topping

Combine eggs, milk and vanilla in a large bowl, beat until well blended. Put flour, sugar, baking powder, and salt in a sifter; sift into bowl containing egg mixture. Stir to mix. Depending on the weather and the size of your funnel hole, you may need to add a little more flour or milk. The batter should be about the same consistency as waffle batter.

Add oil to depth of 1-1/2 inches in a deep, 12-inch skillet. Place over medium heat until oil is 350 degrees. Carefully pour batter into hot oil through a large funnel in a swirling or crisscross motion to form the funnel cake. Fry until golden brown and crispy. Use tongs to turn once. Drain on paper towels. Repeat until all batter is used.

Serve funnel cakes topped with confectioner's sugar and/or cinnamon sugar (1/4 cup granulated sugar, 1 1/2 teaspoon cinnamon). You might want to place a dollop of ice cream on top, or use fruit toppings.

Note: Mixing the batter in a pitcher or large glass measuring cup with handle and lip will make it easier to pour into the funnel. The size of hole in the funnel determines whether you have a

thin, crispy cake, or a thicker, doughy one. To corral the funnel cake, Father Dom recommends cutting the bottom out of a 9-inch aluminum cake pan. Carefully place the remaining ring in the hot oil and use it as a form to keep the batter from spreading all over the skillet.

Soft Pretzels

Ingredients:

- 1 package (.25 oz.) active dry yeast
- 2 T. brown sugar
- 1 1/8 t. salt
- 1 1/2 C. warm water
- 3 C. all-purpose flour
- 1 C. bread flour
- 2 C. warm water
- 2 T. baking soda
- 2 T. butter, melted
- 1-2 T. coarse kosher salt or cinnamon sugar

In a large mixing bowl, add yeast, brown sugar and salt. Test water temperature with thermometer. When it reads 110 degrees, add to bowl. Stir to dissolve. Add both types of flour and stir well.

Place dough on floured surface. Knead dough until smooth and elastic, about 8 minutes. (To knead dough, press down on dough with your palm, fold the dough over and rotate 1/4 turn, repeat until dough is ready.)

Grease a large bowl. Place dough in bowl then turn dough upside down to coat the surface. Cover with a towel and let rise for one hour in a warm spot. Combine 2 cups warm water (test again for 110 degrees) and baking soda in an 8-inch square pan. After the dough has risen, divided it into 12 pieces. Roll each piece into a 1 1/2-foot rope, 1/2-inch wide. Twist into a pretzel shape, and dip into the baking soda solution. Place on cookie sheets and let rise 15 to 20 minutes.

Bake at 450°F. for 8 to 10 minutes, or until golden brown. Brush with melted butter, and then sprinkle with coarse salt or cinnamon sugar.

Yields 12 servings.

Walking Tacos

Ingredients:

- 1 lb. hamburger
- 1 pkg taco seasoning mix
- 6 individual pkgs FRITOS corn chips
- 1 cup shredded cheddar cheese
- 1/2 cup sour cream
- shredded lettuce - as needed
- 1 cup diced tomatoes
- 1 can salsa (if desired)

Brown hamburger and drain, add taco seasoning and water (according to directions on taco seasoning) and cook until all water is evaporated. Open bags of Fritos and add in this order:

hamburger meat, lettuce, tomatoes, sour cream and cheese (top with salsa if desired)

Candied Apples

- 2 C. granulated sugar
- 2 C. corn syrup
- 1/3 C. cinnamon candy
- 1 C. water
- 3/4 t. cinnamon
- 1/2 t. vanilla
- 1/4 t. cloves
- 3/4 t. red food coloring
- 6 apples

Remove stems from apples, wash, and pat dry. Insert a wooden skewer in each apple, running through the apple from stem end to base without protruding all the way through the bottom end.

Combine sugar, corn syrup, cinnamon candies, and water in medium-sized saucepan. Cook until candies dissolve, stirring constantly. Be careful not to boil. Add cinnamon, vanilla, cloves, and food coloring. Mix thoroughly. Boil mixture to 300° F. using a candy thermometer without stirring.

While mixture is boiling, generously prepare a baking sheet with cooking spray so it's ready ahead of time. As soon as mixture reaches 300° F., remove it from heat and quickly dip each apple-one by one-into the mixture until it is thoroughly coated.

Set coated apples, standing on their bottoms with skewer pointing up, on baking sheet until mixture hardens. Let apples reach room temperature before eating.

Frozen Banana Pops

Peel 6 bananas, cut each in half crosswise and insert Popsicle stick in each half. Spread a thin layer of creamy peanut butter over each banana half. Pour a 12-ounce package of chocolate minichips into a small pan or bowl; place bananas in the chips and sprinkle chips to cover all sides. Wrap with wax paper and place in the freezer to harden.

Elephant Ears (Funnel Cakes)

3 large eggs

2 1/4 C. milk

1/2 t. pure lemon extract

4 C. flour

1 C. light brown sugar

1 T. baking powder

1/2 t. salt

Oil for frying

Cinnamon powdered sugar for dusting

Preheat the oil to 375 degrees F.

In a mixing bowl, whisk the eggs, milk, and lemon. Whisk well. Sift the flour, sugar, baking powder, and salt together. Fold the flour mixture into the egg mixture. Stir until smooth.

Hold your finger over the funnel opening, fill with 3/4 cup of the filling. Place your hand over the oil and carefully remove your finger. Scribble and crisscross the filling into the hot oil.

Fry until golden on both sides. Remove from the oil and drain on paper towels. Dust with cinnamon sugar mix. Repeat the process until all of the batter is used.

Italian Sausages with Peppers and Onions

1 1/2 pounds Italian sausage
2 green peppers, sliced
1/2 cup water
2 onions, sliced
2 tablespoons olive oil
2 long hard rolls

Place sausage in hot cast iron skillet and brown on all sides. Add water, cover and let steam for 5 to 8 minutes or until sausages are no longer pink in the middle. Remove to plate. Drain off any remaining water from skillet.

Add olive oil to same skillet along with peppers and onions. Cook over medium heat until soft, about 20 minutes. Place sausage in a roll with peppers and onions. Serve.

Shishkabobs

1 1/4 lb. boneless beef top sirloin steak, cut 1 inch thick
1/3 C. prepared Italian dressing
3 T. fresh lime juice
2 medium green or red bell peppers, each cut lengthwise into quarters
2 medium onions, each cut crosswise into 1/2 -inch slices
Salt
8 medium flour tortillas, warmed
Prepared salsa
8 9-inch bamboo skewers

Soak eight 9-inch bamboo skewers in enough water to cover for 10 minutes; drain. Trim fat from beef steak. Cut steak crosswise into 1/2-inch-thick strips. Thread an equal amount of beef, weaving back and forth, onto each skewer.

In small bowl, combine dressing and lime juice, mixing well; brush onto beef, peppers, and onions. Place vegetables on grid over medium, ash-covered coals; grill peppers, uncovered, 12 to 15 minutes and onions 15 to 20 minutes or until tender, turning both once.

Approximately 10 minutes before vegetables are done, move vegetables to outer edge of grid. Place beef in center of grid; grill 8 to 10 minutes for medium-rare to medium doneness, turning once.

Season beef with salt, as desired; remove beef from skewers. Serve beef and vegetables in tortillas with salsa.

Yield: 4 servings

Corn Dogs

1/2 C. yellow corn meal, finely ground
1/2 C. all-purpose flour
1 T. sugar
1 t. dry mustard (optional)
1 t. baking powder
Pinch salt
1/2 C. milk
1 whole egg, lightly beaten
1 T. melted butter
6 skewers (8 inches each) or popsicle sticks
6 hot dogs
Vegetable oil, for deep frying

Mix the corn meal, flour, sugar, dry mustard, baking powder and salt together in a mixing bowl. Add the milk, beaten egg and melted butter. Mix until smooth.

Using the skewers or popsicle sticks, skewer the hot dogs vertically almost all the way through. Dip each dog in the batter, coating evenly. Be sure not to coat the sticks. (This works best if you pour the mixture into a tall glass).

Deep-fry in vegetable oil at 375 degrees for about 2 minutes until golden brown. Drain on paper towels, let cool for 1 minute and eat!

Makes 6 corn dogs.

Fair French Fries!

4 or 5 large Russet baking potatoes, 10 to 12 ounces each, about 5 inches long and 2 to 2 1/2 inches across

2 1/2 quarts fresh frying oil

salt

Wash and peel the potatoes, trim into even rectangles and cut into lengthwise slices 3/8-inch wide and swish them in a basin of cold water to remove surface starch.

To prevent discoloration, drain them only just before frying; then dry thoroughly in paper towels.

(May be prepared to this point several hours in advance.)

The first fry: Provide yourself with a bed of paper towels set on a tray. Heat the oil to 325° F. Take up 2 handfuls of the potato strips (about the equivalent of 1 1/2 potatoes) and scatter them into the frying basket. Lower carefully into the hot fat, averting your face to avoid oil splutters. Fry, turning the potatoes frequently for 4 to 5 minutes, or until the potatoes are soft through but not browned. Lift out the basket, let it drain briefly, then spread the potatoes on the paper towels and continue frying remainder. Let cool for 10 minutes or up to 2 to 3 hours.

Second and final frying: Just before serving, heat the frying oil to 375 to 400° F. Fry the cooked potatoes by handfuls, as describe above, turning frequently, only a minute or two, until golden brown. Drain on paper towels, salt lightly, turn the potatoes into a serving basket and continue frying the remainder. Serve as soon as possible.

Makes 6 servings.

Carmel Corn

This recipe is also fun to make with or for family and friends!

1 cup brown sugar
1/2 cup butter
1/4 c. syrup
1/2 teaspoon salt
1/2 teaspoon soda
4 quarts popped corn

Combine first 4 ingredients and boil for 5 minutes. Add 1/2 teaspoon soda. Stir well. Pour over 4 quarts popped corn. Spread on cookie sheet and bake at 200 degrees for 1 hour. Stir every 15 minutes.

Tip: Add peanuts, walnuts, pecans, etc

Deep-Fried Cookies (serves 20)

1 (20 ounce) package chocolate sandwich
cookies with cream filling
2 cups dry pancake mix
1 cup water
1/2 cup confectioners' sugar for dusting

Preheat oil. Mix pancake mix with water according to package directions. When the oil comes up to temperature, dip 4 or 5 cookies at a time into the batter, and fry in hot oil, turning once, until golden brown. Remove cookies from oil using tongs, and drain on paper towels. Sprinkle fried cookies with confectioners' sugar and serve.

French Fried Dill Pickles (serves 16)

1 egg, beaten
1 cup milk
1 tablespoon all-purpose flour
1 tablespoon Worcestershire sauce
3/4 teaspoon salt
3/4 teaspoon ground black pepper
3 1/2 cups all-purpose flour
1 (32 ounce) jar sliced dill pickles, drained

In a small bowl, mix together the egg, milk, 1 tablespoon of flour and Worcestershire sauce. In a separate bowl, stir together the remaining flour, salt and pepper.

Preheat oil. Dip pickle slices into the milk mixture, then into the flour mixture. Repeat dipping. Place the pickles carefully into the hot oil. Avoid over-crowding by frying in several batches.

Fry until pickles float to the surface and are golden brown. Remove pickles with a slotted spoon, drain on paper towels and serve.

Deep-Fried Candy Bars/Twinkies (serves 8)

2 eggs
2 cups milk
2 cups flour
2 teaspoons baking powder
½ teaspoon salt
8 chocolate-covered candy bars or
Twinkies, frozen

Push skewers/sticks into candy bars/Twinkies from the bottom about half-way up. Freeze until solid.

Combine egg, milk and vegetable oil in a cup.

In a bowl combine flour, baking powder and salt.

Pour the wet ingredients into the dry and mix well with a whisk.

Cover and chill for a few minutes as you preheat the oil.

Drop the frozen candy bar or Twinkie in the batter and then gently place into the oil.

Fry just until the outside is golden.

Remove and drain on brown paper.

Allow to cool 1 minute before serving.

Deep-Fried Cheese Curds (serves 24)

1 cup all-purpose flour
1 ½ teaspoons baking powder
½ teaspoon salt
2 eggs, beaten
½ cup milk
1 pound cheese curds

In a medium bowl, sift together the flour, baking powder and salt. Stir in the eggs and milk. Mix until smooth.
Add more milk for a thinner batter. Coat the cheese curds with the batter.
Preheat oil. Fry the coated cheese curds approximately 1 minute each, until golden brown.
Drain on paper towels and serve.