

BISCUITS, MUFFINS & SCONES

MUFFINS: TEEN

Izzy's Blueberry Muffins

By Isabelle DeLeon, Age 16 of Freehold, NJ – 2nd Place

Ingredients:

- 1½ cups all-purpose flour
- 1 cup granulated sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- ⅓ cup milk
- 1 egg
- ⅓ cup vegetable oil
- 1 cup blueberries

Instructions:

1. Preheat oven 400°F.
2. Mix flour, sugar, salt, and baking powder in a bowl.
3. Add milk, egg, and vegetable oil and mix well.
4. Fold in blueberries.
5. Fill cupcake tin with liners and fill with batter.
6. Bake for 20-25 minutes.
7. Let cool for about 30 minutes and enjoy!

MUFFINS: CHILD

Sophia's New Jersey Blueberry Muffin Tops

By Sophia Buonomo, Age 9 of Howell, NJ – 2nd Place

I picked these blueberries fresh from Emery's Farm in New Egypt, NJ. It is a yearly tradition I look forward to with my family.

Ingredients for Streusel:

- 6 tablespoons unsalted butter
- 1 ¼ cup all-purpose flour
- ½ cup light brown sugar, packed
- ⅓ cup granulated sugar
- ¼ teaspoon sugar

Ingredients for Muffin Tops:

- ½ cup unsalted butter, softened
- 2 ounces cream cheese, softened
- ½ cup granulated sugar
- ¼ cup light brown sugar, firmly packed
- 1 large egg
- 1 teaspoon vanilla bean paste
- 1 tablespoon freshly zested lemon
- 2 cups cake flour
- 1 tablespoon cornstarch
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup fresh blueberries

Ingredients for Glaze:

- ⅔ cup powdered sugar
- 1 tablespoon milk
- ¼ teaspoon vanilla
- ½ teaspoon lemon zest

Instructions for Streusel:

1. Cut butter into pieces and melt. Set aside to cool. In a medium bowl, whisk flour, sugar, brown sugar and salt. Drizzle melted butter over flour mixture and

use a fork to toss into a crumbly streusel. Set aside while making the muffin tops.

Instructions for Glaze:

1. Combine powdered sugar, milk, vanilla, and lemon zest until smooth.

Instructions for Muffin Tops:

1. Preheat oven 350°F. Line baking sheet with parchment paper.
2. In a large bowl or mixer combine butter, cream cheese, and sugar until light and fluffy.
3. Add egg, vanilla, and lemon zest.
4. In a separate bowl whisk flour, cornstarch, baking powder, and salt.
5. Gradually add the dry ingredients to the wet until combined.
6. Gently fold in blueberries.
7. Scoop with ice cream scoop and drop onto prepared baking sheet.
8. Grab a handful of streusel and press firmly on top of muffin top.
9. Bake for 15 minutes or until the toothpick comes out clean. Allow it to cool before drizzling with glaze.
10. Drizzle glaze over cooled cookies.
11. Enjoy with a big glass of cold milk!!

VEGAN MUFFINS: TEEN

Vegan Coconut-Blueberry Muffins with an Espresso Glaze

By Stella Finley, Age 15 of Tinton Falls, NJ – 2nd Place

Ingredients:

- 2 cups all-purpose flour
- ½ cup fair trade cane sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 ¼ cups plant based milk
- 1 teaspoon apple cider vinegar
- ¼ cup melted and cooled unrefined coconut oil
- ¼ teaspoon coconut extract
- 1 ½ cups fresh blueberries
- ¾ cup shredded coconut
- 1 tablespoon espresso powder
- 1 cup powdered sugar, sifted
- 1 tablespoon boiled water

Instructions:

1. Preheat oven 350°F.
2. Stir together apple cider vinegar and plant milk. Set it aside.
3. Sift dry ingredients (flour, cane sugar, baking powder, and salt) into a large bowl and mix.
4. Add coconut oil and extract to the plant milk.
5. Slowly add in wet ingredients to dry ingredients. Stir to combine. Fold in blueberries.
6. Pour into lined muffin tins ¾ of the way full. Sprinkle shredded coconut atop each muffin. Bake for 30-35 minutes.
7. While the muffins are baking, mix the tablespoon of espresso powder with one tablespoon of boiling water. Let the espresso dissolve.
8. Slowly mix in the espresso to the sifted powdered sugar in a small bowl. Whisk, adding more powdered sugar or water if necessary for consistency.
9. When muffins are done baking, let cool for 30 minutes before drizzling icing over the muffins.
10. Let the icing harden and enjoy!

BREAD & ROLLS

QUICK BREAD: ADULT

Banana Bread

By Rosanne Vaz of Ocean, NJ – 1st Place

Ingredients:

- 2 cups granulated sugar
- 2 cups all-purpose flour (plus more for dusting)
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{3}{4}$ teaspoon ground nutmeg
- 1 teaspoon salt
- 1 teaspoon baking powder
- 3 large eggs
- 2 cups, (about 3-4) overripe bananas, peeled & mashed
- 14 tablespoons ($1\frac{3}{4}$ sticks) unsalted butter, melted, plus more for greasing

Instructions for Bread:

1. Preheat oven to 350°F (175° C). Butter the bottom, sides, and edges of the loaf pan. Pour in some flour, shake it around until the pan is evenly coated, then tap out any excess flour. (You can also use parchment paper).
2. In a large mixing bowl, mash the bananas with a fork. Add the dry ingredients and the eggs and mix with a spatula until well combined. Stir in the melted butter until fully incorporated.
3. Pour the batter in the prepared pan, filling it to $\frac{3}{4}$ inch (2 cm) from the top (you may have extra batter). Bake until the cake is golden brown (about 1 hour) and a cake tester or paring knife comes out clean.
4. Let the cake cool in the pan for 15 minutes. While the cake is still warm, turn it out of the pan. Slice and enjoy while the cake is still warm.

Instructions for Storage:

1. The banana bread can be tightly wrapped in plastic wrap or placed in an airtight container and stored at room temperature for up to 2 days.
2. For longer storage, wrap it tightly in plastic wrap, place in an airtight container, and freeze for up to 3 weeks.
3. To use the frozen banana bread, remove it from the airtight container and transfer it to the refrigerator (still in the plastic wrap) to thaw for at least 3 hours or up to overnight, until the banana bread is soft again.

The Best Zucchini Bread

By Gayle Trulli of Freehold, NJ – 2nd Place

Prep Time: 15 minutes

Cook Time: 1 hour

Total Time: 1 hour, 15 minutes

Servings: 24 servings

Author: Holly Nilsson

Ingredients for Bread:

- 2 cups all-purpose flour
- 1½ cups granulated sugar
- 2 teaspoons baking soda
- 1 tablespoon cinnamon
- 1 teaspoon salt
- 3 large eggs
- 2 cups zucchini grated/shredded
- ¾ cup vegetable oil
- 1 tablespoon vanilla
- 1½ cups walnuts chopped

Ingredients for Glaze:

- 1 cup confectioner sugar
- ½ vanilla bean caviar
- Water as needed

Instructions:

1. Preheat oven 350°F. Prepare two 8x4 loaf pans with parchment paper.
2. Combine flour, sugar, baking soda, cinnamon, and salt in a medium bowl. Whisk to combine and set aside.
3. In a large bowl, beat the eggs. Add the zucchini, oil, and vanilla and mix.
4. Add the dry ingredients to the wet mixture. Add the walnuts and mix till just combined.
5. Divide evenly over the prepared pans and bake for 50-60 minutes or until a toothpick comes out clean.
6. Cool in the pans for 5 minutes, remove from pan, and cool on a wire rack.

Instructions for Glaze:

1. Mix confectioner sugar with water until glaze consistency.
2. Add vanilla bean caviar, mix well. Drizzle over bread.

NOTES:

Use the larger side of a cheese grater to shred the zucchini. There is no need to peel it first unless it is a very large garden zucchini with thick skin.

If the zucchini is extra large (from the garden) you may need to scrape out some of the seeds.

Do not squeeze the zucchini dry, moisture is needed in this bread.

Keep zucchini bread on the counter for up to 2 days. It's very moist so if you want to keep it longer you'll want to freeze it.

Nutrition Information:

Calories: 208, Carbohydrates: 22g, Protein: 3g, Fat: 12g, Saturated Fat: 1g, Cholesterol: 20mg, Sodium: 197mg, Potassium: 78mg, Fiber: 1g, Sugar: 13g, Vitamin A: 50iu, Vitamin C: 2mg, Calcium: 17mg, Iron: 1mg
(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

The Best Zucchini Bread <https://www.spendwithpennies.com/zucchini-bread>

QUICK BREAD: CHILD

Pumpkin Bread with Chocolate Chips

By Graham Finley, Age 10 of Tinton Falls, NJ – Honorable Mention

Ingredients:

- 2 cups all-purpose flour
- 1½ cups whole wheat flour
- 2½ cup granulated sugar
- ½ teaspoon baking powder
- 2 teaspoon baking soda
- ½ teaspoon salt
- 2 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- ½ teaspoon ground ginger
- ½ cup canola oil
- ½ cup unsweetened applesauce
- 2 large eggs
- 2 egg whites
- ⅔ cup water
- 1 can 15-ounces pumpkin puree
- 1 cup chocolate chips

Instructions:

1. Preheat oven 350°F. Line 30 muffin cups with cupcake liners and set aside. Or spray two 8½ x 4½ x 2½-inch loaf pans or five 5¾ x 3 x 2⅛-inch loaf pans with cooking spray and set aside.
2. In a large bowl, combine the dry ingredients (all-purpose flour, whole wheat flour, sugar, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger) and mix until well blended and set aside.
3. In another large bowl, combine the canola oil, applesauce, eggs, egg whites, and water and whisk to mix. Add this mixture to the dry ingredients and whisk just until combined. Add the pumpkin and chocolate chips.
4. Pour into loaf tins, splitting batter evenly. Bake loaves for about 50 minutes or until a toothpick inserted into the center of each muffin or loaf comes out clean. Cool completely before slicing the loaves.

Yield two loaves.

YEAST BREAD - ROLLS: ADULT

40 Minute Hamburger Bun

By Gayle Trulli of Freehold, NJ – 3rd Place

Prep Time: 30 minutes

Cook Time: 10 minutes

Servings: 8 buns

Calories: 218kcal

Author: Meghan McMorrow | Fox and Briar

Ingredients for Bread:

- 2 tablespoons active dry yeast
- 1 cup plus 2 tablespoons warm water about 110°
- 1/3 cup vegetable oil
- 1/4 cup sugar
- 1 large egg beaten
- 1 teaspoon salt
- 3-3 1/2 cups all-purpose flour

Ingredients for Topping:

- 1 egg yolk
- 1 tablespoon water
- 2 tablespoons sesame seeds

Instructions:

1. Add yeast and warm water to a large bowl. Add oil and sugar; let stand for 5 minutes. After 5 minutes, mixture should be foamy.
2. Whisk in egg. Slowly mix in the salt and flour. Continue to add flour until you have a soft dough.
3. Using a dough hook, knead in a mixer for 3-5 minutes, until dough is smooth and elastic. (If you don't want to use a mixer, you can knead by hand on a lightly floured surface.) Do not let rise. Divide into 8 equal pieces: shape each into a ball. Do not let the dough rise.
4. Preheat oven to 425°. Place the dough balls on a greased or lined baking sheet. Cover with a kitchen towel and let rest for 10 minutes. After 10 minutes, brush the buns with an egg wash, then sprinkle with sesame seeds.
5. Bake until golden brown, 8-12 minutes.

NOTES:

Store buns in an airtight container for up to 2 days. Or freeze up to one month.

Nutrition:

Serving: 1 bun, Calories: 218kcal, Carbohydrates: 25g, Protein: 4g, Fat: 12g, Saturated Fat: 8g, Cholesterol: 45mg, Sodium: 302mg, Potassium: 52mg, Fiber: 1g, Sugar: 6g, Vitamin A: 62iu, Calcium: 29mg, Iron: 2mg

Nutritional information is an estimate for your convenience. If you have strict nutritional needs, please do your due diligence to make sure this recipe fits your needs.

Meghan McMorrow | Fox and Briar www.foxandbriar.com

YEAST BREAD: ADULT

White Bread

By Lauren Fischer of Holmdel, NJ – 1st Place

Ingredients:

1000 grams all-purpose flour
780 grams water (90-95°F)
22 grams fine sea salt
¼ teaspoon instant yeast

Instructions:

1. In a large tub mix the flour and water by hand until combined, let sit for 20-30 minutes.
2. Sprinkle salt and yeast evenly over the top, then mix and fold the ingredients together until homogeneous.
3. Let rest for a minute, then fold again until the dough has tension.
4. Cover the tub and let the dough rise.
5. Fold the dough every 30 minutes for 3 folds, then cover and rest overnight at room temperature (12-14 hours).
6. Turn out dough onto floured surface and divide and shape into two loaves.
7. Place in proofing basket covered until proofed, about 1¼ hours.
8. About 45 minutes before baking preheat the oven to 475°F with two Dutch ovens with lids inside,
9. When the loaf is proofed, place the loaf gently in the preheated Dutch oven and place the lid on.
10. Bake for 30 minutes. Then remove the lid and bake another 20-30 minutes until the loaf is dark brown.
11. Remove from oven and cool on rack.

Swedish Braided Cardamom Bread

By Kathy Bradlach of Howell, NJ – 2nd Place

Ingredients:

- 2 cups milk
- $\frac{2}{3}$ cup granulated sugar
- $\frac{1}{2}$ cup butter
- 2 packets active dry yeast
- 6 cups all-purpose flour
- $\frac{3}{4}$ teaspoon sea salt
- 2 teaspoons ground cardamom
- 2 large eggs, divided
- 1 tablespoon milk
- 2 tablespoons Swedish pearl sugar

Instructions:

1. Whisk milk and sugar in a saucepan on low heat until sugar dissolves
2. Add the butter, stirring gently until the butter melts. Remove from heat, allow milk mixture to cool to warm.
3. Stir in the yeast. Allow mixture to sit 5 minutes, mixture will become foamy.
4. In the bowl of a stand mixer fitted with a dough hook, add the milk mixture, add 2 cups of flour, sea salt, cardamon and 1 egg, mix until combined.
5. Add 3 cups of flour and stir until it is completely incorporated.
6. Add the last cup of flour in small amounts until the dough forms a ball.
7. Transfer dough to a large, lightly oiled bowl, cover and let rise in a warm spot until doubled in size, about 1 hour.
8. Punch down dough and knead on a lightly floured board for 1-2 minutes.
9. Let rest for 10 minutes. Divide dough into six equal portions.
10. Roll each portion into a rope about 15 inches long.
11. Line up three ropes and braid, pinching each end to hold the braid.
12. Place each load on a parchment lined baking sheet. Let rise for 30 minutes.
13. Preheat oven to 375°F.
14. With remaining egg and milk, mix and brush the tops of each loaf. Sprinkle with pearl sugar.
15. Bake loaves for about 20 minutes.
16. Remove and allow to cool before slicing.