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ProStart® is a secondary school curriculum focused on Culinary Arts and Management that empowers individuals to achieve long-term, successful careers in restaurants and food service. The industry-driven curriculum, sponsored by the National Restaurant Association, provides real-life experiences and builds practical skills providing a foundation that will last a lifetime.

Recipes for the 2019 State Fair Demonstrations

Husker Bacon

aka (Flamin' Hot Cheetos Candied Bacon) from: The LIST

Ingredients: 1# bacon strips (left whole or cut into 1 ½"-2" bites)

½ cup maple syrup (more if needed)

¼ cup brown sugar

2 cups finely ground Flamin' Hot Cheetos (We used a food processor to crush them into fine crumbs.)

Directions: Preheat oven to 400°F.

Combine brown sugar and Cheetos crumbs together in a bowl.

Pour Syrup into a separate bowl.

Dip bacon strips in the syrup, then generously cover both sides of the bacon in the Cheeto mixture.

Place on a greased foil lined or parchment lined baking sheet

Bake at 400°F for 20 minutes until browned and crispy.

Let cool before eating. (They will crisp even more out of the oven.)

Presented by:

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Instructor: Louise Dombusch

Sponsored by:

Nebraska Hospitality and Education Foundation/ProStart® and the Nebraska State Pork Producer

Spicy Italian Sausage Sliders

- 1 # ground pork (we grind our own pork, using pork butt)
- 1 T. red wine vinegar

Seasonings:

- 1 tsp salt
- 1 tsp cracked black pepper
- 2 tsp dried parsley
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp dried basil
- 1 tsp paprika
- 1 tsp crushed red pepper flakes or to taste
- ½ tsp ground fennel seed
- 1 tsp brown sugar
- ¼ tsp dried oregano
- ¼ tsp dried thyme

Sliced Mozzarella
King Hawaiian Rolls

Mix all seasonings together and set aside. Add red wine vinegar to ground pork. Then with gloved hands or a rubber scraper, add dry ingredients into pork and mix thoroughly. When combined, press sausage on to a parchment lined or aluminum foil lined large baking sheet and form into a ½ inch thick rectangle. Bake in 375° F oven for about 20 minutes, take out of oven, drain off accumulated fat, return to oven and cook for 8-10 more minutes or until completely cooked thoroughly. Take out and cut into 1 ½" to 2" squares for the sliders.

Place on a small roll (we use King Hawaiian Rolls) top with small square of Mozzarella cheese slice.

Serve and Enjoy.

Thank you for watching our demonstration.