2026 Cooking Challenge Recipes

Cloverbud Cooking Challenge
Red-White-Blue
Fruit Pudding Parfait

Ingredients:
1 cup single serving vanilla pudding
¼ cup thawed whipped topping, more for garnish
2 sliced strawberries (save 1 or 2 slices for garnish)
¼ cup washed/dried blueberries (save 2-3 for garnish)

Directions:
Measure whipped topping into a small bowl.
Add the vanilla pudding and mix until combined.
Slice strawberries and measure blueberries.
Spoon pudding mixture into clear cup, layering the fruit between the layers.
Top off with a dollop of whipped cream and garnish with a strawberry slice and/or 2-3 blueberries.

Tip: Have long hair pulled away from your face and wash your hands. Bring an apron, proper tools, paper towels, dish cloth for cleaning up and any items for your final presentation.

Beginner Cooking Challenge
Red-White-Blue Fruit Tostada

Ingredients:
2 plain sugar cookies
1 oz. soft whipped cream cheese
2 tablespoons powdered sugar
2 tablespoons whipped topping
2 strawberries, sliced
¼ cup blueberries
4 grapes, sliced

Directions:
Mix together whipped cream cheese and powdered sugar, stir in whipping topping.
Spread cream cheese mixture on each of the plain sugar cookies.
Slice fruit. Measure blueberries. Arrange fruit on top of each sugar cookie. Place on plate and serve.

Intermediate Cooking Challenge
Pancakes

Ingredients:
1-1/2 cup all-purpose flour
1 tablespoon baking powder
1 teaspoon salt

1 tablespoon sugar
1-1/4 cup milk
1 large egg
¼ cup melted butter (4 Tablespoons)

Directions:
In bowl combine flour, baking powder, salt, and sugar.
Make a well in the center and add the milk, egg, and melted butter. Whisk until most of the big lumps are gone, but do not overmix. Let the batter sit for 5 minutes while your pan or griddle heat up.

In a non-stick skillet or griddle, heat on medium low heat, brush with a little bit of butter or swirl it around to evening coat the bottom of the skillet or griddle.
Pour ¼ cup of batter into the middle of the skillet (or if using griddle, add several). You can use an ice cream scoop or small ladle. Spread the batter around a bit to make sure it forms a circle. Cook for about 30 seconds or until bubbles start to form, then flip on the other side until golden brown. Transfer to plate or keep warm while repeating with the remaining batter.
Garnish with sliced strawberries and blueberries.
(serve with a side of maple syrup, whipped cream, optional)
Yields 8-12 pancakes.

Advanced Cooking Challenge
Use your imagination and have fun!
Ramen Noodle Bowl

Ingredients:
1 package of ramen noodles
Hot water or chicken, beef, vegetable broth
1 protein of your choice
2 vegetables of your choice

Directions:
Prepare your 2 vegetables of choice, slice thinly or Julianne vegetables, if needed
Thinly slice or dice protein choice. Cook/stir fry protein, set aside. Cook/stir fry vegetables, add meat to vegetables. Prepare Ramen noodles as directed. Mix together noodles with meat/vegetable mixture.
Serve.
(Below are some suggestions for your dish.)

Top Ways to Upgrade Instant Ramen:

- Aromatics & Broth: Instead of just water, use chicken, beef, or vegetable broth. Add minced garlic, ginger, or sliced green onions for a savory base.
- Spice & Heat: Elevate the heat with chili garlic sauce, sriracha, gochujang (Korean chili paste), or red pepper flakes.

- Creamy Texture: Add a teaspoon of peanut butter, tahini, or milk to create a rich, creamy broth.
- Protein Boost: Add a 6-minute soft-boiled egg, fried egg, or poached egg. Mix in leftover rotisserie chicken, sliced pork, tofu, or frozen dumplings.
- Vegetables: Stir in quick-cooking veggies like spinach, bean sprouts, or watercress right before serving. Add hardier veggies like broccoli, cabbage, or carrots while the noodles cook.
- Savory Sauces & Toppings: Add a splash of soy sauce, miso paste, or oyster sauce. Top with toasted sesame oil, sesame seeds, fried shallots, or shredded nori (seaweed).