



APRIL 5 - 6, 2008  
Denver, Colorado

# *The Winners!*

STUDENT DIVISION

## *Best Cookie*

### *Piña Colada Crunch Cookie*

By Kate Martin  
Class of '10

Yield: 28 cookies

#### **Ingredients**

|         |  |
|---------|--|
| 2/3 cup | chopped pineapple, canned or fresh, well drained *save juice         |
| 2/3 cup | pineapple puree (from canned pineapple tidbits or crushed pineapple) |
| 1/2 cup | flaked coconut; sweetened & soaking in pineapple juice (for garnish) |
| 1 cup   | flaked coconut; sweetened, toasted                                   |
| 2/3 cup | dry roasted macadamia nuts (pieces or chopped)                       |
| 1/2 cup | coconut flour  |
| 1/4 cup | sweet white sorghum flour  |
| 1/4 cup | brown rice flour   |
| 1/4 cup | Expandex® modified tapioca starch                                    |
| 1/4 tsp | salt   |
| 1/2 tsp | baking powder  |

|         |   |
|---------|---|
| ½ tsp   | xanthan gum                                   |
| 2/3 cup | unsalted butter (room temperature)            |
| ¼ cup   | white granulated sugar                        |
| ¾ cup   | brown sugar (plus a little extra for garnish) |
| 4       | large eggs                                    |
| 1 tsp   | vanilla extract                               |
| ½ tsp   | ground ginger                                 |

### **Preparation of Ingredients**

1. Drain pineapple chunks into a bowl and add ½ cup sweetened flaked coconut.
2. Chop some of the pineapple chunks to create 2/3 cups; set aside.
3. Puree pineapple to create 2/3 cups; set aside.
4. Spread 1 cup sweetened coconut on un-greased cookie sheet, bake in 350 F oven, stirring occasionally, until edges are lightly golden. Set aside.
5. Chop dry roasted macadamia nuts; set aside.

### **Method of Preparation**

1. Sift together dry ingredients: coconut flour, sorghum flour, rice flour, Expandex®, salt, baking powder, and xanthan gum. Set aside.
2. Cream together butter and sugars, mix well. Add eggs, vanilla, and ginger, mix well.
3. Add ½ of the dry ingredients to the wet, mix well. Add pineapple puree and then add the remaining dry ingredients: including toasted ½ cup flaked coconut, macadamia nuts, and 2/3 cups chopped pineapple.
4. Put dough in refrigerator until firm (20 – 30 minutes minimum).
5. Preheat oven to 375° F with racks in the center of the oven evenly spaced.
6. Place firm cookie dough between two sheets of parchment paper (each about 20” long) that have been sprayed with cooking spray: flatten out the dough until it is approximately ¼” – 1/3” thick. Using a straight edge cut dough into rectangles about 1 ½ x 3”. Transfer each cookie individually to cookie pan and set 2” apart.
7. Sprinkle ¼ teaspoon of brown sugar over cookie and then create depression in the center of the cookie about 2” long. Then sprinkle several strands of the soaked coconut on top – pressing it into the brown sugar.
8. Bake at 375° F for 12-15 minutes until coconut on top is golden, the brown sugar is melted, and the top outside edges are somewhat firm to the touch. The bottom should also be a dark golden color.
9. Allow to cool on the cookie sheet, and remove when able to touch with bare hands. Allow to cool completely before packaging.

**\*\*Variations:** Replace butter with reduced (cooked down) coconut milk and/or shortening to make it dairy-free.

# *Best Yeast Bread*

## *Cinnamon Bun*

By Eric Bushman  
Class of '09

Yield: 12  
Preparation Time: 20 minutes  
Start to Finish Time: 3 hours

### **Ingredients**

1 cup milk, warm, (110 degrees F/45 degrees C)  
2 1/2 teaspoons yeast  
2 eggs room temperature  
1/3 cup butter, melted  
1 cup white rice flour  
2 cups tapioca starch  
1 1/2 teaspoons xanthan gum  
1 teaspoon salt  
1/2 cup sugar

### **Filling**

1 cup brown sugar, packed  
2 1/2 tablespoons ground cinnamon  
1/3 cup butter, softened

### **Frosting**

3 tablespoons tapioca starch  
1 cup milk  
1 cup butter  
1 cup sugar  
1 teaspoon vanilla

### **Method of Preparation**

1. In a small bowl add milk and yeast, let it set for 5 minutes.
2. In a mixing bowl add eggs, butter, rice flour, tapioca starch, xanthan gum, salt, and sugar.
3. Add milk and yeast mixture. Mix dough until well combined. Let dough double in

- size.
4. In a small bowl, combine brown sugar and cinnamon.
  5. Place the dough on a piece of wax paper sprayed with nonstick spray. Top with an additional piece of wax paper sprayed with nonstick spray.
  6. Roll dough into a 16x21 inch rectangle. Remove the top layer of wax paper, Spread dough with 1/3 cup butter and sprinkle evenly with sugar/cinnamon mixture.
  7. Roll up dough and cut into 12 rolls. Place rolls in a lightly greased muffin pan. Place immediately in to a preheated oven to 400° F
  8. Bake for 15 minutes.

### **Frosting**

Mix Tapioca Starch and milk, place mixture in a sauce pan cook until thick. Let it cool completely.

Cream together butter and sugar. Add small amounts of the thicken milk mixture. Beat like whipping cream. Add vanilla.

## *Best Muffin*

### *Piña Colada Muffins*

By Eric Bushman '09

**Servings: 12**

### **Ingredients:**

- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 3/4 cup white rice flour
- 1/2 cup coconut flour
- 1/2 teaspoon xanthan gum
- 2 tablespoons butter, melted
- 2 eggs
- 3/4 cup milk
- 1/2 cup sugar
- 1 can crushed pineapple, 20 oz can (2 1/4 Cups)
- 1/2 teaspoon vanilla extract
- 1/2 cup coconut flakes

**Method of Preparation:**

Preheat oven to 400° F.

In a large bowl sift together the baking powder, salt, rice flour, coconut flour, coconut flakes and xanthan gum.

In a small bowl mix the melted butter, eggs, milk, sugar, vanilla and crushed pineapple.

Pour the wet ingredients over the dry ingredients.

Mix thoroughly. Pour into prepared muffin pan.

Bake for 20 to 25 minutes