

## DEPT E - FOODS

Judges: Kim Bearnes, LaVonne Johnson, Kathy Murphy, Marianne von Rein, Judy Dicke, and Jill Goedeken

\*Indicates not a State Fair Class

One article may be exhibited per premium number **with a limit of four articles per project**. All entries NOT using recipes printed in member's manual shall be accompanied by the recipe used. Recipes may be photocopied or you may bring the cookbook or recipe card used. All entries with own recipe should be made of the same basic ingredients used in the members manual. Entry cards and recipe cards are to be attached to the outside of the exhibit. **Members are asked to be prepared to answer, during the interview, what they learned in their project not just this exhibit.** Members are allowed to take home the part of their exhibit not exhibited in the club booth.

Since exhibits are on display several days, it is necessary to limit exhibits to products which hold up well. Items that require refrigeration will not be accepted, judged or displayed. Food products must be unquestionably safe to eat when they are entered, whether taste or not. Egg glazes on yeast products before baking are allowed. Glazes, frostings, and other sugar based toppings are also considered safe due to the high sugar content. Eggs incorporated into baked goods or crusts and cheeses mixed into bread dough are considered safe. All fruit fillings must be cooked. Uncooked fruit is not allowed in any exhibit due to spoilage (i.e., fresh fruit tart). Meat, dried meat or meat substitute pieces (bacon bits, pepperoni, etc.), cream cheese fillings, or melted cheese toppings may result in an unsafe food product by the time the item is judged due to unpredictable heat and/or weather conditions and will be disqualified.

Commercially prepared mixes are allowed in the Tasty Tidbits – Creative Mixes (E-410-2) exhibit and the Fast Foods Quick Baked Product (E-402-907) ONLY.

**You be the Teacher** – the educational display may be a poster, mobile, three-dimensional display, scrapbook, balance beam type exhibit, charts, journals, pictures, slides, equipment, supplies, photographs, puppet play, skit, judging comparison, taped interview, file of ideas, research study, etc. A display may not exceed a total exhibit space of 12" deep x 15" wide x 10" high. Posters may be up to 14" x 22". Picture, food models, plaster paper-mache, etc. may be used only if they add to help explain your educational exhibit. Exhibits which may contain perishable food should include a colored photograph or digital photo of the food (not the food item). The photography should be taken prior to County Fair and attached to the exhibit. Include recipe on a 3" x 5" card if food items are included as part of the display.

**Members age 10 and over as of January 1 of the current year who exhibit in a class that has corresponding State Fair class, are encouraged to freeze a similar amount of the food. This will save time if their exhibit is selected for State Fair.**

Siblings enrolled in the same project are each to make their own individual recipe for exhibit. Do not create two exhibits from one batch of the recipe.

No alcoholic beverages are to be used as ingredients in recipes for exhibit (if the ingredient cannot be purchased legally by the member it should not be part of an exhibit). This includes menu and recipe file exhibits.

\*\* Members in projects listed under Foods Department are encouraged to enter "the Classics I and Classics II" contest. Classics contest rules are listed in the Classics area. Members are to bring at least one exhibit for the project they are enrolled in.

## General – Food Exhibit

E-350-1 Food Science Explorations – Open to any 4-H'er enrolled in a Foods & Nutrition project. Show the connection between food and science as it relates to food preparation, food safety, or food production. Exhibit may be a poster or foam core board (not to exceed 22" x 30"), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

E-350-2 Foods & Nutrition Poster, Scrapbook, or Photo Display – Score sheet (SF 122) – Open to any 4-H'er enrolled in a Foods & Nutrition project, involving a nutrition or food preparation or career concept/lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" x 30"), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

E-350-3 Physical Activity & Health Poster, Scrapbook, or Photo Display – Score sheet (SF 122) – Open to any 4-H'er enrolled in a Foods & Nutrition project, involving a physical activity or career concept/lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" x 30"), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.

### THE ROAD TO GOOD COOKING (No State Fair Exhibits)

Purple award \$1.25, blue award \$1.00, red award \$0.75, white award \$0.50

- \*E-905-900 Plain Oatmeal Drop Cookies (4) on a plate in a self-sealing bag
- \*E-905-901 Simple No Bake Cookie or Bar. Four cookies OR four 2" bars
- \*E-905-902 Poster (14" x 22") on one of the following topics – Kitchen Safety, Nutrition, or Reading Labels
- \*E-905-903 Completed Project manual

### SIX EASY BITES

Purple award \$1.25, blue award \$1.00, red award \$0.75, white award \$0.50

- \*E-401-900 Cookies (dropped baked cookie – any recipe) – Four on a disposable plate
- \*E-401-901 Muffins (any recipe) – Four on a disposable plate. No paper baking cups.
- \*E-401-903 Simple Snack (any recipe) (granola, trail mix, cereal based snack, etc.) two bars on a small plate OR at least ½ cup of snack product in a self-sealing bag
- \*E-401-904 Quick Bread (any recipe, non-yeast product) – Four biscuits, ¾ of a standard loaf or 2 mini loaves on a disposable plate. A standard quick bread pan measures 8" x 5".
- \*E-401-905 Snickerdoodles – Four on a disposable plate

\*E-401-906 You Be the Teacher – Share with others what you learned in this project. Follow guidelines on page 33 of manual.

\*E-401-907 Baking History Interview – Maximum two pages, one sided, neatly handwritten story of a baking history interview with an older person. Consider creativity and style of story. Mount on a 9” x 12” colored paper or poster board. Include picture of the person interviewed on the first page of written story. (May be laminated to preserve exhibit.)

\*E-401-908 Completed member project manual.

### **YOU LEARN TO BAKE** (No Fremont Fair or State Fair exhibits)

Purple award \$1.25, blue award \$1.00, red award \$0.75, white award \$0.50

\*E-900-900 Peanut Butter Cookies (4)

\*E-900-901 Plain One Egg Cake (3/4 of one layer)

\*E-900-902 Cornbread (3/4)

\*E-900-903 Brownies (4), unfrosted

\*E-900-904 Plain Oatmeal Cookies (4)

\*E-900-905 Devil’s Food Cake (3/4 of one round layer)

\*E-900-906 Gingerbread (3/4 of pan)

### **FAST FOODS**

Purple award \$1.25, blue award \$1.00, red award \$0.75, white award \$0.50

E-402-1 Coffee Cake (any recipe or shape) – at least ¾ of baked product. May exhibit in a disposable pan. Include menu for a complete meal where this is served.

E-402-2 Cost Comparison Exhibit – Exhibit must include both the food product made from scratch and the comparable purchased product (EX: homemade cinnamon rolls compared to a premade cinnamon roll purchased at the store). Supporting information needs to include the cost of the food item made compared to the commercial product and the recipe for the homemade food item. See pages 22-35 of Fast Foods manual relating to the Grocery Store Tour and the Store Shopper Tip Sheet listed on page 31 of manual.

E-402-3 Fast Food Baked Product – Exhibit must include a food product prepared using a non-traditional method (EX: bread machine, cake baked in convection oven, baked item made in microwave, etc.) that save time in food preparation. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

E-402-5 Fast Foods Recipe File – Collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year 4-H’er is in project,

with year clearly marked on recipes. Display in recipe file or in a clear plastic binder. Be sure to include the number of servings or yield of each recipe.

\*E-402-907 Fast Food Baked Product – Use five to seven ingredients to make a “quick” baked product. May be any recipe. Pre-packaged products may be used in recipe, (EX: refrigerated dinner roll, pre-made bread dough, etc.). Display proper amount of food item (4 on a plate or  $\frac{3}{4}$  or more of baked item). Supporting information must include experiences in making a fast food baked product and recipe.

\*E-402-908 Fast Foods Menu Planning – 4-H'er develops exhibits that aid in menu planning. May be a menu plan that is developed for at least five meals, a recipe file, or a poster that is related to what is learned in the Fast Foods project. Consider creativity and neatness. Menu plan may be mounted on colored paper or poster board, or displayed in a clear plastic binder. Refer to page 16-19 and 60-63 in the Fast Foods manual. Attach an evaluation found on page 64 for two or more menus you have prepared.

\*E-402-900 Grocery Store Investigation – Select 10 products and compare the prices between a national brand name and a store brand from two different stores. Include the unit price and cost per serving of each product. Indicate which product is the best choice for your family and why. Display your results as a poster or notebook.

\*E-402-901 Food Safety – Select one meal menu and give details on the steps you take from the start of preparation through cleanup of the meal. Include details of cleaning, separating, cooking and chilling the food products during the time line. Refer to pages 72-76 in the Fast Foods manual. Exhibit can be a notebook or poster.

\*E-402-902 You Be the Teacher – Exhibit based on what was learned from the project. See guidelines listed on page 33.

\*E-402-903 Entertainment Plan – Describe in detail one entertainment plan you carried out in this project. Does not have to be a party. Show theme, menu, time schedule, itemized cost, decorations, guest list, and activities. Indicate good and not-so-good features of your party. Display on a 14" x 22" poster board or in an area no larger than 12" x 15" x 10" high.

\*E-402-904 Main Dish Entrée – (EX: meat casserole, protein/meat dish) – Prepared using any method of cookery (bake, braise, grill - inside or out, roast, etc.). Bring entire prepared product from recipe with menu for a meal featuring the recipe and recipe for product. Following judging take food product home and exhibit photo of product with ribbon and menu.

\*E-402-905 Vegetable or Fruit Dish – (EX: corn casserole, bean casserole, fruit compote, fruit pizza, etc.) – Baked or fresh. Bring entire prepared product from recipe, with a menu for a meal featuring the recipe and the recipe for the product. Following judging take food product home and exhibit photo of product with ribbon and menu.

\*E-402-906 Baked or Non-Baked Dessert – (Present entire product for judging) with menu for a meal featuring the recipe and recipe for product. Following judging take food product home and exhibit photo of product with ribbon and menu.

## **YOUTH IN MOTION**

Purple award \$1.25, blue award \$1.00, red award \$0.75, white award \$0.50

*Encourage member in YOUth in Motion to prepare an exhibit for classes E-350-2 and E-350-3. See details at beginning under General Food Exhibit.*

E-300-900      YOUth in Motion Poster, Scrapbook or Photo Display about the 4-H'er or the 4-H'ers family involved in a physical activity or concept/lesson involving this project. This might contain pictures, captions, and/or reports about the physical project activity the individual or family did as a result of taking this project.

E-300-902      Activity Bag – A duffel bag or backpack that the 4-H'er packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean, clearly labeled and a written explanation of why it is included in the Activity Bag. DO NOT put valuable items (i.e., electronics) in Activity Bag, instead use a photo/picture of the items, or include in listing of items.

E-300-903      YOUth in Motion Healthy Snack Recipe File – Collection of 10 recipes from any source. Each recipe must accompany a complete snack menu in which the recipe is used following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each year 4-H'er is in project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or in a clear plastic binder. Be sure to include the number of servings or yield of the recipe.

E-300-904      Healthy Lifestyle Interview – Interview someone in your life that you admire that is physically active or has a healthy lifestyle. Why do they enjoy their exercise program or lifestyle choices? What are their goals? Why do you admire them? Maximum of two pages, one sided write up of an interview with someone who has an active exercise program or has a healthy lifestyle. Consider creativity and neatness. Mount on a 9" x 12" colored paper or poster board, or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9" x 12".

E-300-905      Healthy Snack – See ideas for non-perishable snacks on page 36 of manual. Four cookies, bars, muffins, etc., on a disposable plate or at least 1 cup of mix. (EX: might include granola bars, homemade crackers or chips). Attach to exhibit – recipe, snack menu, and written explanation of why this snack menu might be considered a healthy snack, indicate serving size.

E-300-920      Plan a Day's Menu for a teenager who is actively involved in sports. Write out why each of the foods were included based on time to prepare, nutritional value and cost. Mount exhibit on 14" x 22" poster board.

E-300-921      Diet Evaluation – Poster 14" x 22" showing one day's food intake that has been evaluated for nutritional value by a computer. Write out changes that need to be made to improve the diet. (Request website listings from Extension Office, if needed.)

E-300-922      Plan Menus for One Lunch & One Supper – Include at least one food from each of the food groups at each meal using the food pyramid as a resource. Limit salt, sugar, and fat. Consider color, texture, form, and nutritional value of foods. Include the recipes, written in proper form, for the foods served. Index cards with the recipes and menus are to be mounted on a 14" x 22" poster board.

E-300-923      Favorite Recipe Modification – Take a family favorite recipe and modify it reducing the sugar, salt, and/or fat content. Choose product that will maintain suitable appearance during the fair. Exhibit  $\frac{3}{4}$  of the product from the modified recipe along with the original recipe, modified recipe and written explanation of the modifications made.

E-300-924 Prepare a Daily Exercise Plan for the summer months to help a teen prepare to compete in fall high school sports. Write out details of what is to be done for how long and how often. Include other important details.

E-300-925 Participate in a six week or longer walking or running program. Include logs of daily activities, explanation of what was learned, if personal fitness and stamina increased and any other health benefits you gained from the experience.

E-300-926 Interactive Video Gaming Systems (EX: Wii, Xavix) Exhibit – Poster (can be science fair type display) or notebook exhibit of your experiences with an interactive video gaming system (EX: Wii, Xavix) listing the programs that you use, accessories required, documenting the hours you have played, advances you have made in each of the programs, health and fitness benefits gained, personal goals for continued use of the interactive video gaming system, details of who you have taught to use the interactive video gaming system, and other information that will be helpful in evaluating your experiences with interactive gaming systems. Photos can be included with you and others featured in the photos. Must be different exhibit from computer exhibit.

### **TASTY TIDBITS**

Purple award \$1.25, blue award \$1.00, red award \$0.75, white award \$0.50

E-410-1 Healthy Baked Product – Baked product must be made with less sugar, fat, or salt, or modified using a sugar or fat substitute changed to include whole grain or be altered for specific allergies/food intolerances. Include at least 3/4 of product or 4 muffins or cookies on a paper plate. May be baked and exhibited in a disposable pan. Include original recipe and altered recipe. Write out what you learned about products made from an altered recipe in supporting information.

E-410-2 Creative Mixes (any recipe, at least ¾ of baked product or 4 muffins or cookies on disposable plate. May be baked in a disposable pan. Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. Must show how the original product directions were changed to create the new baked product (EX: Poppy Seed Quick Bread from a cake mix, cake mix cookies, Streusel Coffee Cake from a cake mix, sweet rolls made from ready-made bread dough, monkey bread from biscuit dough, etc.) Write out what you learned about making this product using a pre-measured mix instead of a recipe made from scratch. Does it make it better or easier to use a convenience product or mix?

E-410-3 Biscuits – Four biscuits on a disposable plate. May be rolled, dropped, or cut into shapes, Recipe must be a non-yeast product baked from scratch.

E-410-4 unique Baked Product (Any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan). Recipe must contain a surprise ingredient and MUST not use a mix (EX: Cantaloupe Quick Bread, Pork & Beans Bread, etc.) Write what you learned about making this unique item with an unusual ingredient(s). What was the anticipated outcome? Would you make it again?

E-410-5 Foam Cake – Exhibit at least ¾ of the cake made from “scratch” recipe (no commercial mixes). Foam cakes are cakes that have a high ratio of eggs to flour and fall into three categories: angel food cakes or meringues; sponge or jelly roll cakes; and chiffon cakes.

\*E-410-900 Baked product made in microwave from basic ingredients (cakes, quick breads, cookies, bars, etc. – any recipe) – Four cookies, bars, muffins, etc.; at least ¾ of cake, quick bread loaf, etc.

\*E-410-901 Interview a person who works in a food related job – Maximum of two pages, one sided, hand written or typed write up of interview with a person who works in a food related job. Consider creativity and neatness Mount on a 9" x 12" colored paper or poster board. Include a picture of the person interviewed.

\*E-410-902 You Be the Teacher – Share with others what you learned in this project. Follow guidelines listed in the beginning of the foods section.

### **YOU'RE THE CHEF**

Purple award \$1.25, blue award \$1.00, red award \$0.75, white award \$0.50

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods / Food Baked Product exhibit. All exhibits made in the You're the Chef and Foodworks project areas must have been prepared without the assistance of a bread machine for mixing, raising or baking the food item.

E-411-1 Loaf Quick Bread (any recipe) – At least ¾ of a standard loaf displayed on a disposable plate. Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. A standard quick loaf measurement is 8 1/2" x 4 1/2" x 9" x 5". If mini-loaf pans are used for exhibit two (2) loaves must be included in your exhibit. Must be a loaf pan not "bundt" pan.

E-411-2 White Bread – (any yeast recipe or method other than bread machine) – At least ¾ of a standard loaf displayed on a disposable plate.

E-411-3 Whole Wheat or Mixed Grain Bread (any yeast recipe or method other than bread machine) – At least ¾ of a standard loaf displayed on a disposable plate.

E-411-4 Specialty Rolls – (any yeast recipe) 4 rolls on a plate. May be sweet rolls, English muffins, Kolaches, Bagels, or any other sweet roll recipe that makes individual portions. Recipe must include yeast.

E-411-5 Dinner Rolls – (any yeast recipe) 4 rolls on a disposable plate. May be Clover Leaf, Crescent, Knot, Bun, Bread Sticks, or any other type of dinner roll. Recipe must include yeast.

\*E-411-900 You Be the Teacher – Share with others what you learned in this project. Follow the guidelines at the beginning of the Foods section.

\*E-411-901 Angel Food Cake - plain or chocolate with recipe card.

\*E-411-902 Sponge or Chiffon Cake with recipe card.

\*E-411-903 Invented Snack – Include 1 cup of invented snack or crackers or chips (any recipe) or sufficient amount of snack for judging. Explain on an attached card what you did to invent your snack.

### **FOODWORKS**

Purple award \$2.00, blue award \$1.50, red award \$1.00, white award \$0.50

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods / Food Baked Product exhibit. All exhibits made in the You're the Chef and Foodworks project areas must have been prepared without the assistance of bread machine for mixing, raising, or baking of the food item.

E-413-1 Double Crust Fruit Pie – Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or pre-made pie crusts. May be a double crust, crumb, cut out, or lattice topping. Using an 8" or 9" disposable pie pan is recommended but not required for County Fair. If selected for State Fair and glass pie plate is sent to State Fair it may not be returned.

E-413-2 Family Food Traditions – (any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Any baked item associated with family tradition and heritage. Entry must include: a) recipe, b) tradition or heritage associated with preparing, serving the food, c) where or who the traditional recipe came from.

E-413-3 Cultural Food Exhibit (any recipe) – Four cookies, bars, muffins, etc. at least ¾ of baked product (may be baked in a disposable pan), on a disposable plate. The name of the country, culture or region should be included as part of the supporting information, as well as some background information about the country or culture the food item is representing.

E-413-5 Specialty Bread (any recipe made with yeast) – Tea rings, braids, or any other specialty bread products. Must be exhibited whole.

E-413-6 Specialty Pastry (any recipe) – pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, Danish, strudels. Phyllo dough may be pre-made or from scratch. Four on a disposable plate or at least ¾ of baked product. Pastries made with cream or egg based fillings will be disqualified.

\* E-413-900 You Be the Teacher – Share with others what you learned in this project. Follow guidelines at the beginning of the Food section.

E-413-901 Cultural Foods Display Exhibit – Baked product from another country or culture with at least one accessory typical of that country or culture. The name of the country or culture should be a prominent part of the display. Include the recipe of the baked item, write what you have learned about the culture and country, what makes this recipe unique to the country or culture and when this recipe is served. Attach to the recipe card. Display in a suitable container that allows for item to be transported and displayed. Should be displayed in an area no larger than 12" deep x 15" wide x 10" high. Attach exhibitors name and county/culture to each accessory item and recipe card included as well as the display. Accessory items should be securely attached and will be judged on creativity and imagination. Consider accessories other than dolls. Baked item will be sampled by judges, so it should be bread, rolls, cookies, etc., not casseroles, cream pies, etc. Fair Board is not responsible for lost or stolen accessories.

\* E-413-902 Cooking Up a Career – Find someone you know who works in a catering business, local restaurant, health care food service, food scientist, works as a Registered Dietician or any other food or nutrition related industry. What do they do? How much education do they need? Why did they choose this profession? What is the most enjoyable thing about their chosen profession? Maximum of two pages, one sided, write up of an interview with a caterer. Consider creativity and neatness. Mount on a 9" x 12" colored paper or poster board, or display in a clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9" x 12".



## CAKE DECORATING (No State Fair Classes)

Judge: Sandra Blaha



Wilton Enterprises will present to the top decorated cake exhibitor a choice of one of four different Wilton cake decorating video tapes OR three Wilton Cake Decorating softcover books and a "Best of Class" certificate. The judge's decisions in all classes and for all special recognition is final.

See Food & Nutrition introductory information on page 33 for guidelines on recipes to be included with the exhibit.

### General Cake Decorating Exhibit

\*E-915-25 Gather cake decorating tools and supplies used when decorating foods, items to include, but not limited to include: tips, tubes, bags, coloring, spatulas, spoons, meringue powder, dish cloth, etc. include a listing of items in the kit. Exhibit in carrying case/toolbox.

### UNIT I

Purple award \$2.00, blue award \$1.50, red award \$1.00, white award \$0.50

4-H'ers who have exhibited in Unit II or III are not eligible in Unit I.

\*E-915-900 Decorated cookie or circle: member's younger than age 12, January 1 of current year, are eligible to bring a decorated 4" diameter cookie or decorated 4" cardboard circle. The cookie can be purchased or homemade. It will be judged on creativity, and effective use of frosting and tips in decorating the exhibit. Use a maximum of 2 different kinds/design decorating tips.

\*E-915-901 Cake Decorating Tool Kit – may include but not limited to tips, bags, food coloring, knives, bowls for frosting, idea book/sheets. A written description of the kit's purpose and inventory list of contents is required.

\*E-915-902 Two layer decorated cake (white, yellow, or chocolate 8-9" round, square, or heart-shaped, frosted), **made from a commercial mix**. Use three different (not 3 sizes of the same design of tip) decorating tips. Flowers may be used if they are a drop type or free hand type. Do not use flowers made on a flower nail or anything which is non-edible (plastic or paper, etc.). The cake should be placed on a disposable cardboard, covered with a grease-proof paper, plastic doily, or ruffle. Tell the judge the occasion for which the cake would be served, decorating techniques used, source of design or idea, and problems encountered while decorating. Also include card stating any modification made in cake mix directions, and recipe for the frosting. Members may take home half of the cake after the judging. Cakes will be cut and tasted.

\*E-915-903 Two layer cake (white, yellow or chocolate 8-9" round, frosted), ready to decorate. Include the recipes for both cake and frosting. (Members will be able to take home  $\frac{3}{4}$  of the cake after judging). Cakes will be cut and tasted.

\*E-915-904 Two layer, decorated cake **made from scratch** using three different (not 3 sizes of the same design tip) decorating tips. Flowers may be used if they are a drop type or free hand type. Do not use flowers made on a flower nail or anything which is non-edible (plastic or paper, etc.). The cake should be placed on a disposable cardboard, covered with a grease proof paper, plastic doily, or ruffle. Tell the judge the occasion for which the cake would be served, decorating techniques used, source of design or idea and problems

encountered while decorating. Also include the recipes for both cake and frosting. Members will be able to take home half of the cake after the judging. Cakes will be cut and tasted.

\*E-915-905 Decorated cake form or pan, using three different (not 3 sizes of the same design tip) decorating tips. Flowers may be used if they are a drop type or free hand type. Do not use flowers made on a flower nail or anything which is non-edible (plastic or paper, etc.) The form should be placed on a disposable cardboard, covered with a grease-proof paper, plastic doily or ruffle. Tell the judge the occasion for which the cake would be served, decorating techniques used, source of design or idea, problems encountered in decorating and recipe for frosting.

\*E-915-906 Shaped Cake made using a molded pan and decorated using two different tips. May be from mix or scratch. Include recipes for both cake and frosting. (Members will be able to take home  $\frac{3}{4}$  of cake after judging, but are asked to exhibit photo of exhibit). Cake will be cut and tasted.

## **Unit II**

Purple award \$2.00, blue award \$1.50, red award \$1.00, white award \$0.50

All Unit II cakes are required to be made from scratch. No cake mix cakes.  
4-H'ers who have exhibited in Unit III are not eligible in Unit II.

\*E-915-907 One layer, decorated cake showing the use of three different (not 3 sizes of the same design or tip) tips (rose tip must be one. You may use a nail tip). Sugar molding may be used in addition to the three tips. (Any shape cake may be used ... such as a bear, Christmas tree, etc.). Tell the judge the occasion for which the cake would be served, decorating techniques used, source of design or idea, itemized cost of complete cake, and problems encountered while decorating. Also include the recipes for both cake and frosting. Cake will be cut and tasted.

\*E-915-908 Two layer, decorated cake showing the use of 4 different (not 4 sizes or combination of the same design of tip) tips (the rose and writing tips must be used). Sugar molding may be used in addition to the four tips. Any shape cake may be used. Tell the judge the occasion for which the cake would be served, decorating techniques used, source of design or idea, itemized cost of complete cake, and problems encountered while decorating. Also include recipes for both cake and frosting. Cake will be cut and tasted.

\*E-915-909 Decorated sheet cake with arrangements on top. Tell the judge the occasion for which the cake would be served, decorating techniques used, source of design or idea, itemized cost of complete cake, and problems encountered while decorating. Also include the recipes for both cake and frosting. Cake will be cut and tasted.

\*E-915-910 Decorated sheet cake with identical decorations on individual servings. Tell the judge the occasion for which the cake would be served, decorating techniques used, number of servings intended from the cake and problems encountered while decorating. Also include the recipes for both cake and frosting. Cake will be cut and tasted.

## **Unit III**

Purple award \$2.00, blue award \$1.50, red award \$1.00, white award \$0.50

All Unit III cakes are required to be made from scratch. No cake mix cakes.

\*E-915-911 One exhibit board showing eight borders and four different flowers (all made on a flower nail). Label borders and flowers with names. Exhibit board should not exceed 18" x 18".

\*E-915-912 Combination Decorated Cake and form – Two layers of this exhibit will be cake forms and the third layer will be cake. Tell the judge decorating techniques used, occasion for which the cake would be served, source of design ideas and problems encountered while decorating the cake. Include recipes for cake and frosting. Cake will be cut and tasted.

\*E-915-913 Self-made ornaments for the top of a cake. Mount on an exhibit board sized in proportion to the size of the ornament. On a card, specify: the size of cake on which ornament would be used, the occasion for which the cake would be serviced, source of design or idea, and problems encountered while making.

\*E-915-914 Decorating, three-tiered cake (6 layers of cake) which shows both a stacked and a separate tier. Any size is acceptable. Tell the judge decorating techniques used, occasion for which cake would be served, source of design or idea and problems encountered while decorating. Also include the recipes for the cake and frosting. Cake will be cut and tasted.

\*E-915-915 Decorated, two or three tiered or layer cake, using fondant icing. (Icing may be purchased or made from a recipe.) Tell the judge decorating techniques used, occasion for which cake would be served, source of design or idea and problems encountered while decorating. Also include the recipes for the cake and frosting. Cake will be cut and tasted.

\*E-915-916 Exhibit a figure piping mounted on an exhibit board proportionate in size to the design. Tell the judge the size of cake on which the piped figure would be used, the occasion for which the cake would be served, source of design or idea and problems while making.

\*E-915-917 Shaped Cake created by cutting cake to form a different shape than cake was baked in. Tell the judge decorating techniques used, occasion for which cake would be served, source of design or idea and problems encountered while decorating. Also include the recipes for the cake and frosting. Cake will be cut and tasted.

## **CAKE DECORATING CONTEST**

Judge: Roxanne Schmaderer, Mary Clare Stalp, and Janet Ludwig

Each contestant will receive a participation ribbon and \$2.50 premium.

Trophy and medals will be awarded to the top three entries in the each division.

The contest is open to all 4-H members, age 8-18. It will be divided into three divisions: Junior Division (4-H age, 8-11), Intermediate Division (4-H age, 12-13) and Senior Division (4-H age 14-18).

The purpose of the contest is to provide contestants an opportunity to decorate a cake in conditions similar to the commercial world, exhibit their cake decorating skills, and challenge their creative talents in a timed event.

The Cake Decorating Contest will begin at **7:00 p.m. on Tuesday, August 8**, in the Dinklage Building. Half sheet cake forms (10" x 15") frosted with white frosting and ready-to-decorate will be provided for each contestant. White frosting to use during the contest will be provided for all contestants.

Contestants will provide any equipment they need to decorate the cake (tips, bags, food coloring, knives, bowls for frosting, etc.). Contestants are not to lick fingers or equipment during the contest. Contestants will be responsible for cleaning up their work space and presenting their entry to judging panel. Frosting only decorations. No plastic, silk, candy flowers, etc. for decorations. Members of the audience (including parents) are not to “coach” or talk to contestants during decorating process.

Contestants are **required to pre-enter the contest by 4:30 p.m. on Monday, July 31**. Pre-entry will be a completed entry tag. **Contestants will have 30 minutes** starting at 7:00 p.m. to decorate their cake. No contestant will begin work (including coloring of frosting) until the sign of the contest coordinator. All decorating will conclude at the end of 30 minutes as indicated by coordinator. Contestants will be made aware of time remaining at 10, 5, 2 and 1 minutes. Cleanup will take place after the 30 minute decorating period.

Judging will take place at approximately 7:30 p.m., Tuesday evening, August 8.

Once a member wins Junior or Intermediate Division they will move up to the next higher age division for future competition. Winners in the Senior Division can continue to compete even though they have won in previous years.

Entries from the cake decorating contest will be exhibited in your club booth during the County Fair. (They cannot be entered as exhibited in the Open Class competition during the same fair.) Frosting is to be removed from the cake form after 9:00 p.m. Sunday evening. Return the cake form to an Extension staff member.

\*E-915-1A Cake Decorating Contest – Junior Division (age 8-11 on January 1 of current year)

\*E-915-1B Cake Decorating Contest – Intermediate Division (age 12-13 on January 1 of current year)

\*E-915-1C Cake Decorating Contest – Senior Division (age 14-18 on January 1 of current year)

## FOOD PRESERVATION

Ball “Bring Out Your Best”

Youth Food Preservation Awards presented by Ball\*Home Canning



Purple award \$1.25, blue award \$1.00, red award \$0.75, white award \$0.50

To promote the art of home canning and to honor youth who excel at the art of home canning Ball\*Home Canning is offering First Place Youth Award categories.

Judges will select the best entry submitted by a youth in Fruit, Vegetable, Pickle, and Soft Spread categories canned in Ball\*Jars sealed with Ball\* Bands with Dome\*Lids or Ball\*Collection Elite Decorating Bands with Dome\*Lids, or canned in Kerr\* Jars sealed with Kerr\*Bands with Self-Sealing\*Lids or Ball\*Collection Elite\* Decorative Bans with Dome\* Lids.

The best entry from each category will receive the following: One (1) Five Dollar Coupon (\$5) for Ball\* or Kerr\* Home Canning Product and one (1) Ball Blue Book\* of Preserving.

PROCESSING METHODS – Current USDA processing methods must be followed for all food preservation. Jam, preserves and marmalades, fruit, tomatoes, and pickled products must be processed in a boiling water bath.

(Tomatoes **MAY** be processed in a pressure canner.) All non-acid vegetables and meats must be processed in a pressure canner. Spoilage or open container disqualifies entry.

**UNIFORMITY** – Canning jars must be used, others will be disqualified. Jars and type of lid should be the same size, all small or large, not necessarily the same brand. Half pint jars may be used for jellies and preserves. No one fourth pint jars allowed. Leave jar rings on for fair display, it helps protect the seal. No zinc lids. The jars are not to be decorated by the exhibitor in any way. No zinc lids. Improperly canned or potentially hazardous food items will be disqualified.

**RECIPE / LABELING** – The jars should be uniformly labeled. See <http://food.unl.edu/web/preservation/home> for current USDA guidelines, how to find your Nebraska altitude, and proper procedures for food preservation. Write plainly on a label and paste or tape securely on jar bottom. Specialized sticky labels not required. All canned food must include the following Information on the label of the item:

1. Type of food
2. Method of preservation (pressure canner or water bath canner)
3. Type of pack (raw pack or hot pack)
4. Altitude and altitude adjustment if needed
5. Processing time
6. Number of pounds of pressure, if pressure canner used
7. Date processed
8. Recipe and source of recipe. (If a publication, include name and date) **CURRENT USDA GUIDELINES FOR FOOD PRESERVATION METHODS MUST BE USED.** See <http://food.unl.edu/canning> for current USDA guidelines.

### **Cuming County's altitude is 1337 ft. Adjustments in processing time required based on altitude**

Name and address of exhibitor, and the class number should be written plainly on a label pasted or taped on the bottom of each jar. Attach official entry tag with rubber band. Standard canning jars must be used. No home decorated lids will be accepted. Provide a container to hold preservation project so jars won't be separated or broken. Containers will not be judged. State Fair requires small, plain boxes (EX: cheese box). All canning must be the result of this year's 4-H project, and done since September 2016. All food preservation entries must include recipe and source of recipe. Recipes for processed foods used by 4-H members for fair exhibition (except salsa) may originate from any sources. 4-H members exhibiting salsa must use an approved USDA recipe in addition to using approved processing methods. See the USDA guide for approved salsa recipes and approved processing methods for all processed/preserved foods.

**LABELING DEHYDRATED FOODS** – specialized sticky labels are not required. All dried foods must include the following information on the label of the item:

1. Recipe and recipe source
2. Method of pretreatment
3. Drying method and drying time

Write plainly on label and paste or tape securely to back of a self-sealing bag. Securely attach official entry card to exhibit. Multiple jar exhibits should be contained in a small undecorated box. Use a rubber band or "twisty" to keep exhibit containing 3, self-sealing bags together.

Each club member may exhibit one article per premium number.

\*E-407-906A Tomatoes (whole)

- \*E-407-906B Beans (cut or whole)
- \*E-407-906C Beets (sliced or whole)
- \*E-407-906D Carrots (cut)
- \*E-407-906E Corn
- \*E-407-906F Peas
- \*E-407-906G Green Asparagus, Chard, Beet Tops, Spinach, Dandelions, or other greens
- \*E-407-906H Apples (sliced)
- \*E-407-906I Berries
- \*E-407-906J Cherries
- \*E-407-906K Blue Plums
- \*E-407-906L Peaches (halved)
- \*E-407-906M Apricots (halves or whole)
- \*E-407-906N Pears (halves)

E-407-1 Dried Fruit – Exhibit 3 different examples of dried fruit. Place each dried fruit food (6-10 pieces of fruit, minimum ¼ cup) in a separate self-sealing bag. Use a ribbon band or “twisty” to keep exhibit together. See guidelines above for special labeling instructions.

\*E-407-900 Single Dried Fruit or Fruit Leather – Exhibit 1 dried fruit or fruit leather product (different foods from foods exhibits). Place food (6-10 pieces of fruit, minimum of ¼ cup) in a self-sealing bag. Place a 3-4” sample of fruit leather in a self-sealing bag. See guidelines above for special label instructions.

E-407-2 Dried Fruit Leather – Exhibit samples of three different fruit leathers. Place a 3-4” sample of each in separate self-sealing bags, labeled appropriately. (It is a good idea to include bite-size sample for the judge to taste, so larger piece of leather is not sampled.)

E-407-10 Dried Vegetables – Exhibit 3 samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a “twisty” to keep exhibit together.

\*E-407-902 Single Dried Vegetable – Exhibit one (1) dried vegetable or herb (different foods from 3 vegetable exhibit). See exhibit requirements in class E-407-10. Dried vegetable/herb may not be a duplicate of 3 sample exhibit.

E-407-11 Dried Herbs – Exhibit 3 different samples of dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a “twisty” to keep exhibit together. See guidelines above for special labeling instructions.

- \*E-407-903      Meat Jerky – Exhibit 3 samples of meat jerky, each made from a different recipe (may be the same specie – beef, pork, poultry, etc.) but different recipes. Place a 3-4” sample of each in separate self-sealing bags. Attach label to each self-sealing bag.
- \*E-407-904      Single Meat Jerky – Exhibit one (1) meat jerky. See exhibit requirements in class E-407-903. Jerky exhibit may not be a duplicate of 3 sample exhibits.
- \*E-407-12      1 Jar Fruit Exhibit – One jar of a canned fruit. See guidelines above for special labeling instructions.
- E-407-13      3 Jar Exhibit – Exhibit 3 jars of different canned fruits. May be three different techniques for same type of product (EX: applesauce, canned apples, apple pie filling). See guidelines above for special labeling instructions.
- E-407-14      1 Jar Tomato Exhibit – One jar of a canned tomato product. See guidelines above for special labeling instructions.
- E-407-15      3 Jar Tomato Exhibit – Exhibit 3 jars of different canned tomato products (EX: salsa, sauces without meats, juice, stewed, etc.). See guidelines above for special labeling instructions.
- E-407-20      1 Jar Vegetable or Meat Exhibit – One jar of a canned vegetable or meat. Include only vegetables canned in a pressure canner. See guidelines above for special labeling instructions.
- E-407-21      3 Jar Vegetable Exhibit – Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner. See guidelines above for special labeling instructions.
- E-407-22      Quick Dinner – Exhibit 3 jars (all the same size) plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3” x 5” file card and attach to one of the jars. See guidelines above for special labeling instructions.
- E-407-30      1 Jar Pickled Exhibit – One jar of a pickled and/or fermented product. See guidelines above for special labeling instructions.
- E-407-31      3 Jar Exhibit – Three jars of different kinds of canned, pickled and/or fermented products. See guidelines above for special labeling instructions.
- E-407-40      1 Jar Jelled Exhibit – One jar of a jam, jelly, or marmalade. See guidelines above for special labeling instructions.
- E-407-41      3 Jar Jelled Exhibit – Three different kinds of jellied fruit products. Entry may be made up of either pints or half pints (but all jars must be the same size). Entry must be processed in the boiling water bath according to current USDA recommendations. See guidelines above for special labeling instructions.
- \*E-407-905      You Be the Teacher – Educational exhibit on food preservation. Examples of exhibit topics include (but not limited to) preserving fruits by freezing or drying, preserving vegetables by freezing or drying, making jam, jelly or marmalade, etc. Follow “You Be the Teacher” exhibit guidelines.

## THE CLASSICS

Purple award \$1.25, blue award \$1.00, red award \$0.75, white award \$0.50

The Classics category is intended to provide basic learning opportunities in baking that are otherwise limited in the 4-H curriculum. As such, this class provides general guidelines. NO ENTRIES IN THIS CATEGORY ARE STATE FAIR ELIGIBLE.

LIMIT TWO entries per member.

Classics I open to members ages 8 – 11 as of January 1 of the current year. **(No Clover Kid exhibits.)**

Must be different recipes than exhibited in other classes. Must exhibit at least one food entry in the food project that member is enrolled in to exhibit in The Classics.

## CLASSICS I

Contestants in this division must be enrolled in one or more of the following projects: *Road to Good Cooking, Six Easy Bites, You Learn to Bake, Tasty Tidbits*. Classics I open to members 8-11 on January 1 of current year. Members are to bring at least one exhibit for the project they are enrolled in.

All cookies must be baked. Enter four on a plate. Coffee cakes are not to contain yeast. All entries must be made from basic ingredients – not a box mix. Include recipe.

- \*E-920-900 Drop Cookies (EX: chocolate chip) – excluding sugar cookies, oatmeal drop cookies
- \*E-920-901 Bar cookies (EX: brownies)
- \*E-920-902 Molded Cookies (EX: peanut butter)
- \*E-920-903 Refrigerator cookies
- \*E-920-904 Rolled cookies (EX: sugar cookies)
- \*E-920-905 Pressed cookies (EX: spritz cookies)
- \*E-920-906 Filled Cookie (any cookie recipe with filling made from non-perishable ingredients, including jellies, jams, fruits, or candies)
- \*E-920-907 Quick Coffee Cake – ¾ of recipes
- \*E-920-908 Quick Bread – (6" x 6" square or ¾ loaf)
- \*E-920-909 Biscuits (4 on a plate)
- \*E-920-917 Herbed biscuits or muffins (4 on a plate with recipe)
- \*E-920-910 Plain muffins (4 on a plate) No paper baking cups
- \*E-920-911 Muffins with fruit or flavored muffins (4 on a plate). No paper baking cups.



- \*E-920-912 Stuffed fruit or vegetables – at least 4 examples, including recipes
- \*E-920-913 Carved fruit or vegetable creation. Bring source of idea for exhibit.
- \*E-920-914 Garnish for main dish. Bring complete menu for meal and occasion for the meal.
- \*E-920-915 Food Flop – A sample of any one food project that failed. Must be accompanied by a written or typed story explaining what you planned, what you did while preparing the item, the result, why you think the flop occurred, and how you would keep it from happening again. Top exhibit will receive a trophy.
- \*E-920-916 Foods for a Diabetic – Each member may enter a maximum of two (2) entries in this class. Prepare a recipe that would be appropriate in a meal for a person who has diabetes (not required to have artificial sweeteners). Bring the entire product of the recipe for judging. Tell the judge why this recipe would be a wise choice for a diabetic, what would be an appropriate serving of the food and how many carbohydrate exchanges are in one serving. Bring copy of the recipe for judging. Exhibit one serving of the product with ribbon and take remainder of product home. Contact Mary Clare Stalp, R.D at 402-372-3744 for help on the questions to prepare for judging.

## CLASSICS II

Contestants in this division must be enrolled in one of the following projects: *You're the Chef, Foodworks, Fast Foods, Youth in Motion, Food Preservation, and Cake Decorating*. All entries must be made from basic ingredients – not from a box mix. Include recipe. All cakes should be unfrosted. Two-layer cakes should be baked in at least a 9" pan. Minimum entry is  $\frac{3}{4}$  of cake. Limit four (4) entries per member. **Classics II open to member ages 12-18 on January 1 of current year. Members are to bring at least one exhibit for the project they are enrolled in.** Must be different recipes than exhibited in other entries.

- \*E-925-900 Shortening-type cake (cake made with any type of shortening)
- \*E-925-901 Sponger cake
- \*E-925-902 Chiffon cake
- \*E-925-903 Oil pastry – rolled
- \*E-925-904 Oil pastry –formed in pan
- \*E-925-905 Two-crust fruit pie
- \*E-925-906 Pie crust
- \*E-925-907 Turnover
- \*E-925-908 Angel food cake
- \*E-925-909 Carved fruit or vegetable creations. Bring source of idea for your exhibit.

- \*E-925-910 Creative mix – (EX: use a cake mix to make muffins) See Tasty Tidbits Class E-410-2 for guidelines. Include recipe and how original mix was enhanced.
- \*E-925-911 Tray of appetizers featuring at least 3 different appetizers. Include recipes for appetizers. Exhibit in eye appealing fashion.
- \*E-925-912 Tailgate party Dish. Include recipe and steps taken to insure food safety for product.
- \*E-925-913 Garnishes for a main dish. Bring complete menu for meal and occasion for the meal.
- \*E-925-914 Specialty bread – must be different from specialty breads exhibited in Foodworks.
- \*E-925-915 International or cultural breads (EX: scones, biscotti, focaccia, Lavosh, etc.) Yeast not required in recipe. Exhibit 4 rolls or  $\frac{3}{4}$  of recipe on a disposable plate. Must be different from other food exhibits.
- \*E-925-916 Family favorite that has been modified to lower sugar, fat, cholesterol, and salt. Exhibit original recipe and adapted recipe on a 3" x 5" card. On an additional card list the specific modifications that were made. Keep food safety in mind. Hot items will be judged hot. Select non-perishable foods or bring a picture to be exhibited during the fair.
- \*E-925-917 Creative Mixes – Create an original baked product (EX: bread, coffee cake, etc.) based on a mix. This mix should be used as a starting point, but the product should be different from that made by following directions on the package. Include the recipe and itemized cost for both mix and "scratch" ingredients for a cost comparison.
- \*E-925-918 Creative Pizza and Recipe (made from scratch) – bring entire pizza for judging, leave one piece with ribbon in club booth, take the rest home. This exhibit should be different from the traditional pizza. (EX: breakfast pizza, fruit, dessert, or vegetarian pizza).
- \*E-925-919 Baked luncheon dessert with recipe card – Select non-perishable foods or bring a picture to exhibit during the fair.
- \*E-925-920 Bread Machine White Bread – one loaf displayed on a paper plate, with a recipe card (no box mixes).
- \*E-925-921 Bread machine Whole Wheat or Mixed Grain Bread – one loaf displayed on a paper plate, with recipe card (no box mixes).
- \*E-925-922 Bread Machine Specialty Bread – (EX: raisin bread, bagels, buns, croissants, etc.) One loaf or 4 rolls exhibited on a disposable plate with recipe card.
- \*E-925-923 Yeast White Bread OR Whole Wheat OR Mixed Grains – One loaf displayed on paper plate with recipe card (no mixes, no bread machine, and different recipe from what was used for other classes.)
- \*E-925-924 Specialty Yeast Bread (EX: raisin bread, bagels, buns, croissants, braids, etc.) One loaf or 4 rolls on disposable plate with recipe card (no mixes, no bread machine) and different recipe from what was used for other classes.

\*E-925-925 Food Flop – A sample of any one food project that failed. Must be accompanied by a written or typed story explaining what you planned, what you did while preparing the item, the result, why you think the flop occurred, and how you would keep it from happening again. Top exhibit will receive a trophy.

\*E-925-926 Foods for a Diabetic – each member may enter a maximum of two (2) entries in this class. Prepare a recipe that would be appropriate in a meal for a person who has diabetes (not required to have artificial sweeteners). Bring the entire product of the recipe for judging. Tell the judge why this recipe would be a wise choice for a diabetic, what would be an appropriate serving of the food, and how many carbohydrate exchanges are in one serving. Bring copy of the recipe for judging. Exhibit one serving of the product with ribbon and take remainder of product home. Contact Mary Clare Stalp, R.D. at 402-372-3444 for help on questions to prepare for judging.

\*E-925-927 Foods for Diabetics – Fast & Easy – prepare a diabetic appropriate recipe that includes five or less ingredients that is quick and easy to prepare. Bring the entire product of the recipe for judging. Tell the judge why this recipe would be a wise choice for a diabetic; what would be an appropriate serving of this food and how many carbohydrate exchanges are in one serving. Bring a copy of the recipe for judging. Exhibit one serving of the product with ribbon and take remainder of the product home.

## **CUPCAKE FUN**

\*Cupcakes may be, but not required to be, in cupcake papers.

\*Exhibits will be entered under the Classics. Members are required to also enroll and exhibit in at least one age appropriate food project.

\*Judged by Cake Decorating Judging before 5:00 p.m. Ask helpers/volunteers to be worked in with cake decorating judge. If your other foods judging is scheduled after 5:00 p.m. make sure your cupcake entries are entered and judged prior to 5:00 p.m.

\*Each member is allowed to enter one entry per class and is limited to four entries in Cupcake Fun division. Members who have not enrolled currently or in the past in cake decorating are asked to put a “B” behind the class number on their entry tag.

\*Each entry will have the recipe for the cupcake and frosting. Please indicate in writing on a card if the cupcakes and frosting are made from mix or ready-made (EX: frosting) or made from scratch. Mixes are allowed but entries made from scratch are preferred. Each entry will be made from a different recipe. Indicate the source of your recipe or the idea for your exhibit.

Awards: Best Overall Entry – Trophy sponsored by Cuming County Ag Society. Medals for Best Flavor, Best Eye Appeal, and Best Non-Cake Decorating member, sponsored by Janet’s Cakes.

\*E-925-929 Frosted Cupcakes – four on a plate

\*E-925-930 Frosted and Decorated Cupcakes – four on a plate. All decorations are to be edible.

\*E-925-931 Filled & Frosted Cupcakes – four on a plate

\*E-925-932 Nutritious Cupcakes – Share in writing what was done to alter the recipe to make it healthier or why these cupcakes are considered a healthy/nutritious snack option. “Help sheet” on how to alter recipes to make them healthier is available from the Extension Office. May need to be baked in double cupcake papers.

\*E-925-933 Plate/Tray of Decorated Cupcakes – 6 to 12 or more cupcakes that are decorated similarly to create a centerpiece or each decorated differently to create a theme based centerpiece. Can be exhibited flat or in multiple levels.

### **THE MUFFIN CHALLENGE**

Judges: Roxanne Schmaderer, Mary Clare Stalp, and Janet Ludwig

Judging, medal and trophy awards at the end of the foods judging on Tuesday evening (August 8) at approximately 6:30 p.m.

This contest is open to all 4-H members age 8-18.

The contest is divided into Junior Division (ages 8-11) and Senior Division (ages 12-18).

Using a favorite muffin recipe adapt it to create a healthier muffing (EX: reduce fat or sugar, add dried fruit, use liquid shortening, add bran cereal, etc.). Information sheet on adapting recipes available from the Extension Office. Enter 4 muffins on a plate. Each entry must include the original recipe and the modified recipe. May be, but not required to be, baked and exhibited in paper baking cups. Medals and trophy will be awarded to the top three entries in both the Junior and Senior Division. All participants will receive \$1.50 premium.

\*E-930-1A Muffin Challenge – Junior Division (age 8-11 on January 1 of current year)

\*E-930-1B Muffin Challenge – Senior Division (ages 12-18 on January of 1 current year)

### **COOK-OFF CONTESTS – Beef, Pork, and Poultry**

Judge: Mariann Von Rein

Beef Cook-Off Contest sponsors – Cuming County Feeders & Cuming County Ag Society; Poultry Cook-Off sponsors – Nebraska Poultry Industries & Cuming County Ag Society; and Pork Cook-Off sponsors – Cuming County Pork Producers & Cuming County Ag Society. This contest is open to all 4-H members All ages will compete together in each category. Each member is limited to one entry in the beef contest, one entry in the pork contest, and one entry in the poultry contest. All participants will receive \$1.50 premium in each division.

- A. Entries must be pre-entered by NOON on Monday, June 26
- B. Each entry must include at least one (1) pound of beef, pork, or poultry per four servings. (EX: recipe serving 6 people must have 1 ½ pounds of beef, pork, or poultry).
- C. Entries will be accepted in the following categories:
  - a. Main dish entrée (meat only – seasoned with spices or sauces)
  - b. Casserole dish entrée (dish made with meat and vegetables, potatoes, pasta sauces, or any combination of those listed.)
  - c. Cold Dish (EX: sandwiches, salads, etc.)
  - d. Entrée cooked on open grill – gas or charcoal.
- D. Contestants are to enter their exhibits ready-to-serve. Bring entire recipe. After judging, exhibits will be released to exhibitor.

- E. Contestants are to enter their exhibits at Wisner-Pilger High School on Favorite Foods Revue Day, Thursday, June 29. The following is the entry and judging schedule: 10:00-10:15 enter poultry entries; 10:15-11:00 judge poultry entries; 10:45-11:00 enter pork entries, 11:00-11:45 judge pork entries; 11:30-11:45 enter beef entries, 11:45-12:30 judge beef entries. Enter all exhibits with the contest superintendent. Exhibits may be left wrapped to keep in heat or cold until time of judging. Refrigerator and oven space will be available to hold entries.
- F. Exhibits must be accompanied by a recipe card, and menu including the exhibit. Recipe and menu cards will be turned over to the sponsors of the contest following the contest for promotional purposes. Put your name on the recipe card. Include on recipe card source of your recipe.
- G. Adults are not to assist member in the preparation of their exhibit at the contest.
- H. Members must make a separate product for this contest if the same recipe is being used for the Favorite Foods Revue.
- I. The beef, pork, and poultry dishes will be judged as follows:
  - a. Taste – 40 points
  - b. Appearance – 10 points
  - c. Originality – 20 points
  - d. Ease of preparation – 30 points
- J. The judges will evaluate all exhibits selecting the top five exhibits in each category. All exhibits will receive a participation ribbon. The judges will then select the top exhibit from each type of meat. Top exhibitors in each meat type will receive a trophy. Members with the second through fifth place entries in each type of meat will receive engraved medals. The decisions of the judge will be final. Members are encouraged to consider the eye appeal of their exhibit as it is presented to the judge.
- K. No alcoholic beverages are to be used as ingredients in recipes or menu for this contest. (If the ingredient cannot be purchased legally by the member it should not be part of an exhibit.) Contestants are asked to pick up their exhibits by 2:00 p.m.

\*E-935-1 Beef dish (see definition above)

\*E-935-2 Pork dish (see definition above)

\*E-935-3 Poultry dish (see definition above)

## **FAVORITE FOODS REVUE**

Judge: Kathy Murphy

Purple award - \$3.50, blue award \$2.00, red award \$1.50, white award \$1.00

This contest allows members to prepare their favorite recipe and present it for a special occasion. Each contestant will be interviewed by the judge for about five minutes. Questions will be asked about the favorite food, menu, and centerpiece and place setting.

1. Select and prepare a favorite recipe (doesn't have to be from project books, but should relate to learnings in project).
2. Plan a menu which includes the favorite food. Write on a recipe card.
3. Write recipe on a similar sized card. Members must do own cards. Exhibit both menu and recipe on table.
4. Prepare a centerpiece and place setting for one on a card table. Members must provide their own card table, table covering, place setting and centerpiece.

5. Display must be in place by 9:30 a.m. on June 29 so judging may begin promptly. Contestants will draw for judging order.
6. Parents and leaders may assist in carrying in articles for display but 4-H'ers are to set up their own display.
7. The favorite food may be displayed as the whole product or as one serving.
8. Contest is divided into three divisions: Novice – ages 8-9; Junior – ages 10-12, Senior – ages 13-18. All ages based on January 1 of current year.
9. Contestants must pre-register for the contest by NOON on June 26. Pre-registration information is available from the Extension Office.
10. Entries will be judge on: food, menu, table service, and the participant. Score card is available for review by contestants.
11. No alcoholic beverages are to be used as ingredients in recipes or parts of table displays for this contest. (If the ingredient/item cannot be purchased legally by the member it should not be part of an exhibit.)

\*M-940-900 Favorite Foods Revue