2017

FOODS

4-H members may only exhibit in the project in which they are enrolled and one entry per class number. Baked products should be baked the day before or the day of entry day. Be sure to follow entry instructions required for your exhibit (include supporting information when requested). Incomplete exhibits will be lowered a ribbon placing.

All static exhibits must receive a purple ribbon at the county fair in order to be eligible for State Fair selection.

State Fair Premier 4-H Science Award is available in this area. See General Rules in State Fair Book for more details.

Exhibit Guidelines

1. All edible food items must be entered in a disposable container or will be lowered one ribbon place. Muffins, cookies, or biscuits should be entered on a 6-inch disposable plate and sealed in a zip-lock bag. Cakes, loaf breads and yeast breads should be entered on a larger disposable plate and sealed in a zip-lock bag. Angel food or larger cakes may need a 2 gallon zip-lock bag. Snack mixes should be entered in a sealed zip-lock bag. Food Preservation exhibits should be entered in appropriate containers per class.

2. All food exhibits must be labeled.

Label each item with the exhibitor name, county, project division, exhibit class number and years in the project.

Where to place the label:

Plated Items: The underside of the plate, inside the sealed bag
Snack Mixes and Dried Food: The lower right-hand corner of the bag
Cakes: The lower right corner on top of the cake board.
Canned Goods: Attached to the jar
Other Exhibits: The back of the exhibit in an appropriate manner

3. **Each Food exhibit MUST include a recipe.**

Recipe may be handwritten, photocopied or typed on a recipe card or half sheet of paper. Label the recipe with exhibitor's name and exhibit class number. Attach the recipe at the corner of the bag on the outside. Exhibits entered without a recipe will be lowered one ribbon placing.

Criteria for Judging

Commercially prepared mixes are allowed in Tasty Tidbits Class 409002, Fast Food Class 402006 and Cake Project Class 416004 exhibits ONLY. Prepared mixes, biscuit mixes and other pre-mixes entered in other categories will be lowered a ribbon placing.

Ingredients that the 4-H member cannot legally purchase, such as beer, whiskey, rum, etc. may not be used in any recipe or Food exhibit. Exhibits that include alcohol in the recipe will be disqualified.

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 tasted 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 baking goods or crusts and cheeses mixed into bread doughs are considered safe. Uncooked fruit is not allowed in an exhibit due to spoilage (i.e. fresh fruit tart). <u>All fruit must be cooked.</u> <u>Cream cheese and/or meat filling or melted cheese toppings may result in unsafe food product by the time the item is judged due to unpredictable heat / weather conditions and will be disqualified.</u> <u>Improperly canned or potentially hazardous food items will be disqualified.</u>

Note: Exhibitors may pick up their **large** (Angel Food Cake, Tea Rings, Cakes & Braids) food items after judging, but before 6:00 p.m. on Wednesday. All remaining items will be donated to the Jubilee Center.

For nonfood entries:

Attach the entry tag to the upper right hand corner of the entry.

Any cards or special items accompanying an exhibit must include exhibitor's name and county.

Posters — Consider color, layout, design and other art principles for posters. Consider colored poster board rather than white. Posters should be two-dimensional and elements contained within the suggested size.

You Be The Teacher — This exhibit is designed to share what the 4-H'er learned in the project with others. Exhibit may be a three-dimensional display, scrapbook, charts, pictures, photographs, a file of ideas, research study, etc. A display may not exceed a total space of 12 inches deep, 15 inches wide and 10 inches high. Picture, food models, plaster, papier-mâché, etc., may be used in the exhibit. Semi-perishable foods may be used only if they add to or help explain the exhibit. Exhibits that may contain perishable food should include a color photograph of the food. The photograph should be taken prior to the county fair and attached to the exhibit. The photograph will be displayed and judged as part of the educational exhibit (not the food items). Attach the entry tag to the upper right hand corner of the entry. If food items are included as part of the exhibit, include recipe and information card.

YOU'RE THE CHEF

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods — Food Technology 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 of the food item. See directions at beginning of the Foods section..

*Denotes State Fair Entry

Purple, $4; Blue, $3.50; Red, $3; White, $2.50

*E411001 Loaf quick bread (any recipe) — At least ¾ of a standard loaf displayed on a paper plate. Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. A standard quick bread pan measures approximately 8½ inches by 4½ inches or 9 inches by 5 inches. If mini loaf pans are used for exhibit, two loves must be presented for judging.

*E411002 White bread (any yeast recipe or method other than bread machine) — At least ¾ of a standard loaf displayed on a paper plate.

*E411003 Whole Wheat Bread or Mixed Grain Bread (any yeast recipe or method other than bread machine) — At least ¾ of a standard loaf displayed on a paper plate.

*E411004 Specialty rolls — any yeast recipe. Four rolls on a paper plate. May be sweet rolls, English muffins, kolaches, bagels, or any other similar recipe that makes individual portions.

*E411005 Dinner rolls — any yeast recipe. Four rolls on a paper plate. May be clover leaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.

E411011 Invented snack — Include 1 cup of invented snack or crackers or chips (any recipe) or sufficient amount of snack for judging. Exhibit with answers to questions in manual that go with Activity 6b "Dig Deeper" from the project manual on appropriate sized index card.

Purple, $2; Blue, $1.50; Red, $1; White, $0.50

E411012 Recipe file — 10 to 12 recipes tried by 4-H'er.

E411013 Poster (14 inches by 22 inches) relating what you learned from "You're The Chef."

E411014 You Be The Teacher — Share with others what you learned in this project.

FOODWORKS

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods — Food Technology 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 of the food item. Include recipe. See directions at beginning of this division. Double crust pie exhibits in this division are eligible for the Pie Auction. Auction pies may have lattice topping. Crumb crusts or small crust cut outs that do not cover most of the pie top are not eligible for the auction.

*Denotes State Fair Entry

Purple, $4; Blue, $3.50; Red, $3; White, $2.50

*E413001 (Advanced) 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-inch disposable pie pan is recommended.

*E413002 Family Food Traditions – Any recipe, at least 3/4 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.

*E413003 Cultural food exhibit (any recipe) — Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) The name of the country, culture or region should be included as part of the supporting information with the recipe, as well as some background information about the country or culture the food item is representing. .

*E413005 Specialty bread (any recipe made with yeast) — Tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least ¾ of a full sized baked product. May be baked in a disposable pan.

*E413006 Specialty Pastry (any recipe) — any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Baked items such as pie tarts, puff pastry, phyllo dough, scones, biscotti, choux, croissants, Danish, strudels. Pastries made with cream or egg based fillings will be disqualified. Phyllo dough may be premade or from scratch.

Purple, $2; Blue, $1.50; Red, $1; White, $0.50

E413008 Recipe file — Ten to 12 recipes tried by 4-H'er.

E413009 Poster (14 inches by 22 inches) telling what was learned from project.

E413010 You Be The Teacher — Share with others what you learned in this project.