

## DEPT E – FOOD & NUTRITION

Purple award \$2.50, blue award \$2.00, red award \$1.50, white award \$1.00

\*Indicates not a State Fair Class

TWO articles may be exhibited per premium number **with a limit of eight articles per project (different recipes must be used)**. Recipes must accompany the exhibit. 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. **NO Item that requires refrigeration will 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. Cream cheese being used in a frosting will also not be accepted. 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, this includes Cake Decorating (i.e., fresh fruit tart). Meat, dried meat, meat jerky, or meat substitute pieces (bacon bits, pepperoni, etc.), cream cheese fillings, or melted cheese toppings will be disqualified.

All foods exhibited are to be made from basic ingredients, unless otherwise noted. Do not use a mix. Commercially prepared mixes are **ONLY** allowed in Cooking 201 – Creative Mix class (Class #2) exhibit and must show how the original product directions were changed to create the new baked food item. Prepared baking mixes, biscuit mixes, commercially prepared mixes for food preservation and other pre-made mixes entered in other categories will be lowered a ribbon placing. Warm foods will not be accepted.

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 aged 8 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.

### General – Food Exhibit

E-350-001 Food Science Explorations—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, and a written report in portfolio or notebook. Consider neatness and creativity.

- E-350-002 Foods & Nutrition Poster, Scrapbook, or Photo Display —The project should involve a nutrition or food preparation technique or explore a career related to the food industry (caterer, restaurant owner, food scientist, registered dietician, etc.). This might contain pictures, captions, and/or a report to highlight the concept. Exhibit may be a poster or a foam core board (not to exceed 22 inches by 30 inches); a computer-based presentation printed off with notes pages (if needed) and displayed in a binder; an exhibit display; or a written report in a portfolio or notebook. Consider neatness and creativity.
- E-350-003 Physical Activity & Health Poster, Scrapbook, or Photo Display —The project should involve physical activity or explore a career related to physical activity or health (personal trainer, sports coach, physical therapist, etc.). This might contain pictures, captions, and/or a report to highlight the concept. An exhibit may be a poster or a foam core board (not to exceed 22 inches by 30 inches); a computer-based presentation printed off with notes pages (if needed) and displayed in a binder; an exhibit display; or a written report in a portfolio or notebook. Consider neatness and creativity.
- E-350-004 Cooking Basics Recipe File – Score sheet SF251 – A 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 the 4-H'er is in the project, with year clearly marked on recipes. Display in a recipe file or binder. Be sure to include the number of servings or yield of each recipe. This may be a continued recipe file project from the previously used 4-H curriculum before 2019.
- \*E-350-901 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.

**COOKING 101** (No State Fair Exhibits)

- \*E-401-901 Cookies (any recipe, 4 on a paper plate)
- \*E-401-902 Muffins (any recipe, 4 on a paper plate)
- \*E-401-903 No Bake Cookie (any recipe, 4 on a paper plate)
- \*E-401-904 Cereal Bar Cookie (any cereal-based recipe made in a pan and cut into bars or squares for serving.)
- \*E-401-905 Granola Bar (any recipe, 4 on a paper plate)
- \*E-401-906 Brownies (a recipe, 4 on a paper plate)
- \*E-401-907 Snack Mix (any recipe, at least 1 cup in self-sealing plastic bag)

## COOKING 201

- E-410-001 Loaf Quick Bread (Scoresheet SF123) any recipe, at least  $\frac{3}{4}$  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 loaf measures approximately  $8\frac{1}{2}'' \times 4\frac{1}{2}''$  or  $9'' \times 5''$ . If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
- E-410-002 Creative Mixes (Scoresheet SF142) any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate or 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. Examples include poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade bread dough, monkey breads from biscuit dough, streusel coffee cake from a cake mix, etc. Write what you learned about making this product using a mix instead of a homemade recipe or recipe "from scratch". Does it make it better or easier to use a convenience product or mix? Why or why not?
- E-410-003 Biscuits or Scones (Scoresheet SF136) four biscuits or scones on a small paper plate. This may be any type of biscuit or scone: rolled or dropped. Any recipe may be used, but it must be a non-yeast product baked from scratch.
- E-410-004 Healthy Baked Product (Scoresheet SF124) any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe must contain a fruit or vegetable as part of the ingredients (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.).
- E-410-005 Coffee Cake (Scoresheet SF129) any recipe or shape, non-yeast product - at least  $\frac{3}{4}$  of baked product on a paper plate or in a disposable pan. Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.
- E-410-006 Baking with Whole Grains (Scoresheet SF134) any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)
- E-410-007 Non-Traditional Baked Product (Scoresheet SF133) exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in an air fryer, baked item made in microwave, etc.) Entry must be at least  $\frac{3}{4}$  baked product, or 4 muffins or cookies on a paper plate or in a disposable pan. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

## COOKING 301

Any bread item prepared or baked using a bread machine should be entered under the Cooking 201, Non-Traditional Baked Product. **All exhibits made in the Cooking 301 or Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.**

- E-411-001 White Bread (Scoresheet SF138) any yeast recipe, at least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.
- E-411-002 Whole Wheat or Mixed Grain Bread (Scoresheet SF138) any yeast recipe, at least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.

- E-411-003 Specialty Rolls (Scoresheet SF138) any yeast recipe, 4 rolls on a paper plate. May be sweet rolls, English muffins, kolaches, bagels, or any other similar recipe that makes individual portions.
- E-411-004 Dinner Rolls (Scoresheet SF138) any yeast recipe, 4 rolls on a paper plate. May be cloverleaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.
- E-411-005 Specialty Bread (Scoresheet SF141) any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least  $\frac{3}{4}$  of a full-sized baked product.
- E-411-006 Shortened Cake (Scoresheet SF137) Must exhibit  $\frac{3}{4}$  of the cake (recipe must not be from a cake mix). Shortened cakes use fat for flavor and texture and recipes usually begin by beating fat with sugar by creaming and include leavening agents in the recipe. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).

## COOKING 401

**\*Any bread item prepared or baked using a bread machine should be entered under the Cooking 201. All exhibits made in the Cooking 301 or Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.**

- E-412-001 Double Crust Fruit Pie (Scoresheet SF144) made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crusts. May be a double crust, crumb, cut-out or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended.
- E-412-002 Family Food Traditions (Scoresheet SF145) any recipe, at least  $\frac{3}{4}$  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.
- E-412-003 Ethnic Food Exhibit (Scoresheet SF146) any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate or 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 background information about the country or culture the food item is representing.
- E-412-004 Candy (Scoresheet SF147) any recipe, 4 pieces of candy on a paper plate or  $\frac{1}{2}$  cup. No items containing cream cheese will be accepted (Example: cream cheese mints). Candy may be cooked or no cook; dipped, molded, made in the microwave or other methods of candy preparation. Recipe must be included.
- E-412-005 Foam Cake (Scoresheet SF138) original recipe (no mixes) of at least  $\frac{3}{4}$  of the cake. 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. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).
- E-412-006 Specialty Pastry (Scoresheet SF143) any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Baked items such as pie tarts, puff pastry, phyllo doughs, biscotti, choux, croissants, Danish, strudels. Phyllo dough may be pre-made or from scratch. Pastries made with cream or egg-based fillings will be disqualified.

## **CUPCAKE FUN**

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

\*Judged by Cake Decorating Judging before 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.

## **CAKE DECORATING (No State Fair Classes)**

Judge: Lynsi Ell

### **GENERAL RULES:**

- All cake entries will be cut to confirm that all parts of the cake are edible (no Styrofoam, etc).
- Cakes will not be tasted by the Cake Decorating Judge
- Cake entries **MUST** include the cake recipe AND frosting recipe

### **GENERAL CAKE DECORATING EXHIBIT**

\*E-915-25      Cake Decorating Tool Kit – gather 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

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      One layer decorated cake (white, yellow, or chocolate; made from scratch or from a mix; 8-9" round, square, or heart-shaped, frosted). Use 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. 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, itemized cost of complete cake, and problems encountered while decorating. **Also include the recipes for both cake and frosting. Cake will be cut.**
- \*E-915-902      Shaped Cake made using a molded pan and decorated using two different tips. May be from mix or scratch. (Members will be able to take home  $\frac{3}{4}$  of cake after judging but are asked to exhibit photo of exhibit). **Also include the recipes for both cake and frosting. Cake will be cut.**

## Unit II

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

- \*E-915-903      Two layer decorated cake (white, yellow, or chocolate' made from scratch or from a mix, 8-9" round, square, or heart-shaped, frosted). Use three different (not 3 sizes of the same design of tip) decorating tips. Flowers may be used, drop type or free hand type, or flowers made on a flower nail. Do not use 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. Cake will be cut.**
- \*E-915-904      Decorated sheet cake with arrangements on top OR with identical decorating on individual servings. 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.**

## Unit III

- \*E-915-905      Decorated, three-tiered cake (made from scratch or from a mix) 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 both cake and frosting. Cake will be cut.**
- \*E-915-906      Decorated, two or three tiered or layer cake (made from scratch or from a mix), 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 both cake and frosting. Cake will be cut.**

- \*E-915-907 Shaped Cake (made from scratch or from a mix) 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 both cake and frosting. Cake will be cut.**

## **CAKE DECORATING CONTEST**

Judge: 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 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 with 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 of county fair**, 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. Judging will take place at approximately 7:30 p.m.

Contestants must pre-enter the contest by 4:30 p.m. on Monday, July 29<sup>th</sup>. 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 the coordinator. Contestants will be made aware of the time remaining at 10, 5, 2 and 1 minute. Cleanup will take place after the 30-minute decorating period.

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 workspace and presenting their entry to the 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 the decorating process.

Once a member wins the 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 7:30 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)

## **FOOD PRESERVATION**

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

Processing Methods - Current USDA processing methods and altitude adjustments 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. Spoiled or unsealed containers disqualifies entry.

Uniformity - 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. The jars are not to be decorated by the exhibitor in any way. Canning jars must be used - others will be disqualified. No one-fourth pint jars allowed. Leave jar rings on for fair display, it helps protect the seal. Two-piece lids consisting of a flat metal disk and a ring should be used. No zinc lids or one-piece lids. Improperly canned or potentially hazardous food items will be disqualified.

Current Project – Exhibits must have been preserved since the member's previous year's county fair.

Criteria for Judging - Exhibits will be judged according to score sheets available at your local Extension office or at <http://4h.unl.edu/county-fair/scoresheets>. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered by one class ribbon. Check with your local extension office for your county's altitude and how that affects food processing times and pounds of pressure.

Recipe/Labeling - Recipe must be included, and may be handwritten, photocopied or typed. Commercially prepared mixes are not allowed. See <http://food.unl.edu/web/preservation/home> for current USDA guidelines, how to find your Nebraska altitude, and proper procedures for food preservation. Jars should be labeled with name of 4-H'er, county, and date of processing. All exhibits must include the 4-H Food Preservation Card attached to the project as the required supporting information or include following information with exhibit:

1. Name of product
2. Date preserved
3. Method of preservation (pressure canner or water bath canner)
4. Type of pack (raw pack or hot pack)
5. Altitude (and altitude adjustment, if needed)
6. Processing time
7. Number of pounds of pressure (if pressure canner used)
8. Drying method and drying time (for dried food exhibits). Write plainly on label and attach securely to exhibit. Securely attach official entry card to exhibit. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep exhibit containing the 3 self-sealing bags together.
9. Recipe and source of recipe (if a publication, include name and date).

**Recipes can come from any source but current USDA guidelines for food preservation methods MUST be followed.**

See <http://food.unl.edu/web/preservation/home> for current USDA guidelines.



E-406-001 BAKED ITEM MADE WITH FROZEN PRODUCE (Scoresheet SF155) any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe MUST include a food item preserved by the freezing method done by the 4-H'er. Ex. Peach pie, blueberry muffins, zucchini bread, etc.). Supporting information must include both the recipe for the produce that was frozen as part of this project AND the baked food item.

#### UNIT 2 DRYING PROJECT MANUAL

E-407-001 DRIED FRUITS (Scoresheet SF154) exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum 1/4 cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

E-407-002 FRUIT LEATHER (Scoresheet SF154) exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

E-407-003 VEGETABLE LEATHER (Scoresheet SF154) exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4" sample of each leather together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

E-407-004 DRIED VEGETABLES (Scoresheet SF149) exhibit 3 different samples of 3 different dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.

E-407-005 DRIED HERBS (Scoresheet SF149) exhibit 3 different samples of 3 different dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.

E-407-006 BAKED ITEM MADE WITH DRIED PRODUCE/HERBS (Scoresheet SF156) any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe MUST include a dried produce/herb item made by the 4-H'er. Ex. Granola bar made with dried fruits, dried cranberry cookies, Italian herb bread, lemon thyme cookies. Supporting information must include both the recipe for the dried produce/herb AND the baked food item.

#### UNIT 3 BOILING WATER CANNING MANUAL

E-408-001 1 JAR FRUIT EXHIBIT (Scoresheet SF150) exhibit one jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.

E-408-002 3 JAR FRUIT EXHIBIT (Scoresheet SF150) exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, ex. Applesauce, canned apples, apple pie filling, etc. Entry must be processed in a boiling water bath according to current USDA recommendations.

E-408-003 1 JAR TOMATO EXHIBIT (Scoresheet SF150) exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.

E-408-004 3 JAR TOMATO EXHIBIT - Scoresheet SF150 exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a boiling water bath according to current USDA recommendations.

E-408-005 1 JAR PICKLED EXHIBIT (Scoresheet SF150) one jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations.

- E-408-006 3 JAR PICKLED EXHIBIT (Scoresheet SF150) exhibit 3 jars of different kinds of canned pickled and/or fermented products. Entry must be processed in a boiling water bath according to current USDA recommendations.
- E-408-007 1 JAR JELLED EXHIBIT (Scoresheet SF153) exhibit one jar of a jam, jelly, or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations.
- E-408-008 3 JAR JELLED EXHIBIT (Scoresheet SF153) exhibit 3 different kinds of jelled products. Entry may be made up of either pints or half pints. Entry must be processed in a boiling water bath according to current USDA recommendations.

#### UNIT 4 PRESSURE CANNING PROJECT MANUAL

- E-414-001 1 JAR VEGETABLE OR MEAT EXHIBIT (Scoresheet SF150) exhibit one jar of a canned vegetable or meat. Include only vegetables or meats canned in a pressure canner according to current USDA recommendations.
- E-414-002 3 JAR VEGETABLE EXHIBIT (Scoresheet SF150) exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.
- E-414-003 3 JAR MEAT EXHIBIT (Scoresheet SF150) exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.
- E-414-004 QUICK DINNER (Scoresheet SF151) exhibit a minimum of 3 jars to a maximum of 5 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. Entry must be processed according to current USDA recommendations
- E-414-005 1 JAR TOMATO EXHIBIT (Scoresheet SF150) exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.
- E-414-006 3 JAR TOMATO EXHIBIT (Scoresheet SF150) exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a pressure canner according to current USDA recommendations.

#### COOK-OFF CONTESTS

Beef Cook-Off Contest sponsors:

- Cuming County Feeders & Cuming County Ag Society
- Poultry Cook-Off sponsors – Nebraska Poultry Industries
- 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 a \$3.00 premium in each division.

- \*E-935-1 Beef dish
- \*E-935-2 Pork dish
- \*E-935-3 Poultry dish

### **CULINARY CHALLENGE**

All participants will receive a \$3.00 premium in each division.

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.

- \*M-940-900 Culinary Challenge