

COOKING 201 - DIVISION 410

Class

- *1. **Loaf Quick Bread** - 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 8½"x4½" or 9"x5". If mini-loaf pans are used for exhibit, two loaves **MUST** be presented for judging.
- *2. **Creative Mixes** - 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?
- *3. **Biscuits or Scones** - 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.
- *4. **Healthy Baked Product** - 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 (examples include banana bars, cantaloupe quick bread, zucchini muffins, etc.).
- *5. **Coffee Cake** - 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 manual.
- *6. **Baking With Whole Grains** - 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 (examples include whole wheat applesauce bread, peanut butter oatmeal cookies, etc.).
- *7. **Non-Traditional Baked Product** - Exhibit **MUST** include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in convection oven, 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.