



# 4-H Cook-Off Contest

Thursday, July 22, 2021, 5:30 p.m.  
First Trinity Lutheran Church  
Social Hall, Bloomfield



- The Cook-Off Contest is open to all 4-H members ages 8-18 on December 31 of the previous year. The contest is divided into three age divisions: Novice (ages 8-10), Junior (ages 11-13), and Senior (ages 14 & over).
- Each entry must include at least one pound of beef, pork, or poultry per four servings. (Example: recipe serving 6 people must have 1½ pounds of beef, pork or poultry.)
- Exhibits should come from one of the following areas:
  - **Main Dish Entree** (meat only seasoned with spices or sauces)
  - **Casserole Dish Entree** (dish made with meat and vegetables, potatoes, pasta, sauces or any combination of those listed)
  - **Cold Dish** (sandwiches, salads, etc.)
  - **Entree Cooked on Open Grill** (gas or charcoal)
- Contestants will prepare their exhibit at home and bring the entire dish ready to serve. Think about the eye appeal of the entire recipe. Bring the entire recipe, the menu and a plate to serve a sample to the judge.
- Exhibits may be left wrapped to keep in heat or cold until time of judging. The beef, pork or poultry dishes will be judged as follows:
 

Preparation-20 points	Recipe & Menu-20 points
Appearance-30 points	Flavor & Aroma-30 points




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4-H Cook-Off Contest - Return to the Extension Office by July 15 or email to [knox-county@unl.edu](mailto:knox-county@unl.edu).

Name \_\_\_\_\_ Age as of 12/31/20 \_\_\_\_\_

Please tell us the name of the exhibit you will be bringing:

Main Dish Entrée (Beef, Pork or Chicken) \_\_\_\_\_

Casserole Dish Entrée (Beef, Pork or Chicken) \_\_\_\_\_

Cold Dish (Beef, Pork or Chicken) \_\_\_\_\_

Entrée Cooked on Open Grill (Beef, Pork or Chicken) \_\_\_\_\_