



4-H Cook-Off Contest

Thursday, July 25, 2024, 5:30 p.m.
4-H Exhibit Building
on the Fairgrounds, Bloomfield

Call the Extension Office at 402-288-5611 or email knox-county@unl.edu
to register by **July 22**

- The Cook-Off Contest is open to all 4-H members ages 8-18 on January 1 of the current 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

