

# Culinary Challenge

## **County 4-H Culinary Challenge Contest**

Premiums: P-\$3, B \$2.75, R \$2.25, W \$1.75

- **Phelps and Gosper Culinary Challenge Contest will be held during the Phelps Co. Presentation Contest on May 23, 2024. Rosettes will be provided to the Champion and Reserve Champion team.**
- **Phelps Co. 4-H Favorite Food Show—Monday, July 22, 2024**
- **Gosper Co. 4-H Favorite Food Show—Tuesday, July 23, 2024**

**Purpose of the contest:** The 4-H Culinary Challenge Contest will require youth to demonstrate healthy decision making through nutrition, food preparation, menu planning and food safety, utilizing foods and nutrition curriculum. They will apply healthy living knowledge and skills by planning a nutritious menu demonstrating their understanding of time management skills in the kitchen, and expressing their originality and creativity through an appropriate themed and properly set table. To showcase these skills, youth will create a menu, prepare a food item, and choose an appropriate theme for their occasion while expressing their food, nutrition and food safety knowledge during a live interview with a judge at the contest. In order to highlight knowledge and skills acquired during pre-contest preparation, youth will utilize technology as part of their interview.

**Scoresheets** can be found at: <https://go.unl.edu/ne4hculinarychallenge>.

### **Eligibility:**

The 4-H'er must be enrolled in at least one Food and Nutrition project to enter the contest.

Teams of two 4-H members will participate in the 4-H Culinary Challenge Contest.

**Challenge Ingredient/Item:** A challenge ingredient will be selected each year, highlighting a NE commodity food product. *The 2024 challenge ingredient is SOY.* Please keep food safety in mind when selecting the recipe used for the Challenge. Foods must be able to be kept chilled during transport to the contest, then be able to be re-heated in a slow cooker or microwave. Each team must incorporate the challenge ingredient into their food item they will be presenting during the contest. The challenge ingredient must also be included in the interview presentation, demonstrating youth knowledge of the ingredient, such as nutritional value, a farm-to-fork concept, or how to adapt a recipe to include the ingredient.

**Judge's Interview:** The team should view themselves as the host, welcoming the judge, cooperatively presenting the table to the judge, incorporating multi-media resources and answering any questions from the judge. Teams must be prepared to present to the judge utilizing technology such as: (PowerPoint, picture story or other multi-media resource –Presentations may include photos, clip art, animation, video or audio sound.) The 4-H members should cooperatively present a verbal presentation to the judge that is highlighted by their multi-media presentation via computer or tablet. Participants must provide their own computer or other equipment needed for their 4-H Foods Event judging interview. Presentations will occur at participant's tables. Please do not bring projectors or other equipment which will require extra space.

Considerations should be given to creativity include the following items through the multi-media presentation.

- Nutritional facts of their menu
- Time management
- Cost of item/per serving
- Food handling techniques
- Recipe of the food item shared with the judge
- Challenge ingredient (nutritional value, farm-to-fork, recipe revision, etc.)
- Food safety
- Choice of menu
- Food preparation

### **General Rules/Guidelines**

1. A team will consist of two members to be eligible to compete.
2. Division will be of the older 4-H member.
3. Team members must provide their own card table for the display.
4. Only contestants will be allowed to set up or arrange table settings.
5. During judging, 4-H members may choose to dress in appropriate clothing, costume or accessories relevant to the theme.
6. Tables may be left up during the fair, (Phelps County). Technology and fragile items may be taken home. Photos of tables will be taken in Gosper County but the actual display will be taken down unless space is available.

### **PHELPS INVITATIONAL CONTEST Age Guideline:**

**Class B911903**—Junior Division, age 11 and under

**Class B911904**—Senior Division, age 12 and up.

## **FAVORITE FOOD SHOW**

The Favorite Food Show will be conducted as listed on the fair schedule of the respective County Fair. Participants must pre-enter by July 5.

Any 4-H member is eligible. Participants should plan a menu for an indoor or outdoor meal. Prepare one food at home and bring it along with selected table service, display cards and own card table.

The food may be individual serving or for family service. Recipes may be from any source. The table service will include dishes, flatware and table linens for one or two place settings plus centerpiece. Paper plates, etc., are acceptable. The display cards should be approximately 4x6". Print the situation (ex. lunch for bike hike) and complete menu on one, the recipe on another. Displays will be set up independent of adults. Members will be asked questions concerning the preparation, nutrition, time management, the menu, and their choice of table service.

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+**Class B911901**- Junior Division, age 11 and under

+**Class B911902**- Senior Division, age 12 and up