



4-H Recipe Review

Table for Two Contest Procedures and guidelines



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ENTRY RULES

Entry Deadline:

Contest entry deadline is June 15th. Must make online entry is designated fair entry program.

Set-up time will be emailed to each participant with judging to start at 3 pm.

All edible items must be home-made specifically for this exhibit. Food items may not come from another food exhibit already entered at the fair and cannot be pre-made/purchased. (Example: Decorated cookies cannot come from any Decorated Foods entry or cookies purchased from the store.) Items should

Clover Kid Division Rules: Clover Kids will receive a participation ribbon only. The same rules will apply for the Clover Kid division with the exception, that they must choose ONE food for the occasion and menu from the following list which are shelf-stable foods: Clover Kid food items to choose from are: cookie, muffin, bars, brownies, chex or trail mix, cupcake or other baked or decorated item. No items refrigerated or heated items for Clover Kids division.

Entry Divisions:

NOTE: Judges will select ONE overall winner from Junior and Senior age groups.

Clover Kid Division - Ages 5-7 as of January 1 (See Clover Kid rules above)

Junior Division - Age 8 -13 as of January 1

Senior Division - Age 14-18 as of January 1

The top 3 entries based on judges placings will be asked to keep their display set up for the public until the release time for all exhibits. The food item WILL NOT be displayed. Only the table and table setting will be displayed for the remainder of the county fair. All other contestants will be asked to take their tables, etc. home after the contest. If using fine China or family heirloom tableware, you make take it home and not have it displayed. Keep this in mind when planning your table theme.

Judging Criteria:

Exhibits will be judged on three parts: the food prepared, the table setting, and the menu selected. See scoresheet included in this information.

GOAL OF THE CONTEST

The goal of the contest is for youth to present the table setting they created to the judge. The 4-H'er acts as the host, and the judge is their guest. The 4-H'e should extend a welcome to their guest and guide their guest through the menu, as if actually hosting the meal. Participants should explain the ideas behind the occasion/theme, menu items, and table setting. For example, for the formal theme, if your dessert plate and dessert utensils will be brought in after the dinner, be sure to explain this to the judge.

4-H'ers need to describe the food; including general ingredients and basic preparation. If there are temperature considerations (such as ice cream, or sorbet for a picnic), explain them to the judge. Try to anticipate and answer any questions the judge may have before they ask them.

Five minutes is allotted for each participant to present their table setting to the judge. Hint: practice with a timer a home.

CONTEST GUIDELINES

Contestant Brings:

- 4-H'er provides their own sturdy standard-size square card table, dishes, silverware, and table linens for one person, plus a centerpiece. Chairs are provided.

Select an Occasion/Theme

- The 4-H member picks the occasion/theme for their menu/contest entry/table setting (picnic, formal dinner, informal dinner, casual, birthday party, holiday party, etc.)

Table Setting/Centerpiece

- The table is set for one with plates, dishes, glasses, eating utensils, table linens that compliment your occasion/theme. A table centerpiece is encouraged. The table must also include the recipe, selected food, and menu included.

Write an ENTIRE MENU

- Your entry must also include the entire menu for the occasion. Make sure your menu compliments your "Favorite Food" item. See example on the following pages for menu writing guidelines. Menu should be displayed on the table in an appropriate sized format that compliments your table setting.

Prepare ONE Food Item From Your Menu

- Pick ONE food item from your menu. You will bring this food item already prepared. There will not be time for preparing or baking your food item during the contest.
- NO FOODS WILL BE PREPARED AT THE CONTEST.
- Alcoholic beverages in any menu are prohibited.

Recipe For Prepared Food Item

- You must bring the recipe for your featured food. Recipe can be printed or typed on a recipe card appropriate for the length of the recipe. Recipe should be displayed on the table in an appropriate sized photo frame or a creative way that compliments your table setting. See recipe writing guidelines on the following pages.

Participant Attire

- The participants attire should fit the occasion/theme. Example: If a formal occasion, wear formal attire. Participants may come dressed or change in one of the restrooms. Participants must be dressed by contest start time.

IMPORTANT: For hot or cold foods, the contestant is RESPONSIBLE for keeping the foods at the appropriate serving temperature for safety. If needed, food can be kept warm or cold in the exhibit building kitchen for a brief time before the contest begins.



TABLE SETTING GUIDELINES

Make sure all items used in table setting compliment each other. This includes linens, drinkware, dinnerware, placements, etc.

If using linens/table coverings, make sure they are ironed and wrinkle-free.

Table Appointments:

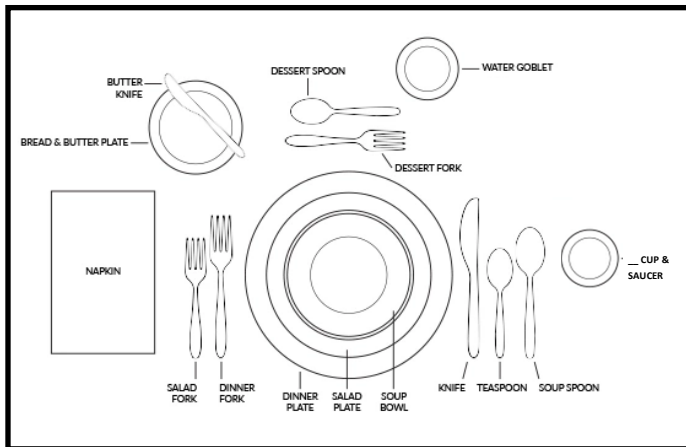
These are items used to set a table. For example: tablecloth, table linens, placemats, dinnerware, glassware, flatware, and centerpiece.

Choose table appointments to fit the occasion/theme and carry out your them. Plasticware may be used for a picnic but would not be appropriate for a formal dinner. All items must be safe to eat or drink from and non-toxic (no paint, glitter, glue, stickers, etc. on eating or drinking surfaces).

- **Tableware** - includes dinnerware, drinkware, and flatware. When selecting tableware, include only appropriate items for the meal. Tableware selections, should fit the menu. Placemats can vary to fit meal according to how and when food is served. Do not include a soup bowl if soup is not being served. If serving ice cream, a dessert bowl should be included instead of a dessert plate.
- **Centerpiece** - The centerpiece should coordinate with the table appointments and fit the theme. The centerpiece should be visible to all sides of the table and not obstruct anyone's view of each other. If using candles, DO NOT light them.

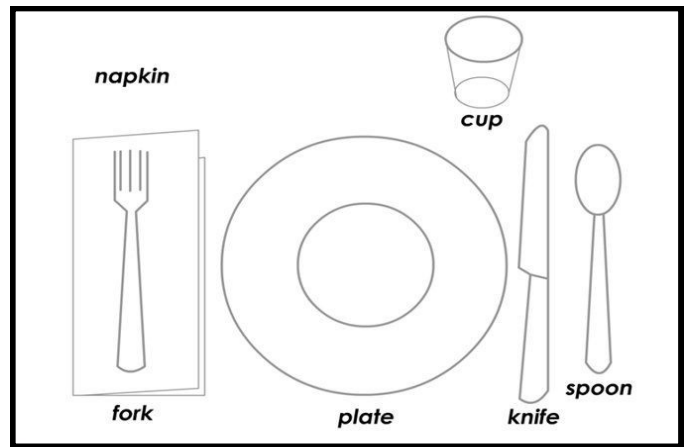
Formal Place Setting

Cloth napkin placement may vary.



Informal Place Setting

These are general guidelines. For non-formal categories, placement may vary.



Napkin placements and folds varies.

Only the tableware needed for the meal is placed on the table.

MENU PLANNING GUIDELINES

The menu must be at least 4" x 6" or larger on your choice of medium (index card, ceramic tile, chalkboard, photo frame (printed or typed) by the participant. You may decorate and/or prop up the menu. Be creative and use your imagination.

Every menu will not include all of these food listed:

- Appetizer
- Main Dish
- Vegetables
- Fruit
- Salad
- Bread
- Dessert
- Beverage

List the foods in the order they are served.
Must use correct spelling.

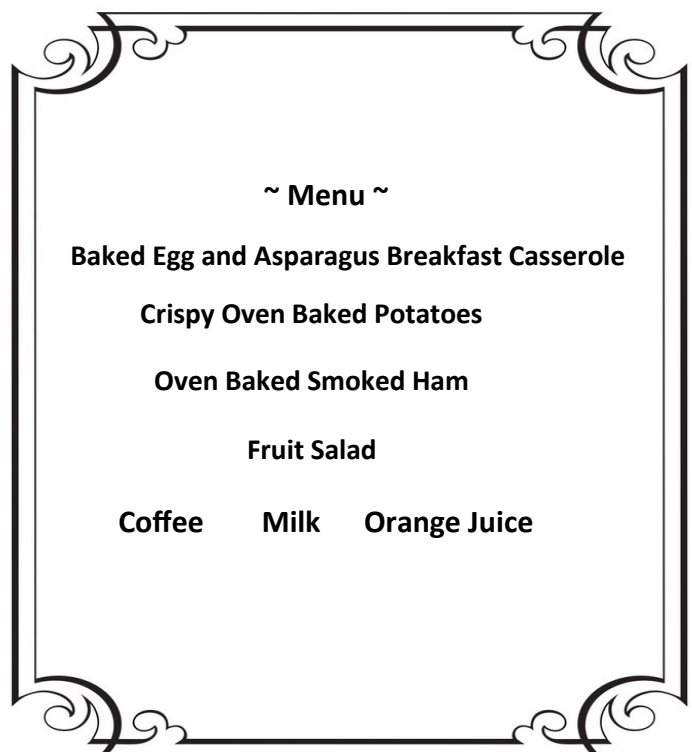
Visit: <https://www.myplate.gov/> for dietary guidelines.



Menu planning suggestions:

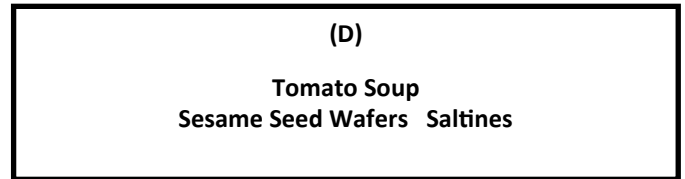
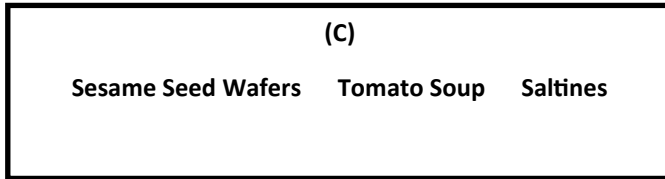
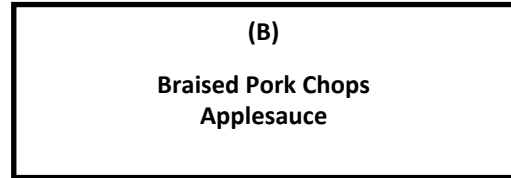
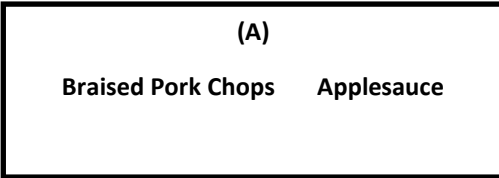
- The plated meal should be pleasing to the eye.
- Vary the way food is prepared. Example: not all fried, baked, creamed, etc.
- Use food groups appropriately for the theme.
- Consider how food is stored safely.
- Serve a variety of temperatures, textures, shapes, and colors.
- Make sure the food flavors compliment each other.
- Do not list condiments on menu.
- List beverages last.
- Space and arrange menu items to fit the theme.

Example Menus



MENU WRITING TIPS

1. Use capitals for all words except articles, conjunctions, and prepositions.
2. When an item on the menu has an accompaniment, place the main item to the left and the accompaniment to the right (see diagram A below), or you may center the main item and write the accompanying item underneath (see diagram B below), if more than one accompaniment appears, please list one at each side on the same line (see diagram C below) or place both on the same line (see diagram D below).



3. When food is commonly prepared in more than one way, avoid confusion by describing the method of cooking, such as:
 - A) Roast Turkey or Baked Chicken
 - B) French Fried Potatoes or Mashed Potatoes
4. List each food with the exception of butter, cream, sugar, or salad dressing, unless it is something special, such as Honey Butter or Poppyseed Dressing.
5. List beverage last.
6. Plan spacing and arrangement of the items on the menu so that the written menu is symmetrical.

COMMON ERRORS IN MENU PLANNING

FLAVOR

- * All bland flavors
- * Too many strong flavors
- * Repetition of food or flavor
- * No tart or acid flavors
- * Too many sweet or too many sour flavors

COLOR

- * Too many foods of same color
- * No contrast or variation

SIZE

- * Too many mixtures
- * Too many small pieces of same size
- * Too many similar shapes
- * Lack of variety in shape

TEMPERATURE

- * Too many foods of the same temperature

FOOD GROUPS

- * Too many foods from one food group
- * Missing food groups (breakfast and snacks should contain 2-3 food groups).
- * Other meals should contain at least 4 food groups from the <https://www.myplate.gov/> for dietary guidelines

TEXTURE

- * Too many soft foods
- * Too many chewy foods
- * Too many crispy or crunchy foods
- * Lack of variety in texture

PREPARATION AND TYPE OF FOOD

- * Too many foods prepared in the same way
- * No main dish
- * More than one main dish
- * Too many starchy foods
- * Same fruit or vegetable more than once
- * Too many high protein foods

GUIDELINES FOR WRITING A RECIPE

Many food entries for the fair require the exhibitor to include the recipe used. The format used for writing the recipe is also considered in the judging.

HOW TO WRITE A RECIPE

Characteristics of a good recipe:

1. It should be accurate.
2. It should be complete.
3. It should be simple and clear.
4. It should list ALL ingredients in the order used.
5. It should give exact measurements in the easiest unit of measure (i.e., 1/4 cup, not 4 Tablespoons)
6. If possible in the space allowed, do not abbreviate.
7. Use weights for meat when possible (i.e. 1 pound ground beef)
8. Use weight of fluid measure of canned foods (don't say "one can of pineapple", say "one 12 ounce can of pineapple").
9. Use short sentences and clear, simple descriptions of methods.
10. Give word pictures if possible, (foamy, frothy, lemon-colored).
11. Specify pan sizes.
12. Give 2 test for doneness, if possible. For example, a thermometer reading and a cold water test for candy. Include baking temperature and baking time.
13. Give total yield of number of servings, and state serving size.

RECIPE WRITING

STANDARD FORM

1. The most widely used and easily read form. Excellent for recipes containing many ingredients.
2. List all ingredients first, including any modifications of the ingredients. For instance, if your recipe requires 1 cup of chopped nuts—the nuts should be measured after chopping. However, if the ingredients listed is 1 cup nuts chopped—the nuts are measured first, then chopped.
3. The method of combining the ingredients follows the listing. It may be stated in paragraph or numbered steps.

EXAMPLE OF A RECIPE WRITTEN IN THE STANDARD FORM:

WAFFLES

1 3/4 cups sifted enriched flour	1 1/4 cups milk
3 teaspoons baking powder	1/2 melted shortening
1/2 teaspoon salt	2 stiff beaten egg whites
2 beaten egg yolks	

Preheat waffle iron. Sift dry ingredients; stir in combined egg yolks, milk and shortening. Fold in eggs whites. Bake in hot waffle iron. Makes 8.

OR

1. Preheat waffle iron.
2. Sift dry ingredients into bowl.
3. Combine egg yolks, milk and shortening.
4. Stir into dry ingredients.
5. Fold in beaten egg whites.
6. Bake in hot waffle iron.
Makes 8 waffles.

ACTION FORM

1. Takes more space than the standard form, but it is easy to follow.
2. The narrative description of the “action” of combining ingredients is included with the list of ingredients.
3. Ingredients are described the same way as the Standard Form.

EXAMPLE OF A RECIPE WRITTEN IN ACTION FORM:

WAFFLES

Preheat waffle iron.

Measure and sift together into mixing bowl.

1 3/4 cups of sifted enriched flour
3 teaspoons baking powder
1/2 teaspoon salt

Mix together:

2 beaten egg yolks
1 1/4 cups milk
1/2 cup melted shortening

Stir liquid ingredients into dry ingredients.

Fold in 2 beaten egg whites.

Bake in hot waffle iron.

Makes 8 waffles.

NARRATIVE FORM

1. The most difficult to follow. Requires very little space. Suited for simple recipes with few ingredients.
2. Includes the ingredients and amounts with the method in paragraph form.

EXAMPLE OF A RECIPE WRITTEN IN NARRATIVE FORM:

WAFFLES

Preheat waffle iron. Measure out 1 3/4 cups of sifted enriched flour. Add 3 teaspoons of baking powder and 1/2 teaspoon salt and sift again. Separate the yolks from the whites of 2 eggs. Beat the yolks slightly. Add to the yolks 1 1/4 cups milk and 1/2 cup of melted shortening. Stir the liquid into the dry ingredients. Beat the two egg whites until stiff but not dry. Fold the egg whites into the batter. Bake in a hot waffle iron. Makes 8 waffles.

DESCRIPTIVE FORM

1. Requires more space than other forms. Very easy to read and follow.
2. Ingredients, amounts, and missing directions are listed in 3 separate columns. Each step in mixing is a separate paragraph. Ingredients are described the same way as Standard Form.

EXAMPLE OF A RECIPE WRITTEN IN DESCRIPTIVE FORM:

<u>WAFFLES</u>		
8 waffles		
Flour, enriched, sifted	1 3/4 cups	Pre-heat waffle iron
Baking powder, double-acting	3 teaspoons	Sift dry ingredients into bowl
Salt	1/2 teaspoon	Combine egg yolks, milk and Shortening
Egg, separated	2	Stir liquid ingredients into dry ingredients
Milk	1 1/4 cup	Fold in egg whites which have been beaten until stiff not dry
Shortening, melted	1/2 cup	Bake in hot waffle iron

CONTEST REGISTRATION

Please register online in the fair entry website. Watch your email and 4-H newsletter for the fair entry website. Enter in the contests area, enter Table for Two contest by the June 15 deadline. No late entries accepted.

TABLE SET UP

Only 4-H members participating are to help set up their tables and food item. Parents may assist in carrying the table and articles for the display to the contest area, but 4-H'ers are to set up their own table. Parents, grandparents, other family members, leaders, or friends **MUST** be seated in the audience after items are carried in.

AT THE CONTEST

The judge(s) will usually spend 5 or so minutes with each participant. Depending on the number of pre-entries, entry/judging may vary from year to year. During the judging, you should **PRESENT** your table to the judge(s) by telling about your ideas and why you chose this particular theme for your table, menu, centerpiece, etc. It may be helpful to view yourself as the host and the judge as your guest.

Following your presentation, be prepared to answer any questions your guest may have.

INTERVIEW JUDGING

Participants will give a 5 minute presentation about the preparation of the menu, recipe, selection and management of the menu, nutritional information of the food and menu, the **ONE** favorite item from your menu you are featuring during the contest, and experience preparing the meal.

After the presentation, the judge may ask questions.

Possible questions the judge may ask (not limited to just these questions):

- How did you decide upon the theme for your table?
- Where did you find the recipe you used today?
- Did you use the <https://www.myplate.gov/> for dietary guidelines in menu planning?
- How often have you prepared this menu?
- In what order would the foods be prepared?
- What nutrients do the foods provide?
- Does your menu have variety in color, texture, and flavors?





4-H Table for Two—Recipe Review Contest Scoresheet

Name: _____

Age (Jan 1 of current year): _____

Theme for entry: _____

Division: Junior (8-13) Senior (14-18) Clover Kid (5-7) participation only

	Superior	Average	Needs Improvement	Comments	Points 75 points total
PRESENTATION					Circle 1-5
4-H'er was a good host/hostess.					1 2 3 4 5
Ideas behind theme, menu and tableware choices were explained.					1 2 3 4 5
General food ingredients were described.					1 2 3 4 5
Basic food preparation was described.					1 2 3 4 5
4-H'er dressed to fit the theme, maintained eye contact, and used a clear voice and good volume.					1 2 3 4 5
Presentation showed creativity and them was obvious and well used.					1 2 3 4 5
TABLE SERVICE					Circle 1-5
Table was set correctly for the theme/occasion.					1 2 3 4 5
Appropriate tableware was chosen for theme/occasion/menu.					1 2 3 4 5
Centerpiece was appropriate for theme and visible from all sides of the table.					1 2 3 4 5
Table presentation showed creativity and was obvious and well used.					1 2 3 4 5
MENU AND FEATURED RECIPE					Circle 1-5
Menu was easy to read with correct spelling and appreciate placement on table.					1 2 3 4 5
Foods complimented each other and fit the theme					1 2 3 4 5
Foods varied in texture, color, shape, and size.					1 2 3 4 5
Featured food item - overall taste/flavor, texture, overall quality.					1 2 3 4 5
Menu format and featured food is appropriate and fits theme.					1 2 3 4 5

Ribbon: Purple: (75-60 pts) Blue: (59-45 pts) Red: (44-29 pts) White: (28 or less pts) **Total Points**