

## STANTON COUNTY CULINARY CHALLENGE CONTEST Pre-Fair Judging Day

### THE FOOD

Prepare, by yourself at home, one of the foods in the menu and bring it to the contest. Remember, the judge will taste the food a couple of hours after you have prepared it at home. You would not want to prepare a food that might spoil at room temperature such as potato salad or one that would not be appealing at room temperature such as fried eggs or tossed green salad. No alcoholic beverages are to be used as ingredients in recipes. (If the ingredient cannot be purchased legally by the member is should not be part of the exhibit).

You may use a recipe from a project manual, cookbook, magazine, your mother's recipe file, or any other source you can find. You can even create your own food dish! Be sure to bring a copy of your recipe. It may be on a card (3x5" or 4x6") or printed out by a computer. (It is advisable to cut computer printout down, so they are smaller than 8 1/2 x 11" so they do not take up so much space on the table.)

When the judge is judging the food, she asks these questions:

1. Does it have appetite appeal? Is it attractive?
2. Is the flavor pleasing?
3. Is the texture appropriate to the food?
4. Is the quality high for the product displayed?
5. Do you have your recipe displayed on the table?

### THE MENU

Plan a menu for a meal. Print or type the menu as directed above. Try to have a variety in color, shape, texture, temperature, and method of preparation in your meal. Also, be sure it is a well-balanced meal nutritionally.

The judge will consider these questions when judging your menu:

1. Does the meal contribute adequately to total daily needs?
2. Are the flavors and colors pleasingly combined?
3. Is it suitable for the occasion and the favorite food?

### THE TABLE SERVICE

In selecting your table service, try to accent your favorite food with color, either in your tablecloth, napkin, centerpiece, or dishes. Avoid too much color or pattern. Start at home to find your table setting. Don't overlook any possibilities. Some contestants have used paper plates, some tin plates, some everyday dishes and some, the finest china. Use what works best with your food. If it's a picnic food, go with that style, etc. You may borrow or buy any items to complete your table service. Dads, grandmas, and neighbors love to help! Be sure to have cloth items well pressed and all china and silver clean.

Bring along your card table to set your display on. Also, bring a table setting for one person. This should include table covering -- cloth, runner, or place mats -- napkin, dishes, and silverware for one person and a centerpiece. You do NOT need to bring serving dishes, salt and pepper shakers or cream and sugar dishes.



The judge will consider these questions when judging your table service:

1. Is overall effect (dishes, food, centerpieces, and table cover) pleasing?
2. Are the dishes and silver suitable for menu?

### **The Participant:**

The judge will consider if you are well groomed and appropriately dressed. If your food is for a picnic, feel free to dress accordingly. When the judge is interviewing you, she will consider if you have an understanding of time management (how long it takes to make the food), food preparation (what went into the food and how you did it), meal planning (why did you put certain items on your menu) and daily food needs (MyPlate).

### **HOW THE CONTEST WORKS**

Participants will set up their own tables and displays from 9:15 a.m. to 10:30 a.m. Parents may help carry in items but cannot assist with the set up. The contest is divided into two divisions -- Junior, age 8 through 11; and Senior, age 12 and older. All ages are based on **JANUARY 1 of the current year.** Judging will begin at 10:30 a.m.

About 10 minutes (more if you have to mix up your recipe there) before your judging time, go to the kitchen to prepare your food. There is a refrigerator, freezer, and at the school that you may use. Ribbons will be presented at the conclusion of judging all of the contestants.

### **JUDGING**

The judge will talk to each participant as she judges their entry. The food, menu, table setting, and the individual are all important. Do not be afraid to explain to the judge why you did something or to ask her opinion of a better way. The score card she will use is on the reverse side of this sheet.

### **RULES FOR THE CONTEST**

This contest allows members to prepare their favorite recipe and present it for a special occasion. Each contestant will be interviewed by the judge for about five minutes. Questions will be asked about the favorite food, menu and centerpiece and place setting.

1. Select and prepare a favorite recipe (doesn't have to be from project books but should relate to leanings of a project).
2. Plan a menu which includes the favorite food. Write (or use computer print) on a recipe card.
3. Write recipe (or use computer print) on a similar sized card. Members must do their own cards. Exhibit both menu and recipe on table.
4. Prepare a centerpiece and place setting for one on a card table. Members must provide their own table, table covering, place setting and centerpiece. Members are encouraged to limit the cost of what is spent on display items. You are encouraged to borrow or make items for your display.
5. Display must be in place by 10:30 a.m. so judging may begin promptly. Contestants will draw for judging order
6. Parents and leaders may assist in carrying in articles for display, but 4-Hers are to set up their own display. Adults are not to assist with the display set up.
7. The food may be displayed as the whole product or as one serving.



8. Contest is divided into Junior - age 8 through 11; and Senior - age 12 and over on **JANUARY 1 of the current year.**
9. Contestants must add the contest to their pre-entries due **JULY 11.** Participants may e-mail entries to the Extension Office by the deadline – [stanton-county@unl.edu](mailto:stanton-county@unl.edu)
10. Entries will be judged on food preparation, menu planning, meal management, nutrition, table setting, food and display. Score card is available for review by contestants.

No alcoholic beverages are to be used as ingredients in recipes. (If the ingredient cannot be purchased legally by the member it should not be part of the exhibit in food product or part of the display).