

Basic Skills Level 2 -

Cooking 201 and Baking 2

511 120 000: Recipe of the Year Class: Buttermilk Scones - must use recipe from OSU Food Hero web-site: <https://foodhero.org/recipes/buttermilk-scones-0>. Exhibit 2 individual items.

511 120 010 Cookies. Exhibit 2 cookies. No frosting, icing, or glaze.

511 120 020 Basic Nut Bread (must use recipe in Cooking 201 book, pg. 48 - no variations.) Exhibit 1/4 of loaf. No frosting, icing, or glaze.

511 120 030 Non-Yeast Coffee Cake. Coffee cake is to be made with a muffin method of mixing. Muffin method of mixing generally means that the fats in a liquid form (like oil) and all liquids are added the dry ingredients with a minimum amount of stirring. Exhibit 1/4 of the cake. No frosting, icing, or glaze.

511 120 040 Scone. Scone is to be made with a biscuit method of mixing. Biscuit method of mixing generally means that the fat is semi-solid (like butter/shortening) and cut into the dry ingredients before liquid is added. The dough may be beaten or kneaded for a few strokes. Exhibit 2 scones. No frosting, icing, or glaze.

511 120 160 Quick Bread. Baked Food Product reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit 1/4 of a large item.

511 222 010 Poster showing and explaining something you have made, done, or learned in your Foods & Nutrition project. **Poster must not exceed 24"x30"**.

511 222 120 Favorite Recipe Collection with five recipes of foods you have prepared using ingredients grown in the Pacific Northwest. Write current year in upper right hand corner of each recipe. Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging. Pen, pencil, typed, or printed is acceptable as long as required elements are on the recipe. Recipe collection can be in a file box or in recipe book form. Follow specific guidelines on check sheet. Adding decorative items to recipes is optional and is not a part of the judging process.

Expanding Skills Level 3 Cooking 301 and Baking 3

Food products. See Phase 1 for class descriptions.

511 130 040 Yeast Bread product, plain dough using all whole wheat flour. Exhibit 1/4 of a loaf.

511 130 050 Yeast Bread product, plain dough using an alternative grain. Exhibit 1/4 of a loaf.

511 130 060 Yeast Bread product, plain dough using a combination of flours. Exhibit 1/4 of a loaf.

511 130 070 Yeast Bread product, (using any type of flour) with added non-perishable ingredients (ie, herbs, nuts, dried fruit, etc.). Exhibit 1/4 of a loaf.

511 130 080 Family Food Traditions. Any baked item associated with family tradition and heritage. Entry must include a) recipe, b) tradition or heritage associated with preparing, serving the food, and c)

where or who the traditional recipe came from. Exhibit at least 1/4 of baked product or 2 muffins, cookies, pita, tortillas, etc.

511 130 160 Yeast Bread. Baked Food Product reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit 2 individual items or 1/4 of a large item.

511 333 110 Poster showing and explaining something you have made, done, or learned in your Foods & Nutrition project. **Poster must not exceed 24"x30"**.

511 333 120 Favorite Recipe Collection with ten recipes of foods you have prepared, using a variety of grain products. (Examples: granola, rice pudding, bulgur salad, pizza). Write current year in upper right hand corner of each recipe. Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging. Pen, pencil, typed, or printed is acceptable as long as required elements are on the recipe. Recipe collection can be in a file box or in recipe book form. Follow specific guidelines on check sheet. Adding decorative items to recipes is optional and is not a part of the judging process.

511 333 130 Photo series or pictorial story depicting hunted or harvested foods of the Pacific Northwest from harvest to table. Series may include up to 20 color photos, pictures or drawings of one theme on one story board **not to exceed 24"x30"**. Please note if some of the photos were taken by someone else. Exhibits will be judged on the exhibitor's ability to creatively depict a story and not on their photography or drawing ability.

Advanced Skill Level 4 Cooking 401 and Baking 4

511 140 000 Recipe of the Year Class. Single Pie Crust (must use recipe from Baking 4, pg. 21). Exhibit 1/4 of the item.

511 140 010 Foam Cakes. Angel Food, Sponge, Chiffon). No commercial mixes; no fillings or toppings (i.e., frosting, icing, glaze, powdered sugar, fruit or nuts). Exhibit 2 individual items or 1/4 of a large item.

511 140 020 Focaccia Bread. (must use recipe from Cooking 401, pg. 22). Exhibit 1/4 of the item.

511 140 030 Yeast Bread product, plain dough using all white flour. Exhibit 1/4 of a loaf.

511 140 040 Yeast Bread product, plain dough using all whole wheat flour. Exhibit 1/4 of the item.

511 140 050 Yeast Bread product using an alternative grain. Exhibit 1/4 of a loaf

511 140 060 Yeast Bread product plain dough using a combination of flours. Exhibit 1/4 of a loaf.

511 140 070 Yeast Bread product (using any type of flour) with added non-perishable ingredients (ie, herbs, nuts, dried fruit, etc.). Exhibit 1/4 of a loaf.

511 140 080 Yeast Bread product using special shaping. Exhibit 2 individual items or 1/4 of a large item.

511 140 090 Specialty Pastry. Baked items such as pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, danish, strudels. Phyllo dough must be made from scratch. **Pastries made with cream or egg based fillings will be disqualified.** Exhibit 2 individual items.

511 140 140 A Gift Package with homemade foods featuring up to five Pacific Northwest products. At least two foods must be made by the exhibitor and feature Pacific Northwest products. Gift package can be in a box or basket **not to exceed 18"x24"**. **Exhibit must include a breakdown of costs incurred preparing the gift package, including items on hand or recycled.** Baked items should be at least two of a small or one-quarter of a large food. Include recipes on 5"x8" card or paper. Include to whom the gift is intended and for what occasion. Criteria for judging will include creativity, cost (value), food safety, and nutrition.

511 140 160 Baked Food Product (from any exhibits in Level 4) reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit 2 individual items or 1/4 of a large item.

511 444 010 Poster showing and explaining something that you have made, done, or learned in your Foods and Nutrition project. **Poster must not exceed 24"x30"**.

511 444 020 Favorite Recipe Collection with fifteen recipes of foods you have prepared. Ten recipes should be vegetable and fruit recipes. Five recipes should be one-pot meats using or demonstrating knowledge of various kitchen appliances (examples: microwave, wok, electric skillet). Write current year in upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging.** Recipe collection can be in a file box or in recipe book form. Pen, pencil, typed, or printed is acceptable as long as required elements are on the recipe. Follow specific guidelines on check sheet. Adding decorative items to recipes is optional and is not a part of the judging process.

511 444 030 Cooking Up a Career. Find someone you know who works in a catering business, local restaurant, health care food service, food scientist, works as a Registered Dietitian, or any other food or nutrition related industry. What do they do? How much education do they need? Why did they choose this profession? What is the most enjoyable thing about their chosen profession? Maximum of two pages, one sided write up of an interview. Consider creativity and neatness. Mount on a 9"x12" colored paper or poster board, or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be **no larger than 9x12 inches.**