

JUNIOR DIVISION

93311 - Two jars of canned fruit or berries. Each jar should contain a different fruit or berry. (Two jars of fruit or two jars of berries are permissible as long as the types of fruits and berries are different.) Include a serving suggestion and/or recipes using the fruits and/or berries.

93312 - Fruit leather, two flavors. Five rolled bite-sized pieces, each about one-inch in length.

93313 - Two jars - one jar of tomatoes and one jar of tomato juice.

INTERMEDIATE DIVISION

93321 - Two jars of jam or jelly with pectin. Each jar should contain a different jam or jelly. (Two jars of jam or two jars of jelly are permissible as long as types of jam or jelly are different.)

93322 - Dried fruit and/or vegetable, two different types. About one-half cup each. Include a serving suggestion or a recipe using the dried food. (May be two dried fruits and/or vegetables as long as types of fruits and vegetables are different.)

93323 - Two jars of canned vegetables. Each jar should contain different vegetable. Include serving suggestion and/or recipe using the vegetables.

93324 - Two jars of relish or quick pickles. Each jar should contain a different relish or pickle. (Two jars of relish or two jars of pickles are permissible as long as types or relish and pickles are different.)

SENIOR DIVISION

93331 - Two jars of jelly with no pectin added. Each jar should contain a different jelly.

93332 - Two jars of relish or fermented (brined) pickles. Each jar should contain a different relish or pickle. (Two jars of relish or two jars of pickles are permissible as long as types of relish and pickles are different.)

93333 - One gift package of five different canned foods.

93334 - One hiking meal of five different dried foods. Include serving ideas or recipes using the foods.

93335 - Three pieces of jerky, each at least 1-inch by 3-inches. Include serving idea or recipe for using the jerky.

DIVISION 8 — 4-H FOOD PREPARATION CONTEST

Blue - \$6, Red - \$5, White - \$4

PREMIUMS

CLASS I JUNIOR CONTESTS

— Contestants must be enrolled in foods project, including Outdoor Cooking. Classes determined by age as established in 4-H rules at beginning of the 4-H section in this book. County Only.

— All ingredients and supplies, including utensils and cleaning supplies, must be furnished by participant. Range, refrigerator and work table furnished.

— Standard ingredients, commercial mixes or homemade mixes may be used.

— Member may participate in 2 junior contests, but not all 4.

— All contestants must bring two copies of recipe (one for judge) on 5 x 8 cards.

1. JUNIOR SNACK CONTEST (Open to all 4-H members)

Prepare a quick, nutritious snack. Main ingredient may be choice of any four food groups (milk, meat, vegetable-fruit, cereal-bread). Display completed snack in or on appropriate dish, container, tray, etc. Provide judge with a recipe on 5 x 8 card or paper. To be judged on nutritional value, work habits, and finished product.

2. JUNIOR COOKIE BAKING

Prepare and bake one pan of drop, bar or formed cookies (full recipe may be mixed and extra dough taken home.) Contestants allowed 40 minutes including 10 minutes cleanup time.

3. JUNIOR MEASURING

Contestant will measure flour, liquid, baking powder, and fat.

4. JUNIOR SALAD OR SANDWICH

Prepare a salad or sandwich that will be a nutritious main dish luncheon course for one person. Serve on or in appropriate dish or plate and place on placemat or similar object suitable for serving. Do not include any other foods or equipment on mat or table. One hour time allowed, including cleanup.

CLASS II INTERMEDIATE & SENIOR FOODS CONTEST

— 4-H members enrolled in the Food Preparation project are eligible to enter.

— There are two divisions in the contest: intermediate and senior. The following items apply to each division and class:

1. Participants will have one hour for set-up preparation, and cleanup (excluding proofing and baking time, if needed). Participants must provide all ingredients and equipment except range and refrigerator.

2. Participants should prepare 1 recipe, 1 batch, etc. of the food product. No fixed number of servings is required.

3. The use of alcoholic beverages is not permitted. (Possession of such beverages by a minor is unlawful.)

4. The food prepared must be displayed on a serving platter or tray or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the food at a meal (includes plates, tableware, napkin, glasses, tablecloth, placemat or whatever is appropriate.) A centerpiece may be included if the participant wishes, but is not required.

5. Participants serve samples of the food to the judge (and to the public if they wish). Paper plates and plastic utensils will be provided by the fair.

INTERMEDIATE DIVISION

— Just before they begin setting up, participants must provide the judge with:

1. The recipe for the food to be prepared.

2. The itemized cost of ingredients in the food to be prepared and cost per serving. (Divide total cost of ingredients by number of servings made by recipe. (Use market prices for ingredients. There are no cost restrictions.)

3. A menu for a meal in which the food to be prepared might be served, with each food on the menu identified by food group.

LOT

93412 - Salad

93422 - Sandwich

93432 - Baking powder or soda product

93442 - Yeast product

93452 - Pastry (must be rolled crust - includes meat pies and quiches)

93462 - Main dish

93472 - Vegetable dish

SENIOR DIVISION

— Just before they begin setting up, participants must provide the judge with:

1. The recipe for the food to be prepared.

2. Menus for three meals during a day the food to be prepared might be served, with each food on the menus identified by food group.

3. The itemized cost of ingredients in the food to be prepared and cost per serving. (Divide the total cost of ingredients by number of servings made by recipe.) Use market price for all calculations. There are no cost restrictions.

93413 - Salad

93423 - Sandwich

93432 - Baking powder or soda product

93443 - Yeasted product

93453 - Pastry (must be rolled crust - includes meat pies and quiches)

93463 - Main dish

93473 - Vegetable dish

SCORING FOR THE INTERMEDIATE AND SENIOR DIVISIONS

Each of the three groupings will account for one-third of the total score. Each participant will visit with the judge after the food is prepared and served.

1. Preparation Skills (measuring, mixing-assembling, cooking and baking procedures.

2. Management (efficient use of equipment and work space, tasks done in efficient sequence.

3. Work habits (cleanliness, neatness, sanitation, safety.)

CLASS III MINI-MEAL CONTEST FOR INTERMEDIATES & SENIORS

4-H members enrolled in Food Preparation, Food Preservation, and Outdoor Cookery are eligible to enter. Each participant must prepare a main dish and one other food which would either: (a) make an entire meal if served together, or (b) be part of a large meal if other foods were included.

The meal might be a breakfast, lunch, dinner, brunch, buffet supper, snack meal, party meal, etc. Members in Food Preservation must include in their meal at least one product they have preserved. Outdoor Cookery participants will prepare their meals outdoors.

There are two divisions in the contest - intermediate and senior (no teams.)

The following items apply to each division and class:

1. Participants will have two hours for set-up preparation, and cleanup. (Additional time needed to get the fire ready for Outdoor Cookery will not be considered part of the two hours. Participants must provide all ingredients and equipment except range and refrigerator.

2. Participants should prepare one recipe, one batch, etc. of food product as no fixed number of servings is required.

3. The use of alcoholic beverages is not permitted. (Possession of such beverages by a minor is unlawful.)

4. The foods prepared must be displayed on a serving platter or tray or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate.) Bring card table for displaying meal. A centerpiece may be included if the participant wishes, but is not required. Camping meals may be informal.

5. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the fair.

— Just before they begin setting up, all participants must provide the judge with:

1. Recipes for the foods to be prepared.

2. Itemized cost figures for each food to be prepared and cost per serving. (Divide total cost of ingredients by the number of servings made by the recipe.) Also, estimate the cost per person of the entire meal if the contest foods prepared are not the whole meal. Use market prices for calculations. There are no cost restrictions.

4. A very general outline of the task sequence to be used in preparing the foods. For example: 1. Prepare pizza, 2. Put pizza in oven, 3. Make salad dressing, 4. Make salad. (The purpose is to give a general idea of time management, however, no specific timetable is required with times given.)

lot

LOT

93512 - Intermediate Mini-Meal (Food Preparation)

93522 - Intermediate Mini-Meal (Food Preservation)

93532 - Intermediate Mini-Meal (Outdoor Cookery)

93513 - Senior Mini-Meal (Food Preparation)

93523 - Senior Mini-Meal (Food Preservation)

SCORING

Each of the three groupings below will account for one-third of the total score. Each participant will visit with the judge after the mini-meal is prepared and served.

1. Preparation skills (measuring, mixing-assembling, cooking, and baking procedures.)

2. Management (efficient use of equipment and work space, tasks done in efficient sequence.)

3. Creativity, originality (choice of foods and menu, display, service) Appropriate table setting, Nutrition, (knowledge of what foods in menu contribute to the diet. Cost Accuracy.

CLASS IV 4-H BAKING CONTEST FOR INTERMEDIATES AND SENIORS

PREMIUMS

Blue - \$6, Red - \$5, White - \$4

— Open to Intermediate and Senior 4-H Foods members.

— Each contestant must use the cake recipe printed below.

— Contestants must prepare cake as assigned time under supervision of judge.

Pre-register to participate.

— Contestants bring all ingredients and supplies needed to prepare cake. (Ovens provided)

— Use ingredients listed for recipe making no substitutions, additions, or deletions. No frosting or glaze is to be used on contest cake.

— County contest only.

ONE EGG CAKE

2 cups cake flour

$\frac{3}{4}$ cup sugar

2 $\frac{1}{2}$ tsp. baking powder

1 tsp. salt

one-third cup shortening

1 cup milk

1 tsp. vanilla

1 egg ($\frac{1}{4}$ cup)

Heat oven to 350 (mod.) Grease and flour two layer pans, 8x1 $\frac{1}{2}$ " or a square pan, 9x9x1 $\frac{3}{4}$ " measure flour by dip-level-pour method or by sifting. Blend flour, sugar, baking powder and salt. Add shortening, two-thirds of milk and vanilla. Beat 2 min., medium speed on mixer or 300 vigorous strokes by hand. Scrape sides and bottom of bowl constantly. Add rest of milk and egg. Beat 2 more min., scraping bowl frequently. Pour into pan(s). Bake layers about 30 min., square 30 to 35 min. Cool.