

**511 140 00\_\_ Recipe of the Year Class:** Exhibit ¼ of the item. Recipes can be found on the State website.

Even Years: Rosemary Focaccia Bread (must use recipe from Cooking 401, pg. 22)

Odd Years: Single Pie Crust (must use recipe from Baking 4, pg. 21).

**511 140 01\_\_ Foam Cakes:** (Angel Food, Sponge, Chiffon). No commercial mixes; no fillings or toppings (i.e., frosting, icing, glaze, powdered sugar, fruit or nuts). Exhibit **three** individual items or ¼ of a large item.

**511 140 02\_\_ Focaccia Bread:** Exhibit ¼ of item.

**511 140 03\_\_ Yeast Bread product: Plain dough using all white flour.** Exhibit ¼ of a loaf.

**511 140 04\_\_ Yeast Bread product: Plain dough using all whole wheat flour.** Exhibit ¼ of a loaf.

**511 140 05\_\_ Yeast Bread product: Plain dough using an alternative grain.** Exhibit ¼ of a loaf.

**511 140 06\_\_ Yeast Bread product: Plain dough using a combination of flours:** Exhibit ¼ of a loaf.

**511 140 07\_\_ Yeast Bread product: (using any type of flour) with added non-perishable ingredients** (ie. herbs, nuts, dried fruit, etc.) Exhibit ¼ of a loaf.

**511 140 08\_\_ Yeast Bread product: Using special shaping.** Exhibit **two** individual items or ¼ of a large item.

**511 140 09\_\_ 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 **three** individual items.

**511 140 16\_\_ 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 **three** individual items or ¼ of a large item.

**511 444 03\_\_ 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" X 12" 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 9 X 12 inches.**

## **GIFT PACKAGE** (All skill levels)

**511 140 14\_\_ 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" x 24"**. **Exhibit must include a breakdown of costs incurred in 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" x 8" 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.

## **FAVORITE RECIPE COLLECTION** (All skill levels)

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.

**511 300 111 Junior: Collection with five** recipes of foods you have prepared, using ingredients grown in the Pacific Northwest.

**511 300 112 Intermediate: Collection with ten** recipes of foods you have prepared. Five recipes should include a variety of grain products (examples: granola, rice pudding, bulgur salad, pizza), 3 vegetable recipes, and 2 free choice (no restrictions) recipes.

**511 300 113 Senior: Collection with fifteen** recipes of foods you have prepared. Six recipes should be vegetable and fruit recipes, four recipes should be one-pot meals using or demonstrating knowledge of various kitchen appliances (examples: microwave, wok, electric skillet), 3 poultry, fish or meat recipes (may substitute other protein dishes as desired), and 2 free choice (no restrictions) recipes.

## **2019 CELEBRATE OUR WORLD: GREECE**

(Intermediates and Seniors only)

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture. The exhibit is to be inspired by the country of celebration. The Celebrate our World Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

**511 800 112 Celebrate our World inspired foods project, Intermediate**

**511 800 113 Celebrate our World inspired foods project, Senior**

## **4-H FOOD PRESERVATION**

**Superintendent: Teres Fair**

1. Members may enter **six** classes in their age division and the Celebrate our World class. **Members must use current OSU approved or USDA preparation and processing recommendations for preserved foods. Current OSU approved publications can be found on the State website.** Current USDA recommendations can be located on the internet at [http://nchfp.uga.edu/publications/publications\\_home.html](http://nchfp.uga.edu/publications/publications_home.html) or <http://nchfp.uga.edu/> The *Ball Blue Book* copyright 2009 or newer, *So Easy to Preserve* Book, pectin package inserts, or pectin product websites are also approved sources.
2. All products, including all preserved products in gifts packs, must have a 4-H Food Preservation Explanation Card (512-07) with complete information and instructions/recipe. Entries in the Celebrate our World classes must also include the Celebrate our World Explanation Card (998-03). Explanation Cards are available at the County Extension Offices and on the State 4-H website.