FOOD PREPARATION CONTEST
“Foods of the Pacific Northwest”
Superintendent: Jenny Chamness
Wednesday 10:30am to 5pm

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare one food product. Judging criteria are outlined in the 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website at, http://oregon.4h.oregonstate.edu/resources/materials.

Ingredients

1. Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare one food product.
2. Participants should prepare one recipe, one batch, etc. of the food product using at least two ingredients representative of the Pacific Northwest. Participants should select a food product that can be prepared within the time limit. For food safety finished dishes prepared at home may not be brought and served at fair. Only yeast products which require proofing will be allowed extra time. Participants should not prepare the same recipe more than one year.
3. All participants must provide the judge with a “Judges Information Form,” available from the Extension Office. This form must be completed before the scheduled contest time and be given to the judge prior to set-up for the contest.
4. Participants must provide a poster of their recipe(s), no larger than 22"x30", to display in their preparation area.
5. Each participant will be judged and given comments. The judge will also ask questions regarding the Pacific Northwest foods used, i.e., nutritive value, region produced, season when most plentiful.
6. Participants should provide all ingredients and equipment, except range, refrigerator and microwave. Please furnish your own portable appliance if food product requires it.
7. The food prepared must be displayed on a serving platter or tray or on a dish, bowl, basket, in a glass, etc. Card tables will be provided for each display.
8. Baked products should be cool before judging.
9. Participants will serve samples of food to the judge and public. Paper plates & plastic utensils will be provided.
10. Participants are expected to leave the kitchens clean. This will be part of the judge’s evaluation.
11. Ribbons will be awarded, but will not be available until after the fair. Premiums will be awarded after the fair.
12. Questions should be directed to the clerk or contest chairman.
13. Juniors may work individually or in teams of two. These are county contests only and participants must have completed the 4th grade. Please identify team members when registering.

SCORING FOR FOOD PREPARATION & MINI-MEAL CONTESTS
Each of the four groupings below counts as 1/4 of the total score. Each participant visits with the judge after food is prepared & served.
1. Preparation skills (measuring, mixing/assembling, cooking, baking procedures). Management (efficient use of equipment, work space, & task sequence). Work Habits (cleanliness, neatness, safety, sanitation). Cost accuracy when required.
2. Finished product (appearance, texture, color, flavor, temperature).
4. Creativity, originality (choice of foods, menu and display of table service).

FOOD PREPARATION CONTEST JUNIOR DIVISION
The Judges Information Form for the Junior Division includes a copy of the recipe to be prepared.

+511 600 011 Breakfast Quick Breads (Individual). Fully prepare a quick bread (a food using baking powder or soda for leavening) which would be appropriate for breakfast. Examples include coffee cake, waffles, pancakes, muffins or biscuits. One hour will be allowed for setting up,
preparation, baking, and cleaning the work area. Place setting not required but a plate should be provided for a sample for the judge.

+511 600 021 Breakfast Quick Breads (Teams). Same requirements as the individual contest.
+511 600 031 After School Snack (Individual). Fully prepare a nutritious “after school snack” food for one person. Arrange it on a plate or in a suitable container to be put on display. Garnish may be added. Examples of after school snacks include celery and peanut butter sticks, or milkshakes. Twenty minutes will be allowed for setting up, preparation and cleaning the working area. No baking should be involved in this contest.
+511 600 041 After School Snack (Teams). Same requirements as the individual contest.
+511 600 051 Baker’s Choice (Individual). Fully prepare a cookie using 1 cup or more of a grain or cereal product. The participants must demonstrate measuring skills (minimum of 4), and use the oven or top-of-stove. One hour will be allowed for set-up, preparation, baking, and cleaning the work area. Limited to baking 2 batches to complete contest in one hour. Extra dough to be taken home.
+511 600 061 Baker’s Choice (Teams). Same requirements as the individual contest.

INTERMEDIATE/SENIOR DIVISION
Participants will have one hour for set-up, preparation, and cleanup (excluding proofing and baking time, if needed). One-pot meals can have a sample of the finished product if cooking time is several hours.
1. Participants must display one place setting of the table service which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate. A centerpiece may be included if the participant wishes, but is not required.
2. The Judges Information Form includes the following:
   a. The recipe for the food to be prepared.
   b. The itemized cost of ingredients in the food to be prepared an cost serving (divide total cost of ingredients by number of servings made by recipe). Use market prices for ingredients. There are no cost restrictions.
   c. Intermediate: a menu for a meal in which the food to be prepared might be served, with each food on menu identified by food group.
      Senior: Menus for a day’s three meals, one of which includes the food to be prepared, with each food on the menus identified by food group.
3. The number of participants selected for State Fair will be based on the number of entrants actually participating in the county fair. A champion in a class will not automatically be selected for State Fair. A participant may only be selected for one Food Preparation Contest for the State Fair.
4. Seniors chosen to go to State Fair in Mini-Meal contests will be required to do an “On the Spot” meal at State Fair. County Fair will not provide stocked kitchens. Refer to State Fair rules for further description.

INTERMEDIATES
511 601 012 One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish.

 SENIORS
511 601 013 One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast product, Dairy Product, Main Dish.

MINI-MEAL CONTEST
There are two divisions in the contest, Intermediate and Senior. Within those divisions there are individual and team classes. Teams will consist of two members. If one team member is a senior and the other an intermediate, the mini-meal should be entered in the senior division.
4-H members enrolled in the Food and Nutrition and Food Preservation projects may have one entry in each division as long as different dishes are prepared for each. Each participant (or team) must prepare only two dishes. One must be a main dish and the other can be any other food which would either (a) make an entire meal if served together, or (b) be part of a larger meal if other foods were included.

The meal might be a breakfast, lunch, dinner, brunch, buffet supper, snack meal, party meal, etc. Members can utilize food products they have preserved. Judging criteria are outlined on the 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website at, http://oregon.4h.oregonstate.edu/fair-exhibit-and-contest-materials
The following items apply to each division and class:

1. Participants will have two hours for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator. For food safety finished dishes prepared at home may not be brought and served at fair.

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

3. The use of alcoholic beverages that would be unlawful for a minor to possess is not permitted.

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). A card table will be available for each participant to use for display. A centerpiece may be included if the participant wishes, but is not required.

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.

6. All participants must provide the judge with a “Judges Information Form,” available from the county Extension office, or at, http://oregon.4h.oregonstate.edu/fair-exhibit-and-contest-materials

7. All participants must provide a poster (approximately 22” x 30”) of the recipe to display in the preparation area. Posters will not be returned.

8. Participants are expected to leave the kitchens clean. This will be part of the judge’s evaluation.

+511 602 011 Junior Mini-Meal Individual: Food Preparation
+511 602 014 Junior Mini-Meal Team: Food Preparation
+511 302 021 Junior Mini-Meal Individual: Food Preservation
+511 602 024 Junior Mini-Meal Team: Food Preservation
+511 602 031 Junior Mini-Meal Individual: Outdoor Cookery
+511 602 034 Junior Mini-Meal Team: Outdoor Cookery

511 602 012 Intermediate Mini-Meal: Food Preparation. Each county may enter as many blue ribbon participants from the county contest as the judge qualifies.

511 602 022 Intermediate TEAM Mini-Meal: Food Preservation. Each county may enter as many blue ribbon participants from the county contest as the judge qualifies.

+511 602 032 Intermediate Mini-Meal: Outdoor Cookery

511 602 013 Senior Mini-Meal: Food Preparation. Each county may enter as many blue ribbon participants from the county contest as the judge qualifies.

511 602 023 Senior TEAM Mini-Meal: Food Preservation. Each county may enter as many blue ribbon participants from the county contest as the judge qualifies.

+511 602 033 Senior Mini-Meal: Outdoor Cookery

**Oregon Dairy Women Awards:**

- **Junior Food Preparation Contest:** (Food prepared emphasizes dairy foods)
  - Highest Blue Award - Junior: $25.00
  - 2nd Highest Placing Award - Junior: $15.00

- **Intermediate Food Preparation Contest:** (Food prepared emphasizes dairy foods)
  - Highest Blue Award - Intermediate: $25.00
  - 2nd Highest Placing Award - Intermediate: $15.00

- **Senior Food Preparation Contest:** (Food prepared emphasizes dairy foods)
  - Highest Blue Award - Senior: $25.00
  - 2nd Highest Red Award - Senior: $15.00

**Oregon Pork Producers:**

- **Intermediate Contests:**
  - Champion Mini-Meal if it used pork (Food Preparation): $5.00
  - Champion Mini-Meal if it used pork (Outdoor cookery): $5.00

- **Senior Contests:**
  - Champion Mini-Meal if used pork (Food Preparation): $5.00
  - Champion Mini-Meal if used pork (Outdoor Cookery): $5.00

**Oregon Trawl Commission:**

- **Intermediate Contests:**
  - Best blue ribbon Mini-Meal using Oregon Trawl fish* (Individual): $25.00

* indicates recipes involving flounder, sole, or halibut.
Best blue ribbon Mini-Meal using Oregon Trawl fish* (Team) $25.00

**Senior Contests:**
Best blue ribbon Mini-Meal using Oregon Trawl fish* (Individual) $25.00
Best blue ribbon Mini-Meal using Oregon Trawl fish* (Team) $25.00

*Must serve Oregon Trawl fish – sole, rock fish, ocean perch, red snapper, ling cod, or Oregon pink shrimp.