INFORMATION ON FAVORITE FOODS

FAVORITE FOODS

DELAWARE 4-H

The 4-H Favorite Foods contest is a contest open to all 4-H members currently taking any foods, bread, food preservation or Exploring 4-H project. The reasons for holding this activity are:

1. Increase knowledge of the importance of good nutrition and create an interest in improving food standards.

2. Help 4-H club members improve skills in food preparation and display.

3. Encourage originality, creativity, initiative and poise in the 4-H member.

4. Develop wholesome attitude, character and personality traits.

Member prepares dish at home and brings it and a place setting to the contest site.

AGE DIVISIONS

Cloverbud: Ages 5-7 (note special requirements)
Beginner: Ages 8-10
Junior: Ages 11-13
Senior: Ages 14-19

RULES

The following general rules apply to all contest participants.

1. Recipe must be suited to the age and project of the contestant. Older 4-H'ers or more experienced 4-H'ers will be expected to prepare more challenging dishes.

2. Participants must do all the food preparation, cooking and table setting without help.

3. Recipe should serve four to eight persons.

4. Finished food will be displayed at a place setting for one person:

a. Space provided is approximately **29" wide x 29" deep**.

b. Dishes, glasses, flatware, etc. should be selected from what is available or borrowed.

c. Crockpots can be used to transport and keep food warm.

5. Recipe does not have to make use of a range or small appliance.

6. Time will be provided to allow contestants and parents to view and photograph the place settings before and after the announcements of winners. Tasting will be at your own risk. Cooperative Extension will not take any responsibility for risks taken in tasting.

FOOD CATAGORIES

BREADS - (Batter or yeast breads). Any type of bread, may be yeast or dough or batter; may be sweet, such as coffee-cake types or plain, such as loaf bread or sandwiches. Coffee rings, nut or fruit breads and rolls can be included here

MEAT OR MAIN DISH - Any food used as an entree in the meal. Each serving normally contains two ounces of meat or the equivalent of a meat substitute. Example could be lima bean and ham casserole, ham and cabbage or broccoli and tuna casserole.

FRUITS OR VEGETABLES - Fruits and vegetables are an important part of our diet. You might consider entering a broccoli and rice casserole, baked pineapple, green beans and mushroom casserole, stewed tomatoes or three-bean salad.

COOKIES, CUPCAKES AND BROWNIES- (For Cloverbuds and Beginners only).

DESSERT - Any food item other than cookies, cupcakes or brownies that you would use as a dessert.

Your Favorite Food Entry can come from any of these categories!

APPETIZERS, HORS D'OEURVES, SOUPS - (No main dishes). Appetizers, Soups and Hors d'oeuvres are usually not served with the main dish. **Appetizers** are served prior to the main course, usually at the table setting. **Hors d'oeuvres** are usually served prior to being seated at the table for dinner or at a reception. Table settings would be different for Hors d'oeuvres - they are usually small finger foods that can be easily eaten while standing and talking. **Soup** may be served prior to the meal or with the meal, as in soup and sandwich.

RECIPE REDO- (Junior & Senior). Substitute a healthy choice or option into a recipe to make it healthier for you. Example: Substitute black beans instead of oil into a brownie recipe.
Contestants should submit both the original recipe and the "new recipe". They are asked to only bring the Recipe Redo final product to be judged.

RECIPE AND MENU PLANNING

SELECTING THE RECIPE

Select a recipe that involves an unusual ingredient, imaginative garnish or method of preparation instead of a basic recipe. For example, prepare herb-fried chicken instead of fried chicken; or add orange extract or chopped nuts to a basic yellow cake to give a new flavor.

MENU - Menu plans should be well balanced nutritionally. These plans should be written in the logical order of service as well as being attractive in appearance. The menu must be planned by the 4-H member and MUST be a menu that can be prepared by the 4-H'er. Here is a sample of how to write it:

Make sure your recipe is easy to read. It will be copied into the Favorite Food Cookbook

BASIC MENU PATTERN

Appetizer
Main Course
Vegetables Vegetables
Salad
Bread
Dessert
Beverage

The above sample can be followed for all meals; however, you may leave out parts that do not fit. For example, no vegetables would be served for breakfast. If a line in your menu is not balanced then the item should be placed in the center of the line.

Cloverbud members are required to provide a recipe and place setting. Menus are not required.

RECIPE WRITING - List all ingredients in order of use and then write out the instructions in order of preparation. You may want to number the directions to clarify when to do a step. Include temperature and number of servings

PLACE SETTING - The size **29" x 29"** is approximate. The tables may vary. You will set the place setting for one person. It will include only the food prepared for the contest. You may choose to add a centerpiece following a theme of your place setting, the food or whatever you choose. Refer to the information on table service on page 4 and 6 for further help.

Remember: Neatness Counts!

HOW YOU WILL BE SCORED BY THE JUDGES

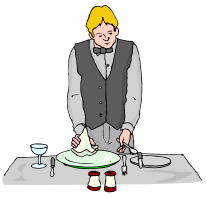
THE MENU

1. Nutritionally Well-Planned/Balanced or planned for special diet) - Should include a variety of food and colors from all major food groups. Example: Not all meats or vegetables; not all green vegetables or all vegetables in sauces, but a variety of types.
2. Texture, and Contrast - Not all crunchy or all soft, but a variety.
3. Color Contrast - Use different color tones. Not all browns, reds, etc.
4. Flavor Contrast - A variety of flavor contrasts. Not all spicy foods or all bland, but a mixture.
5. Correctly Written - See example.
6. Age Appropriate for Preparer- Select a menu that YOU can prepare. Select a dish that YOU can feel comfortable preparing.

THE RECIPE

1. Correctly Written - Ingredients first, then instructions. (Both in order of use).

FOOD PREPARED



1. Eye Appeal - Does the dish look tempting and good?
2. Flavor- How does it taste?
3. Seasoning - Too much or too little of any ingredient?
4. Texture - Is it tough or tender, falling apart or too juicy, etc?
5. Properly Cooked - Overdone or under done or perfect?
6. Degree of Difficulty - Does the recipe fit the ability of the participant, not too easy, but a challenge?

TABLE SETTING

1. Overall Neatness
2. Proper Placement of Utensils - Use only necessary utensils, place in proper spot. Use only necessary tableware for the dish you have prepared.
3. Attractive Total Effect - Do all the utensils look attractive when placed together?
4. Appropriate Decorations - No arrangements that may fall into food or take away from the food. The food should be the main attraction. Centerpieces should be suitable for the space provided.

ATTITUDE OF CONTESTANT

1. Positive Attitude/Friendly - Contestant politely responds to questions from the judge.
2. Appropriate Outfit - Dressed to participate in a foods contest, no jeans or sweats.
3. Knowledge of Dish Prepared - Contestant should be knowledgeable of all parts of the contest. Ex: If the contestant doesn't know how to make scalloped potatoes, it should not be part of the menu.

Remember, A SMILE WORKS WONDERS!

TABLE SERVICE

Here are some helpful hints regarding table settings for the Favorite Foods Contest.
Remember, your place setting should be just for the course you are preparing for the contest.
Place main plate, flatware and napkin in a straight line one inch from the edge of the table

MAIN DISH CATEGORY

- Fork and knife
- No spoon unless coffee was served during the main course
- No salad fork unless you wanted to be very formal and even then you would probably serve the salad as a separate course. (If a salad is served during your main course, it is acceptable to eat it with your regular fork.)

APPETIZER CATEGORY

* To serve an appetizer at the beginning of your meal, place the plate in the center of your dinner plate and the appropriate fork or spoon on the side to which it belongs.

HORS D'OEUVRES CATEGORY

- These are traditionally served before being seated at the table and are, most often, small bite sized snacks eaten with fingers. You may or may not need a fork or spoon. A napkin and light beverage glass would be present if a punch or other beverage was being served.

SOUP CATEGORY

- The menu for this setting includes soup served as an appetizer and a salad served with a meal. The soup bowl and plate are placed on the dinner plate and then removed for the main course. A soup spoon is placed to the far right of the knife because it will be used first.

DESSERT CATEGORY

- If your entry is a pie or cake where a dessert plate is required, the only other piece of silverware might be a spoon for coffee or tea.
- If coffee is served, your dessert fork goes to the **left** of the dessert plate and your spoon to the **right** of the plate.
- When no beverage is served, do not use the spoon unless it is needed. When there is no spoon, place the dessert fork on the right. Leave your glass and/or cup and saucer and napkin on the table.

BREAD CATEGORY

- Your place setting might be one for a main course, dessert or a snack.
- Just remember, **forks go on the left and knives go on the right**.. Read the examples above if your bread entry is a main course or dessert.
- A snack type bread or coffee cake type bread would be different. If served with butter, use a dessert plate or bread and butter plate with a butter knife on the plate running parallel to the edge of the plate. Jelly might also be served in the same manner. If both are served, you still only need to use one butter knife per person.

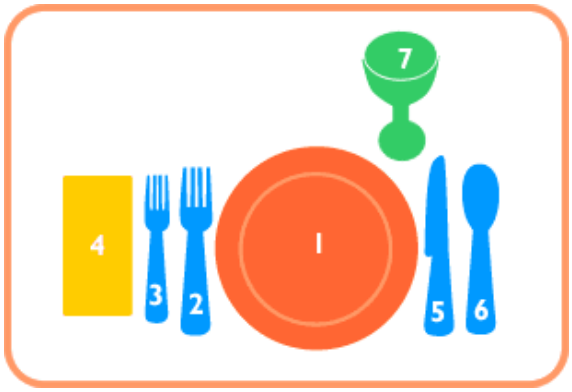
Glassware usually causes questions too. There is nothing wrong with using just one glass……after all, isn't that what you usually use? If you want to be fancy and have one for water and one for milk, they should be arranged as used. Place the water glass at the tip of the knife. If milk, iced tea, or other drinks are served, place them to the right of the water glass and a little nearer to the edge of the table.
YOU WILL NOT have points taken away if you have only one glass or no glass.

If coffee or tea is served with the main course, it is found to the right of the teaspoon with the handle parallel to the table edge. A water goblet may be at the same setting directly above the knife. **If coffee is not on your menu until dessert, it is not correct to have an empty coffee cup sit there during the main course.**

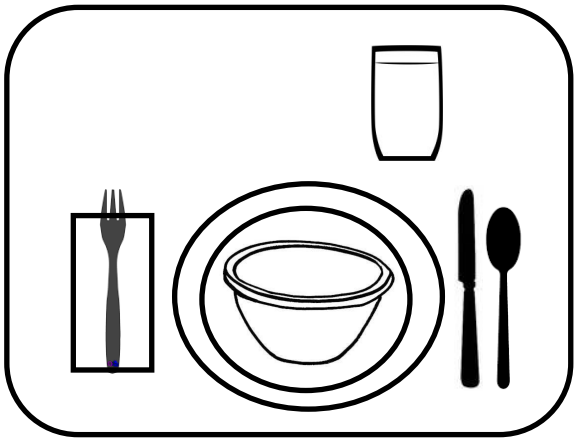
TABLE SERVICE (Continued)

Samples of Place Settings

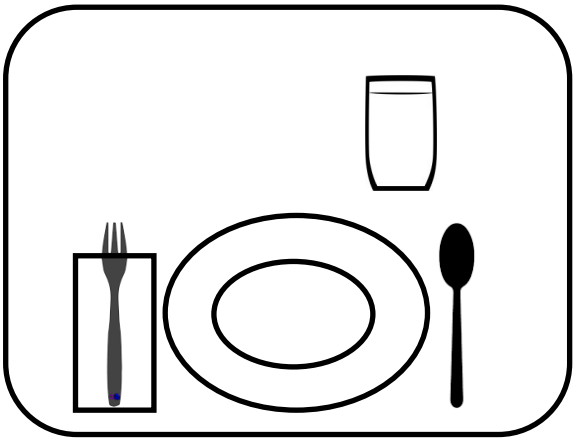
Traditional Table Setting



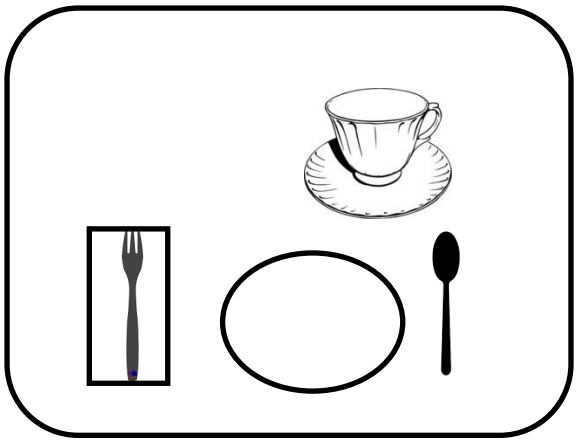
Soup Place Setting



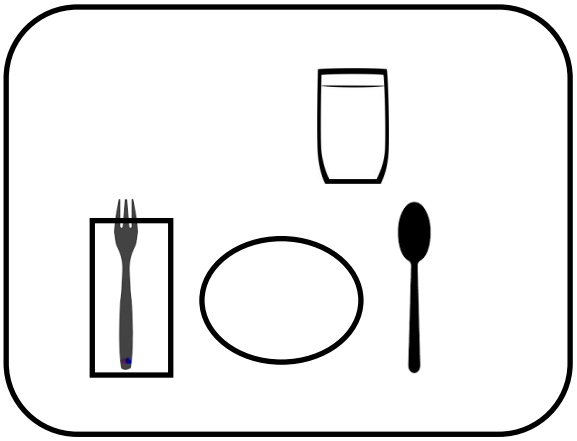
Appetizer Table Setting



Dessert Place Setting



Hors D'oeuvres Setting



Snack type Bread Setting

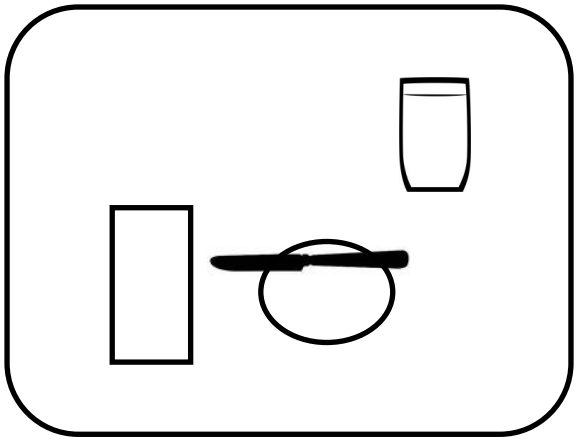


TABLE SERVICE (Continued)

Since you will have a space **of 29" by 29",** your table covering can be anything (but **PLEASE**, don't cut up your mother's good table cloth!!!) You can use any material you'd like to simulate a table cloth, a place mat, a runner or nothing at all.

Napkins, traditionally are found with the fold to the extreme left and placed at the left of the fork. However, it is also correct to fold a napkin into a triangle and have the point to the left. It is correct to place the napkin folded in a unique manner and placed above the plate on the table or even in the water glass (empty of liquid, of course). Any of these are correct.

Please do not go out and spend a fortune on fresh flower for a centerpiece. There are so many other, more interesting items which can be used. Your imagination should really go to work. One year a contestant used cut up vegetables which she made to look like flowers in a miniature water can. Or use a brandy snifter with a floating artificial flower or candle. How about a milk carton candle. Maybe you have an interesting sea shell collection to use or a small piece of driftwood. Fruits, nuts, vegetables, dried flowers and leaves, a straw basket or interesting figurines all make fine centerpieces. One thing you should remember, never have anything in the center or the table which you cannot see over. You will certainly want to see the person opposite you!

- Avoid clutter in your place setting...every item should have a use.
- Is a water glass necessary for a dessert place setting? No, it is not necessary but you can have one if you like.
- Be prepared to answer any questions the judges might ask you about your menu, place setting, food or recipe during the judging.
- Do not go out and buy new dishes or table linens; use what is available at home or share within your club.
- Use originality and your imagination for the contest...your score will be higher.

Here's a hint for placing silverware:
Fork has 4 letters and so does left,
while knife and spoon both have 5 letters so does right!