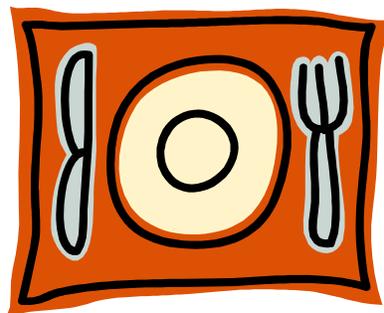


New Castle County 4-H Favorite Foods Competition

Rules

- ****NEW this year: Cloverbuds may compete in the Cookies OR Cupcakes portion of the contest. NO meal plan is required, Only Recipe and Table Setting****
- Participants must do all the food preparation, cooking, and table setting without help
- Parents are not permitted in the competition room until the awards ceremony; 4-H staff and volunteers will be on hand to assist members in transporting supplies into the competition room
- Dishes must be ready to serve upon arrival. Heating and or cooling cannot be done at the competition. Entries in the small appliance category are the only exception and will be provided with an electrical outlet; participants must provide their own appliances.
- 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; recipes should serve four to eight people
- Finished food will be displayed at a place setting for one person:
 - a. Space provided is approximately 18" deep x 3' wide. **This is subject to change depending on the location of the event!!**
 - b. Dishes, glasses, flatware, etc. should be selected from what is available or borrowed.
- Time will be allotted to allow parents and participants to view the place settings after the announcement of winners. Tasting will be at your own risk. Cooperative Extension does not take any responsibility for risks taken in tasting.



Categories

APPETIZERS, HORS D'OEUVRES, SOUPS - No main dishes. Foods that fit in this category 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.

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.

COOKIES OR CUPCAKES - (For **Cloverbud** only). Any cookies or cupcakes you would make from scratch. No boxed recipes.

DESSERT – Any food you would use as a dessert.

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.

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.

SMALL APPLIANCES – So many families are super busy and constantly on the go, which can make it difficult to spend a lot of time making meals. That's where appliances like a crock pot can come in handy. Any type of dish may be entered in this category.



Recipe & 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:

BASIC MENU PATTERN

	Appetizer	
	Main Course	
Vegetables		Fruit
	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.

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 cooking temperature and number of servings.

PLACE SETTING

The size 18" x 3' is approximate and tables may vary. You will set the place setting for one person. It will include only the food prepared for the contest. You are encouraged 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!

Scoring Criteria

THE MENU

1. Nutritionally Well-Planned/Balanced or planned for special diet - Should include a variety of foods and colors from all major food groups. Example: not all meats or fruits; not all green vegetables, etc.
2. Texture, Color, Flavor Contrasts - Not all crunchy or all soft, but a variety. Use different color tones, not all spicy foods or all bland, but a mixture.
3. Correctly Written - See example.
4. Suitable for Age - Select a menu that YOU can prepare. Select a dish that YOU can feel comfortable preparing.
5. Knowledge of Menu - Be prepared to discuss all parts of the menu with the judge.

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/Seasoning - How does it taste? Is there too much or too little of any ingredient?
3. Texture - Is it tough or tender, falling apart or too juicy, etc?
4. Properly Cooked - Overdone or under done or perfect?
5. Complexity of Preparation - Does the recipe fit the ability of the participant, not too easy, but a challenge?



TABLE SETTING

1. 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. Contestant politely responds to questions from the judge.
2. Contestant should show knowledge of all parts of the contest. If the contestant doesn't know how to make scalloped potatoes, it should not be a part of the menu.
3. Contestant should be dressed to participate in a foods contest.

Remember, a smile works wonders!

Table Service

There always seems to be questions regarding table settings at the Favorite Foods Contest. Remember, **your place setting should be just for the course in which your entry falls.**

MAIN DISH CATEGORY

- Fork and a 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 included in your main course, it is acceptable to eat it with your regular fork.), nut or fruit, and breads and rolls can be included here

DESSERT CATEGORY

- If your entry is a pie or cake where a dessert fork is required, the only other piece of silverware might be a spoon for coffee.
- If coffee is served your dessert fork goes to the **left** of the dessert plate and your spoon to the **right** of the plate.
- If coffee is not served, the dessert fork and coffee (or tea) spoon are sometimes found on the dessert plate or to the **right** of the plate, but this custom is very seldom used

BREAD CATEGORY

- Your place setting might be one for a main course, a dessert or a snack.
- Just remember, **forks go to the left and knives go to 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 table. 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

- There is nothing wrong with using just one glass...after all, isn't that what you usually use?
- If you have individual glasses for water and 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.

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

Table Service

Since you will have a space of approximately 18" deep x 3' 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 napkins are found with the fold to the extreme left and placed at the left of the fork.
- 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 an water glass.

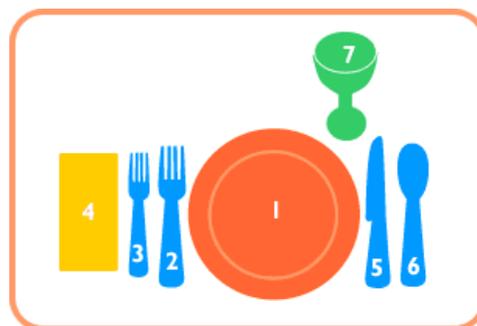
CENTERPIECES

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.
- 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 of the table which you cannot see over. You will certainly want to see the person opposite you!

REMEMBER

- 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.



Cloverbuds

- The Cloverbud division is open to 4-H youth ages 5-7. Cloverbuds participants are welcome to participate but entry at this level will not be judged and is not part of the competitive program.
- Cloverbuds may compete in the Cookies OR Cupcakes portion of the contest. **NO meal plan is required, Only Recipe and Table Setting**
- All Cloverbuds will receive a green participation ribbon.
- By participating in this event, it is hoped that Cloverbuds will see what other 4-H'ers are doing in the Foods project and develop interest in the many Food sub-projects.

