

NM 4-H LEADERS FORUM

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4-H FAVORITE FOODS SHOW

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Why participate in the Favorite Foods Contest?

- It's Fun! Lets you be creative.
- Shows off your cooking skills.
- Shares your nutritional knowledge.
- Develops public speaking skills & confidence.
- Don't have to be enrolled in a foods project.
- Sample other Favorite Food recipes.

What happens at the contest?

- District Contests vary between districts.
- Both District and State Contests have these items in common.
 - Prepare only your Favorite Food, not the entire menu.
 - Plan a menu to complement your Favorite Food. May be one meal or full day's menu.
 - Prepare a table setting that includes 2 posters, centerpiece & place setting for your food.
 - Prepare your Favorite Food before appearing in front of judges to answer questions.

Choosing a recipe

- Eye catching
- Creative / Unusual / Original
- Great flavor combination
- Nutritious (Recipes w/nutritional values are a plus)
- Can be made within contest time limits
- Ease of preparation or degree of difficulty
- Holds up well once prepared
- May not contain alcohol or be a dessert
- Check out magazines, Food Network, cookbooks and websites

Senior level contestants

- Allowed 1 hour from start to finish
- Prepare **entire** recipe on site
- Are expected to choose recipes with an increased level of difficulty
- Are also evaluated on kitchen practices

Recipe categories

- Nutritious Snack or Beverage (not Sr. level)
- Appetizer
- Bread
- Sandwich
- Main Dish
- Salad
- Fruit or Vegetable
- No Desserts or Recipes Containing Alcohol!
- Competition is not based on category

Select a theme

- A theme will help you pull it all together
- Formal
- Informal
- Fun
- Casual
- Picnic
- Party
- Check out websites, magazines, & cookbooks for theme ideas.....



Grizzly Bear Breakfast
Breakfast
Grizzly Bear
Mountain Lion Lunch
Lunch
Mountain Lion
Mule Deer Dinner
Dinner
Mule Deer

Grizzly Bear
Mountain Lion
Mule Deer
Duck

Full day's menu

- Should complement your Favorite Food.
- Include Breakfast, Lunch, Dinner and a Snack (if desired).
- Provide a variety of color, texture, flavor, temperature and shape.
- Foods from all food groups should be represented in adequate quantities for an average female or male teen.
- Check out www.MyPlate.gov for details.

Table setting

- Tables may be furnished or contestant may bring a card table
- Plan a place setting for one person
- Appropriate table coverings
- Dishes for the Favorite Food menu
- Glassware
- Flatware
- Centerpiece
- Serving dish and utensils + hotpad, if needed

Table settings

- Keep an eye out for dishes, centerpieces and placemats, etc. all year.
- Catch items on sale.
- Use an ***ironed*** tablecloth for a more attractive setting.
- Okay to use a placemat over the top.
- Plan for garnishes to finish off the display.
- Set up display and try different items until you like the ***LOOK***.
- Don't wait until the last minute.

Recipe

Citrus & raisin morning strata

Ingredients:
1/2 cup of raisins
1 cup of orange juice
1/2 cup of milk
1/2 cup of sugar
1/2 cup of butter
1/2 cup of oil
1/2 cup of vanilla

Directions:
Preheat oven to 350 degrees. Grease a 9x13 inch pan with oil and butter. In a medium bowl, combine 1/2 cup of orange juice, 1/2 cup of milk, 1/2 cup of sugar, 1/2 cup of butter, and 1/2 cup of vanilla. Pour mixture into pan. Sprinkle raisins over mixture. Bake for 45 minutes. Let cool for 5 minutes before serving.

Serves 8
Prep time: 10 minutes
Cook time: 45 minutes

Menu

Breakfast

- Citrus & raisin morning strata
- Fresh fruit bowl
- Low fat milk



Posters

- Two 8 ½" x 11" posters in frame or stand.
 - One for day's menu
 - One for Favorite Food recipe with ingredients, amounts & directions.
- Check your District Contest rules about including directions.
- Include total cost, cost per serving, number of servings and calories.
- Double check spelling, capitalization and readability from a distance!

Displaying posters

- Neatly & attractively displayed on top of table.
- Frames, acrylic stands or other sturdy freestanding items used for support.
- Simple decorations may be used on the poster to promote your chosen theme.
- Make sure font is easy to read.
- Think creativity!!
- Take a picture of display to use for contest set-up.
- Pack display items and poster separate from recipe ingredients.







Organization Is the Key



How to write a recipe

- List ingredients in order used.
- List amounts required. For package or container list as "**1 pkg. (8 oz.) or 2 cartons (8 oz. ea.)**"
- Spell out cups, teaspoons and tablespoons.
- If listing multiple ingredients at once, list from biggest to smallest measurement.
- If you are measuring an ingredient chopped, sliced etc. say "**1 cup chopped onion**".
- If you measure something whole and then chopped say "**1 onion chopped**".

More recipe writing tips

- It is helpful to give multiple measurements such as "**½ stick or 4 tablespoons butter**".
- A simple technique can be listed as "**2 eggs, beaten**".
- For ingredients used more than once list the total amount first, then add "**divided**".
- Write instructions in logical order.
- Include the number of servings.
- Proof read!

Practice, practice, practice...

- Setting up your table by yourself.
- Getting the tablecloth on straight.
- Setting the place setting and centerpiece so you know exactly where it goes.
- Making your recipe without help.
- Cooking in dish you plan to use.
- Answering questions about your Favorite Foods, nutrients and their functions.



Food Safety

- Always consider food safety when transporting, preparing, serving and storing foods.
- If possible, purchase perishables the morning of the contest.
- Place food items in a separate container from display items.
- Don't wait on hard to find ingredients.

Use a Cooler



It's contest time!

- A presentation time schedule will be given to all contestants.
- Wait for contest superintendent to begin preparing food and setting up display.
- Parents, leaders or agents are not allowed to assist contestants in any way during the contest.
- Contestants must clean up after themselves.





Presentation

- Be able to tell judges how you made your Favorite Food without looking at menu poster.
- Know Favorite Food nutrients & functions.
- Study contest score sheet to know what other questions the judges will be asking.
- Speak clearly and with confidence.
- Speak up & look up.
- Politely tell judges what you know, if they don't ask.
- May plate judge's servings on individual plates that match your place setting.
(optional)



Appearance and Conduct

- Relax and enjoy yourself.
- Hands and fingernails should be clean with hair neat and out of face.
- Dress neatly following 4-H Clothing Guidelines.
- Clothing may be coordinated with theme, but no costumes allowed.
- Be courteous to others.
- Thank the judges for their time as you leave the room.



Make a List & Check it Twice!

- Use a checklist for all items
- Ingredients
- Place setting items
- All utensils for serving and preparation
- All ingredients
- Posters + Extra menu for the kitchen
- Apron and/or change of clothes for contest
- Matches or lighter for candles, if necessary
- Cooler and ice packs
- Items for clean-up & storage of leftovers

Check out some examples

- What do you like?
- What do you see as a distraction?
- Look at the different styles of posters.
- Don't forget serving dishes and utensils count in the total look.
- Too simple or too complicated?

















Vacation Brunch Bake

4 pkg (17.3 oz.) frozen pastry (2 sheets), thawed
6 eggs, beaten
1 cup ricotta cheese
Dash of hot pepper sauce
2 pkg (10 oz. each) frozen shrimp, thawed, well drained
4 slices bacon, cooked, chopped
1 1/2 cups shredded cheddar cheese
1 cup chopped red pepper



Menu

Brunch
Vacation Brunch Bake
Fresh Strawberries
Skinny Vanilla Latte

Lunch
Tuna Salad
Carrot and Celery sticks
Whole Wheat Crackers
Milk

Snack
Yogurt Fruit Parfait

Dinner
Steak and Vegetable Kabobs
Baked Potatoes
White Gravy Rolls
Lemon Water

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Lunch
 Chicken and Vegetables Soup
 - Macaroni and Cheese Tuna Salad with
 Dried Cranberries
 Raspberry Trifle

[illegible]

Vanilla Cakes Fold with Swiss and Walnut
Wild Rose

1999

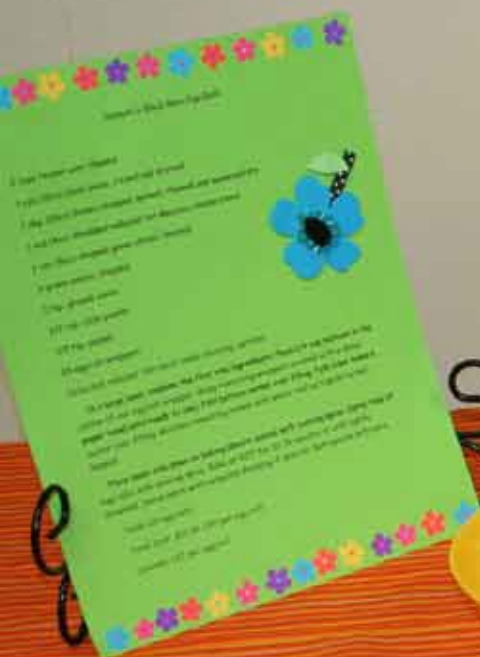
1992

2000

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Fresh Fruit Salad

Ingredients

- 2 Pounds apples, peeled, cored, and chopped
- 1 pound strawberries, hulled, halved, and sliced
- 1 pound seedless green grapes
- 1 pound seedless red grapes
- 1 1/2 lemons, peeled and sliced
- 1 cup granulated sugar or fruit crystals

Dressing

- 2 large eggs, well beaten or 1 can of egg whites
- 1 cup granulated sugar
- 1 teaspoon ground ginger

Preparation

Combine chopped and sliced fruits in a large mixing bowl. Mix gently. Separately, with sugar, blend egg whites. Mix thoroughly ingredients in bowl. Pour dressing mixture over fruit and mix gently to combine. Cover and chill for two hours thoroughly before serving.

Makes 6 to 8 servings (100.00 per serving but not very economical as the price of milk)

122 Calories

All-American Menu

Breakfast

Pancakes, Milk, Fried egg, cantaloupe

Lunch

Fruit Toss, grilled ham and cheese sandwich, cucumber garnish and iced tea

Dinner

Lemon Pepper Chicken, Rice Pilaf, Broccoli and Lemonade

Desert

Homemade Vanilla Ice cream















Daily Menu
Breakfast
Lunch
Dinner
Snack

Chicken Quesadillas
8 Flour Tortillas
1 1/2 Cups Fajita Chicken
2 Cups Shredded Cheese
Sour Cream
Guacamole
Salsa
Black Olives



Strawberry Melon & Avocado Salad

- 1/4 cup honey
- 2 tablespoons red-wine vinegar
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons finely chopped fresh mint
- Pinch of salt
- 2 cups of baby spinach
- 2 cups of chopped leaf lettuce
- 1 small avocado, peeled, pitted and sliced
- 16 thin slices of cantaloupe
- 1 1/2 cups of strawberries, sliced
- 2 teaspoons sesame seeds, toasted



Menu



Breakfast

- Bowl of cereal with milk
- 4 apple slices
- 2 slices of toast
- Orange juice

Lunch

- Strawberry melon avocado salad
- Water with lemon

Snack

- Yogurt with granola
- 4 slices of pear

Dinner

- Grilled salmon
- Roasted vegetables
- Butter
- Apple pie
- Coffee



John Deere











**FIESTA
CORN SALAD**

Ingredients: 1 cup corn, 1 cup beans, 1 cup tomatoes, 1 cup onions, 1 cup cheese, 1 cup salsa, 1 cup cilantro, 1 cup lime juice, 1 cup olive oil, 1 cup salt.

Recipe

Ingredients: 1 cup corn, 1 cup beans, 1 cup tomatoes, 1 cup onions, 1 cup cheese, 1 cup salsa, 1 cup cilantro, 1 cup lime juice, 1 cup olive oil, 1 cup salt.





Many Thanks!
