

CREATIVE COOKS CONTEST - 2008

When: Wednesday, April 9, 6:00 p.m.

Where: McKee 4-H Building

What: Individuals or teams plan a menu, prepare one dish, and present it with a table setting and centerpiece. Contestants should be prepared to answer questions from a judge about the nutritive value of the meal and the other criteria used for judging.

About Creative Cooks Contest:

- Contestants do not have to be enrolled in 4-H Foods projects, but must be Larimer County 4-H members.
- Age divisions are determined by age prior to January 1, of 2008.
- A team shall consist of two 4-H members. They may be from different age divisions; however they must compete in the age division of the oldest team member.
- Contestants may enter as an individual or as a member of a team, but not both.
- Plan a menu for a meal (breakfast, brunch, lunch, dinner, barbecue, picnic, high tea, camp out, sports game, holiday or birthday party).
- Set one place setting appropriate for the meal selected. Each contestant will be allowed a 48" square for their display area. All props must fit within the designated space.
- No food, real or artificial, will be used as a centerpiece or part of the centerpiece.
- Contestant/Team must provide their own card table if needed as part of their presentation.
- A poster, foam core board or show board detailing entire menu must be included (no larger than 8 1/2" X 11"). It is helpful if the menu is on a sturdy material that stands alone. A menu in a picture frame could also be used.
- Prepare a food item in advance. The judge(s) briefly interview participants regarding exhibits, and what they have learned in preparing exhibit. Participants should not begin or end with a prepared speech or demonstration without being asked to by the judge(s).
- Exhibitors are asked to display one serving of their prepared food in the proper dish. Exhibitors are encouraged to garnish the one serving as it might be served. The judge should not be served from this displayed serving, but rather given a taste from another serving. Disposable dishes and utensils should be used for this taste.
- Prepare and bring only one food item from the menu. No commercially prepared food items are acceptable. Be prepared to serve food item to judge(s) on separate disposable serving dishes/pieces. Do not use any part of your table setting for serving. Samples are not to be provided to the general public due to public health codes.
- If hands are going to touch food during serving to judge, exhibitor should use disposable plastic gloves. Do not use disposable gloves throughout the set up and judging process. They do not remain sanitary very long under such conditions.
- Judging will be based on:
 - A. Food safety
 - B. Menu-balanced flavor, color, texture, shape, and nutrition.
 - C. Knowledge of Nutrition, example, vitamins, minerals, calories.
 - D. Prepared dish - appearance, flavor and quality,
 - E. Table setting - attractive, suitable for meal.
 - F. Exhibitor - well groomed, understands meal planning.
 - G. Creativity
- Judges will be allowed 10 to 20 minutes at each exhibit to ask questions.

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- Adults cannot help contestants do prep work or set up their display. To do so may forfeit all

awards won. Adults may help transport heavy or breakable items, boxes, etc. as needed. Exception: One adult may be with a Cloverbud as they are judged. Once judging begins, no other adults are allowed near a contestant's table.

- Cloverbuds may participate at the county contest but are not eligible for State Fair.
- Dress creatively and to fit your theme.
- Junior and intermediate members are not to prepare deep fat fried foods due to safety concerns.
- Arrive in time to register and set up. REGISTRATION AND SET UP WILL BE FROM 5:30 TO 6:00 P.M. JUDGING WILL BEGIN AT 6:00 P.M.
- Refrigeration is not available. Ice chests are acceptable. There is no means available for warming foods.
- Participants should stay with their exhibit until their division is judged unless otherwise directed. As judging is taking place, contestants on either side of the participant being judged will be asked to move to a designated area so as not to overhear the judge.
- A recipe MUST accompany your registration, using the form accompanying the registration materials.

Colorado Specialty Foods Division

Members entered in this category must use one or more of the Colorado specialty foods listed below in their Creative Cooks exhibit. Product must be a major ingredient in the recipe to qualify for this division. Ingredients such as oil to brown meat, as a garnish or small amount in the recipe do not qualify as a major ingredient.

Wild game meat must be catchable in the wild. Therefore, buffalo would not qualify, but rainbow trout would.

Amaranth (grain)	Anasazi beans	Blue corn
Quinoa (grain)	Mung beans (beansprouts)	Popped wheat
Edible soybeans (tofu)	Sunflower seeds	Adzuki Beans
Sesame Seeds	Black Turtle Beans	

Wild Game Meat (if using deer or elk meat a copy of the test results for Chronic Wasting Disease is required).

These products are available in health and food specialty stores and some supermarkets.

What to bring:

- Card table (approx. 36" sq.) For your display. Other props may be used instead of the table, but must fit into space (4' x 4').
- Table cover: tablecloth or place mat for one place setting.
- Dinnerware and napkin: plates, cups, glasses and silverware for one place setting.
- Centerpiece if appropriate.
- Food item or beverage selected from menu. Food selected must be one the member has prepared himself/herself.
- Menu for a complete meal including the food item displayed.
- Recipe for food item displayed.
- Be prepared to serve food item to judges on separate disposable serving dishes/pieces. Do not use any part of your table settings for serving.
- Small plate and plastic fork or spoon for the judge to taste. Cup if food item is a beverage.
- Book or craft to occupy time when not busy. Beverage for yourself, if you desire.
- If there are younger children in your family, please bring quiet toys or activities.

STATE CONTEST

State Fairgrounds, Pueblo.

Return to: Larimer County Extension Office
1525 Blue Spruce Drive
Fort Collins, CO 80525

Due Date: **April 3, 2008**

LARIMER COUNTY CREATIVE COOKS ENTRY

Contest: April 9, 2008

Registration: 5:30 p.m. — Contest: 6:00 p.m. – 7:30 p.m.

MUST ATTACH COPY OF RECIPE

Name _____ Birthdate _____

Address _____
Street City Zip

If team, name second contestant on the team.

Name _____ Birthdate _____

Address _____
Street City Zip

AGE DIVISION - Check One:

Junior:

Intermediate:

_____ 8-10 yrs. old - individual

_____ 11-13 yrs. old - individual

_____ 8-10 yrs. old - team

_____ 11-13 yrs. old – team

_____ 8-10 yrs. old - specialty individual

_____ 11-13 yrs. old – specialty individual

_____ 8-10 yrs. old – specialty team

_____ 11-13 yrs. old – specialty team

Senior:

_____ 14-18 yrs. old - individual

_____ Cloverbud individual or 2 or more

_____ 14-18 yrs. old - team

_____ 14-18 yrs. old - specialty individual

_____ 14-18 yrs. old – specialty team

Please duplicate as needed so each entry is made on a separate form.

RECIPE FORM

