

# Cooke County 4-H Food Show/Food Challenge Entry Form

**Deadline: February 10, 2020 – 5:00 pm**

**Contest: February 17, 2020 @ First Christian Church Gym**

Food Show Check-in 9:00 am; Contest 9:30 am  
Food Challenge Check-in 1:00 pm; Contest 1:30 pm

Contest Entering (Check Contest you will be entering):

Food Challenge

Juniors, Intermediates and Seniors compete as their own age group: 3-4 members

Food Show

(May enter Food Challenge AND Food Show!)

Will your team be using their own food challenge box during county contest?  Yes  No  
(There are limited amounts of boxes, so it depends how many register and go to district)

## Food Challenge Team Information

(minimum of 3 and maximum of 4 members)

### 4-H Age Divisions

- Junior (grade 3-5) – may age up to be on an intermediate team
- Intermediate (grade 6-8)
- Senior (grade 9-12 age only)

ALL MEMBERS MUST BE ENROLLED INTO THE 4-H CONNECT SYSTEM BEFORE ENTERING!  
DISQUALIFICATION OF THE TEAM WILL TAKE PLACE IF THEY ARE ALL NOT  
REGISTERED/ENROLLED ON 4-H CONNECT!  
Academic Eligibility is required for this contest and will be checked.

## Food Challenge Entry Information

Email Address: (Main Contact for Group) \_\_\_\_\_

Team Name: \_\_\_\_\_

Team Member Name	4-H Club	4-H Age Division	School

## Food Show Entry Information

Categories (Choose only 1 category)

Bread & Cereal

Fruits & Vegetable

Main Dish

Nutritious Snacks

Name	4-H Club	4-H Age Division	School

**FOOD SHOW ENTRY IS NOT COMPLETE UNLESS RECIPE SUBMISSION FORM INCLUDED IN THIS PACKET  
IS FILLED OUT PER THE INSTRUCTIONS**



# TEXAS 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

<b>CONTESTANT NAME:</b>								
<b>CATEGORY</b> <i>Please check one</i>	<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
<b>COUNTY</b>								
<b>DISTRICT</b>								

<b>Name of Recipe:</b>	
<b>Prep Time:</b>	<b>Cook Time:</b>

Type Recipe Here:

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Revised July 2019

Updated July 2019

# STATE 4-H FOOD SHOW RECIPE SUBMISSION CHECKLIST

*Recipes for Texas 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written.*

	<b>YES</b>	<b>NO</b>
<b>DOES YOUR RECIPE HAVE ALL OF THESE PARTS?</b>		
Name of recipe	_____	_____
Complete list of ingredients	_____	_____
Size cans, number of packages, cans, etc. given *EX: 10 oz box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach	_____	_____
Description for combining all ingredients	_____	_____
<b>LIST OF INGREDIENTS</b>		
Ingredients are listed in order in which they are used in directions	_____	_____
Ingredients listed as they are measured. *EX: ¼ cup chopped onion, not ¼ cup onion chopped. *EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
Measurements given in common fractions *Ex: 1/4 cup, 2 tablespoons, 1 teaspoon	_____	_____
All measurements are spelled out, not abbreviated. *Ex: cup, teaspoon, tablespoon, size can, etc. *Ex: 4-ounce can	_____	_____
No brand names are used.	_____	_____
Complete description of ingredients is included *EX: low-fat; packed in syrup; reduced fat; etc.	_____	_____
<b>DIRECTIONS</b>		
Clear instructions used for every step of combining and cooking the ingredients	_____	_____
Short, clear sentences used	_____	_____
Correct wording used to describe combining and cooking processes	_____	_____
Size and type of pan stated	_____	_____
Oven temperature and cooking times given	_____	_____
Number of servings or how much the recipe would make included	_____	_____

# STATE 4-H FOOD SHOW RECIPE EXAMPLE

## RECIPE EXAMPLE

### 4-H Shamrock Salad

6-ounce package lime gelatin	<b>(not just 1 package lime gelatin)</b>
2 cups boiling water	
1 cup lemon-lime soda	
8-ounce package cream cheese, softened	<b>(not just 1 package/what kind) Low fat, Fat free, etc.)</b>
½ teaspoon vanilla	
½ teaspoon lime juice	
6-ounce can mandarin oranges, drained	<b>(always include size)</b>
8-ounce can pineapple tidbits, drained	
2 cups green grapes, halved, seeded	<b>(not just grapes also color/kind) Red, concord, green)</b>
2 cups chopped celery	<b>(not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first)</b>
½ cup chopped pecans	<b>(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)</b>
8-ounce carton frozen low-fat whipped Topping, thawed	<b>(indicate low-fat, fat-free, etc.)</b>
3-ounce package lime gelatin	
1 ½ cups boiling water	

Dissolve the 6-ounce package lime gelatin in 2 cups boiling water. Stir in 1 cup lemon-lime soda. Combine this with cream cheese, vanilla, and lime juice in blender, and process until smooth. Pour blended mixture into bowl. Stir in all fruit, celery and pecans. Fold in three-fourths carton whipped topping. Pour into 13x9x2 inch pan. (Note size of pan is listed) Chill until firm; then cut whole pan into 8 equal sized portions.

In order to make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggle gelatin into 4-H Shamrock shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Shamrocks. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed.)