



Runnels County Food Show Presents: Food Around the World!

When: Tuesday, October 8, 2019

Time: Judging will start promptly at 6:00 pm

Where: Ballinger Community Center

Age Divisions:

Clover Kids (Kindergarten-2nd Grade) - must be registered in 4-H Connect

Junior (3rd Grade-5th Grade)

Intermediate (6th Grade-8th Grade)

Senior (9th Grade-12th Grade)

Categories:

Fruits and Vegetables- Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Foods in this category should be those in which the main ingredient is a fruit or a vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit, and combination vegetable dishes.

Breads and Cereals-The foods in this category should contain foods made from wheat, oats, rice, rye, barley, millet, quinoa and / or corn. Examples of entries for this category include quick breads such as muffins and biscuits, yeast breads, oatmeal and pasta.

Main Dish- Food classified as main dish usually contain a meat or meat alternate such as cheese, eggs, dry beans, or peas and peanut butter. They also may contain other foods. Dishes may include beef, veal, pork, variety meats, poultry, eggs, fish and shellfish. Other possible dishes include meat loaves, soufflés, omelets, soups and chowders.

Nutritious Snack- For this category, look for recipes high in nutrients which provide lasting energy to sustain an individual between meals. Examples of nutritious snacks include: red pepper hummus, oven roasted chickpeas, or oatmeal energy balls.

County Rules and Guidelines:

Each participant is to bring the full recipe to be judged. Each participant will be interviewed and be asked to serve one serving to the judges after their interview. The judges will have the option to taste if they would like. Paper goods for the judges will be provided. It is the participant's responsibility to bring the appropriate serving utensil for their dish. No usage of ovens, microwaves, or the like will be available to use, but please try your best to keep hot foods hot and cold foods cold.

The first place entry from each category in each age division (minus the Clover Kids) will advance to the District Contest in Abilene on November 21.

No alcohol or ingredients containing alcohol are allowed to be used in recipes!

Once all judging is done, parents and families will have the opportunity to go through and taste each dish. There will be a "Best in Category" Contest this year where the parents and families will vote on the best dish in each category. A total of four (4) awards will be given in this category. All age groups in each category will compete against each other. For example, all recipes entered in the Nutritious

Snack category will compete against each other no matter what age division the recipe is in. Paper goods will be provided for the tastings.

Juniors and Intermediates will have five (5) minutes for the interview using the questions provided. Seniors will have five (5) minutes for their presentation and four (4) minutes for their interview.

****Please note these are only for the county contest. If advancing to the District contest, different rules and guidelines are in place. ****

Tips for preparing your recipe for a week night contest:

We realize that this year's Food Show falls on a week night and that with school, parents work schedule, and other activities, you may wonder how you are going to get this done. Here are a few tips to help you accomplish your recipe for a week night contest:

- Prep as many ingredients in advance. Chop/ slice/ dice any ingredients the night before and place in individual containers in the refrigerator. Measure out spices and dry ingredients as well.
- If your recipe is a casserole type dish, assemble the dish the night before and refrigerate overnight. Bake it the day of the contest.
- If your dish is a baked good (scones, bread, etc.) these can possibly be baked the Sunday before.
- If your dish has any ground meat (turkey, sausage, beef) this can be cooked over the weekend and freeze until needed.

Deadline to Register:

All recipes are to be uploaded to the county website no later than **October 4**.

Instructions for uploading recipe:

1. Go to <https://runnels.agrilife.org>
2. Hover over the "4-H" tab at the top.
3. Click on "4-H Food Show"
4. Fill in the appropriate information including 4-Her's name, division level, and recipe category.
5. Click the "upload" button to upload your recipe. **Recipes must be typed in a word document.**

If you have any questions, need help in choosing a recipe, or other tips on how to prep your recipe for contest, please contact Kandice at the Extension Office (325-365-2219) or by email (Kandice.everitt@ag.tamu.edu).