

Recipe Selection

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category.

- **Protein** - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.
 - EX: Dishes that contain meat or meat alternative such as eggs, dry beans, peas or peanut butter.
- **Fruit and Vegetable** - Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content.
 - EX: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables)
- **Grains** - Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm.
 - EX: Quick, yeast, bread mixes, rice, pasta
- **Dairy** - All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.
 - EX: Dishes selected must contain a minimum of a half serving of dairy per serving (macaroni and cheese, drinks, custards, cheese logs, etc.)

RECIPE SUBMISSION CHECKLIST

Tips for Success

		Yes	No
I.	Does Your Recipe Have All of These Parts?		
a.	Name of Recipe	_____	_____
b.	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	_____	_____
c.	Description for combining all ingredients	_____	_____
II.	List of Ingredients		
a.	Ingredients are listed in order in which they are used	_____	_____
b.	Ingredients listed as they are measured, i.e. the word describing is in the correct place. EX: 1/4 cup chopped onion, not 1/4 cup onion chopped. EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
c.	Measurements given in common fractions i.e. 1/4 cup, 2 tablespoons, 1 teaspoon	_____	_____
d.	All measurements are spelled out, not abbreviated. EX: cup, teaspoon, tablespoon, size can, etc. (i.e. 4-ounce can)	_____	_____
e.	Avoid brand names. Include complete description of ingredients, i.e. low-fat, packed in syrup, reduced fat, etc.	_____	_____
III.	Directions		
	I have.....		
a.	Used clear instructions for every step of combining and cooking the ingredients	_____	_____
b.	Used short, clear sentences	_____	_____
c.	Used the correct wording to describe combining and cooking processes	_____	_____
d.	Stated the size of pan	_____	_____
e.	Given temperature and cooking times	_____	_____
f.	Included the number of servings or how much the recipe would make	_____	_____

RECIPE EXAMPLE

4-H Shamrock Salad

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

**2016-2017 DISTRICT 10 4-H FOOD SHOW RECORD FORM
FOR JUNIORS & INTERMEDIATES**

Age Division: (Circle One):

Junior

Intermediate

Food Show Category (Check One):

☐ Protein

☐ Fruits & Vegetables

☐ Grains

☐ Dairy

Name: _____

Age (as of Aug. 31, 2016): _____

Address: _____

District: _____

City, Town, Zip _____

Years in 4-H: _____

County: _____

Years in project: _____

Birth Date: _____

Grade: _____

(Attach an additional sheet if necessary to complete your recipe)

RECIPE

**Please Summarize your Food and Nutrition Project Experiences
(250 words or less in no less than 11 point font)**

I certify that the above information is true and correct and completed during the current project year.

Contestant Signature: _____ **Date:** _____

I certify that the 4-H member named above has provided accurate and correct information.

Agent Signature: _____ **Date:** _____