

2018 Creative Cooks Contest

Saturday, June 16, 2018 Registration deadline 6/5/18

Follow this link to Registration Form:

Contest held at: *The Greeley Place, 1051 6th St Greeley CO*

Criteria--Contestant/Team will:

1. Open to ALL 4-H members (no specific project required).
- 2.
3. Plan a menu for a meal (for example, but not limited to, breakfast, brunch, lunch, dinner, barbecue, picnic, high tea, campout, sports game, holiday or birthday party).
4. Create a table or serving display around a theme, occasion, or activity and your meal. The display must include and involve the following:
 - Fit into the allowed a 48" square for a display area. All props must fit within the designated space.
 - Contestant(s) provides a card table if needed; must fit within 48" square.
 - One place setting appropriate for the meal planned.
 - A menu displayed on any stiff medium (foam board, tile, chalk board, framed, etc.) detailing the entire menu (no larger than 8-1/2"x11"). It is helpful if the menu can stand alone.
 - Centerpiece. No food, real or artificial, will be used as a centerpiece or part of a centerpiece.
 - Appropriate serving dishes and utensils.
5. Prepare, bring, and display one serving of a food item from the menu. This display will show how you would serve this dish, including garnishes, etc.
Guidelines:
 - No commercially prepared food is accepted.
 - Juniors and Intermediates should not prepare deep fat fried foods due to safety concerns.
 - Display the food prepared on the proper plate or bowl on your table setting.
 - Adults cannot help contestant(s) do prep work in the contest kitchen or set up the display. To do so may disqualify the member from the contest or forfeit all awards. They may help transport heavy or breakable items, boxes, etc. as needed.
 - Use of garnish is encouraged.
 - Cook, bake, prep food at home as much as possible.
 - See contest kitchen use below.
6. Present your display and food item to a judge. Judge(s) briefly interview participants regarding exhibits, and what they have learned in preparing the exhibit. The participant should not begin or end with a prepared speech or demonstration without being asked to by the judge(s).
7. Serve your prepared food item to the judge(s).
Guidelines:
 - Use a separate sample for your food kept at your display table. Do not use your displayed serving for the judge's sample.
 - Serve the judges sample using disposable dishes and utensils. Do not use any food, dishes, or utensils from your display.
 - Use disposable plastic gloves if hands are going to touch the food while serving the judge.
 - Do not use plastic gloves throughout your set up and judging process. They do not remain sanitary very long.
 - Have a copy of the recipe and be ready to show to the judge if requested.

Food Safety and Contest Kitchen Use:

1. All food used for Creative Cooks should be brought from home unless you choose to purchase perishable items in Pueblo.
2. When selecting your recipe and prepared item, consider how the item will be transported to the State Fair safely (kept at safe temperatures) and attractively displayed. Judges may refuse to sample any food items they feel are unsafe to eat.
3. The kitchen at the Colorado State Fair is extremely limited so do as much food preparation as possible at home. A microwave is available to be used for warming only. Electrical outlets are available to plug in slow cookers, etc. to keep food at correct temperatures.
4. Leave the kitchen clean when finished.

Judging will be based on:

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| A. Exhibitor — well groomed; understands meal planning | B. Menu — balanced for flavor, color, texture, shape and nutrition |
| C. Prepared dish — appearance, flavor and quality | D. Table Setting — attractive; suitable for meal |
| E. Knowledge of nutrition | F. Specialty food knowledge |
| G. Food safety | H. Creativity |

Colorado Specialty Foods Category:

NOTE: Juniors and Intermediates are not to prepare deep fat fried foods due to safety concern

2018 Colorado Specialty Foods Category

1. Members entered in this category or classes must use the 2018 designated food or ingredient in their Creative Cooks exhibit. The product must be a major ingredient in the recipe to qualify for this division. Ingredients such as oil used to brown meat, as a garnish, or in a small amount in the recipe do not qualify as a major ingredient.

2018 Contest Ingredient is Corn

Corn is a large grain plant that is used for a variety of things. An ear or cob of corn is actually part of the flower and an individual kernel is a seed. On average, an ear of corn has 800 kernels in 16 rows. Corn is one of the few crops that can be used for hundreds of different things – food, fuel and other products like gum and crayons.

→ Although corn can be dried and used as a thickening ingredient, it should not be considered a major ingredient for the contest item.

→ Corn and corn meal can be used for the Colorado Specialty Foods Category – as long as they are the major ingredient in the recipe.

2. Members entered in this category must also have some general knowledge beyond nutrition and food safety about this year's contest ingredient or food. The list below is a sample of the type of information that they should discover about the food. The judge might ask one or two general questions appropriate to each age division.

- Location in Colorado where ingredient is grown in Colorado
- Part of the country or world where it is grown other times of the year
- Varieties of food, ingredient, crop
- Unique production or harvest methods
- Plant type or animal origin
- Specific cuisines or cultures that use a lot of this ingredient
- The "specialness" of the ingredient—may be flavor, nutritional or diet value, color, texture, trendiness, cost
- Special handling or preparing techniques
- Other uses for the product
- Any other knowledge or interesting facts members may discover

Members do not need to know all the above. The above is guide for possible research searches.

3. Examples of contest food items and resources for 2018 Contest Ingredient – Corn:

cakes with corn casseroles with corn soups or chowders with corn corn pudding breads and muffins with corn tamales.

Corn Commodity Fact Sheet from U.S. Agency for International Development

<https://www.usaid.gov/what-we-do/agriculture-and-food-security/food-assistance/resources/corn-commodity-fact-sheet>

Vegetables and Fruits for Health: Sweet Corn from University of Main Extension

<https://extension.umaine.edu/publications/4253e/>

Corn from University of Nebraska

<https://food.unl.edu/documents/Corn.pdf>

What's So Great About Corn? From Pennsylvania Nutrition Education Network

http://panend7.lightsky.net/sites/default/files/SNAC/SNAC_English_newsletter/corn_newsletter2.pdf



Contest Day combines three contests, each can be individually entered.
Creative Cooks/Cake Decorating Contest/Performing Arts