

Stir-Ups - 2017

Questions? Contact 2017 Contest Coordinator: Emily DeMyer, edemyer@gmail.com or text: 369-0811

Purpose: To prepare an appealing, nutritious meal that can be prepared easily by using common ingredients available in many homes. Meal should be prepared using food safe techniques and reflect creative use of ingredients.

Participants: Individuals or teams of two. Teams must be the same age category for competition. Juniors are 4-H Age 8-13 or Seniors are 4-H age 14+ and older. 4-H age is age on October 1, 2016.

Time Frame: Meal preparation and cleanup: 60 minutes, Presentation/Interview: 15 minutes

Definitions:

- **Ingredients:** Contestant must use at least five provided ingredients in the dish. Contestants will be responsible for all food and supplies needed in their dish.
- **Mystery Ingredient(s):** Ingredient provided by contestant to augment their dish. Contestant must use at least one mystery ingredient and may use up to three.
- **Pantry Ingredients:** Staple ingredients that will be provided by contestant and not included as a mystery ingredient. Pantry ingredients include *yeast, flour, water, oil, sugar, cornstarch, butter, baking soda, baking powder, stock (chicken, beef, and vegetable), salt, and pepper.*
- **Spices/herbs:** Contestants may provide their own spices/herbs as needed. Spices/herbs do not count as a mystery ingredient.

Contestants will prepare a dish utilizing five of the ten ingredients. They must use at least one mystery ingredient and up to three. The dish should be visually appealing, nutritious and show creativity. Contestants should use effective work habits and sanitary food preparation practices. Following the preparation of the meal the contestant(s) will present an oral presentation to judges. Oral presentation: should address selection of dish; preparation process; nutritional value of dish; potential alteration; overall learning. Judges will ask more questions about your dish during/after the presentation.

Contestants will bring all materials needed to make your dish (ingredients, bowls, pots, pans, mixers, utensils for cutting, mixing etc.). In order to compete you must come with all materials, including the ingredients for your dish. You are making one dish that will be done and prepared at the Stir-Ups and presented on one plate for the judges. You do not need to make side dishes, dessert, etc. Bring a plate to present your dish on to the judges.

Coordinators will provide paper products and cutlery for judges to sample your dish.

Ravalli County Contest 2017

Prepare a main dish utilizing at least one PULSE (dried peas, chickpeas, dried beans, lentils) and five of the following ingredients.

- Peppers (green, red, orange or yellow)
- Pasta
- Chocolate
- Bleu Cheese
- Bacon
- Italian sausage
- Ground beef
- Mango
- Avocado
- Cabbage
- Zucchini
- Carrots
- Celery

Stir-Ups

Contest Score Sheet

Name: _____ County: _____

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Dish Being Prepared: _____ Start Time: _____ End Time: _____

One point/per minute will be subtracted from total score for going over 60 minutes. - _____

	Points Possible	Score	Comments
SIMPLICITY: Can this recipe be easily made by a busy person with "average" cooking skills? Use of foods provided Used at least five ingredients from list Used at least one-three mystery ingredients	20		
APPEAL: Has appetizing appearance, aroma, and flavor Includes variety or contrast in color, texture, flavor, etc. Does the dish show creativity in blending the concepts of being quick to prepare and also nutritious?	20		
EFFECTIVE WORK HABITS: Uses effective time management techniques Uses correct food preparation skills (meat...) Uses proper safety and sanitation skills (washed hands) Leaves kitchen clean Coordinate efforts and work as a team, if applicable	20		
NUTRITION: Is the portion appropriate? Dish does not contribute excessive amount of fat, sugar, or salt? Is the dish an overall healthy dish?	20		
Oral Presentation: (answers are clear, concise, detail given, and answered every question. Eye contact was maintained during interview. Shook hands at beginning and end of interview,(introduced and thanked). Dressed appropriately. -selection of dish (why you chose this dish and why or why it wouldn't be a good meal to prepare every week) -preparation process (describe dish chosen) -nutritional value of dish (what did you discover) -potential alterations (Describe any challenges and how you overcame them) -overall learning and cooking experience (how often do you cook? What is your favorite dish(es) to cook? Both team members participate in presentation if applicable	20		
Subtract any points for going over time			
TOTAL SCORE			