



INFORMATION ON FAVORITE FOODS



NEW CASTLE COUNTY 4-H FAVORITE FOODS

The 4-H Favorite Foods contest is a contest open to all 4-H members. The reasons for holding this activity are:

1. Increase knowledge of the importance of good nutrition and create an interest in improving food standards.
2. Help 4-H club members improve skills in food preparation and display.
3. Encourage originality, creativity, initiative and poise in the 4-H member.
4. Develop wholesome attitude, character and personality traits.

Member prepares dish at home and brings it and a place setting to the contest site.

RULES

The following general rules apply to all contest participants.

1. Recipe must be suited to the age and project of the contestant. Older 4-H'ers or more experienced 4-H'ers will be expected to prepare more challenging dishes.
2. Participants must do all the food preparation, cooking and table setting without help.

3. Recipe should serve four to eight persons.

4. Finished food will be displayed at a place setting for one person:

a. Space provided is approximately 29" wide x 29" deep.

b. Dishes, glasses, flatware, etc. should be selected from what is available or borrowed.

5. Recipe does not have to make use of a range or

small appliances, unless you have entered the small appliances food category.

6. Time will be provided to allow contestants and parents to view the place settings after the announcements of winners. Tasting will be at your own risk. Cooperative Extension will not take any responsibility for risks taken in tasting.



FOOD CATEGORIES

BREADS - (Batter or yeast breads). Any type of bread, may be yeast or dough or batter; may be sweet, such as coffee-cake types or plain, such as loaf bread or sandwiches. Coffee rings, nut or fruit breads and rolls can be included here

MEAT OR MAIN DISH - Any food used as an entree in the meal. Each serving normally contains two ounces of meat or the equivalent of a meat substitute. Example could be lima bean and ham casserole, ham and cabbage or broccoli and tuna casserole.

FRUITS OR VEGETABLES - Fruits and vegetables are an important part of our diet. You might consider entering a broccoli and rice casserole, baked pineapple, green beans and mushroom casserole, stewed tomatoes or three-bean salad.

DESSERT - Any food you would use as a dessert.

COOKIES, CUPCAKES AND CANDY - (For beginners only). Any of these food items:

Your Favorite Food Entry can come from any of these categories!

APPETIZERS, HORS D'OEUVRES, SOUPS - (For beginners and juniors only. No main dishes). Appetizers, Soups and Hors d'oeuvres are usually not served with the main dish. **Appetizers** are served prior to the main course, usually at the table setting. **Hors d'oeuvres** are usually served prior to being seated at the table for dinner or at a reception. Table settings would be different for Hors d'oeuvres - they are usually small finger foods that can be easily eaten while standing and talking. **Soup** may be served prior to the meal or with the meal, as in soup and sandwich.

LOCALvore - Many families are taking notice of the foods they put into their bodies in an effort to live healthy and eat locally. This category will focus on those foods that are grown locally and organically. Dishes in this category must be comprised of 50% organic foods; any type of dish may be entered. Please note where your organic food ingredients were purchased, and what makes them organic.

SMALL APPLIANCES - So many families are super busy and constantly on the go, which can make it difficult to spend a lot of time making meals. That's where appliances like a crock pot can come in handy. Any type of dish may be entered in this category.



RECIPE AND MENU PLANNING



SELECTING THE RECIPE

Select a recipe that involves an unusual ingredient, imaginative garnish or method of preparation instead of a basic recipe. For example, prepare herb-fried chicken instead of fried chicken; or add orange extract or chopped nuts to a basic yellow cake to give a new flavor.

MENU - Menu plans should be well balanced nutritionally. These plans should be written in the logical order of service as well as being attractive in appearance. The menu must be planned by the 4-H member and **MUST** be a menu that can be prepared by the 4-H'er. Here is a sample of how to write it:

Make sure your recipe is easy to read.

BASIC MENU PATTERN

	Appetizer	
	Main Course	
Vegetables		Fruit
	Salad	
	Bread	
	Dessert	
	Beverage	

The above sample can be followed for all meals; however, you may leave out parts that do not fit. For example, no vegetables would be served for breakfast. If a line in your menu is not balanced then the item should be placed in the center of the line.

RECIPE WRITING - List all ingredients in order of use and then write out the instructions in order of preparation. You may want to number the directions to clarify when to do a step. Include temperature and number of servings

PLACE SETTING - The size 29" x 29" is approximate. The tables may vary. You will set the place setting for one person. It will include only the food prepared for the contest. You may choose to add a centerpiece following a theme of your place setting, the food or whatever you choose. Refer to the information on table service on pages 4 and 6 for further help.

Neatness Counts!



HOW YOU WILL BE SCORED BY THE JUDGES



THE MENU

1. Nutritionally Well-Planned/Balanced or planned for special diet - Not all meats or vegetables; not all green vegetables or all vegetables in sauces, but a variety of types.
2. Texture, Color, Flavor Contrasts - Not all crunchy or all soft, but a variety. Use different color tones, not all spicy foods or all bland, but a mixture.
3. Correctly Written - See example.
4. Suitable for Age - Select a menu that YOU can prepare. Select a dish that YOU can feel comfortable preparing.
5. Knowledge of Menu - Be prepared to discuss all parts of the menu with the judge.

THE RECIPE

1. Correctly Written - Ingredients first, then instructions. (Both in order of use).



FOOD PREPARED

1. Eye Appeal - Does the dish look tempting and good?
2. Flavor/Seasoning - How does it taste? Too much or too little of any ingredient.
3. Texture - Is it tough or tender, falling apart or too juicy, etc?
4. Properly Cooked - Overdone or under done or perfect?
5. Complexity of Preparation - Does the recipe fit the ability of the participant, not too easy, but a challenge?



TABLE SETTING

1. Neatness.
2. Proper Placement of Utensils - Use only necessary utensils, place in proper spot. Use only necessary tableware for the dish you have prepared.
3. Attractive Total Effect - Do all the utensils look attractive when placed together?
4. Appropriate Decorations - No arrangements that may fall into food or take away from the food. The food should be the main attraction. Centerpieces should be suitable for the space provided.

ATTITUDE OF CONTESTANT

Remember, **A SMILE WORK WONDERS!** Contestant responds to questions from the judge. Contestant should show knowledge of all parts of the contest. If the contestant doesn't know how to make scalloped potatoes, it should not be a part of the menu. Contestant should be dressed to participate in a foods contest.



TABLE SERVICE

There always seems to be questions regarding table settings at the Favorite Foods Contest. Remember, **your place setting should be just for the course in which your entry falls.**



For example, if your entry falls into the main dish category, you would need a fork and a knife. You would not need a spoon unless coffee was served during the main course. You would **not** need a salad fork unless you wanted to be very formal and even then you would probably serve the salad as a separate course. (If a salad is included in your main course, it is acceptable to eat it with your regular fork.), nut or fruit breads and rolls can be included here

Another example...if your entry is a pie or cake where a dessert fork is required, the only other piece of silverware might be a spoon for coffee. If this is the case, your dessert fork goes to the **left** of the dessert plate and your spoon to the **right** of the plate. If coffee is not served, the dessert fork and coffee (or tea) spoon are sometimes found on the dessert plate or to the **right** of the plate, but this custom is very seldom used



If your entry is a bread, your place setting might be one for a main course, a dessert or a snack. Just remember, **forks go to the left and knives go to the right** (Hint - an easy way to remember which goes where fork has 4 letters and so does left and knife and spoon both have 5 letters and so does right.) Read the examples above if your bread entry is a main course or dessert. A snack type bread or coffee cake type bread would be different. If served with butter, use a dessert plate or bread and butter plate with a butter knife on the plate running parallel to the edge of the table. Jelly might also be served in the same manner. (If both are served, you still need to use one butter knife per person).

Any questions? Just remember, forks to the left, knives and spoons to the right. Don't worry about the dessert fork to the right...it is old fashioned and used only in formal dinner service.



Glassware usually causes questions too. There is nothing wrong with using just one glass...after all, isn't that what you usually use? If you want to be fancy and have one for water and one for milk, they should be arranged as used. Place the water glass at the tip of the knife. If milk, iced tea, or other drinks are served, place them to the right of the water glass and a little nearer to the edge of the table. **YOU WILL NOT** have points taken away if you have only one glass or no glass.

If coffee or tea is served with the main course, it is found to the right of the teaspoon with the handle parallel to the table edge. A water goblet may be at the same setting directly above the knife. **If coffee is not on your menu until dessert, it is not correct to have an empty coffee cup sit there during the main course.**



TABLE SERVICE (Continued)

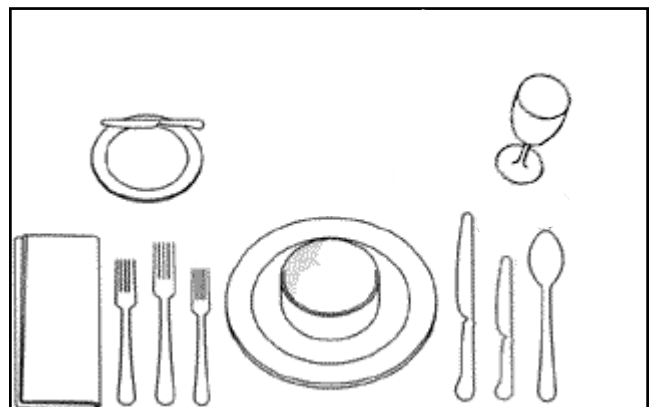
Since you will have a space of 29" by 29", your table covering can be anything (but **PLEASE**, don't cut up your mother's good table cloth!!!) You can use any material you'd like to simulate a table cloth, a place mat, a runner or nothing at all.



Napkins, traditionally are found with the fold to the extreme left and placed at the left of the fork. However, it is also correct to fold a napkin into a triangle and have the point to the left. It is correct to place the napkin folded in a unique manner and placed above the plate on the table or even in the water glass (empty of liquid, of course). Any of these are correct.

Please do not go out and spend a fortune on fresh flower for a centerpiece. There are so many other, more interesting items which can be used. Your imagination should really go to work. One year a contestant used cut up vegetables which she made to look like flowers in a miniature water can. Or use a brandy snifter with a floating artificial flower or candle. How about a milk carton candle. Maybe you have an interesting sea shell collection to use or a small piece of driftwood. Fruits, nuts, vegetables, dried flowers and leaves, a straw basket or interesting figurines all make fine centerpieces. One thing you should remember, never have anything in the center of the table which you cannot see over. You will certainly want to see the person opposite you!

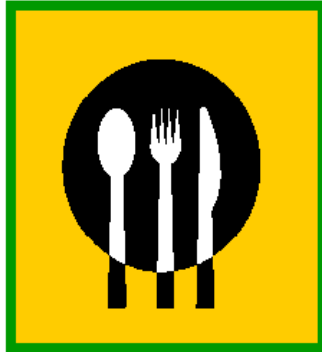
- Avoid clutter in your place setting...every item should have a use.
- Is a water glass necessary for a dessert place setting? No, it is not necessary but you can have one if you like.
- Be prepared to answer any questions the judges might ask you about your menu, place setting, food or recipe during the judging.
- Do not go out and buy new dishes or table linens; use what is available at home or share within your club.
- Use originality and your imagination for the contest...your score will be higher.



CLOVERBUDS

- The Cloverbud division is open to 4-H youth ages 5-7. Cloverbuds participants are welcome to participate but entry at this level will not be judged and is not part of the competitive program.
- Cloverbuds may bring a table setting to the Favorite Foods Contest. A space for these exhibits will be made available and the young people will have the opportunity to display their creative table setting. Exciting and interesting themes are encouraged! Refer to pages 5-6 for more information on proper table settings.
- All Cloverbuds will receive a green participation ribbon.
- By participating in this event, it is hoped that Cloverbuds will see what other 4-H'ers are doing in the Foods project and develop interest in the many Food sub-projects.

New Castle County 4-H



Favorite Foods