Cooking Challenges

Cloverbud Cooking Challenge

Saturday, July 5, Peterson Building

- **4:30 p.m., Cloverbuds**
- **Entry Deadline: Noon the day of event.**
- **Awards will be presented after each division.**

The goal is to introduce Cloverbud members to the Cooking Challenge process. Cloverbud contestants will have **15 minutes** to set up, prepare product, and clean up. Cloverbuds may participate as an individual or in a team of two. This is their chance to be creative and have fun. Cloverbud members will all receive a participation ribbon.

The Cooking Challenge is open to ANY 4-H Cloverbud member 5-8 years of age as of Jan. 1, current year.

Cloverbud
Cinnamon Bear Snack Mix

Ingredients:
1 ½ cup square rice
1 cup cinnamon bear-shaped graham snacks
1 cup mini pretzel twists
¼ cup yogurt covered raisins
¼ cup candy-coated chocolate pieces

Combine all ingredients in a large bowl. Mix well. Serve

TIPS: Have hair pulled away from face, wash hands. Bring apron, proper tools, paper towels and items to be used in the final presentation and dish cloth for cleanup.

Clinton County Cooking Challenge

Saturday, July 5, Peterson Building

- **6:30 p.m., Cloverbuds**
- **Entry Deadline: Noon the day of event.**
- **Awards will be presented after each division.**

The Cooking Challenge is open to any 4-H member.

The purpose of the cooking challenge is to demonstrate food preparation skills by preparing a recipe using safe work habits. Participants will also gain knowledge in product evaluation. After entries are received, a final schedule will be posted during the fair.

Contestants will have **30 minutes** to set up, prepare product and clean up. There is to be no talking or other communication between the audience and 4-H'ers. Working table space will be provided. Participants are to bring their own ingredients, utensils, and necessary appliances. All participants are to use the recipes found in this section.
Judging results are based on food preparation, clean up and the finished product. All preparation, including measuring, needs to be done before the judge unless otherwise stated in the recipe.

It is suggested that a serving be placed on a separate plate/bowl/etc for the judge to view. (Ex: a piece of pie or cake to be cut and placed on a serving plate, or a serving of salad to be spooned out of the entire recipe and placed on a salad plate).

Judging is based on:
10 points - general appearance of contestant and equipment.
60 points - arrangement of supplies and equipment, measuring and mixing techniques and clean up.
30 points - finished product

Awards - Participation ribbons will be given to all participants. Awards will be presented following each division.

Always be careful when using a knife. Be sure to use a cutting board. When you cut, turn the knife blade away from you, and keep fingers that are holding the food away from the blade.

Beginner
Patriotic Fruit Torte

8-11 years of age as of Jan. 1, current year.

Required ingredients:
(4) Flour tortillas (6- or 8-inch size that do not need refrigeration)
Fresh bananas, strawberries, and blueberries
Lemon juice or citrus soda
Fruit dip

Fruit dip:
8 ounces cream cheese (regular, reduced fat or fat free)
6 ounce cup of vanilla yogurt
¼ cup powdered sugar
½ teaspoon vanilla

Directions:
Beat softened cream cheese with a hand mixer until smooth.
Add vanilla yogurt and blend together.
Add powdered sugar and vanilla and beat until smooth.
Cut banana into ¼ inch slices and put in lemon juice or citrus soda to prevent browning.
Cut strawberries into ¼ inch slices.
Place the first tortilla on plate and coat with a layer of fruit dip. (about ¼ cup).
Sprinkle strawberry slices evenly over the dip.
Repeat for 2nd tortilla using fruit dip and bananas.
Repeat for 3rd tortilla using fruit dip and blueberries.
Coat final tortilla with more fruit dip if desired and garnish as you wish.
Assemble torte.
A serving is one quarter of the torte.

Makes 4 servings.

Intermediate
Lighter Veggie Pizza

12-13 years of age as of Jan. 1, current year.

1 small onion, sliced
½ green bell pepper, cut into thin strips
1 Tablespoon butter or margarine
6 ounces of deli roast beef, cut into thin strips
2 submarine or hoagie rolls, cut in half
¼ lb. provolone cheese, sliced

Sauté onion and bell pepper in butter in medium saucepan, frying pan or electric skillet on medium high heat until onion is transparent. Mix in roast beef until the beef is warm. Evenly divide beef mixture into the 2 rolls. Top each sandwich evenly with cheese.

Makes 2 servings.

Advanced- Mexican
Rice Bowl

14-18 years of age as of Jan. 1, current year.

Ingredients:
1 cup quick rice (you will prepare during the competition)
1/2 lb. meat of choice (ground beef, turkey, chicken breast or steak cut into strips)
1 tablespoons olive oil (more or less based on type of meat)
2 tablespoons diced onion
2 tablespoons diced red or green pepper
1/2 teaspoon minced garlic
1 pkg taco seasoning

1/4 cup water
10 ounce can diced tomatoes with green chilies drained

Prepare rice according to package directions.
While rice is cooking chop vegetables and mince garlic.
In skillet cook meat, onion, peppers, garlic in oil until onions, garlic and peppers are softened and meat is cooked through.
Add cooked rice, taco seasoning, water, and can of tomatoes.
Stir until well combined.
Simmer until heated through.

Serve with tortilla chips and garnish with toppings of choice.

Topping Suggestions:
Shredded cheese
Black Beans
Pico de Gallo or Salsa
Sliced avocado or guacamole
Lettuce
Sour Cream
Fresh Cilantro
Be creative. Feel free to add your own twist to the recipe.

Makes 2-3 servings.

Clinton County Cooking Challenge Entry Form

Name _____

Address _____

Name of Club _____

Phone _____ 4-H Age _____

CONTEST: (Check **ALL** that you are entering)

Cooking Challenge, Sat. July 5, 6:30 p.m.

AGE DIVISION:

____ Cloverbud (5-8) 4:30 p.m.
____ Beginner (8-11)
____ Intermediate (12-13)
____ Advanced (14-18)

Instructions for contests can be found in the Project Requirement Book at clinton.osu.edu.

Entry deadline: Turn in the entry form by noon the day of the contest in the Junior Fair office.