

Cooking & Sewing Challenges

Cloverbud Cooking Challenge

2024

Saturday, July 6, Peterson Building

- **4:30 p.m., Cloverbuds**
- **Entry Deadline: July 6 at noon in the Junior Fair Office**
- **Awards are 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 participation ribbons.

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

Cloverbud Pudding Dessert

1/3 banana-sliced
1 cup single serve vanilla or chocolate pudding
¼ cup thawed whipped topping
1 cherry
Sprinkles for garnish

Directions:

In a small bowl:

Combine pudding and whipped topping,

Spoon into dessert cup or bowl,

Top with banana slices (a plastic knife will be perfect for cutting),

Add cherry and

Garnish with sprinkles and a dollop of whipped topping.

TIPS: Have long hair pulled away from face and wash hands. Bring an apron, proper tools, paper towels, dishcloth for clean-up and items to be used in the final presentation.

Clinton County Cooking Challenge

Saturday, July 8, Peterson Building

- **6:30 p.m., Beginner, Intermediate & Advanced, Peterson Building**
- **Entry Deadline: July 6 at noon in the Junior Fair Office**
- **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
Berry Banana Fruit Smoothie

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

1 medium banana
1 container (8 oz) raspberry or strawberry yogurt
1 small can unsweetened pineapple juice (6 oz)

Directions:

Peel banana.
Cut banana into 2" slices.
Add bananas, yogurt, and juice to blender.
Mix well.
Pour into glass and serve.

Intermediate
Lighter Veggie Pizza

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

1 tube (8 oz) refrigerated reduced fat crescent rolls
1 (8 oz) package reduced fat cream cheese, softened
¼ cup plain yogurt
5 Tablespoons mayonnaise
2 Tablespoons milk
1-1/2 teaspoons dill weed
¼ teaspoon garlic salt
½ cup shredded carrots
½ cup broccoli florets, chopped
½ cup green pepper, seeded and chopped
½ cup sliced fresh mushrooms.

Directions:

This step must be completed at home-Unroll tube of crescent roll and pat into an ungreased baking sheet. Seal seams and perforations. Bake at 375 degrees for 10-12 minutes or until golden brown. Cool completely on a wire rack. Please bring the prepared crust with you to the Cooking Challenge.

To complete at Cooking Challenge:

In a small bowl beat the cream cheese, yogurt, mayonnaise, milk, dill weed and garlic salt until smooth. Spread over crust. Shred carrots, chop broccoli, seed and chop green pepper and slice mushroom. Sprinkle with vegetables. Cut into squares. Refrigerate any leftovers.

Advanced
Two Egg Omelet

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

Required ingredients:

2 Eggs
1 Cheese
1 Meat/Protein of choice

- Meat/Protein of choice needs to be prepared at Challenge.
- You will need to bring with you any necessary equipment to prepare your dish.
- You will be judged on creativity and presentation.
- Feel free to use any other items, but the above items must be included in your recipe.