

# CREATIVE COOKS ENTRY FORM

## Morgan County Fair

**ENTRY DUE: Return this form WITH RECIPE by Wednesday, July 15, 2009 using one of the following:**

1. Hard copy to Morgan County Extension, 914 E Railroad, PO Box 517, Ft. Morgan, CO 80701
2. Email in message body OR attached as a WORD document to luann.boyer@colostate.edu
3. FAX to 970-542-3541.
4. Submit on computer disk as a WORD document with a printed copy attached.

**Entry MUST include a neatly printed or typed accurate copy of recipe with following details.**

List all ingredients in the order that each item is used in recipe.

Make sure recipe directions are easy to understand and include all ingredients.

Include size or pan or baking utensil **and** baking temperature **and** time (as appropriate).

Indicate number of units or servings the recipe makes and the size of a serving.

**ENTRY DIVISION:**

- Cloverbud
- Junior Individual
- Junior Team
- Colorado Specialty (Individual or Team)
- Intermediate Individual
- Intermediate Team
- Intermediate Colorado Specialty (Individual or Team)
- Senior Individual
- Senior Team
- Senior Colorado Specialty (Individual or Team)

NAME \_\_\_\_\_ AGE (Jan.1, 2009) \_\_\_\_\_

NAME \_\_\_\_\_ AGE (Jan 1, 2009) \_\_\_\_\_

CLUB \_\_\_\_\_ LEADER \_\_\_\_\_

MEMBER PHONE \_\_\_\_\_ LEADER PHONE \_\_\_\_\_

MEMBER EMAIL \_\_\_\_\_

Check what equipment you need to hold food between arrival at fair grounds and your judging time:

\_\_\_\_\_ Refrigerator      \_\_\_\_\_ Warming Oven      \_\_\_\_\_ Microwave Oven

# MORGAN COUNTY 4-H CREATIVE COOKS

DATE: **Friday, July 31, 2009**

**Morgan County Fairgrounds Event Center, Brush**

TIME: 8:30 a.m. - 11:00 a.m.

Individual judging times will be scheduled.

Members will be notified by **July 24** of their judging time.

**ENTRIES DUE: Wednesday, July 15, 2009**

**Can be submitted hard copy, by email to [luann.boyer@colostate.edu](mailto:luann.boyer@colostate.edu), or FAX to 542-3541**

Email entries must include:

1. Entry Division
2. Name or Names (if team)
3. Age or Ages (if team)
4. Club & Leader
5. Member Phone and Leader Phone
6. Preferred Email Address
6. Complete recipe (written using recipe guidelines)
7. Indicate if you need use of refrigerator, oven or microwave to hold food

CLASSES: **All** 4-H members are eligible to participate.  
Cloverbud Division will receive participation ribbons.

**Cloverbud:** Ages 5-7 years of age as of January 1, 2009

**Junior Individual or Team\*:** Ages 8-10 as of January 1, 2009

**Junior Colorado Specialty Foods\*\* (Individual or Team\*):** Ages 8-10 as of January 1, 2009

**Intermediate Individual or Team\*:** Ages 11-13 as of January 1, 2009

**Intermediate Colorado Specialty Foods\*\* (Individual or Team\*):** Ages 11-13 as of January 1, 2009

**Senior Individual or Team\*:** 14 or over as of January 1, 2009

**Senior Colorado Specialty Foods\*\* (Individual or Team\*):** Ages 11-13 as of January 1, 2009

\* Team entries may be teams of 2. If members are of different age divisions, they will compete in the age division of the oldest member. Cloverbud Teams must both be Cloverbud age (5-7).

**\*\*Colorado Specialty Foods:** Use one or more of the Colorado Specialty Foods listed below in your Creative Cooks exhibit. The item used *must be a major ingredient in the recipe. Wild game meat, fish or fowl means fish that is caught in the wild in Colorado and wild game or fowl that is legally hunted in the wild in Colorado.* These foods are often available in specialty food stores and major supermarkets.

Amaranth grain

Anasazi beans

Blue Corn

Quinoa grain

Mung Beans

Edible Soybeans (Tofu)

Sunflower Seeds

Popped Wheat

Sesame Seed

Black Turtle beans

Adzuki Beans

Wild Game Meat, Fish or Fowl

(If elk or deer meat, a copy of  
of Chronic Wasting Disease (CWD)  
test results is required)

Rules and guidelines are attached and also may be found under Creative Cooks in the Morgan County Fair Book and are on the Extension website at: [www.extension.colostate.edu/morgan](http://www.extension.colostate.edu/morgan)

Champion Individual, Team and Specialty Food entry in junior, intermediate and senior divisions will be eligible to compete at State Creative Cooks, August 29, at Colorado State Fair in Pueblo.

# 4-H Creative Cooks Guidelines

Creative Cooks introduces 4-H members to meal planning and presentation.

The event is designed to:

- \* help members increase knowledge of meal planning, preparation and service.
- \* acquaint members with life skills.
- \* increase poise and self-confidence of 4-H members.
- \* learn about nutritional value of foods use in meal planning.
- \* increase awareness of Colorado Specialty Foods

## Eligibility

All 4-H members are eligible to participate.

You do not have to be enrolled in a foods and nutrition project to be in Creative Cooks.

Participants may enter as an individual, a team of two, or in Colorado Specialty Foods.

Age categories: Junior: 8 - 10

Intermediate: 11-13

Senior: 14 and older

Cloverbuds: Members ages 5 to 7

Prepare a no-bake or no-cook snack to serve to friends or family.

Cloverbuds will use guidelines below that are appropriate for their type of entry.

## CREATIVE COOKS GUIDELINES

### 1. Plan a theme and menu for a meal.

- \* This can be any type of meal from very casual to formal. It can range from a simple breakfast to a fancy dinner or from a camp-out supper to a sports tailgate party.
- \* Use imagination and creativity in planning your meal.
- \* Written **menu** for the entire meal **MUST** be displayed on a poster that is large enough to be easily viewed by the judge, but small enough to fit on the table top (**no larger than 8-1/2" by 11"**).
- \* When writing a menu, foods are listed in the order in which they are eaten. Foods that “go together” are written on the same line. An example of a correctly written menu is:

#### CORRECT:

Grilled Pork Chops  
Garlic Mashed Potatoes      Steamed Vegetables  
Tossed Salad      French Dressing  
Hot Rolls      Butter  
Fruit Ambrosia  
Milk      Iced Tea

#### INCORRECT:

Grilled Pork Chops  
Garlic Mashed Potatoes  
Tossed Salad  
Hot Rolls  
Steamed Vegetables  
French Dressing  
Butter  
Milk  
Fruit Ambrosia  
Iced Tea

### 2. Plan one table setting appropriate for the meal.

- \* You will only show ONE place setting that would be used to serve your meal.
- \* A meal served at a table would be set up on a card table while a meal served at another setting (such as a camp-out or picnic) might use the floor for the “table”. The entire exhibit **must** fit within a 4 foot square area.

- \* If your meal uses a table, the 4-H member must provide the card table.
- \* One place setting means the table cover (cloth or placemat), napkin, dishes, glass, cup, silverware, etc. that would be used if the meal were actually being served. The number and type of dishes, silverware, etc. for the place setting would be what is appropriate to the setting for the meal and type of the foods served.
- \* Utensils needed for serving a sample of the dish should be provided by the 4-H member.  
***If you must use your hands to serve the food, it is advisable to use plastic food gloves.***
- \* Plate and utensils for tasting of the food by the judge will be provided by the Extension Office.
- \* The place setting should include a centerpiece that compliments the meal and the theme.  
**No food item is to be included as part of the centerpiece.**

### 3. Prepare one food item from the menu.

- \* The dish which the participant makes can be any food from the menu.
- \* Prepare a dish that makes a nutritional contribution to the meal.
- \* Creativity of the meal may be reflected in preparing an unusual or creative dish, OR the creativity may be in preparing an ordinary dish in a creative or unusual manner.
- \* Commercially prepared food items are to be used only as an ingredient in a recipe, but should not be a major part of the dish that is served.
- \* The food item will be prepared at home and brought to the event. A microwave, warming oven, and refrigerator are available at the contest location to keep foods at the proper serving temperature prior to judging.
- \* A sample of the prepared food will be served to the judge. Additional quantities of the food should be prepared for sampling by the audience after the event. Information on the number of samples needed for tasting will be sent to members with their scheduled judging time.

### 4. Recipe

- \* A recipe of the food you are preparing **MUST** be submitted with the entry form.
- \* Check recipe to make sure all ingredients are listed and the directions explain fully how the food is prepared. The recipe will be included in a recipe booklet provided date of event.
- \* Include the number of servings for the recipe.
- \* A copy of the recipe with directions is to be displayed on a poster small enough to fit on the table.

When writing recipes, use the following guidelines:

List all ingredients in the order they are used.

Make sure the recipe has complete directions that are easy to understand.

Include size of pan or baking utensil **and** baking temperature **and** time (if applicable).

Give number of units or servings recipe makes and size of the serving.

### 5. Judging Criteria

Menu: balanced for flavor, color, texture, shapes, nutrition, appropriate for theme/event

Nutrition: general nutrition knowledge, nutritional value of the menu and the food prepared

Food Preparation: understanding of the preparation of dish

appearance, flavor, texture and overall quality of dish prepared

Table Setting: attractive, suitable for meal served, appropriate for meal & theme

Creativity of exhibit: menu, dish prepared, and/or presentation of meal

Appearance of Exhibitor: well-groomed, dressed appropriate for meal, use

Food Safety: food prepared and served in a safe manner

Teamwork: evidence of teamwork in planning and presentation of entry (teams only)