

2011 POINTE COUPEE PARISH 4-H POULTRY, GROUND BEEF and EGG COOKERY CONTESTS **COMPLETE RULES PACKET**

- WHO?** All Pointe Coupee Parish 4-H'ers are eligible to enter
- WHAT?** 2011 Pointe Coupee Parish 4-H Poultry, Ground Beef and Egg Cookery Contests
- WHEN?** Saturday, September 24, 2011
Registration - 9:00 - 10:00 a.m.
Judging - 10:00 - 11:30 a.m.
Announcement of Winners - 12:00 noon
- WHERE?** The Cottonport Bank Community Center – New Roads



- ☺ All dishes must be prepared at home and brought to the contest ready for judges to taste. **Bring a copy of the recipe along with the whole dish, but do not put your name on the recipe.** When your dish is entered, you will receive a number that will be written on the top of your recipe sheet. Microwaves will be available at the center to heat your dish.
 - ☺ Follow the guidelines for the correct **Recipe Format** and *please* follow the food safety instructions on the **Dietary Guidelines** page. **Dishes will be DISQUALIFIED if they do not arrive at the contest cold, sitting on ice and in an ice chest.** Plastic containers, insulated cardboard boxes, etc. are not acceptable containers to use as ice chests. **If transporting soups, chowders, etc., it may be easier to do so by pouring into a pitcher. Make sure ice surrounds the pitcher that is in the ice chest.**
 - ☺ Serving **utensils** must be brought for each dish. Please label with your **first name only.** **Do not bring any utensil of value.**
 - ☺ The **District Cookery Contests and Poultry Talk** are scheduled for March or April. The Area Beef Talk will be held in November. Dates to be announced.
 - ☺ No one except the judges and the Jr. Leader members will be allowed in the contest room. Parents may help their child carry the ice chest into the room but must leave after that. **Only** the 4-H'er will be able to set-up the dishes at the contest.
 - ☺ Ribbons will be awarded to all cookery contestants.
 - ☺ Anything used to enhance the appearance of the dish must be **in or on** the serving container and edible. **Example of items not allowed: placemats, flowers and table arrangements, figurines, baskets, etc.**
 - ☺ **Scoring for categories other than Illustrated Talk:**
 - ✍ Dish evaluation - 100 points
(Recipe Format – 20 points; Taste – 50 points; Appearance – 15 points; Creativity and Originality – 15 points)
- All recipes will be picked up at the cookery.**



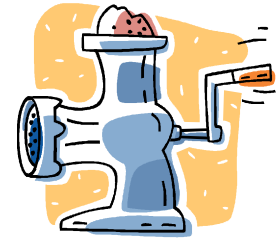
POULTRY COOKERY CONTEST

The contest is divided into 3 divisions:

1. **Chicken** - a dish which contains a minimum of 2 pounds of bone-in chicken or 1 pound deboned chicken meat. Chicken includes any of the following: fryer, capon, roaster, broiler, baking hen, Cornish or game hen. This dish **SHOULD NOT** include special processed chicken such as marinated chicken strips, chicken nuggets, chicken franks, smoked chicken, canned chicken, etc.
2. **Processed Poultry Products** - a dish which includes a minimum of 12 ounces of processed (value added) poultry products. Poultry products are poultry meats which have undergone special processing. Marinated, breaded, seasoned and reformed products are example of special processing techniques. Examples include: ground chicken, chicken nuggets, chicken franks, smoked chicken, chicken strips, canned chicken, any turkey item (whole, part, or processed), ground turkey, turkey bacon, turkey sausage, smoked turkey, turkey ham, and turkey rolls.

SPECIAL NOTE: ALL DISHES CONTAINING ANY TURKEY ITEMS (WHOLE, PART OR PROCESSED) SHOULD BE ENTERED IN THIS DIVISION.

3. **Poultry and Turkey Illustrated Talks Ambassador Program** - Open to all 4-H'ers. **No dish is required for this contest.** See Talk rules.



GROUND BEEF COOKERY CONTEST

Each dish must contain a minimum of **1 pound of ground beef**. Eight is the maximum number of servings allowed per pound of ground beef.

The contest is divided into 3 divisions:

1. **Low-Calorie Main Dish** - a dish which provides less than 300 calories per serving. **Calculation of calories per ingredient must be stated on recipe (see example on Pages 6-7).** You can check the food label ingredients for calories. You might also use the library. Add the total number of calories for each ingredient and divide the number of servings to get the calories per serving.
2. **One-Dish Meal** - a dish that provides foods from at least **three of the five main food groups**. The ground beef will represent the Protein Group, so you will just need to provide foods from two of the other five groups. **Foods and food groups must be stated on the recipe next to the ingredient.** Use the "My Plate" - for food groups.
3. **Beef Talk Ambassador Program** - Open to all 4-H'ers. See Talk rules.

EGG COOKERY CONTEST

Each dish must contain a *minimum* of **four (4) eggs**. This can be four (4) egg whites, four (4) egg yolks, four (4) whole eggs or any combination, as long as 4 eggs are broken. **NO RAW EGGS WILL BE ALLOWED IN THE FINAL PRODUCT.** The recipe with 4 eggs must make only one standard size dish. For example, a recipe with 4 eggs that makes two pies of standard size **will not** qualify. If a recipe contains 2 whole eggs in the custard and 2 egg whites in the topping, it would be allowed because the recipe contains a total of four (4) eggs. The entire dish must be exhibited at the contest. For example, if an appetizer recipe stipulates serving in small bite size pieces, all pieces must be exhibited.

The contest is divided into 4 divisions:

1. **Appetizer/Salad** – egg dip, deviled eggs, bacon-stuffed eggs, egg ball, seafood salad, meat salad, chef salad, potato salad, macaroni salad, etc.
2. **Main Dish** – casseroles, eggs and meat, eggs and seafood, eggs and cheese, omelet, quiche, etc.
3. **Dessert** – cake, custard, tarts, ice cream, bread pudding, pie, etc.
4. **Egg Talk** - Open to all 4-H'ers. See Egg Talk rules. No dish is required at Parish. A dish is required at Area and State.



POULTRY, and TURKEY TALK RULES

(No dishes will be required for the talks.)

1. Each Commodity (poultry and turkey) Ambassador Program consists of five categories.
 - 1) Production of commodity
 - 2) Food preparation and nutritive value
 - 3) Food safety practices
 - 4) Processing
 - 5) Marketing
2. **Division I - (Grades 4-6)** The contestant will design a standard poster 22" x 28" **relating to one of five categories listed above**, present a 2-3 minute explanation of subject and respond to questions.

Division II - (Grades 7-9) The contestant will design a standard poster 22" x 28" **relating to one of the five categories listed above**, prepare an essay not to exceed 500 words or three typed pages, (12-14 spaces per inch), double spaced, about the subject, present a 2-3 minutes explanation of subject and respond to questions from judges.

Division III - (Grades 10-12) (At least 15 years old by January 1st of 2012) The contestant will present a 3-5 minute illustrated talk relating to **one of the five categories listed above** and will answer questions.

BEEF TALK RULES

1. Beef Talk Program consists of six categories for presentations. **(Please use only one category in your talk. It has been our experience that combining categories has made presentations too broad.)**

- | | |
|--|------------------------------|
| 1) Production of beef (general, no specific breed) | 4) Marketing and Economics |
| 2) Food preparation and food safety practices | 5) Environmental Stewardship |
| 3) Nutrition | 6) Animal Welfare |

2. **Division I** – (Age 9-12 by January 1, 2012) The contestant will design a standard poster 22" x 28" relating to beef, present a 2-3 minute explanation of poster and respond to questions from judges. **No dish required. No costumes allowed.** For District and State: No notes or outlines, other than wording on the poster are to be used while giving the presentation.

Division II – (Age 13-16 by January 1, 2012) The contestant will design a standard poster 22" x 28" relating to beef, present a 3-4 minute explanation of poster and respond to questions from judges. **No dish required. No costumes allowed.** For District and State: No notes or outlines, other than wording on the poster are to be used while giving the presentation.

Division III – (Age 17-20 by January 1, 2012) The contestant will present a 5-8 minute oral presentation following current guidelines of the National Beef Ambassador contest, respond to questions from judges and be interviewed on an individual basis by a separate panel of judges. **No PowerPoint presentations will be allowed. No costumes are allowed.** For District and State: No notes or outlines are to be used while giving the presentation.



EGG TALK RULES

1. Talk Program consists of five categories:

- 1) Production of commodity
- 2) Food preparation and nutritive value
- 3) Food safety practices
- 4) Processing
- 5) Marketing

2. **Division I - (Grades 4-6)** The contestant will design a standard poster 22" x 28" relating to one of five categories listed above and presents a 2-3 minute explanation of poster subject and responds to questions from judges.

Division II - (Grades 7-9) The contestant will design a standard poster 22" x 28" relating to one of the five categories listed above, prepare an essay not to exceed 500 words or 3 typed pages, (12-14 spaces per inch) double spaced, about the subject, present a 2-3 minutes explanation of subject and respond to questions from judges.

Division III - (Grades 10-12; At least 15 years old by January 1st of 2012) The contestant will present a 3-5 minute illustrated talk relating to one of the five categories listed above and will answer questions from judges.

DIETARY GUIDELINES

Care should be taken that added ingredients and preparation methods do not contribute excessive amounts of fat and sodium. Consider the nutritional aspects of all the ingredients in your recipe. Explain in your recipe any changes you make in your ingredients or preparation methods to modify fat or sodium.

Tips you might try to lower fat...

- ✂ Make lower fat food or ingredient choices. For example, you might...

Choose...

- lowfat or skim milk
- lowfat or nonfat yogurt
- reduced calorie margarine
- oil
- lean ground beef
- “light” or “free” mayonnaise
- evaporated skim or lowfat milk
- light or non fat cream cheese

Instead of...

- whole milk
- regular yogurt or sour cream
- butter or regular margarine
- solid shortening
- regular ground beef
- regular mayonnaise
- half and half
- cream cheese



- ✂ Reduce the oil, shortening, or margarine in recipes. Start by reducing it by 1/4. For example, if the recipe calls for 1 cup of oil, use 3/4 cup.
- ✂ Frying adds extra fat. It is best to choose another method of preparation such as baking, broiling, grilling, or steaming.
- ✂ Diet margarine and non fat cream cheese are not recommended for baked products.

Tips you might try to lower sodium...

- ✂ Salt is our major source of sodium which is needed for healthy bodies. Too much salt can be harmful. Salt in recipes can be reduced by one-half without affecting the taste. Try reducing the salt in your recipe.
- ✂ Canned vegetables and soups are high in sodium. Choose canned soups labeled “1/3 less salt” or “no salt added”. Choose fresh or frozen vegetables or canned vegetables with reduced salt or sodium.

Food Safety

Food safety is an important consideration. **The risk of food-borne illness is greatly increased when foods are held at room temperature for extended periods.** Therefore, the dish **must** be prepared and chilled to refrigerator temperature and transported on ice in an ice chest to the contest. ***Dishes not chilled and transported in this way will be disqualified by contest officials.***

CALORIE COUNTER



Dairy Group	Amount	Approximate Calories
Skim Milk	1 cup	80
Nonfat dry, reconstituted	1 cup	80
Canned, evaporated skim milk	½ cup	80
1% Low-fat milk	1 cup	100
2 % Low-fat milk	1 cup	120
Low-fat yogurt	1 cup	120
Low-fat cottage cheese	½ cup	110
Creamed cottage cheese	½ cup	160
Whole milk (3.25%)	1 cup	150
Canned, evaporated whole milk	½ cup	170
Mozzarella or Farmer's cheese	1 ounce	80
Cheddar or American	1 ounce	100
Parmesan	3 tablespoons	80

Grains Group

White, whole wheat, or rye bread	1 slice	70
English muffin, small	½	70
Plain dinner roll	1	70
Hot dog or hamburger bun	1	140
Biscuit, 2"	1	115
Cornbread, or corn muffin, 2"	1	115
Dried bread crumbs	3 tablespoons	70
Tortillas, 6"	1	70
Ready-to-eat unsweetened cereal	1 cup	110
Puffed cereal	1 cup	70
Cooked	1 cup	140
Rice, cooked	1 cup	140
Spaghetti, Noodles, or Macaroni	1 cup	140
Cornmeal	2 tablespoons	70
Flour	½ cup	110
Saltine crackers	6 squares	70
Pancake or Waffle, 5"	1	115

Vegetable-Fruit Groups

Apple	1	70
Banana	1	80
Cantaloupe, 5"	½	60
Cherries	½ cup	40
Grapefruit	½	60
Grapefruit juice	½ cup	50
Grapes	½ cup	50
Orange	1	75
Orange juice	½ cup	60
Pear	1	100
Peaches, canned in juice	½ cup	50

Pineapple, canned in juice	2 slices	50
Strawberries	½ cup	30
Most water-crisp vegetables such as: broccoli, cabbage, carrots, green pepper, greens, green beans, onion, tomatoes, summer or zucchini squash, eggplant, cauliflower	½ cup	25
Starch vegetables such as: corn, lima beans, Green peas, potatoes, or winter squash	½ cup	70
Sweet potatoes	½ cup	120
French fries, 3"	8	115
Tomato paste	½ cup	110
Tomato sauce	½ cup	37



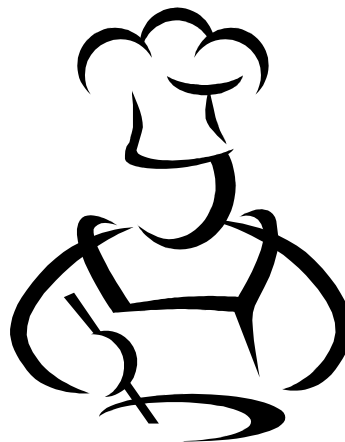
Protein Group

Ground Beef (lean)		850
Bacon, fried crisp	1 strip	45
Egg	1	80
Peanut butter	2 tablespoons	190
Dried beans or peas	½ cup	115
Nuts	2 tablespoons	100

Fats-Sweets

Butter or margarine	1 tablespoon	100
Reduced-calorie margarine	1 tablespoon	50-90
Oil	1 tablespoon	125
Mayonnaise	1 tablespoon	100
Reduced-calorie mayonnaise	1 tablespoon	12-50
French salad dressing	1 tablespoon	60
Potato chips or corn chips	15	150
Cream cheese	1 tablespoon	45
Sugar	1 tablespoon	50

Check nutritional labels of food products for specific calorie counts.



RECIPE FORMAT

Be sure your recipe is written correctly. You may use page 9 to write your recipe. The recipe should include the following parts:

- * Name of recipe given
- * Ingredients listed in order used in instructions
 - **No abbreviations used (must use tablespoon, teaspoon, etc.)**
 - **No brand names used**
- * Include size and weights of cans, packages, etc. Example: 10 3/4 ounce can of mushroom soup
- * Clear instructions for combining ingredients given
- * Size of pan stated
- * Temperature and cooking time stated
- * Number of servings given
- * Dish meets contest and division requirements

Example

Name of recipe: Hamburger Crescents Contest: Beef Cookery Contest Division: Low Calorie Main Dish

List of ingredients in order used:

Calories (must be stated for Low Calorie Main Dish Category)

1 pound ground beef	850
1 medium onion, chopped	25
1/4 cup green pepper, chopped	6
1/2 teaspoon salt	1
1 package (3 ounces) reduced calorie cream cheese	300
1 package refrigerator crescent rolls	800
1 tablespoon butter (optional)	100
1/2 cup shredded cheddar cheese	400

Total Calories	2482
Calories per serving	310.25

Directions:

1. Preheat oven at 350 degrees F.
2. In a medium saucepan over medium high heat brown ground beef, onions, and green peppers – about 5 minutes.
3. Add salt and drain.
4. Add cream cheese and mix well.
5. Place roll dough flat on a 9 x 13 inch baking sheet.
6. Add ground beef onto center roll, fold corners to center to enclose filling and seal.
7. Brush with 1 tablespoon melted butter, top with cheddar cheese.
8. Bake at 350 degrees F for 30 minutes or until golden brown.

Number of servings: 8

