



## Project Title: Baking for Fun

### Description:

Baking For Fun was created to encourage creativity and baking skills. It is more flexible than the traditional 4-H Foods Project. Imagination and creativity are encouraged.

### State Fair Entries:

**No state fair entries for this project – Parke County Only Project**

### Exhibit Guidelines:

1. **4-H member may exhibit in one or more categories.**
2. **Recipe for exhibit is to be included with project at check-in. (see information below)**
3. **Exhibits will not be returned after entry. All Baking for Fun and Foods items will be auctioned to the public at the 4-H Bake Sale.**

### Purdue Extension Food Safety Policy (revised 10/2022):

**For Food Competitions:** Fillings, frostings, glazes, and meringues are not permitted to contain cream cheese, sour cream, heavy cream, or whipped cream if they are not fully cooked/baked. These items are allowed as ingredients in food products IF the final product is cooked/baked. Additionally, raw milk, raw milk products or uncooked eggs/egg whites are not permitted. Eggs/egg whites that have been cooked to 160°F (i.e. pasteurized **or** included as part of a batter and baked) are acceptable. No home-canned fruits, vegetables, or meats are permitted as ingredients in food products.

Foods should be transported to the competition in a way that minimizes contamination and maintains the quality of the food (i.e. foods that are judged as frozen should remain frozen at all times).

Recipes must be provided that identifies all ingredients that were used in each part of the product. Any ingredient that could be a potential allergen must be clearly identified. Potential food allergens include, but are not limited to, milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat, soy and sesame. Each food product must be labeled with the following information:

- Name
- Address (4-H member information can be taken from enrollment if needed)
- Contact information (phone and/or email address; 4-H member information can be taken from enrollment if needed)
- Date the food product was made

Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods. If cuts are present, the wound should be bandaged and a single use food service glove worn on the hand during all stages of food production. Contestants should not be preparing food exhibits for competition within 48 hours of recovering from any illness. People experiencing symptoms of vomiting, diarrhea, fever, and/or jaundice should not be allowed to prepare food.

*Judges and individuals who will consume products from county and/or state competitions should be informed that they are at risk for foodborne illness since the established policy cannot guarantee that an entry has been properly prepared or handled before, during or following the competition. The food products for competitions are home produced and processed and the production area is not inspected by the Indiana Department of Health. Tasting of a food product is solely at the discretion of the judge and consumers. Judges are **NOT** to taste any home preserved foods such as low-acid or acidified foods like green beans, tomatoes or tomato products, jams/jellies/fruit preserves or fermented products produced in the home.*

Baked food products may be from a boxed mix following the instructions, a boxed mix with added ingredients, or ingredients combined from scratch. Youth are to place their name, county, club and category on the bottom side of their plate, pan or other container and the official entry tag provided will be placed with the exhibit.

A completed recipe card is to be submitted with each exhibit. Recipe cards are for judging purposes only and will not be returned to the exhibitor. Laminating, wrapping the recipe card in plastic, or placing it in a clear plastic bag is optional. Since it is illegal in the State of Indiana for youth under the age of 21 to purchase or consume alcoholic beverages, 4-H members are to use recipes that do not include an alcoholic beverage as an ingredient. A suitable non-alcoholic or imitation product may be substituted.

Baked food products should be covered during transport and displayed on a paper or foam plate, or another type of disposable container. Pies, casseroles and other similar items are to be baked in a disposable pan. Cakes and sticky items may be displayed on a cardboard strong enough to support the item and covered in foil, plastic, wax paper, or similar substance.

Judges evaluating exhibits should recognize individual differences and creativity, therefore using information in this document as a guide rather than a requirement.

Perishable baked exhibits entered for state fair competition will not be displayed and instead will be donated to a central Indiana homeless shelter.

## **Exhibit Class Categories:**

Choose one or more of the baked products below, or a similar baked product of choice. It is suggested a participant choose a different option each year, but this is not a requirement. Complete record sheet for each category exhibited.

### ***Creating with a mix or ready-made ingredient***

Must have added 2 or more ingredients to the original product. Underline ingredients on recipe that were added to create the product. Attach a copy of the box label that shows original preparation of food. Attach both recipe and original preparation of product to exhibit.

### ***Quick breads or muffins from scratch***

Exhibit 12 muffins, 1 loaf of bread, or 12 biscuits made from scratch. (This may include an entire loaf of cinnamon rolls or loaf of bread, for example, in whatever size pan it was baked in. 8x8 square pans or 9" round pans are recommended, but pan may be larger.)

### ***Cakes from scratch***

Exhibit whole cake. Icing must be made from scratch if used.

### ***Bread machine from start to finish***

Exhibit entire loaf of bread.

### ***Bake with honey***

Exhibit any baked item listed above using honey for at least 50% of the sweetener.

### ***Cupcakes***

Make and display at least 6 cupcakes. Cupcakes will be judged on presentation

### ***Candy***

This includes fudge, caramels, divinity, chocolates, hard candy and similar items. Exhibit 12 pieces.



## 4-H Food Recipe Card – This card must be attached to food.

Name: \_\_\_\_\_ County: \_\_\_\_\_

Project Level \_\_\_A\_\_\_B\_\_\_C\_\_\_D \_\_\_Baked\_\_\_ Preserved Exhibit

Name of Recipe: \_\_\_\_\_ Recipe Source: \_\_\_\_\_

Date Product was Made \_\_\_\_\_

Prep Time: \_\_\_\_\_ minutes

Cook Time: \_\_\_\_\_ minutes

Recipe Yield: \_\_\_\_\_ Serving size: \_\_\_\_\_

This should include all of the ingredients and their measurements, as well as the full instructions of how to make the dish. Directions should include detailed preparation method: mix, bake, preserve, and safe storage instructions.

**Ingredients and Amount:**

**Directions:** Prep, mix, bake or preserve, and safe storage. Number, in order, steps to prepare.