

## MICROWAVE COOKING

County Project Only

### **Purdue Extension Food Safety Policy (Effective 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 and club 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 GUIDELINES**

- Recipe which you used for your exhibit must be on a covered 5"x8" recipe card.
- Recipes must be made from scratch. No box mixes are allowed.
- Exhibitors are responsible for containers in which exhibit is displayed. Please use disposable containers. A microwave oven will be available for warming the exhibit if desired, i.e., upside-down cake, fruit crisp, etc. All recipes must be microwave recipes.

### **Level A**

*Grade 3:* Microwave Snack: Display 1-2 cups in a plastic container or zip lock bag.  
*Grade 4:* Fudge: 6 pieces, 1" square, on disposable plate.

### **Level B**

*Grade 5:* Bar Cookies or Brownies: Display 6 on disposable plate  
*Grade 6:* Upside Down Cake: Display 1 on disposable plate

### **LEVEL C**

*Grade 7:* Fruit Crisp: Display any kind in microwave-safe container  
*Grade 8:* Coffee Cake: Display in a microwave-safe container  
*Grade 9:* Candy (Not Fudge): Cut in 6 uniform pieces, or for other types of candy display an appropriate amount for attractive exhibit on a disposable plate.

### **LEVEL D**

*Grade 10:* Double Layer Cake or Bundt Cake or Ring Cake: Display on disposable plate.  
*Grade 11:* Fruit or Nut Pie: Display in a microwave safe pie pan  
*Grade 12:* Jam or Jelly: Display 1 jelly canning jar with sealed lid and ring left on (must be processed in a boiling water bath) labeled with product name, quantity and date made.