

Foods: OUTDOOR COOKING

STATE FAIR ENTRY: No

EXHIBIT BY: All * items must come to project judging.

Division	Project Book	Record Sheet
Beginner (grades 3 - 5)	Outdoor-Cooking-10/15	OC-12/14*
Intermediate (grades 6 - 8)	Outdoor-Cooking-10/15	OC-12/14*
Advanced (grades 9 - 12)	Outdoor-Cooking-10/15	OC-12/14*



JUDGING TIME: Friday, **July 16** at 9:00 a.m. Check in your project on Friday, **July 16** between 7:30 a.m. and 8:45 a.m.

PROJECT DESCRIPTION:

4-H member will learn basic outdoor cooking preparation and safety techniques.

EXHIBIT:

General Instructions:

1. Members will supply their own materials.
2. Cooking may be done using a charcoal grill. All grills and fire must be completely extinguished before leaving the exhibit area. NOTE: If Intermediate or Advanced 4-H'ers want to use wood vs. charcoal to prepare all or some of their food items, they must present a plan to the project leaders at least 1 week in advance and have their approval. NOTE: The plan must include photo of how the wood will be used.
3. All meat and food ingredients **must** be inspected by the project leader at time of check-in.
4. The meat brought for use in the project **must be** in an original, sealed package from the store or meat processing facility.
5. Meat cannot be pre-marinated and ground meat cannot be pre-mixed prior to check-in.
6. Following check-in, exhibitors may set up their area and may proceed with any and all processes except lighting the grill.
7. Grills are to be started 1 hour after check-in. All foods are to be presented to the judge within 4 hours after this time.
8. Exhibitor must inform the judge when they are ready to light the grill. Grill safety, including lighting, is part of the judging.
 - A. In the beginner division, a parent or project leader may assist the participant in lighting the grill to insure that safeness is maintained.
 - B. All other exhibitors must light their own grills.
9. Exhibitors may receive assistance only from the project leader during the competition.
10. A recipe card is to be submitted for every part of the exhibit. Be sure to include the **recipe source**. Note: **Any ingredient that could be a potential allergen must be clearly identified**
11. The judge will walk around and observe the exhibitors during the competition. The judge is encouraged to talk with and question the exhibitors.
12. Regarding meat doneness: the exhibitor must be prepared to tell the judge how the meat is prepared (i.e. - well-done, rare, medium, etc.). It will then be judged accordingly.
13. All final products must be plated and served to the judge(s) as if they were being served in a restaurant.
14. Submit a completed record sheet at the time of project check-in.
15. A creative notebook including pictures, recipes, shopping, menu planning, etc. must be completed and turned in at the 4-H Building during pre-fair judging. Notebooks and recipe cards will not be judged but are required. NOTE: They may be used in final placings. Notebooks will be displayed throughout the week of the fair.
16. **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. Fresh-cut, uncooked, fruits and/or vegetables are not permitted to be used in food products or used as garnishes for the product. 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 on the recipe card. Plus, the recipe card must include the 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 State 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.

Beginner Exhibit Requirements (Grades 3-5)

1. Prepare a serving for two people.
2. Choose one meat entrée from the following list – ground meat, steak, chop, breast, thigh, or simple sandwich.
3. If a marinade, rub, or sauce is used it must be store purchased.
4. Presentation is part of the judging.

Intermediate Exhibit Requirements (Grades 6-8)

1. Prepare a serving for at least two people.
2. Choose one meat entrée from the following list – roast, whole chicken, whole turkey breast or fish or seafood.
3. If a marinade, rub, or sauce is used it must be made from scratch by the exhibitor.
4. Prepare 1 side dish cooked on the grill.
5. Presentation is part of the judging.

Advanced Exhibit Requirements (Grades 9-12)

1. Prepare an outdoor dinner for at least two people.
2. Prepare one meat entrée of your choice
3. May use any marinade, rub, or sauce – homemade, store bought or combination.
4. Prepare 1 side dish cooked on the grill.
5. Prepare 1 dessert cooked on the grill.