

BAKING FOR FUN: FOODS

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.

Superintendent:

State Fair Entries: No State Fair Entries

RULES AND REQUIREMENTS:

1. 4-H'er may exhibit in one or all the categories.
2. The recipe is to be exhibited with the exhibit. Place your name, club, age and category on the recipe card.
3. If exhibiting in the CREATING WITH A MIX, underline the two or more ingredients added to create the product. Remove the box label that shows the original preparation of the food. Attach it to an 8 ½ "x 11" sheet of paper and attach the recipe card. Place this information in a plastic sleeve (so that it stays neat looking) and attach to the exhibit. Place the 4-H Baking For Fun exhibits on sturdy, disposable board or container.
4. Baking for Fun exhibits will not be returned to the 4-H'er at the end of the Fair. All Baking For Fun exhibits will be donated to the 4-H Bake Sale and will not be returned to the 4-H'er.
5. Be sure to take all cakes out of the container.
6. 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.

Additional Food Preparation Requirements:

Purdue Extension Food Safety Policy (effective 11/2013):

For food competitions - Filling, frosting, glazing, pie filling, and meringue, (whether uncooked or cooked) are not permitted to contain cream cheese, sour cream, heavy cream, or whipped cream as the nature of these products increases the moisture content and water activity of the food. Foods with a higher moisture content and water activity can be ideal growing conditions for food borne pathogens, even if the ingredient is part of a batter and 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 in products. Recipes must be provided that show which ingredients were used in each part of the product. Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods. Contestants should not be preparing food exhibits for competition within 48 hours of recovering from any illness. Whenever possible, baked products should be transported and stored in chilled coolers (41°F).

Judges and individuals who will consume products from county and state competitions should be informed that they are at risk for foodborne illness since the established policy cannot guarantee that an entry which may be a "potentially hazardous food" has been properly prepared or handled before, during or following the competition. Tasting of a food product is solely at the discretion of the judge. Judges are NOT to taste any low-acid or acidified preserved food, like green beans or tomato products, and are discouraged from tasting any other home preserved food.

Consumers of competitive food exhibits being sold at auction or used for hospitality purposes should be notified they could be at risk for foodborne illness since the established policy cannot guarantee that an entry which may be potentially hazardous food has been properly prepared or handled before, during, or following the competition.

CATEGORIES:

CREATING WITH A MIX OR READY MADE INGREDIENT – must have added 2 or more ingredients to the original product.

COOKIES FROM SCRATCH – includes Brownies, Bar Cookies, Pressed Cookies, Drop Cookies, or Molded Cookies – Exhibit 12 cookies.

QUICK BREADS OR MUFFINS FROM SCRATCH – Exhibit 12 muffins, 1 loaf of bread, 12 biscuits.

YEAST PRODUCTS FROM SCRATCH – Exhibit 12 yeast rolls, other yeast products – exhibit entire product.

CAKES FROM SCRATCH – icing must be from scratch if used. Exhibit whole cake.

PIES FROM SCRATCH – must be non-perishable. Pie pan will not be returned. Exhibit whole pie.

BREAD MACHINE FROM START TO FINISH – Exhibit whole loaf.

BAKE WITH HONEY – exhibit any item listed above using honey as at least 50% of the sweetener.

CUPCAKES - make and display at least 6 cupcakes. Cupcakes will be judged on presentation.

Complete record sheet and place in your green record book. Use a separate record sheet for each exhibit.