

Kitchen Cook Offs

Division Code: 49

SUPERINTENDENTS: Carol Chong

ASSISTANT SUPERINTENDENTS: Allyson Bentley, Katrina Chong, Ivonne Padron, Audra Wright

Student Assistant: Ryan Chong

Entry Form Registration Deadline: Tuesday - February 3, 2009

Accepts Groups?

NO

Event Date:

Friday, March 27, 2009 - 3:00 pm

Includes:

All phases of nutritional cooking as taught in the 4-H Club Projects and Consumer Science Classrooms.

Rules:

1. All participants should, but do not have to be currently active in the 2009 - 2010 FCCLA or 4-H. Convection ovens, microwave ovens and electric stove tops will be available to participants. All ingredients must be washed beforehand (if necessary) and perishable foods must be brought in coolers to the Kitchen Cook-Off area in Arnold Hall, one hour before the cook-off begins.
2. All ingredients, bowls, cookware and utensils used in the cook-off must be supplied by the participant.
3. Four (4) typed copies of your recipe and must be turned in on day of competition. Recipes will become the property of the Miami-Dade County Fair & Exposition®.
4. Class 1: Food ingredients may include some "convenience items" like mixes or soups, but must contain at least half (50%) of the ingredients from the "fresh/raw" state. For example – chicken noodle casserole – contain fresh chicken, noodles and vegetables but a canned soup may be the sauce.
5. **Exhibitors are limited to thirty minutes which are to include any final cooking time, cooling time, and presentation of dish.**
8. The Superintendent may disqualify any participant for failure to cooperate and/or comply with all the rules.
9. Participants are limited to entering one (1) class only.
10. Confirmation cards will be mailed to all participants with date and time of their competition.

Classes:

Class 1 - Five Ingredient Entree, Grades 1 - 5 ONLY

Class 2 – Redland Raised Produce

Description:

Join in the Miami-Dade County's Redland Raised Produce Initiative. Do you know what is in season and locally grown during March and April?

In addition to the rules above, the competition will include only locally grown Redland Raised produce which will be provided the day of competition. A list of the Redland Raised produce that may be available will be sent to you once we have received your entry form. Your creativity will be the key to this competition since you will not know which fruit or vegetable from the list will be available for use.

Remember, all other ingredients and utensils are your responsibility.

Judging Criteria:

Taste.....	20%
Appearance and presentation	15%
Cooking techniques	10%
Degree of difficulty	10%
Personal appearance (restrained hair/clean apron)	10%
Sanitation and cleanliness	10%
Ingredients are at least 50% fresh/raw	10%
Efficient clean up	10%
Neatly written recipe	5%

Premiums:

Purple Ribbon	\$15.00 and Special Award Rosette
Blue Ribbon	10.00
Red Ribbon	8.00
White Ribbon	4.00
Yellow Ribbon	Ribbon Only

If there are no entries meeting the quality standards for any special awards, no award will be given.