

NYS Fair Egg Preparation Demonstration Contest

4-H Youth Building, Saturday, Sept 5, 2009

Purpose of the contest:

- ◆ To develop and demonstrate leadership and communication skills.
- ◆ To acquire knowledge of quality standards, size classification, nutritional value, preparation and storage, functional properties, versatility and economic value of eggs.
- ◆ To develop creative skills in the preparation, use and serving of eggs.
- ◆ To learn to enjoy eggs as a food.
- ◆ To use sound nutritional knowledge when planning meals.

Rules and Information:

1. Each county can send 2 Junior and 2 Senior youth.
2. Entry Form must be submitted to Mary Ann Whipple no later than August 17, 2009
3. Contestants will be scored according to the points listed and described in the sample judges score card.
4. Each participant must present a demonstration on the preparation of an egg dish. Demonstration must include the following Egg Information:
 - ◆ Nutritional value
 - ◆ Preparation and storage
 - ◆ Functional properties
 - ◆ Grading and sizing
 - ◆ Versatility and economics of cooking with eggs.
 - ◆ Steps in preparation of the dish.
5. A finished dish ready for sampling. This must be prepared in the contest-site kitchen facilities on the day of the contest. Preparation may be prior to the demonstration or during the actual demonstration, depending on the nature of the dish. No contestants may prepare any portion of their dish outside the contest-site facilities.
6. Contestants may not give anything to the judges except their recipe and a sample of their finished product.
7. The demonstration must be no more than 12 minutes in length. Contestants will be permitted to finish the demonstration. Points will be deducted for every minute the contestant exceeds the 12-minute time period.
8. The egg dish must contain a minimum of:
 - ◆ 1/2 egg per serving if the dish is classified as an appetizer or snack.
 - ◆ 1/2 egg per serving if the dish is classified as a dessert.
 - ◆ 1/2 egg per serving if the dish is classified as a beverage.
 - ◆ One (1) egg per serving if the dish is classified as a salad or main dish.
 - ◆ Numbers above represent eggs to be broken, however, use of the entire egg is not required. For example: a dessert serving six people may be made with three egg whites.

9. Each contestant will furnish his or her own supplies for the demonstration EXCEPT the contest committee will provide eggs, range, oven, microwave oven, and refrigerator necessary for preparation of the egg dish.
10. Easels will be provided for the demonstration. Only posters and tabletop displays will be allowed. No slides or videos will be allowed. All props and visuals must be displayed on the demonstration table or easels. No additional display tables will be allowed.
11. Posters displayed must be the work of the contestant. Contestants may use notes or outlines to assist them, Although actual reading from notes may hurt presentation scores.
12. Each contestant is responsible for clean up after his or her demonstration.
13. Recipe includes the following parts:

- Name of recipe
- List of ingredients - listed in order they are used in the instructions.
- Measurements given in common fractions.
- No abbreviations used.
- No brand names used.
- Instructions for combining ingredients.
- Clear instructions for every step of combining and cooking the ingredients.
- Short, clear, concise sentences.
- Correct food preparation terms to describe combining and cooking process.
- Size of pan stated.
- Temperature and cooking time stated.

- Number of servings

See National Egg and Poultry Web site for more details: <http://ulisse.cas.psu.edu/Nat4hpoultry/eggprep.html>

Questions? Please contact Mary Ann Whipple at whipple6@gmail.com or 585-554-3964

Completed applications along with copy of recipe are to be e-mailed to whipple6@gmail.com no later than August 1st. (E-mail is the preferred method of entry, but you may also mail to Mary Ann Whipple, 4595 County Road 1, Canandaigua, NY 14424.)

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County _____ County Contact _____ Email _____

Participant Name _____ DOB ____/____/____

Address _____

Phone _____ Email _____

Egg Recipe Name _____

4-H EGG PREPARATION EVENT SCORECARD

100 POINTS POSSIBLE

I. PROGRAM CONTENT.....35

- ◆ Introduction..... (5)
Visual impact: introduction sparks interest, importance established, purpose outlined.
- ◆ General Nutrition Information.....(10)
Accurate, complete, up-to-date, correct terminology: knowledge of nutrients in eggs, attention to balanced meals, health aspects, appropriate references.
- ◆ Knowledge of Eggs.....(10)
Nutritional value, preparation and storage, functional properties in foods, grading and sizing, use in menu planning, appropriate references.
- ◆ Summary of Main Points..... (5)
- ◆ Response to Judges' Questions..... (5)

II. PRESENTATION AND SKILL.....35

- ◆ Appearance..... (5)
Neatly and appropriately dressed, hair neat and restrained, hands and nails cleaned, no distracting jewelry.
- ◆ Delivery(10)
Voice projection, interpretation of information, confidence and speaking ease, avoidance of cliches, general effect on audience.
- ◆ Work Techniques.....(15)
Acceptable food demonstration techniques and equipment, ease and efficiency in work, materials conveniently arranged, work sequence, table and work area clean and neat.
- ◆ Visuals (5)
Appropriate, neat, clean, visually appealing, easily read or seen. Contributes to demonstration.

III. THE PRODUCT.....30

- ◆ Sensory Appeal.....(15)
Appetizing appearance, aroma, flavor.
- ◆ Reason for Selection..... (5)
Dish is selected for economy, convenience, nutrition or other suitable reasons.
- ◆ Health Aspects..... (5)
Dish appropriate nutritionally for intended use; not exceptionally high in fat, calories, sodium.
- ◆ Recipe (5)
Correctly written, preparation time not excessive, ingredients available and economical. It is appropriate for today's lifestyles.....

SUBTOTAL.....

TOTAL : _____