

DEPT 125 - FOODS AND NUTRITION

Superintendent – Mandy Clay

All entries must be in place 8pm Wednesday

Judging – 9am Thursday

Premiums: Blue \$1.75 Red \$1.50 White \$1.25 Pink \$1.00

- Open class foods & nutrition is not open to 4-H and FHA exhibitors
- Only one entry per exhibitor under each lot number
- All entry forms must be sent to Gayle Sullwold, 2424 Hwy 63-64, Emerald, Wi. 54013 by **June 17**

CLASS A - YEAST BREADS AND ROLLS

* Bread should be half loaf (standard size)

* Rolls – plate of 3

Lot No.

- | | |
|----------------------|---|
| 1. White Bread | 7. Cinnamon Rolls – No frosting, glaze or carmel |
| 2. Rye Bread | 8. Hamburger Buns |
| 3. Whole Wheat Bread | 9. Fancy Yeast Bread - 1/2 Tea Ring,
Braid or loaf, Frosted or Unfrosted |
| 4. Raisin Bread | 10. Any other, identify on entry tag, include recipe |
| 5. Oatmeal Bread | |
| 6. Plain Rolls | |

Reserve Champion - ribbon

Champion - ribbon

CLASS B – Yeast Breads (Bread Maker)

Yeast Bread made with any brand of bread maker,

* ½ loaf cut lengthwise

Lot No.

- | | |
|-----------|---|
| 1. White | 4. Wheat |
| 2. Rye | 5. Any Other, identify on entry tag, include recipe |
| 3. Raisin | |

Reserve Champion - ribbon

Champion - ribbon

CLASS C - QUICK BREADS

* Quick breads should be half loaf (standard size)

* Muffins & biscuits – plate of 3

Lot No.

- | | |
|--------------------------|---|
| 1. Date Bread | 8. Any Bread Not Listed, identify on entry tag,
include recipe |
| 2. Banana Bread | 9. Banana Muffins |
| 3. Cranberry Bread | 10. Bran Muffins |
| 4. Zucchini Bread | 11. Blueberry Muffins |
| 5. Pumpkin Bread | 12. Any Muffin not listed, identify on entry tag,
include recipe |
| 6. Rhubarb Bread | 13. Baking Powder Biscuits |
| 7. Corn Bread (5" piece) | |

Reserve Champion - ribbon

Champion - ribbon



CLASS D – PIES

*Exhibit in approximately 4” Tart size/pot pie size pan

Lot No.

1. Apple Pie, Double Crust
2. Blueberry
3. Cherry
4. Rhubarb
5. Peach
6. Any Other Fruit Pie, identify on entry tag, include recipe
7. Pie Shell

Reserve Champion - ribbon
Champion - ribbon

CLASS E - PACKAGE CAKE MIX

*No Frosting

* Square cakes should be a 5-inch corner square

* Angel food cakes should be a 5-inch section

*Include Brand Name on Entry Tag

Lot No.

1. Angel Food
2. Devils Food
3. White
4. Marble
5. Spice
6. Yellow
7. Chocolate cupcakes (3)
8. White cupcakes (3)
9. Yellow cupcakes (3)
10. Any Other Cake, identify on entry tag, include recipe
11. Any Other Cupcake, identify on entry tag, include recipe

Reserve Champion - ribbon
Champion - ribbon

CLASS F - CAKES FROM SCRATCH

* No Frosting

* Square cakes should be a 5-inch corner square

* Angel food cakes should be a 5-inch section

Lot No.

1. Angel Food
2. Devils Food
3. White
4. Spice
5. Carrot
6. Yellow
7. Applesauce
8. Zucchini
9. Any Other Cake, identify on entry tag, include recipe
10. White Cupcakes (3)
11. Chocolate Cupcakes (3)
12. Yellow Cupcakes (3)
13. Any Other Cupcake – identify on entry tag, include recipe

Reserve Champion - ribbon
Champion - ribbon

CLASS G - COOKIES

* No frosting unless asked for

* Plate of three – **Maximum 3” round**

Lot No.

1. White Cookies - Soft
2. White Cookies - Crisp
3. Ginger Cookies
4. Chocolate Cookies
5. Peanut Butter Cookies
6. Oatmeal Cookies
7. Chocolate Chip
9. Filled
10. Unbaked
11. Raisin
12. Snickerdoodles
13. M & M cookies
14. Any Other Frosted, Identify on Entry Tag, include recipe

8. Icebox

15. Any Other Unfrosted, Identify on Entry Tag, include recipe

**Reserve Champion - ribbon
Champion - ribbon**

CLASS H – BARS

* Plate of Three - 2” x 2” square bars

* No frosting unless asked for

Lot No.

- 1. Brownies
- 2. Pumpkin - frosted
- 3. Date
- 4. Lemon
- 5. Oatmeal

- 6. Coconut
- 7. Zucchini
- 8. Any Other Frosted, identify on entry tag, include recipe
- 9. Any Other Unfrosted, identify on entry tag, include recipe

**Reserve Champion - ribbon
Champion - ribbon**

CLASS I - FOREIGN FOODS

Lot No.

- 1. Fattigmand, 3
- 2. Sand Bakkels, 3
- 3. Krum Kage, 3
- 4. Lefse, 3
- 5. Foreign Bread, identify on entry tag, include recipe
- 6. Foreign Cake, identify on entry tag, include recipe
- 7. Foreign Rolls (3), identify on entry tag, include recipe
- 8. Rosettes, 3
- 9. Any Other, identify on entry tag, include recipe
- 10. Scones – Plate of 3

**Reserve Champion - ribbon
Champion - ribbon**

CLASS J – CANDY

* Plate of Three

Lot No.

- 1. Cooked Fudge
- 2. Uncooked Fudge
- 3. Divinity
- 4. Peanut Brittle
- 5. Caramels
- 6. Candy Exhibit (3 pieces of 3 different kinds)
- 7. Any Other, identify on entry tag, include recipe

**Reserve Champion - ribbon
Champion – ribbon**

CLASS K – SNACKS\APPETIZERS

* #1-5 in ziplock sandwich bag

* #7-10 in a jelly jar or baby food jar

Lot No.

- 1. Trail Mix
- 2. Chex Mix
- 3. Granola
- 4. Carmel Corn
- 5. Beef Jerky (3 sticks)
- 6. Pickle Rollups (4 pieces)
- 7. Spinach Dip (1/3 cup)
- 8. Dill Dip (1/3 cup)
- 9. Shrimp Dip (1/3 cup)
- 10. Cheese Spread (1/3 cup)

**Reserve Champion - ribbon
Champion – ribbon**

CLASS L - DECORATED CAKE

*May use actual cake or decorated pan

Lot No.

- 1. Decorated Birthday, Adult
- 4. Decorated cupcakes (3)

- | | |
|---|-----------------------------|
| 2. Decorated Birthday, Child | 5. Gingerbread House |
| 3. Decorated Special Occasion, Specify Occasion | 6. Any Other Decorated cake |

Reserve Champion - ribbon
Champion – ribbon

CLASS M – MICROWAVE

Lot No.

- | | |
|--|------------------------|
| 1. Fudge (3 pieces) | 3. Brownies (3) |
| 2. Any Other Candy (3 Pieces), identify on entry tag | 4. Bars or Cookies (3) |

Reserve Champion - ribbon
Champion – ribbon

CLASS N - HEALTHY CHOICES

* Recipe must accompany entry, low fat or low cholesterol or sugar free

Lot No.

- | | |
|--------------------|---|
| 1. Cookies or bars | 4. Nutritious Snack |
| 2. Quick Bread | 5. Muffins |
| 3. Cake | 6. Any other, identify on entry tag, include recipe |

Reserve Champion - ribbon
Champion - ribbon

CLASS O – GLUTEN FREE

*Recipe must accompany entry

Lot No.

- | | |
|--------------------------|---|
| 1. Cookies (3) | 3. Bread (1/2 loaf) |
| 2. Bars (3, 2x2" square) | 4. Any other gluten free, identify on entry tag |

Reserve Champion – ribbon
Champion – ribbon

CLASS P - DAIRY / REFRIGERATED ITEMS

Lot No.

- | | |
|--|--|
| 1. Dairy dessert (3" square) | 4. Cream Puff with cream filling (2) |
| 2. Cream pie (8" foil pan or 4" tart size pan) | 5. Cream puff with custard filling (2) |
| 3. Pudding from scratch (8 oz clear container) | 6. Éclair (2) |

Reserve Champion – ribbon
Champion – ribbon

RESERVE GRAND CHAMPION FOOD EXHIBIT (Classes A – P) – ROSETTE
GRAND CHAMPION FOOD EXHIBIT (Classes A – P) – ROSETTE

CLASS Q – 2011 RECIPE CHALLENGE

- Plate of 3 Bars
- Follow the recipe exactly as printed (no additions or substitutions):

Butterscotch Brownies

- ¼ cup shortening
- 1 cup packed brown sugar
- 1 teaspoon vanilla
- 1 large egg
- ¾ cup all purpose flour
- ½ cup chopped walnuts
- 1 teaspoon baking powder
- ½ teaspoon salt

1. Heat oven to 350 degrees. Grease bottom and sides of square pan, 8x8x2 inches with shortening.
2. Melt shortening in saucepan over low heat; remove from heat. Stir in brown sugar, vanilla and egg. Stir in remaining ingredients. Spread in pan.
3. Bake 25 minutes. Cool slightly in pan on wire rack. Cut into 2 inch squares while warm.

Lot No.

1. Enter plate of 3 bars

RESERVE GRAND CHAMPION RECIPE CHALLENGE – ROSETTE

GRAND CHAMPION RECIPE CHALLENGE – ROSETTE and a cookbook donated by the Open Class Committee.

CLASS QQ – 2012 RECIPE CHALLENGE

- Plate of 3 muffins
- Follow the recipe exactly as printed (no additions or substitutions):

Chocolate Pumpkin Muffins

- 1 ½ cups all-purpose flour
- ½ cup granulated sugar
- 2 teaspoons baking powder
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup milk
- ½ cup solid pack pumpkin
- ¼ cup butter, melted
- 1 egg
- 1 cup Semi-sweet chocolate morsels
- 1/3 cup finely chopped nuts

1. Preheat oven to 400 degrees. Grease 12 (2 ½ inch) muffin cups.
2. In large bowl, combine flour, sugar, baking powder, cinnamon and salt; make well in center. In small bowl, combine milk, pumpkin, butter and egg; add to well in flour mixture. Add morsels; stir just until dry ingredients are moistened. Spoon into prepared muffin cups, filling each ¾ full. Sprinkle 1 teaspoon nuts over each muffin.
3. Bake 18 to 20 minutes or until wooden toothpick inserted into center comes out clean. Cool 5 minutes; remove from pans. Cool completely.

Lot No.

1. Enter plate of 3 muffins

RESERVE GRAND CHAMPION RECIPE CHALLENGE – ROSETTE

GRAND CHAMPION RECIPE CHALLENGE – ROSETTE and a cookbook donated by the Open Class Committee.

FOOD PRESERVATION

CLASS R - DRIED FOODS

* Exhibit in Zip Lock Sandwich Bag

Lot No.

1. Veggies
2. Fruit
3. Leather
4. Herbs
5. Beans or Lentils

Reserve Champion - ribbon

Champion – ribbon

CLASS S - FLAVORED VINEGARS

Lot No.

1. Herb
2. Garlic
3. Any other, identify on entry tag

Reserve Champion - ribbon

Champion – ribbon

CLASS T - FLAVORED OILS

Lot No.

1. Herb
2. Garlic
3. Any other, identify on entry tag

Reserve Champion - ribbon

Champion – ribbon

ALL JARS MUST BE PROPERLY LABELED USING LABELS LIKE THE SAMPLE BELOW:

Name of Product _____
Date Processed _____ (MORE LABELS IN BACK OF FAIR BOOK)
Boiling water bath _____ Time _____
Steam Pressure in lbs. _____ Time _____
Type of Pack: Hot _____ Cold _____
Source / Year of Books _____

- Labels must be taped approximately 1" from the bottom of the jar - failure to attach label will result in disqualification.
- All canned foods must be in standard jars.
- Wash jars in vinegar before bringing to fair to remove lime deposits
- Follows guidelines in *Wisconsin Safe Food Preservation Series* from University of Wisconsin – Extension or Ball Blue Books
- Remove Rings

CLASS U - CANNED FRUIT

Lot No.

- | | |
|-------------------------|---------------------------------------|
| 1. Canned Peaches | 7. Canned Red Cherries |
| 2. Canned Red Raspberry | 8. Canned Applesauce |
| 3. Canned Pears | 9. Canned Apricots |
| 4. Canned Bing Cherries | 10. Canned Fruit Juice |
| 5. Canned Plums | 11. Any other – identify on entry tag |
| 6. Canned Rhubarb | |

Reserve Champion - ribbon
Champion - ribbon

CLASS V - CANNED VEGETABLES

Lot No.

- | | |
|-------------------------------|--------------------------------------|
| 1. Canned Corn, cut off | 10. Spaghetti Sauce |
| 2. Canned Yellow Beans | 11. Vegetable Juice |
| 3. Canned Green Beans | 12. Tomato sauce |
| 4. Canned Beets | 13. Tomato paste |
| 5. Canned Tomatoes, Whole | 14. Meatless vegetable soup |
| 6. Canned Tomatoes, Quartered | 15. Any other, identify on entry tag |
| 7. Canned Tomatoes, Stewed | |
| 8. Canned Tomato Juice | |
| 9. Canned Carrots | |

Reserve Champion – ribbon
Champion – ribbon

CLASS W - PICKLES AND RELISH

Lot No.

- | | |
|-----------------------------|---|
| 1. Dill Pickles | 7. Zucchini Relish |
| 2. Cucumber, Sweet Pickles | 8. Salsa |
| 3. Beet Pickles | 9. Pickled peppers |
| 4. Pepper Relish | 10. Cucumber relish |
| 5. Chunk Pickles | 11. Any other pickle, identify on entry tag |
| 6. Bread and Butter Pickles | 12. Any other relish, identify on entry tag |

Reserve Champion – ribbon
Champion - ribbon

CLASS X - JELLY

*Display in regular jelly glasses with covers or standard jars

Lot No.

- | | |
|---------------|----------------|
| 1. Plum Jelly | 6. Grape Jelly |
|---------------|----------------|

2. Currant Jelly
3. Red Raspberry Jelly
4. Crab Apple Jelly
5. Strawberry Jelly

Reserve Champion - ribbon
Champion - ribbon

7. Black Raspberry Jelly
8. Cranberry
9. Apple
10. Any other, identify on entry tags

CLASS Y - JAM

Lot No.

1. Red Raspberry Jam
2. Blackberry Jam
3. Apple Butter
4. Peach Jam

Reserve Champion – ribbon
Champion - ribbon

5. Blueberry Jam
6. Strawberry Jam
7. Any other, identify on entry tag

RESERVE GRAND CHAMPION FOOD PRESERVATION EXHIBIT (Classes R–X) - ROSETTE
GRAND CHAMPION FOOD PRESERVATION EXHIBIT (Classes R-X) – ROSETTE