

4-H GROUND BEEF COOKERY CONTEST
Monday, November 23, 2009
LEESVILLE JUNIOR HIGH CAFETERIA

All dishes should be entered between 12:30 p.m. and 1:00 p.m. Judging will begin at 1:00 p.m.

NOTE: There is no longer a State Cookery Contest for dishes. Champions in each category will have the opportunity to go on to the District event in March.

RULES AND REGULATIONS

1. Open to all 4-Her's regardless of project enrolled in.
2. The dishes must be prepared at home and brought to the contest for judging.
3. All contestants must provide a serving utensil for their dish and identify the dish with name and 4-H club taped to the dish.
4. A contestant may enter one dish per category.
5. A minimum of one (1) pound of ground beef must be used in the dishes. The entire dish must be exhibited at the contest.
6. Four-Her's should bring one (1) copy of the recipe written or typed on note cards or small tablet paper.
7. Contestants should have prepared the dish at least twice before entering the parish contest
8. There will be four (4) divisions for 4-Her's to compete in: Division I - 4th, 5th and 6th grades; Division II - 7th and 8th grades; and Division III - 9th, 10th, 11th, and 12th grades, Division IV - FT. Polk Military Members 3rd grade and below (This division cannot compete to go to district). Awards will be given in each division and a Grand Champion over all divisions will be awarded.

Divisions will be:

A. **Low-Calorie Main Dish** - A dish which provides less than 300 calories per serving. Calculation of calories should be stated on recipe. Use "Calories and Weight, the USDA Pocket Guide". The calories for one pound of ground beef have been averaged and set at 1,000 undrained and 850 drained. ALL contestants in the Low-Calorie Main Dish category should use one of these two figures

B. **One-Dish Meal** - A dish that provides foods from at least three of the four main food groups. Foods and food group should be stated on the recipe. Use "The Hassle-Free Daily Food Guide".

SCORING FACTORS

Recipe - 15 Points)

Does the recipe contain a minimum of one pound ground beef?

Taste - 50 Points

Does the finished dish have flavor which appeals to most people?

Appearance of Dish - 25 Points

Does the finished dish look appetizing?

Garnishes and accompaniments should not enter in scoring.

Ease of Preparation - 10 Points

Procedure is relatively uncomplicated.

Preparation will not take an excessive amount of time.

Ingredients are readily available and reasonably economical.

(Over)

GROUND BEEF COOKERY CONTEST

RECIPE FORMAT

- I. Name of recipe
- II. List of ingredients in order used in instructions.
 - a. If the ingredient is changed in any way (if ingredients require special preparation) put the word describing this change in the correct place. Ex: 1/4 chopped onions, not 1/4 onions, chopped.
 - b. Give measurements in common fractions.
 - c. Do not use abbreviations.
 - d. Do not use brand names.
- III. Instructions for combining ingredients.
 - a. Use clear instructions for every step of combining and cooking the ingredients.
 - b. Use short, clear sentences.
 - c. Use correct food preparation terms to describe combining and cooking processes.
 - d. State size of pan.
 - e. Give the temperature and cooking time.
 - f. Include the number of servings and calories per serving.
 - g. State cost and time needed for preparation of recipe.