

**4-H EGG COOKERY CONTEST  
TUESDAY, 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 Cookery in March.**

**A. Egg Cookery:**

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. The dishes should be served in the condition they were made to be served - hot or cold. Contestants must bring serving utensils. The entire dish must be exhibited.
3. Members will be allowed to enter dishes in two different categories, one dish per category.
4. A minimum of four (4) eggs should be used in the dishes. This can be four whites, four yolk or four whole eggs. (Four eggs must be broken.)
5. 4-Her's should bring one (1) copy of the recipe written or typed on note cards or small tablet paper. See attached recipe format.
6. The contest will include three (3) categories. A. Salad/Appetizer; B. Dessert; C. Main Dish.
7. 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 - Fort Polk Military 4-H Members 3<sup>rd</sup> grade and below (This division cannot compete for District.) Awards will be given in each division and a Grand Champion over all divisions will also be awarded.

**EGG COOKERY SCORING FACTORS  
FOR PARISH CONTESTS**

**Recipe** - 15 Points (5 points in Illustrated Talk)

Does the recipe contain a minimum of 4 eggs?

**Taste** - 50 Points (25 points in Illustrated Talk)

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

Keep in mind that eggs have a mild delicate flavor, and should not be over powered by seasonings.

Do the flavors blend together?

**Appearance of Dish** - 25 Points (15 points in Illustrated Talk)

Does the finished dish look appetizing?

Garnishes and accompaniments should not enter in scoring.

**Ease of Preparation** - 10 Points (5 points in Illustrated Talk)

Procedure is relatively uncomplicated.

Preparation will not take an excessive amount of time.

Ingredients are readily available and reasonably economical.

**Note:** Failure to follow contest rules will result in contestant being placed in last place.

For example: 1) Failure to use a minimum of 4 eggs. 2) Failure to display entire dish.

(OVER)

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## RECIPE FORMAT

- I. Name or 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 c. chopped onion, not 1/5 c. onion, 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.