

# DEPT 125 – FOODS & NUTRITION

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Superintendent: Mandy Clay

Premiums: Blue (1.75) Red (1.50) White (1.25) Pink (1.00)

## **General Rules**

1. Open class foods & nutrition is not open to 4-H and FHA exhibitors
2. Only one entry per exhibitor under each lot number
3. All entry forms must be sent to Cindy Van Dyk 904 131st Ave, New Richmond, WI 54017 by May 31

### **Class A – Yeast Breads & Rolls**

Bread should be half loaf (standard size). Rolls should be a plate of 3 items.

Lot No.

- |                      |   |
|----------------------|---|
| 1. White Bread       | 7. Cinnamon Rolls –No frosting, glaze or caramel                          |
| 2. Rye Bread         | 8. Hamburger Buns   |
| 3. Whole Wheat Bread | 9. Fancy Yeast Bread - ½ Tea Ring, Braid or loaf,<br>Frosted or Unfrosted |
| 4. Raisin Bread      | 10. Multi Grain Bread   |
| 5. Oatmeal Bread     | 11. Any other, identify on entry tag, include recipe                      |
| 6. Plain Rolls       |   |

### **Reserve Champion & Champion Yeast Breads & Rolls – Ribbon**

### **Class B – Yeast Breads (Break Maker)**

Yeast bread made with any brand of bread maker (1/2 loaf cut lengthwise)

Lot No.

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

### **Reserve Champion & Champion Yeast Breads – Ribbon**

### **Class C – Quick Breads**

Quick Breads should be half loaf (standard size). Muffins & biscuits should be a plate of 3 items.

Lot No.

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

### **Reserve Champion & Champion Quick Breads – Ribbon**

### **Class D – Pies**

Exhibit in approximately 4" Tart size/pot pie size pan

Lot No.

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

### **Reserve Champion & Champion Pies – 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.

**Write brand of mix on entry tag**

Lot No.

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

**Reserve Champion & Champion Package Cake Mix – 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 | 7. Zucchini  | 11. Yellow Cupcakes (3)                                       |
| 2. Chocolate  | 8. Any Other Cake, identify on entry tag, include recipe | 12. Any Other Cupcake – identify on entry tag, include recipe |
| 3. White      | 9. White Cupcakes (3)                                    |   |
| 4. Carrot     | 10. Chocolate Cupcakes (3)                               |   |
| 5. Yellow     |  |   |
| 6. Applesauce |  |   |

**Reserve Champion & Champion Cakes From Scratch – Ribbon**

**Class G – Cookies**

No frosting unless asked for. Plate of 3 with a max of 3” round

Lot No.

- |                  |                    |  |
|------------------|--------------------|--|
| 1. White - Soft  | 7. Chocolate Chip  | 12. Any Other Frosted, Identify on Entry Tag, include recipe   |
| 2. White - Crisp | 8. Icebox          | 13. Any Other Unfrosted, Identify on Entry Tag, include recipe |
| 3. Ginger        | 9. Unbaked         |  |
| 4. Chocolate     | 10. Snickerdoodles |  |
| 5. Peanut Butter | 11. M & M          |  |
| 6. Oatmeal       |                    |  |

**Reserve Champion & Champion Cookies – Ribbon**

**Class H – Bars**

No frosting unless asked for. Plate of three 2” x 2” square bars

Lot No.

- |                      |             |   |
|----------------------|-------------|---|
| 1. Brownies          | 4. Lemon    | 7. Any Other Frosted, identify on entry tag, include recipe |
| 2. Pumpkin - frosted | 5. Oatmeal  |   |
| 3. Date              | 6. Zucchini |   |

**Reserve Champion & Champion Bars – Ribbon**

**Class I – Foreign Foods**

Lot No.

- |  |   |
|--|---|
| 1. Foreign Cookie, identify on entry tag, include recipe | 5. Foreign Rolls (3), identify on entry tag, include recipe |
| 2. Lefse, 3  | 6. Rosettes, 3  |
| 3. Foreign Bread, identify on entry tag, include recipe  | 7. Any Other, identify on entry tag, include recipe         |
| 4. Foreign Cake, identify on entry tag, include recipe   | 8. Scones – Plate of 3                                      |

**Reserve Champion & Champion Foreign Foods – Ribbon**

**Class J – Candy**

Plate of 3 items

Lot No.

1. Cooked Fudge
2. Uncooked Fudge
3. Divinity
4. Caramels
5. Any Other, identify on entry tag, include recipe

**Reserve Champion & Champion Candy – Ribbon**

**Class K – Snacks**

Exhibit in sealed plastic sandwich bag

Lot No.

1. Trail Mix (2 cups)
2. Chex Mix (2 cups)
3. Granola (2 cups)
4. Carmel Corn (2 cups)
5. Beef Jerky (3 sticks)

**Reserve Champion & Champion Snacks/Appetizers – Ribbon**

**Class L – Decorated Cake**

May use actual cake or decorated pan

Lot No.

1. Decorated cupcakes (3)
2. Any Decorated cake

**Reserve Champion & Champion Decorated Cake – Ribbon**

**Class M – Microwave**

Lot No.

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

**Reserve Champion & Champion Microwave – Ribbon**

**Class N – Healthy Choices**

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

Lot No.

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

**Reserve Champion & Champion Healthy Choices – Ribbon**

**Class O – Gluten Free**

Can be from mix (must include brand of mix) or scratch (must include recipe)

Lot No.

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

**Reserve Champion & Champion Gluten Free – Ribbon**

**Reserve Grand Champion & Grand Champion Foods & Nutrition – Rosette**

### **Class P – Recipe Challenge**

Follow the recipe exactly as printed (no additions or substitutions). Enter as lot number describes.

#### **Lot 1 - 2017 – Glazed Lemon Zucchini Bread –Submitted by Cindy Croes**

2 cups cake flour	½ cup buttermilk
½ tsp salt	zest of 1 lemon
2 tsp baking powder	1 cup grated zucchini
2 eggs	<b>Glaze ingredients:</b>
½ cup canola oil	1 cup powdered sugar
1 1/3 cups sugar	2 Tbls lemon juice
2 Tbls lemon juice	1 Tbls milk

1. Mix flour, salt and baking powder in a medium bowl and set aside.
2. In a large bowl, beat eggs. Then add oil and sugar until well blended. Add lemon juice, buttermilk, lemon zest to this mixture and blend all together.
3. Fold in zucchini until it is mixed well.
4. Add dry mixture to the wet mixture and blend all together until well combined.
5. Pour batter into greased 9x5 loaf pan.
6. Bake at 350F for 40-45 minutes
7. While still warm, make glaze and spoon over the bread. Let the glaze set up before cutting and serving.

Lot No.

1. Enter Half Loaf (Standard size pan)

#### **Lot 2 - 2018 – Monster Cookies**

2 cups all purpose flour	1 whole egg
1 tsp baking soda	1 egg yolk
½ tsp salt	1 tsp vanilla
¾ cup (1 ½ sticks) unsalted butter, slightly softened	1 ½ cups old fashioned oats
1 cup brown sugar	1 cup peanut butter chips
½ cup granulated sugar	¾ cup semi-sweet chocolate chips
½ cup creamy or chunky peanut butter	¾ cup M&Ms

1. Preheat oven to 350 degrees and line a cookie sheet with parchment paper.
2. In a medium bowl, whisk together the flour, baking soda and salt.
3. In a large mixing bowl, cream together the butter, brown sugar, white sugar and peanut butter.
4. Add the egg, egg yolk and vanilla and mix well until creamy.
5. Slowly add the flour mixture until incorporated. Mix in the oats.
6. Stir in the peanut butter chips, chocolate chips and M&Ms. You can use a mixer or stir in by hand. Stirring in by hand makes sure that the M&Ms don't break.
7. Place balls of dough, around 1 ½ Tablespoons each, on the parchment sheet. You can hand place extra M&Ms on top, pressing slightly in, to give the cookies a professional look.
8. Bake for 9-11 minutes. Make sure not to overbake. The cookies will not be brown and will continue to cook as they cool on the pan.
9. Store in an airtight container. Makes around 2 ½ dozen.

Lot No.

1. Enter plate of 3 cookies.

**Grand Champion Recipe Challenge – Rosette & Cookbook donated by Open Class Committee**

**Class Q – Dried Foods**

Exhibit in sealed sandwich bag

Lot No.

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

**Reserve Champion & Champion Dried Foods – Ribbon**

**Food Preservation**

**Rules:**

1. Labels will be stapled to the back of the entry tag
2. All canned foods must be in standard canning jars.
3. Wash jars in vinegar before bringing to fair to remove lime deposits
4. Follow guidelines in *Wisconsin Safe Food Preservation Series* from University of Wisconsin – Extension or Ball Blue Books and **must be dated within the last three years.**
5. Remove Rings

Name of Product: _____
Date Processed: _____
Boiling Water Bath: Y / N _____ Time
Steam Pressure in lbs: _____ Time
Type of Pack: Hot / Cold
Source of Canning Guidelines _____
Year of Guideline Book _____ (within last 3 years)

**Class R – Canned Fruit**

Lot No.

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

**Reserve Champion & Champion Canned Fruit – Ribbon**

**Class S – Canned Vegetables**

Lot No.

- |                      |                     |                                      |
|----------------------|---------------------|--------------------------------------|
| 1. Corn, cut off cob | 5. Tomatoes, Whole  | 9. Carrots                           |
| 2. Yellow Beans      | 6. Barbeque Sauce   | 10. Spaghetti Sauce                  |
| 3. Green Beans       | 7. Tomatoes, Stewed | 11. Vegetable Juice                  |
| 4. Beets             | 8. Tomato Juice     | 12. Any other, identify on entry tag |

**Reserve Champion & Champion Canned Vegetables – Ribbon**

**Class T – Pickles & Relish**

Lot No.

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

**Reserve Champion & Champion Pickles & Relish – Ribbon**

**Class U – Jelly**

Display in regular jelly glasses with covers or standard canning jars

Lot No.

- |                  |                    |                                       |
|------------------|--------------------|---------------------------------------|
| 1. Plum          | 5. Grape           | 9. Apple                              |
| 2. Currant       | 6. Strawberry      | 10. Any other, identify on entry tags |
| 3. Red Raspberry | 7. Black Raspberry |                                       |
| 4. Crab Apple    | 8. Cranberry       |                                       |

**Reserve Champion & Champion Jelly – Ribbon**

**Class V – Jam**

Lot No.

- |                      |                   |                                     |
|----------------------|-------------------|-------------------------------------|
| 1. Red Raspberry Jam | 4. Peach Jam      | 7. Any other, identify on entry tag |
| 2. Blackberry Jam    | 5. Strawberry Jam |                                     |
| 3. Apple Butter      | 6. Blueberry Jam  |                                     |

**Reserve Champion & Champion Jam – Ribbon**

**Reserve Grand Champion & Grand Champion Foods Preservation (Class R – W) – Rosette**