

DEPT 125 – FOODS & NUTRITION

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 Jr. Fair exhibitors
2. Only one entry per exhibitor under each lot number
3. All Entries are due by May 31. Entry can be completed online at www.stcroixcofair.com or by mailing entry forms to Cindy Van Dyk 904 131st Ave, New Richmond, WI 54017

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,
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,
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,
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,
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 (Classes A-O)

Class P – Recipe Challenge

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

Lot 1 - 2019 – Molasses Spice Cookies with Orange Essence – Christina Rosencranz

2 1/4 cups (11.25 oz) all-purpose flour	1 teaspoon baking soda
12 tablespoons unsalted butter, softened	1 1/2 teaspoon ground cinnamon
1/3 cup packed (2 1/3 oz.) dark brown sugar	1 1/2 teaspoon ground ginger
1/3 cup (2 1/3 oz.) granulated sugar,	1/2 teaspoon ground cloves
plus 2/3 cup for rolling	1/4 teaspoon ground allspice
1 large egg yolk	1/4 teaspoon ground pepper
1/2 cup mild or robust molasses	1/4 teaspoon salt
1 teaspoon vanilla extract	3 teaspoons grated orange zest

Heat oven to 375 Line two baking sheets with parchment paper. Whisk flour, baking soda, cinnamon, ginger, cloves, allspice, pepper, and salt together in bowl.

Using mixer, beat butter, brown sugar and 1/3 cup granulated sugar on medium speed until pale and fluffy, about three minutes. Reduce speed to medium low, add egg yolk and vanilla, and beat until combined, about 30 seconds. Beat in molasses and 1 teaspoon grated orange zest until incorporated, about 30 seconds, scraping down bowl as needed. Reduce speed to low, add flour mixture until combined, about 30 seconds. Give dough final stir by hand to ensure that no flour remains and ingredients are evenly distributed.

Process 2/3 cup granulated sugar with 2 teaspoons grated orange zest in food processor until fragrant, about 10 seconds. Spread this processed sugar in shallow dish. Roll two tablespoons of dough into balls and then roll into zested sugar to coat; space 2 inches apart on prepared sheets.

Bake cookies until edges are set but centers are still soft and cracked, 10 to 12 minutes. Cool cookies on sheet for 10 minutes, then transfer to wire rack. Let cool completely.

Lot No.

1. Enter plate of 3 cookies.

Lot 2 - 2020 – Red Velvet Peppermint Thumbprints – Annette Sabol

1 C unsalted butter, softened	2 1/2 C all purpose flour
1 C sugar	3 Tbs. baking cocoa
1 large egg	1 tsp. baking powder
4 tsp. red food coloring	1/4 tsp. salt
1 tsp peppermint extract	2 C. white chocolate chips

1. Preheat oven to 350 degrees and line two baking sheets with parchment paper.
2. In a large bowl, beat butter and sugar together until light and fluffy. Beat in egg, red food coloring, and peppermint extract.
3. In separate bowl, whisk flour, cocoa, baking powder and salt, gradually beat into butter mixture.
4. Shape dough into 1' balls. Place 1" apart on prepared baking sheets and use a round teaspoon to make a deep indentation in each ball.
5. Bake 9-11 minutes or until set. Remove pans to wire racks to cool completely.
6. In a microwave, heat white chocolate chips in 30 second intervals, stirring after each one, until smooth. Spoon a teaspoon of filling into each cookie. Drizzle tops with remaining mixture. Let stand until set.

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 book **must be dated 2009 or later.**
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 _____ (2009 or later)

Class R – Canned Fruit

Lot No.

- | | | |
|------------------|-----------------|--------------------------------------|
| 1. Peaches | 5. Red Cherries | 9. Any other – identify on entry tag |
| 2. Red Raspberry | 6. Applesauce | tag |
| 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