



# Wyoming 4-H Food Cook Off

## Framework for Food Cook Off



### Eligibility/Rules:

1. Jr/Intermediate age division 8-13 years of age by January 1 of current year  
Sr age division 14-18 years of age by January 1 of current year
2. An individual can only enter on one team.
3. Teams consist of 2-4 members from the same age division.
4. Each team must supply their own equipment for the contest. Allowed equipment is listed ~ not all is required, **nothing can be added**. Equipment will be checked in and unapproved items will be removed.
5. Teams are allowed to use: (1) electric skillet and/or (1) single and/or (1) double hot plate and/or Rice/Vegetable cooker. Only 2 heating items allowed. No oven or microwave will be allowed.
6. Each team should dress appropriately for the preparation of food (no full or draping sleeves; closed-toe shoes only; hair appropriately restrained, etc) Each team can coordinate clothing, aprons, etc.
7. Teams will bring all ingredients needed, except the meat source. All ingredients will be prepared during the contest ~ no pre cut, pre measured, or pre cooked food/ingredients allowed.
8. First place Senior Team is eligible for a state learning opportunity with master chefs (TBD) or trip to National Food Cook Off in Texas if available and warranted.
9. No communication with coaches or parents during contest or team will be disqualified. Questions can be directed to Food Cook Off Coordinators.



EXTENSION

Contact Gretty at 307-568-4160

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## Contest Procedures:

### Senior Team Responsibilities:

Bring tote with supplies and ALL ingredients  
(excluding meat)

Create a **Family Traditional** entrée using : **Substitutions**  
(Ideas Attached – you can use any of the examples  
or one of your own) **Recipe emailed by June 1.**

**Mystery Ingredient will be supplied by the committee.**

Prepare entree, plan presentation, determine cost  
of dish and clean up assigned area in 1 hour.

Teams will be evaluated on team work, food safety,  
skills, in addition to a 5 minute interview judging

Interview Judging Presentation should include:

Knowledge of My Plate, Nutrition Knowledge,  
Chronic Disease Prevention, Food Preparation,  
Safety Concerns, and Practices, Recommended  
Serving Size, Information, and Cost Analysis of the  
Entree.

Appearance, Creativity, Effective Communication  
and Team Work will be scored.

Dessert or salad plate size is recommended for  
presenting.



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## Contest Procedures Continued:

### Senior Team Responsibilities:

Resources available during contest: (no cell phones)

Choose My Plate ~ 10 Tips to a Great Plate

Fight Bac ~ Fight Foodborne Bacteria Brochure

Nutrient Needs at a Glance

Plain, white paper

Grocery Receipts (bring your own)

\*\*\*\*Participants will be able to wash dishes at each station. Participants need to supply own paper towels, washcloths, dish soap and towels. Surface sanitizer is encouraged. (bleach water in spray bottle or Lysol wipes) Stoves, ovens, microwaves nor refrigerators will **NOT** be available for use.



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## COMMON SUBSTITUTIONS (Ideas – Examples)



- Baking powder: 1 teaspoon baking powder = 1/2 teaspoon cream of tartar plus 1/4 teaspoon baking soda
- Brown Sugar: 1 cup brown sugar = 1 cup granulated sugar plus 2–3 teaspoons molasses
- Buttermilk: 1 cup buttermilk = 1 tablespoon vinegar or lemon juice plus enough milk to equal 1 cup. Let stand 5 minutes to thicken. Or use 1 cup plain yogurt.
- Chives: Use scallion tops
- Chocolate: 1 ounce unsweetened chocolate = 3 tablespoons unsweetened cocoa powder plus 1 tablespoon vegetable oil
- Cornstarch (for thickening): 1 tablespoon cornstarch = 2–3 tablespoons all-purpose flour or rice flour
- Flour (cake): 1 cup cake flour = 1 cup minus 2 tablespoons all-purpose flour, plus 2 tablespoons cornstarch
- Flour (self-rising): 1 cup self-rising flour = 1 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/4 teaspoon salt
- Milk: 1 cup whole milk = 1/2 cup heavy cream or evaporated milk plus 1/2 cup water, or 3/4 cup half and half plus 1/4 cup water
- Sour cream: 1 cup sour cream = 1 cup whole milk yogurt
- Vanilla extract: Use the same amount of maple syrup



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## Contest Procedures:

### Junior/Intermediate Team Responsibilities:

Bring tote with supplies and ALL ingredients (excluding meat)  
Teams will choose a **Family Traditional** recipe and emailed by  
**June 1.**

### NO LATE ENTRIES

A mystery ingredient will be provided.

Teams may alter, add, or substitute ingredients (not required)

Prepare entree, plan presentation, determine cost of dish and clean up assigned area in 1 hour.

Teams will be evaluated on team work, food safety, skills, in addition to a 5 minute interview judging.

Appearance, Creativity, Effective Communication and Team Work will be scored.

Dessert or salad plate is recommended for presenting.



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## Contest Procedures Continued:

### Junior/Intermediate Team Responsibilities:

Interview Judging Presentation should include:  
Knowledge of My Plate, Nutrition Knowledge,  
Chronic Disease Prevention, Food Preparation,  
Safety Concerns, and Practices, Serving Size  
Information, and Cost Analysis of the Entree.

Appearance, Creativity, Effective Communication  
and Team Work will be scored as well.

Resources available during contest: (no cell phones)  
Choose My Plate ~ 10 Tips to a Great Plate  
Fight Bac ~ Fight Foodborne Bacteria  
Brochure, Nutrient Needs at a Glance  
Plain white paper  
Grocery Receipts (Bring your own)

\*\*\*\*Participants will be able to wash dishes at each station.  
Participants need to supply own paper towels, washcloths,  
dish soap and towels. Surface sanitizer is encouraged. (bleach  
water in spray bottle or Lysol wipes) Stoves, ovens,  
microwaves nor refrigerators will **NOT** be available for use.



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## Tips for Success:

Practice Practice Practice ~ ask for guidance: 4-H Educator, local chefs, or 4-H Leaders

Participate in Mock Cook Off Contests ~ county and/or area

Utilize ALL Team Members: planning, washing, chopping, cooking, preparing interview presentation information, communicate with each other, cleaning area ~ be a TEAM

Make a PLAN: delegate

Double Check Equipment Tote ~ practice cooking with Electric Skillet and hot plate burner practice using the can opener, thermometer, etc

Options: TEAM matching aprons, shirts, chef hats

Be Creative ~ Have FUN!

## State 4-H Office/Committee Responsibilities:

Provide location to participate

Provide Power Strips and Extension Cords

Provide Mystery Ingredient for Senior and Junior Teams

Provide judges: for observing food prep and for presentation of entrée



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# Wyoming 4-H Food Cook Off

## Senior Supply List



**Bring only what is needed for recipes**



Each team will bring an equipment tote containing **ONLY ONE** each of the following items, unless noted:

Beverage Glass	Measuring Spoons (2 Set)
Bowls: Dip Size (1)	Non-stick Cooking Spray
Mixing (2)	Note Cards (3x5)
Serving (2)	Paper Towels (1 Roll)
Calculator	Pancake Turner
Can Opener	Pencils (No Limit)
Cookie Sheet	Plastic Box and Trash Bags for
Colander	Dirty Equipment
Cutting Board (3)	3 Pots with Lids
Disposable Tasting Spoons	Potato Masher
Dry Measuring Cups (1 Set)	Sanitizing Wipes (1 Container)
Electric Skillet	Potato Peeler
Extension Cord/Power Strip	Dessert Serving Plates (2)
Food Thermometer	Serving Utensils
Forks (2)	Skewers (1 Set)
Gloves	Spatulas (2)
Liquid Measuring Cup (2 Cup Size)	Stirring Spoons (6)
Hand Sanitizer	Storage Bags (1 Box)
Hot Pads (up to 5)	Tongs
Kitchen Shears (1 Pair)	Two Single-Burner Hot Plates OR
Kitchen Timer	one Double-Burner Plate (Electric)
Knives (4)	Whisk
Rice/Vegetable Cooker	Zester/Grater
Meat Chopper	Slotted Spoon



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## Junior/Intermediate Supply List



**Bring only what is needed for recipes**

Each team will bring an equipment tote containing **ONLY ONE** each of the following items, unless noted:

Beverage Glass	Measuring Spoons (2 Set)
Bowls: Dip Size (1)	Non-stick Cooking Spray
Mixing (2)	Note Cards (3x5)
Serving (2)	Paper Towels (1 Roll)
Calculator	Pancake Turner
Can Opener	Pencils (No Limit)
Silverware Knives (2)	Meat Chopper
Colander	Whisk
Cutting Board (3)	3 Pots with Lids
Disposable Tasting Spoons	Potato Masher
Dry Measuring Cups (1 Set)	Sanitizing Wipes (1 Container)
Electric Skillet	Potato Peeler
Extension Cord/Power Strip	Dessert Serving Plates (2)
Food Thermometer	Serving Utensils
Forks (2)	Skewers (1 Set)
Gloves	Spatulas (2)
Liquid Measuring Cup (2 Cup Size)	Stirring Spoons (6)
Hand Sanitizer	Storage Bags (1 Box)
Hot Pads (up to 5)	Tongs
Kitchen Shears (1 Pair)	Two Single-Burner Hot Plates OR one Double-Burner Plate
Kitchen Timer	Zester/Grater
Knives (4)	Rice/Vegetable Cooker
Hand Chopper	



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