STATE FAIR 4-H EGG PREPARATION DEMONSTRATION CONTEST QUALIFIER

Wednesday, August 25, 9 a.m. (check-in 8:00 a.m.)

Winner to represent California at the National 4-H Poultry and Egg Conference in Louisville, Kentucky Entries must be postmarked on or before July 15, 2004

Please send all completed Entries to:

Dr. Francine Bradley
Dept. of Animal Science
One Shields Ave. UC Davis
Davis, CA 95616-8521

The 2004 Qualifying rounds for the National 4-H Preparation Demonstration Contest will be hosted in conjunction with the University of California Cooperation Extension at the California State Fair.

Rules for the 4-H Egg Preparation Demonstration Contest Qualifier

1. Juniors (under 14 years of age as of January 1, 2004) will be allowed to enter for experience, but cannot represent California in Louisville.
2. Must be a Senior 4-H member between the ages of 14-18 years as of January 1, 2004.
3. Submit a typed copy of your recipe:
4. Submit a typed text of everything the member will say while presenting a demonstration on the preparation of the dish. The demonstration must be no more than 12 minutes in length. An additional 3 minutes will be provided for the judges to ask question. 4. Bring the prepared dish from home and be prepared to demonstrate the preparation of this dish in front of the judges. The demonstration must include the following. a. Information on eggs: nutritional value, preparation, and storage, functional properties, grading and sizing, production, versatility and economics of cooking with eggs. b. Steps in preparation of the dish. c. A finished dish (prepared at home). Judges will sample each finished product at the conclusion of each demonstration.
5. The egg dish may utilize prepared packages of food ingredients (i.e. grated cheese) or canned items (i.e. tomato paste)
6. Each contestant will furnish all supplies for the demonstration.
7. Easels will be provided for the demonstration. Only table top displays will be allowed. No slides or videos will be allowed. All props and visuals must be displayed on the demonstration table or easels. No additional tables will be allowed.
8. Posters displayed must be the work of the contestant.
9. No contestant will be allowed to have any means of identification as to his/her name on their person or posters or demonstration materials.
10. Contestants will work alone.
11. Contestants will be assigned an 8 ft work table for use in the preparation area. A 6 ft table will be assigned for the presentation of the prepared dish.

Seriously interested contestants should contact Dr. Bradley's assistant at 530-752-9040 and ask for the complete rules governing the National 4-H Poultry and Egg Preparation Demonstration Contest Rules. Recipe and portion size rules as well as decoration information can be obtained in the complete rules of the National Contest.
2004 REGISTRATION FORM

EGG PREPARATION DEMONSTRATION CONTEST

Entire entry must be typed

Entry Form – Entries close July 15, 2004

Contestant Name
___________________________________

Address
___________________________________

City/State/Zip
___________________________________

Birthday

Month/Day/Year

Social Security No.
___________________________________

Telephone Number
___________________________________

Affiliation (check one)

4-H    FFA    Grange    Independent

1. Recipe Name: _____________________________________________________

2. A brief description of the recipe:_______________________________________
   ___________________________________________________________________
   ___________________________________________________________________

3. Please type a complete recipe following directions given in National Contest
   Rules #8, #9 and #22. This recipe will be submitted to the judges as typed.

   Attach as a separate page.

4. Typed text of everything you will say while presenting a demonstration on the preparation of your
   recipe.

   Attach a separate page.

Juniors (under 14 years of age as of January 1, 2004) will be allowed to enter for experience, but cannot
represent California in Louisville.
Seniors must be between the ages of 14-18 years as of January 1, 2004.
Contest is open to all youth.
Top senior 4-H member qualifier to represent state at 4-H national contest.
5. The contestant has (check blank)

___ Provided birth date
___ Provided Social Security
___ Recipe Name
___ Brief description of recipe
___ Complete Recipe
___ Text of demonstration talk

Signed________________________________________________

Name_________________________________________________ Parent/Leader

Return this form to: Dr. Francine A. Bradley
If you have any questions, contact:
Animal Science Department
University of California
One Shields Avenue
Davis, CA 95616-8521

Dr. Francine A. Bradley
Tel: (530) 752-6316
Fax: (530) 752-8960
No e-mail
National 4-H Poultry & Egg Conference

National 4-H Poultry & Egg Conference

Egg Preparation Demonstration Contest
(Special Awards Provided by various State Egg Promotion)

Purpose of the contest:
1. To develop
2. To acquire storage, fun.
3. To develop
4. To learn
5. To use sound

Rules and Inform

1. Each state is eligible for the purpose of providing information on: Recipe and Portion Size rules and on Decorations.

2. Appropriate contestant entry form must be submitted by designated deadline. All information requested on this sheet must be provided, including copy of recipe, appliances needed and times, and total preparation time needed in the kitchen prior to the presentation. Failure to submit all information may result in inconvenience for contest. Scheduling of appliances and presentation times are prepared using this information.

3. The contestants will be scored according to the points listed and described in the sample judges score card.

4. Each participant must present a demonstration on the preparation of an egg dish.

5. The demonstration must include the following:

   • Information of eggs: nutritional value, preparation and storage, functional properties, grading and sizing, versatility and economics of cooking with eggs.

   • Steps in preparation of the dish.

   • A finished dish ready for sampling. This must be prepared in the contestant's kitchen facilities on the day of the contest. Preparation may be prior to the demonstration or during the actual demonstration, depending on the nature of the dish. No contestants may prepare any portion of their dish outside the contest-site facilities.

   • Judges will be served and will sample the finished product at the end of each demonstration. Paper plates and bowls and plastic utensils will be provided and these must be used when serving the judges. Contestants may not give anything to the judges except their recipe (see rule 8) and a sample of their finished product.

6. The demonstration must be no more than 12 minutes in length. Contestants will be permitted to finish the demonstration. If the presentation is two (2) minutes or less longer than the specified length, two (2) points will be deducted from the total score. If the presentation is from two (2) to five (5) minutes longer than the specified length, five (5) points will be deducted from the total score. If the presentation exceeds five (5) minutes longer than the specified length, ten (10) points will be deducted from the total score.
7. The contestant must have demonstrated the selected recipe no less than six (6) times prior to the contest.

8. At the time of the demonstration each contestant must submit to the judges and superintendent five (5) copies of the recipe used in the demonstration. This recipe must not contain the name of the contestant or the state represented. Recipes should meet criteria described in rule 22. Recipe Includes the Following Parts.

9. The egg dish must contain a minimum of:
   - 1/2 egg per serving if the dish is classified as an appetizer or snack.
   - 1/2 egg per serving if the dish is classified as a dessert.
   - 1/2 egg per serving if the dish is classified as a beverage.
   - One (1) egg per serving if the dish is classified as a salad or main dish.
   - Numbers above represent eggs to be broken, however, use of the entire egg is not required. For example, a dessert serving six people may be made with three egg whites.

10. The egg dish recipe may utilize prepared packages of food ingredients (i.e., grated cheese) or canned items (i.e., tomato paste).

11. Each contestant will furnish his or her own supplies for the demonstration EXCEPT the contest committee will provide eggs, range, oven, microwave oven, and refrigerator necessary for preparation of the egg dish.

12. Easels will be provided for the demonstration. Only posters and table-top displays will be allowed. No slides or videos will be allowed. All props and visuals must be displayed on the demonstration table or easels. No additional display tables will be allowed.

13. Posters displayed must be the work of the contestant. Contestants may use notes or outlines to assist them, but reading from notes may hurt presentation scores.

14. No contestant will be allowed to have any means of identification as to his or her name or the state they represent either on their person or on their posters.

15. The preparation room will be off limits to everyone except the contestants and egg preparation room staff.

16. Contestants will work alone in the contest preparation room unless an emergency arises, in which case they will be assisted by the preparation room staff.

17. All contestants must remain in the preparation room until after their demonstration. Contestants who have completed their demonstrations cannot discuss judges’ questions with other contestants until the contest is completed.

18. Contestants will be assigned an 8 foot table for use in the preparation area and for use as a front table in the demonstration. The contest committee will assist in moving this table from the preparation room to the demonstration area. A second 8 foot back table is available in the demonstration area. Table cloths will be provided; however, contestants may use their own.

19. Each contestant is responsible for clean up after his or her demonstration.

20. In case of a tie, the tie will be broken by the following method, in the order listed:
   - The contestant with the highest score in "Presentation and Skill" will win.
   - The contestant with the highest score in "Program Content" will win.
   - The contestant with the highest score in "Product" will win.
   - A method will be decided upon by the contest committee.
21. Score sheets for Egg Preparation Contest

22. Recipe includes the following parts:

- Name of recipe
- List of ingredients - listed in order they are used in the instructions.
- Measurements given in common fractions.
- No abbreviations used.
- No brand names used.
- Instructions for combining ingredients.
- Clear instructions for every step of combining and cooking the ingredients.
- Short, clear, concise sentences.
- Correct food preparation terms to describe combining and cooking process.
- Size of pan stated.
- Temperature and cooking time stated.
- Number of servings and calories