

Stir-Ups - 2018 Guidelines



When: April 21st, 2018

Where: Bozeman High School or Herrick Hall Food Lab, MSU.

Participants: Individuals or teams of two. Teams must be the same age category for competition. Juniors are 4-H Age 8-10, Intermediate 11-12, or Seniors are 4-H age 13+ and older. 4-H age is age on October 1, 2017. The County Stir-Ups contest is a qualifying event for Senior teams and individuals wishing to compete at the Montana Congress 4-H Stir-Ups Contest held in Bozeman July 10-13, 2018

Purpose: To prepare an appealing, nutritious meal using food safe techniques.

Theme: Stir-ups this year will highlight dishes using the stir-fry method of cooking. Stir-fry is a fast fresh way to cook a quick, nutritious meals. Recipes range from the simplest to more complicated combinations of ingredients which showcase healthy produce. Creativity is the key to unique stir-fries – there is no reason to stick to traditional ingredients.

Time Frame:

Meal preparation and cleanup: up to 60 minutes

Presentation/Interview: 15 minutes

Ingredients: Contestants will be responsible for all food and supplies needed in their dish. This includes main ingredients, staples (flour, oil, sugar), and spices/herbs.

Contestants will prepare a dish that is visually appealing, nutritious and shows creativity. Contestants should use effective work habits and sanitary food preparation practices. **No pre-preparation of the meal is acceptable** (i.e. cutting meat, chopping vegetables, etc...) all work is to be done by the contestants the day of the contest.

Following the preparation of the meal the contestant(s) will present an oral presentation to judges. Oral presentation: should address proper table setting; selection of dish; preparation process; nutritional value of dish; and overall learning. Judges will ask more questions about your dish during/after the presentation.

Contestants will bring all materials needed to make your dish (ingredients, bowls, cutting board, pots, pans, mixers, utensils for cutting, mixing etc.). In order to compete you must come with all materials and ingredients for your dish.

You are making one dish that will be done and prepared at the Stir-Ups and presented on one plate for the judges. You do not need to make side dishes, dessert, etc. **Bring a plate to present your dish on to the judges.**

Questions? Re-read all of the information first, then contact the contest Coordinator:

Kelly Pavlik, kelly.pavlik@barnard-inc.com or text: 600-1016

Stir-Ups

Contest Score Sheet

Name: _____

Name: _____

Dish Being Prepared: _____ Start Time: _____ End Time: _____

	Points Possible	Score	Comments
SIMPLICITY: Can this recipe be easily made by a person with "average" cooking skills? Creative use of commonly found foods?	20		
APPEAL: Has appetizing appearance, aroma, and flavor Includes variety or contrast in color, texture, flavor, etc. Does the dish show creativity in blending the concepts of being quick to prepare and also nutritious?	20		
EFFECTIVE WORK HABITS: Uses effective time management techniques Uses correct food preparation skills (meat...) Uses proper safety and sanitation skills (washed hands) Leaves kitchen clean Coordinate efforts and work as a team, if applicable	20		
NUTRITION: Is the portion appropriate? Dish does not contribute excessive amount of fat, sugar, or salt? Is the dish an overall healthy dish?	20		
PRESENTATION: Answers are clear, concise, detail given, and answered every question Eye contact was maintained during interview Introduced self and thanked judge Dressed appropriately Information known: -selection of dish (why you chose this dish and why or why it wouldn't be a good meal to prepare every week) -preparation process (describe dish chosen) -nutritional value of dish (what did you discover) -overall learning and cooking experience (how often do you cook? What is your favorite dish(es) to cook? Both team members participate in presentation (<i>if applicable</i>)	20		
TOTAL SCORE	100		