

# HEMLOCK FAIR BUILDING EXHIBITS 101

**Food Exhibits - Baked Items**

## CONSUMER & FAMILY SCIENCES

### **SECTION 21: FOOD & NUTRITION**

#### General Guidelines:

- ☞ All baked entries must have been baked from scratch by exhibitor. No ready-made, refrigerated or frozen dough, pastry crust, or box mixes permitted.
- ☞ Exhibits requiring refrigeration (cream or custard-based pies, cream cheese, cakes) are not allowed.
- ☞ Our goal is to encourage the mastery of skills. Fewer ingredients generally means a simpler recipe. The more experienced 4-H member is encouraged to exhibit a more difficult recipe. Exhibitors are encouraged to not exhibit in the same class year after year in order to demonstrate mastery of new skills.
- ☞ Demonstrate good nutritional choices in your recipe. Recipe may not include alcohol (this does not include vanilla which is a standard ingredient) as one of the ingredients.
- ☞ An exhibit is 3 samples of small items (cookies, muffins, cupcakes, rolls, breadsticks, pretzels, or similar products); ½ of large item (loaf bread, cake, coffee cake, or similar products); or whole item if needed to convey appearance of product (pie, animal-shaped bread, or similar products).
- ☞ Bread (both loaf and yeast) should be baked in a standard sized loaf pan (8½" x 4½").
- ☞ Remove all items from baking pans (except pies) and exhibit on paper plates or foil-wrapped cardboard. Exhibit must be covered with plastic resealable baggies – no plastic wrap. Do not bake muffins or cupcakes in paper liners.
- ☞ Include recipe card (product name, ingredients with quantity, preparation steps, yield, source of recipe) with all baked entries. Indicate how recipe was modified to make it healthier.
- ☞ May enter up to 2 different items per class for classes 02-25. In class 01, you may enter up to 4 cookies. A recipe can only be entered in one class in Food & Nutrition Section.

*CLASSES 01-26: EXCELLENT 5 • GOOD 4 • WORTHY 3*

## FOOD EXHIBITS HAVE SPECIFIC GUIDELINES

The Fair Book will have all the up to date guidelines you need to follow. Guidelines are listed at the beginning of each Section with additional details sometimes given in the class description.

In addition to the baked items, each exhibit will need an Entry Tag and Recipe Card.

#### Class No.

#### COOKIES

- ✓ 1. **DROP OR HAND-SHAPED, PRESSED, PAN-BAKED, ROLLED, OR REFRIGERATOR COOKIES** - Examples: drop-chocolate chip, applesauce, oatmeal; hand-shaped peanut butter, snickerdoodles, crinkles; pan-baked date bar, pumpkin bar, brownies, layered fruit bars; or other batter cookie. No frosting or added decorations that are not part of the recipe. Hand-shaped cookies can be rolled in sugar if part of recipe.

Example of extra details in the Class description.



cookies



tarts



muffins



rolls

Examples of small baked items.  
Don't forget to place on a disposable plate  
and place inside a plastic baggy.

COOKIES - ALL TYPES  
MUFFINS  
BISCUITS  
ROLLS  
CUPCAKES  
TARTS

Select 3 of your best items. They  
should be similar in size and  
appearance.

Place items on a disposable plate  
or foil covered cardboard and  
place inside a sealable plastic  
bag. Do NOT use plastic wrap.

Do NOT use paper liners for  
cupcakes or muffins.

No ready-made ingredients (mixes,  
doughs, etc.) or refrigerator items  
allowed.



## LOAF BREAD QUICK BREAD CAKE

Bread should be baked in a **standard** size loaf pan, **not** a *mini* loaf or shaped loaf pan.

Cake should be baked in an 8 or 9 inch round or square pan or tube pan when appropriate. Do NOT use frosting.

To create your exhibit, remove the bread or cake (when cool) from the pan and cut in half. Place  $\frac{1}{2}$  the bread or cake on a disposable plate or foil covered cardboard and inside a sealable plastic bag (do NOT use plastic wrap).

Don't forget to include your recipe with the Entry Tag.



Remove half the cake



## WHOLE ITEMS- PIES SHAPED BREAD DECORATED CAKE

The appearance of some larger items, like pies, hand-shaped bread and decorated cakes may be important. Therefore, the exhibit should be the entire item.

Pies should be baked in a disposable pie pan larger than 6" in diameter. Pies that require refrigeration are not allowed.

Shaped breads and decorated cakes should be placed on disposable plates or foil covered cardboard.

Don't forget your recipe with your Entry Tag.

## AFTER JUDGING

Your exhibit will be tasted by the judges, but not all your exhibit is eaten by the judges. The extra can be donated to the bake sale in the Exhibit Building. The judges may hold on to all food exhibits and your extra items will automatically go in the bake sale. If the judges return your items, please drop them off just inside the Exhibit Building (counter on the right side) when you enter. All money collected is used to buy ribbons and awards.

You can proudly display your ribbon with the Entry Tag and recipe in your display space in the Exhibit Building.





Cookies- Peanut Butter Blossoms



Muffins- Blueberry



Loaf Bread- Blueberry



Cake with Nutritious Ingredients- Butternut Squash Spice Cake

## COMMON MISTAKES

Look at the exhibits in the picture.  
Can you find the mistake?

Answers are on the next slide.



Cookies- Peanut Butter Blossoms



Muffins- Blueberry



Loaf Bread- Blueberry



Cake with Nutritious Ingredients- Butternut Squash Spice Cake

## COMMON MISTAKES

Did you find all the mistakes? Answers:

### Cookies:

**Mistake:** Displayed on regular plate

**Correction:** Use paper or foil covered cardboard. Also cookies shouldn't sit on each other.

### Muffins:

**Mistake:** Used paper liners

**Correction:** Do not use paper liners

### Loaf Bread:

**Mistakes:** Used paper liners, added frosting and these are mini loaves.

**Corrections:** No paper liners or frosting and use regular size loaf pan (selecting only 1/2 of the loaf).

### Cake:

**Mistakes:** Used a cake stand, kept full size cake, frosted the cake and added toppings.

**Corrections:** Use paper plate or foil covered cardboard, select only 1/2 of the cake, no frosting or toppings.