

Montana 4-H Congress
4-H STIR-UPS CONTEST GUIDELINES
Updated 5/10/2018

PURPOSE: To prepare an appealing, nutritious meal that can be prepared easily by using common ingredients available in many homes. Meal should be prepared using food safety techniques and reflect creative use of ingredients. The presentation should exhibit knowledge of the foods prepared and excellent public speaking and use of visual aid skills.

THEME: Stir-ups this year will highlight skillet dishes. Skillet dishes are a fast fresh way to cook a quick, nutritious meal in just one pan. Often they are cooked in cast iron skillets but this is not a requirement of the contest. Recipes range from the simplest to more complicated combinations of ingredients which showcase healthy nutritious meals with the advantage of ease of preparation. Creativity is the key to unique skillet dishes – there is no reason to stick to traditional ingredients

PARTICIPANTS: Individuals or teams of two. Team members should divide work and interview responses equally. An uneven distribution of work will impact the evaluation. Both individuals and teams will receive one score per judge.

TIME: Meal preparation and cleanup: *60 minutes* Presentation: *15 minutes*. One point/per minute will be deducted from total score for going over 60 minutes preparation time.

DEFINITIONS:

- **Provided Ingredients:** ingredients provided by contest for members to use. Keep in mind that this contest follows a loose “Chopped” format. Ingredients will be provided but they may not be exactly what your recipe calls for. For instance, you might need green peppers but red peppers are provided. You might hope for chicken but pork is provided. Ultimately, your cooking and adaptation skills will be put to the test as you work to prepare your dish.
- Contestants must use at least five provided ingredients in dish. County contests may choose to have members provide their own ingredients from the list to simplify planning. Ingredients will be provided for the contest at the Congress Stirrups Contest. **Congress contestants should not bring their own ingredients from the provided ingredients list. (You are responsible for your mystery ingredients)**
- **Pantry Ingredients:** Staple ingredients that will be provided by contest and may be utilized by contestants. Pantry will include *chicken or beef stock, canned tomatoes, flour, yeast, vegetable oil, spray oil, salt, and pepper, baking soda, baking power, cornstarch and sugar*. Onions and garlic are also included in the pantry. Refrigerated pantry items include *butter, milk and eggs*. County contests may choose to have members provide their own pantry ingredients to simplify planning.
- **Mystery Ingredient:** Ingredient provided by contestant to augment other ingredients. Contestant must use at least one mystery ingredient and may use up to three.
- **Spices/herbs:** Contestants may provide their own spices/herbs as needed. Spices/herbs (fresh or dried) do not count as a mystery ingredient.

Contestants will prepare a dish utilizing at least five of the provided ingredients (listed below) and at least one and up to three mystery ingredients. Additionally, contestants may use any number of pantry ingredients and spices. The dish should be visually appealing, nutritious and show creativity. Contestants will prepare two competitive plates for the food judges and one plate to use as a visual in their educational

presentation.

Contestants should use effective work habits and sanitary food preparation practices. Following the preparation of the meal the contestant(s) will present an oral presentation to judges. Oral presentation: should address selection of dish; preparation process; nutritional value of dish; potential alteration; overall learning. This presentation should be designed following the illustrated talk format with visual aids and include a sample of the dish prepared.

Suggested County Contest 2018

Prepare a main dish using the Stir-Fry method of cooking utilizing five of the following ingredients.

- Shiitake Mushrooms
- Snap Peas
- Cashews
- Craisins
- Peppers
- Chicken
- Bok Choy
- Ramen Noodles
- Udon Noodles
- Shrimp
- Coconut or coconut milk
- Edamame
- Avocado

Montana 4-H Contest 2018

Prepare a dish following the Skillet Dish theme utilizing at least (but not limited to) five of the following ingredients.

- Peppers
- Pork
- Beans
- Cheese
- Pasta – Tortellini
- Apple
- Kielbasa
- Squash
- Sweet Potato
- Kale
- Brussel Sprouts
- Canned tomatoes
- Capers
- Frozen corn

AWARDS:

Two (2) participants or teams with the highest numerical scores from the finals will be awarded a trip to National 4-H Congress. Delegates who previously received a trip to National 4-H Congress may participate in the contest, but will not receive a second award trip.

Montana 4-H Congress Participants that are 13 years of age **are permitted** to compete in the state contest at the discretion of the County. However, they may not be eligible for an award trip due to age requirements set by the national/regional event. They do not lose their eligibility and can compete in future years to again earn eligibility for a national award trip.

Montana 4-H Congress
4-H STIR-UPS CONTEST EVALUATION

Name: _____ County: _____

Name: _____ County: _____

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

	Points Possible	Score	Comments
SIMPLICITY: Can this recipe be easily made by a busy person with "average" cooking skills? Use of foods provided Used at least five ingredients from list Used at least one mystery ingredient	25		
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 Uses proper safety and sanitation skills 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		
Oral Presentation: Addresses: -selection of dish -preparation process -nutritional value of dish -potential alterations -overall learning Both team members participate in presentation if applicable	15		
Subtract any points for going over time			
TOTAL SCORE			

Name of Evaluator: _____