



Creative Cooks Contest

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Contest date: Saturday, **August 27**

Location: Colorado State Fair Grounds, 4-H Home Economics Building

Registration: 4-H Home Economics Building

Check-In: Juniors will compete first, followed by their awards, then Intermediates, followed by their awards and then Seniors, followed by their awards.

A tentative schedule will be emailed to all contestants during the week prior to the contest.

Registration Deadline:
August 8

Recipes **must** be included with entries. Recipes not received by **August 9** will not be included in the Creative Cooks cookbook.

Each county office will issue **one check payable to CSU Extension for county entry total.**

Mail by **September 30** to:
State Fair Contests
CSU State 4-H Office
4045 Campus Delivery
Fort Collins, CO 80523-4045

Participant's Entry Fee: \$10, which includes one cookbook **on a jump drive.**

Eligibility:
Contestants must be regularly enrolled 4-H members but do not have to be enrolled in a 4-H Foods project.

Counties may enter one entry in each age division as listed for a maximum of 12 entries.

Divisions
Juniors: 8-10 years of age
Class 431 Individual
Class 432 Team
Class 433 Colorado Specialty Individual
Class 434 Colorado Specialty Team

Intermediates: 11-13 years of age
Class 435 Individual
Class 436 Team
Class 437 Colorado Specialty Individual
Class 438 Colorado Specialty Team

Seniors: 14-18 years of age
Class 439 Individual
Class 440 Team
Class 441 Colorado Specialty Individual
Class 442 Colorado Specialty Team

Age divisions are determined by age as of December 31 of the previous year.

A team shall consist of two 4-H members. They may be from different age divisions, but they must compete in the age division of the oldest team member.

Contestants may enter as an individual or as a member of a team, but not both. Contestants participating in other contests may still participate in Creative Cooks if they can arrange to be available for the judging period for their age group and before the judges begin final consultations.

Check-In: 4-H Home Economics Building, West door

Juniors will compete first, followed by their awards, then Intermediates, followed by their awards, and then Seniors, followed by their awards.

A tentative schedule will be emailed to all contestants during the week prior to the contest.

Criteria – Contestant/Team will:

1. Plan a menu for a meal (for example, but not limited to, breakfast, brunch, lunch, dinner, barbecue, picnic, high tea, campout, sports game, holiday, or birthday party).
2. Create a table or serving display around a theme, occasion, or activity and your meal. The display must include and involve the following:
 - Fit into the allowed a 48" square for a display area. All props must fit within the designated space.
 - Contestant(s) provides a card table if needed; must fit within 48" square.
 - One place setting appropriate for the meal planned.
 - A menu displayed on any stiff medium (foam board, tile, chalk board, framed, etc.) detailing the entire menu (no larger

than 8-1/2"x11"). It is helpful if the menu can stand alone.

-Centerpiece. No food, real or artificial, will be used as a centerpiece or part of a centerpiece.

-Appropriate serving dishes and utensils.

3. Prepare, bring, and display one serving of a food item from the menu. This display will show how you would serve this dish, including garnishes, etc.

Guidelines:

-No commercially prepared food is accepted.

-Juniors and Intermediates should not prepare deep fat fried foods due to safety concerns.

-Display the food prepared on the proper plate or bowl on your table setting.

-Adults cannot help contestant(s) do prep work in the contest kitchen or set up the display. To do so may disqualify the member from the contest or forfeit all awards. They may help transport heavy or breakable items, boxes, etc. as needed.

-Use of garnish is encouraged.

-Cook, bake, prep food at home as much as possible.

-See contest kitchen use below.

4. Present your display and food item to a judge. Judge(s) briefly interview participants regarding exhibits, and what they have learned in preparing the exhibit. The participant should not begin or end with a prepared speech or demonstration without being asked to by the judge(s).

5. Serve your prepared food item to the judge(s).

Guidelines:

-Use a separate sample for your food kept at your display table. Do not use your displayed serving for the judge's sample.

-Serve the judges sample using disposable dishes and utensils. Do not use any food, dishes, or utensils from your display.

-Use disposable plastic gloves if hands are going to touch the food while serving the judge.

-Do not use plastic gloves throughout your set up and judging process. They do not remain sanitary very long.

-Have a copy of the recipe and be ready to show to the judge if requested.

Food Safety and Contest Kitchen Use:

1. All food used for Creative Cooks should be brought from home unless you choose to purchase perishable items in Pueblo.
2. When selecting your recipe and prepared item, consider how the item will be transported to the State Fair safely (kept at safe temperatures) and attractively displayed. Judges may refuse to sample any food items they feel are unsafe to eat.
3. The kitchen at the Colorado State Fair is extremely limited so do as much food preparation as possible at home. A microwave is available to be used for warming only. Electrical outlets are available to plug in slow cookers, etc. to keep food at correct temperatures.
4. Leave the kitchen clean when finished.

Judging will be based on:

- A. Exhibitor — well groomed; understands meal planning
- B. Menu — balanced for flavor, color, texture, shape and nutrition
- C. Prepared dish — appearance, flavor and quality
- D. Table Setting — attractive; suitable for meal
- E. Knowledge of nutrition
- F. Specialty food knowledge
- G. Food safety
- H. Creativity

Colorado Specialty Foods Category:

1. Contestants entered in this category or classes must use the 2022 designated food or ingredient in their Creative Cooks exhibit. The product must be a major ingredient in the recipe to qualify for this division. Ingredients such as oil used to brown meat, as a garnish, or a spice or herb in the recipe do not qualify as a major ingredient.
2. Members entered in this category must also have some general knowledge beyond nutrition and food safety about this year's contest ingredient or food.

See the *Colorado Specialty Foods Category Supplement* for rules, guidelines, and 2022 designated ingredient. Adults cannot help contestant do prep work in the kitchen or set up

display. To do so may forfeit all awards won.
They may help transport heavy or breakable items, boxes, etc., as needed.

NOTE: Juniors and Intermediates are not to prepare deep fat fried foods due to safety concerns.

Colorado Specialty Foods Category

1. Members entered in this category or classes must use the 2022 designated food or ingredient in their Creative Cooks exhibit. The product must be a major ingredient in the recipe to qualify for this division. Ingredients such as oil used to brown meat, as a garnish, or in a small amount in the recipe do not qualify as a major ingredient.

2022 Contest Ingredient is Beans (Dry Beans)

Dry Beans are annual legumes grown for their seed. The following beans are considered dry beans: navy beans, light red kidney beans, great northern beans, pinto beans, black turtle soup beans, Anasazi beans, and others.

The principle dry bean market class grown in Colorado is pinto beans. Weld County is ranked #1 in the state in production of dry edible beans. The Southwest region harvests mostly pinto and Anasazi dry beans in seven different counties. The counties in Southwest Colorado producing the most dry beans are Dolores, Montrose, and Montezuma.

Colorado dry beans are famous for their bright, vibrant color and delicious flavor and ranks ninth nationally in dry bean production.

2. Members entered in this category must also have some general knowledge beyond nutrition and food safety about this year's contest ingredient or food. The list below is a sample of the type of information that you should discover about the food. The judge might ask one or two general questions appropriate to each age division.

- Locations in Colorado where ingredient is grown
- Part of the country or world where it is grown other times of the year
- Varieties of food, ingredient, crop
- Unique production or harvest methods
- Plant type or animal origin
- Specific cuisines or cultures that use a lot of this ingredient
- The "specialness" of the ingredient—may be flavor, nutritional or diet value, color, texture, trendiness, cost
- Special handling or preparing techniques
- Other uses for the product
- Any other knowledge or interesting facts members may discover



Members do not need to know all of the above. The questions should serve as a guide for possible research searches.

3. Examples of contest food items and resources for the 2022 Contest Ingredient – Beans:

Hummus
Soups
Sandwich Spread

Main dishes with beans – ex. Cornbread Chili Pie
Desserts – ex. fudge
And so much more!

Resources:

Crop Profile for Beans (Dry) in Colorado

<https://ipmdata.ipmcenters.org/documents/cropprofiles/CObeans-dry.pdf>

Colorado Dry Beans

<https://coloradodrybeans.org/>

Why Are Colorado Beans So Delicious? Article

<https://www.5280.com/2021/12/why-are-colorado-beans-so-delicious/>