



2024 D5 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

| | | | | | | | | |
|--|--------------------------|-----------|--------------------------|--------------|--------------------------|-------------|--------------------------|------------------|
| CONTESTANT NAME: | | | | | | | | |
| CATEGORY <i>Please check one</i> | <input type="checkbox"/> | Appetizer | <input type="checkbox"/> | Main Dish | <input type="checkbox"/> | Side Dishes | <input type="checkbox"/> | Healthy Desserts |
| COUNTY | | | | | | | | |
| DISTRICT | <input type="checkbox"/> | Junior | <input type="checkbox"/> | Intermediate | <input type="checkbox"/> | Senior | | |

| | | |
|------------------------|-------------------|--------------|
| Name of Recipe: | | |
| Prep Time: | Cook Time: | Cost: |

Type Recipe Here:

2024 D5 4-H FOOD SHOW RECIPE SUBMISSION CHECKLIST

Recipes for D5 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written.

| | YES | NO |
|--|-------|-------|
| DOES YOUR RECIPE HAVE ALL OF THESE PARTS? | | |
| Name of recipe | _____ | _____ |
| Complete list of ingredients | _____ | _____ |
| Size cans, number of packages, cans, etc. given *EX: 10 oz box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach | _____ | _____ |
| Description for combining all ingredients | _____ | _____ |
| LIST OF INGREDIENTS | | |
| Ingredients are listed in order in which they are used in directions | _____ | _____ |
| Ingredients listed as they are measured. *EX: ¼ cup chopped onion, not ¼ cup onion chopped. *EX: 1 green pepper, chopped, not 1 chopped green pepper | _____ | _____ |
| Measurements given in common fractions *Ex: 1/4 cup, 2 tablespoons, 1 teaspoon | _____ | _____ |
| All measurements are spelled out, not abbreviated. *Ex: cup, teaspoon, tablespoon, size can, etc. *Ex: 4-ounce can | _____ | _____ |
| No brand names are used. | _____ | _____ |
| Complete description of ingredients is included *EX: low-fat; packed in syrup; reduced fat; etc. | _____ | _____ |
| DIRECTIONS | | |
| Clear instructions used for every step of combining and cooking the ingredients | _____ | _____ |
| Short, clear sentences used | _____ | _____ |
| Correct wording used to describe combining and cooking processes | _____ | _____ |
| Size and type of pan stated | _____ | _____ |
| Oven temperature and cooking times given | _____ | _____ |
| Number of servings or how much the recipe would make included | _____ | _____ |
| Total Cost of Ingredients | _____ | _____ |

STATE 4-H FOOD SHOW RECIPE EXAMPLE

RECIPE EXAMPLE

4-H Shamrock Salad

| | |
|--|---|
| 6-ounce package lime gelatin | (not just 1 package lime gelatin) |
| 2 cups boiling water | |
| 1 cup lemon-lime soda | |
| 8-ounce package cream cheese, softened | (not just 1 package/what kind) Low fat, Fat free, etc.) |
| ½ teaspoon vanilla | |
| ½ teaspoon lime juice | |
| 6-ounce can mandarin oranges, drained | (always include size) |
| 8-ounce can pineapple tidbits, drained | |
| 2 cups green grapes, halved, seeded | (not just grapes also color/kind) Red, concord, green) |
| 2 cups chopped celery | (not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first) |
| ½ cup chopped pecans | (are you measuring the pecans before or after chopping? The way it is written here indicates chopping first) |
| 8-ounce carton frozen low-fat whipped Topping, thawed | (indicate low-fat, fat-free, etc.) |
| 3-ounce package lime gelatin | |
| 1 ½ cups boiling water | |

Dissolve the 6-ounce package lime gelatin in 2 cups boiling water. Stir in 1 cup lemon-lime soda. Combine this with cream cheese, vanilla, and lime juice in blender, and process until smooth. Pour blended mixture into bowl. Stir in all fruit, celery and pecans. Fold in three-fourths carton whipped topping. Pour into 13x9x2 inch pan. (Note size of pan is listed) Chill until firm; then cut whole pan into 8 equal sized portions.

In order to make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggle gelatin into 4-H Shamrock shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Shamrocks. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed.)