

# 2024

## JUNIOR FAIR FOODS & NUTRITION

Department 25 – Superintendent – Barb Ebert – 920-758-2137

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Display plates will be provided on entry day when exhibitor brings items to the fair. A work table will be provided to place items on plate.

1. Judging Day (Individual Conference Judging) – **Monday, August 19**, as follows: 10am to 2pm and 2:30pm to 6pm in the Exhibition Building.
2. Release Day – **Sunday, August 25**, between 6pm and 7:30pm. Vehicle access begins at 6:30pm. **Exhibits released prior to release date and time will not receive premiums.**
3. No changes will be allowed after registration forms are submitted.
4. **Four (4) entries or exhibits per class per exhibitor.**
5. **One (1) entry per exhibitor per lot number.**
6. **THE COMPLETE RECIPE WITH QUANTITIES OF INGREDIENTS AND DIRECTIONS LISTED MUST ACCOMPANY ALL ENTRIES, EXCEPT THOSE MADE FROM A MIX.**
7. All food must be exhibited on small disposable plates except baked dishes and salad entries which will be judged and taken home. Trays will be furnished by the Expo and provided on entry day of the fair.
8. Entry tags must be securely attached to the plate.
9. NO MIXES allowed except where stated. No frostings on toppings, except decorated cakes or cookies.
10. All food exhibits will be disposed at the close of the fair.
11. Members of the same family cannot enter the same entry numbers (example: sisters cannot both bring brownies).

### CLASS A: SIX EASY BITES – Grades 3-4

#### Premiums for lot numbers 100-207:

Blue Ribbon - \$1.75      Red Ribbon - \$1.50      White Ribbon - \$1.25      Pink Ribbon - \$1.00

#### Lot Numbers:

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|---|--|
| 100. Brownies from a mix, unfrosted, 4"x4" corner piece | 107. Peanut Butter Cookies (3)                             |
| 101. Cake from mix, unfrosted, 4"x4" corner piece       | 108. Poster – 14"x22", emphasizing nutrition               |
| 102. Chocolate Chip Cookies (3)                         | 109. Recipe Box or Book with 10 recipes – variety of foods |
| 103. Cookies or Bars, No-Bake (3)                       | 110. Relish Dish – 3 different relishes, on a serving dish |
| 104. Drop, molded, or bar baked cookies (3)             | 111. Any other food exhibit not listed, identify.          |
| 105. Muffins (3) – no paper liners, any kind, identify  |  |
| 106. Oatmeal Drop Cookies (3)                           |  |

### CLASS B: TASTY TIDBITS – Grades 5-6

#### Lot Numbers:

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|---|--|
| 112. Bag Lunch – 4 items including a beverage   | 125. Poster – 14"x22", showing kitchen safety  |
| 113. Baking Powder Biscuits (3) or other no yeast biscuit (3)   | 126. Quick Coffee Cake with Streusel Topping – 4"x4" corner  |
| 114. Bread Machine Bread, ½ loaf, no mix  | 127. Recipe Box or Book with 20 recipes – variety of foods   |
| 115. Bread Machine Dinner Rolls (3), no mix   | 128. Refrigerator Cookies (3)  |
| 116. Brownies, chocolate or blonde – unfrosted (3)  | 129. Rolled Cookies (3), of the same shape   |
| 117. Cake, unfrosted, 4"x4" corner piece  | 130. Single Serving – either a salad, vegetable dish, or fruit dish on an individual serving dish or plate   |
| 118. Chocolate Chip Cookies (3)   | 131. Small Casserole Dish made with hamburger, baked   |
| 119. Cup Cakes (3), unfrosted in paper liners   | 132. Uncooked frozen mini pizza (1) – use pita bread, English muffin, bagel, or already prepared crust (no larger than 7" in diameter) with toppings of your choice. |
| 120. Decorated Cookies (3) – judged on decoration – does not have to be a home baked cookie           | 133. Any other food exhibit not listed, identify.  |
| 121. Granola Bars (3)   |  |
| 122. Mystery Muffins (3) – no paper liners  |  |
| 123. No yeast, any shape pretzels (3), shaped, stick or nugget or rolled biscuits (no drop biscuits). |  |
| 124. Pizza Pockets (2)  |  |

## CLASS C: YOU'RE THE CHEF – Grades 7-9

### Lot Numbers:

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|---|--|
| 134. Baking Powder Biscuits (3)   | 148. Pizza, from scratch, 1/3 of a 12" pan   |
| 135. Bread Sticks (3)   | 149. Plate lunch, using 1 dairy product, but not to include a glass of milk  |
| 136. Cheesecake, ¼ cake   | 150. Poster – 14"x22", showing a full day's menu providing for good nutrition  |
| 137. Cake using a vegetable or fruit – 4"x4" corner piece (no upside-down cake)   | 151. Pretzels (3)  |
| 138. Cookie Press Cookies, 3 different shapes.  | 152. Quick Bread, ½ of a small nut bread pan   |
| 139. Corn Bread, 4"x4" corner piece   | 153. Recipe Box or Book with 25 recipes – creative dishes and/or desserts  |
| 140. Decorated Cookies or Cupcakes – judged on decoration (3) – Standard size (NOT mini)  | 154. Rolled Cookies, 3 of the same shape, uniform  |
| 141. Easy Cheesy Lasagna – 4"x4" corner piece   | 155. Yeast bread (can be loaf, braid, but not rolls) using a specialty grain such as whole wheat, rye, oat bran or sweet bread such as tea ring. |
| 142. Food Safety Poster – 14"x22"   | 156. Yeast breadsticks or yeast rolls, 3, (any shape, medium size – not a sweet roll).   |
| 143. Fruit Leathers (3)   | 157. Yeast Dinner Rolls, 3 different shapes, no bread machine  |
| 144. Fruit Pizza from scratch, 1/3 of a 12" pan   | 158. Any other food exhibit not listed, identify.  |
| 145. Muffins, using a fruit (3) – no paper liners   |  |
| 146. Non-perishable international food product, Identify  |  |
| 147. One package of non-perishable invented snack such as dried fruit, granola bar, brownie, fudge, fruit leather, popcorn snack, trail mix, Identify |  |

## CLASS D: FOODWORKS – Grades 10-13

### Lot Numbers:

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|--|--|
| 159. Angel Food Cake – ¼ cake  | 170. Prepare a healthy snack for a child (single serving)                    |
| 160. Candy, any kind – 3 pieces  | 171. Raised Donuts (3)   |
| 161. Cheesecake, baked – 4" wedge (plain)  | 172. Rye or Whole Wheat Yeast Bread, 1/3 loaf, no bread machine              |
| 162. Decorated Cake, use a dummy form, will be judged on decoration only.  | 173. Scrapbook of recipes for leftover foods                                 |
| 163. Decorated Cookies or Cupcakes (3), to be judged on decoration only  | 174. Single or Double Crust Baked Fruit Pie, small individual size, about 4" |
| 164. Gingerbread or Candy – decorated house  | 175. Single Pastry Shell, individual size about 4"                           |
| 165. Homemade Peanut Butter (1 cup)  | 176. Single Serving – either salad, vegetable dish, or fruit dish            |
| 166. International Main Dish – must include recipe and nationality   | 177. Sour Cream Coffee Cake, 4"x4" corner piece                              |
| 167. Kolache (3)   | 178. Sponge Cake, ¼ cake   |
| 168. Non-perishable food product for a special occasion or catered meal (such as an appetizer, holiday food, fruit cake, special occasion cake, altered recipe product). | 179. Upside-Down Cake – 4"x4" corner piece                                   |
| 169. Plate lunch containing essentials of a balanced dinner, include menu and place setting  | 180. White Yeast Bread, 1/3 loaf, no bread machines                          |
|  | 181. Yeast Cinnamon Rolls (3), no bread machines                             |
|  | 182. Yeast Dinner Rolls, 3 different shapes, no bread machine                |
|  | 183. Any other item not listed, identify.                                    |

## CLASS E: FOOD PRESERVATION

1. Same rules apply as listed in Food and Nutrition.
2. Food Preservation exhibits must be shown in standard canning jars with rings on.
3. Jams and Jellies must be in standard jelly jars, but no larger than standard pint jars with self-sealing cover – no paraffin.
4. **All jars must be labeled using the following outline:**
  - Name of Product
  - Date Processed
  - Method of Processing (boiling water bath or pressure canner)
  - Method of Preparation (hot or cold pack)
  - Time of Processing
5. Total Jars Canned for Family by Exhibitor
6. Limit of four (4) entries in the food preservation class.

### Lot Numbers:

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|----------------------------------|--|--|
| 184. Apples, quartered or halved | 194. Jam, any variety, including Freezer Jam | 202. Sweet Corn, cut from the cob        |
| 185. Applesauce                  | 195. Jelly, any variety                      | 203. Sweet Pickles                       |
| 186. Beets, pickled              | 196. Other berries, vegetables, or fruit     | 204. Tomato Juice                        |
| 187. Black Raspberries           | 197. Peaches, halved                         | 205. Tomatoes, whole or quartered        |
| 188. Bread and Butter Pickles    | 198. Pears, halved                           | 206. Yellow Wax Beans, cut               |
| 189. Carrots, cut                | 199. Red Raspberries                         | 207. Any other item not listed, identify |
| 190. Cherries, pitted            | 200. Rhubarb                                 |  |
| 191. Crab Apples, pickled        | 201. Salsa                                   |  |
| 192. Dill Pickles                |  |  |
| 193. Green Beans, cut            |  |  |



# 2024 KING ARTHUR FLOUR BAKING CONTEST



## CLASS F: KING ARTHUR BAKING CONTEST

1. Open to all residents of Manitowoc County age division Junior/Youth, through age 17.
2. Entry Fee – \$3.00. This fee will be applied at checkout under the Blue Ribbon Software.
3. Entry Day – Sunday, August 25, 10am-1pm, Exhibition Building Office Area (unless prearrangements are made).
4. Judging Day – **Sunday, August 25 at 1:30pm**, Exhibition Building.
  - a. Judging based on the following criteria:
 

i. Taste	50 points
ii. Texture	25 points
iii. Overall Appearance + Creativity	<u>25 points</u>
<b>Total</b>	<b>100 points</b>
5. All entries must be submitted in a disposable board for judging.
6. Save the King Arthur Flour Bag or the UPC Label from the Flour Bag and Submit at Entry Time.
7. Failure to follow the rules may result in disqualification.
8. Premiums are paid by gift certificate to the Baker's Catalogue/kingarthurfLOUR.com. King Arthur Flour and the Manitowoc County Fair are not responsible for lost or misplaced prizes/ribbons including gift cards.
9. Entries will remain at the fair upon completion of judging.
10. Recipe – King Arthur Doughnut Muffins – [King Arthur Doughnut Muffins Recipe](#) or recipe listed below.

### Premiums for lot number 100:

- Blue Ribbon     \$40 Gift Certificate
- Red Ribbon     \$25 Gift Certificate
- Yellow Ribbon   King Arthur Logo Tote Bag

### Lot Number:

100. King Arthur

<div style="text-align: center;"> <h2 style="margin: 0;">KING ARTHUR</h2> <h3 style="margin: 0;">Doughnut Muffins</h3> </div> <hr/> <p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 425°F. Lightly grease a standard muffin tin or line with 12 paper or silicone muffin cups, and grease the cups with non-stick vegetable oil spray; this will ensure that they peel off the muffins nicely.</li> <li>2. In a medium-sized bowl, cream together the butter, vegetable oil, and sugars till smooth.</li> <li>3. Add the eggs, beating to combine.</li> <li>4. Stir in the baking powder, baking soda, nutmeg, salt, and vanilla.</li> <li>5. Stir the flour into the butter mixture alternately with the milk, beginning and ending with the flour and making sure everything is thoroughly combined.</li> <li>6. Spoon the batter evenly into the prepared pan, filling the cups nearly full.</li> <li>7. Bake the muffins for 15 to 17 minutes, or until they're a pale golden brown and a cake tester inserted into the middle of one of the center muffins comes out clean.</li> <li>8. Remove them from the oven, and let them cool for a couple of minutes, or until you can handle them. While they're cooling, melt the butter for the topping (this is easily done in the microwave).</li> <li>9. Use a pastry brush to paint the top of each muffin with the butter, then sprinkle with cinnamon sugar. Or simply dip the tops of muffins into the melted butter, then roll in the cinnamon sugar.</li> <li>10. Serve warm, or cool on a rack and wrap airtight. Store for a day or so at room temperature.</li> </ol> <p style="font-size: small; margin-top: 10px;">Yield: 12 Muffins Recipe located at <a href="http://kingarthurbaking.com/recipes/doughnut-muffins-recipe">kingarthurbaking.com/recipes/doughnut-muffins-recipe</a></p>	<div style="text-align: center;"> </div> <p style="text-align: center; font-weight: bold; font-size: 1.2em; margin-top: 10px;">Ingredients:</p> <p><b>Batter</b></p> <ul style="list-style-type: none"> <li>• 4 tablespoons (57g) butter</li> <li>• 1/4 cup (50g) vegetable oil</li> <li>• 1/2 cup (99g) granulated sugar*</li> <li>• 1/3 cup (71g) light brown sugar or dark brown sugar, packed*</li> <li>• 2 large eggs</li> <li>• 1 1/2 teaspoons baking powder</li> <li>• 1/4 teaspoon baking soda</li> <li>• 1 to 1 1/4 teaspoons nutmeg, to taste</li> <li>• 3/4 teaspoon table salt</li> <li>• 1 teaspoon King Arthur Pure Vanilla Extract</li> <li>• 2 2/3 cups (320g) King Arthur Unbleached All-Purpose Flour</li> <li>• 1 cup (227g) milk</li> </ul> <p style="font-size: x-small; margin-top: 5px;">*See "tips," below for a reduced-sugar version</p> <p><b>Topping</b></p> <ul style="list-style-type: none"> <li>• 3 tablespoons (43g) butter, melted</li> <li>• 3 tablespoons (39g) cinnamon sugar*</li> </ul> <p style="font-size: x-small; margin-top: 5px;">*Make your own cinnamon sugar by mixing 3 tablespoons (37g) granulated sugar with 1 teaspoon cinnamon.</p>
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