

PRODUCED IN NEW YORK FOOD CONTEST

Guidelines and Planning Document

PINY



Cornell Cooperative Extension
Wyoming County





WYOMING COUNTY 4-H PRODUCED IN NY FOOD CONTEST

PiNY is a silent food demonstration highlighting food products produced in New York State. Youth demonstrate knowledge and skill by preparing a recipe containing at least one New York grown or produced ingredient.

There is no need to talk during the presentation, but judges may ask questions of participants. Youth will be evaluated on both their demonstration and their final product. All enrolled 4-H members can participate, including Cloverbuds.

Youth competing in PiNY will gain skills in planning & preparation, organization, problem solving and making healthy choices. Participants will learn about nutritional value of foods and where their food comes from, how to plan healthy meals and how to make adaptations to recipes. The Produced in NY contest is a great introduction to public speaking.

There is no pressure to talk about what youth are preparing during the presentation and participants demonstrate simultaneously with other youth leading to a less intimidating atmosphere.

ANNUAL CONTEST

The PiNY contest is held annually in Wyoming County in January of the 4-H Year. Members are invited to participate at the NYS Fair Contest in August!

RECIPE SELECTION

- Recipes must feature a product(s) produced in New York State (milk products, meat, vegetables, eggs, grains, honey, maple syrup, etc.)
- Recipes should follow U.S. Dietary Guidelines/My Plate (see Meal Planning Sheet)
- Originality - Creativity and Imagination help make foods appealing and tasty. Recipes can be from a cookbook, family recipe, Pinterest, or your own variation.
- You may be asked to explain the source of your "statement of origin" (Menu Planning Sheet), as well as any changes made, family preferences, etc.
- Participants are encouraged to use recipes with lower amounts of sugar, fat, sodium, and increased amounts of fiber, protein and complex carbohydrates.
- If you chose a recipe that is not exactly "healthy" make sure you plate it with complimentary sides that would balance the meal out. For example, serving it with skim milk, adding a fruit, etc.



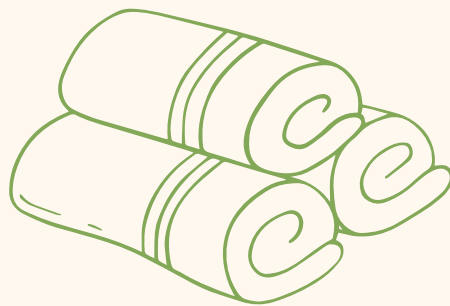
EQUIPMENT



- Hot plates can be made available, upon request when registering for the event. Ranges, ovens, and refrigerators are not available.
- Hot plates, griddles, mixers, crock pots, skillets, etc. are welcomed.
- Participants are expected to furnish all other supplies and equipment necessary to prepare and serve their product, including trays, extension cords, pot holders, etc., and serving utensils.
- If you do have something that requires baking, have a completed product finished and present for tasting evaluation.
- Make sure you take measures to keep your product at appropriate food safety temperatures.

DRESS APPROPRIATELY!

- Dress appropriately for a food demonstration. No long sleeves or loose clothing.
- Aprons are required. No jewelry should be worn on the arms or hands.
- Hair should be worn away from the face and secured with a hat, hairnet, bandana, etc.
- Appearance and clothing should not be distracting. Coordinating colors (towels, apron, labels, containers, or hat) all add to the total affect. White shirts are suggested but not required.
- Plastic or latex gloves are NOT required, but it is expected that participants will demonstrate proper hand washing/sanitizing techniques at the beginning of their demonstration.



SILENT DEMONSTRATION

- Time allotment: 50 minutes. Cloverbud presentations can utilize that whole time period, but are expected to take 10-15 minutes. Each participant will utilize their time according to the complexity of their recipe.
- Participants should demonstrate a variety of age appropriate skills (i.e., measuring of dry and liquid ingredients, knife skills, blending, kneading, whisking, egg cracking, etc.).
- Participants are expected to demonstrate how to measure one liquid and one dry ingredient. Additional ingredients can be premeasured.
- Once the presentation is complete, participants are to present the finished product at the side of their workstation. They will let the official know they are finished, and the product will be taken to another room for blind tasting evaluation.
- Participants are required to clean their area after completion.
- This is a silent food demonstration, however demonstration Evaluators may ask youth questions throughout the process. They are encouraged to answer thoroughly.



GENERAL DEMONSTRATION GUIDELINES

- Demonstrate hand washing/sanitizing techniques at the beginning of demonstration.
- Use suitable containers for ingredients. Loosen or remove caps and tops before beginning.
- Cover commercial (brand) labels with tape, or use uniform containers with labels identifying ingredients.
- Label ingredients such as salt, sugar, and baking powder, so you don't make a mistake. It helps to label the front and back so both you and the audience can read them.
- Use transparent/clear bowls whenever possible.
- Choose the best equipment for the job (i.e., standard measuring and mixing equipment). Use a rubber spatula to clean bowls.
- Crack eggs into a separate bowl with a knife or a spatula (just in case shell breaks). Remember to carry an extra egg just in case.
- Use a cutting board for chopping and slicing.
- Level ingredients with a spatula or straight sided knife.
- Work quietly (cloth under bowl deadens sound; wooden spoons are quieter than metal ones).
- Cover trays with towels at the beginning and end of your demonstration.
- Remember to look at your audience! Smile and make eye contact.
- Practice using equipment before your demonstration. Work from left to right or right to left, utilizing two trays to keep clean and dirty equipment/items separate.
- Hotplates can cook differently from the stove top.
- Have 3 paper copies of your recipe - one for you, 2 for judges.
- Neatness counts! Tape a paper bag to the edge of the table for waste. Bring a damp cloth for spills and to keep your station cleaning as you go.

FINAL PRODUCT

Once the presentation is complete, participants are to present their finished product at the end of their table. This is a great time to add points for creativity in plating and presenting to the evaluator. The use of matching or themed plates, utensils, garnishes, that complement the end product adds to the presentation.

If your item needs to be baked (i.e. pie), you will bring an already finished product from home for the evaluator to taste. You will create a pie during your demonstration, and take the unbaked pie home.

If your item will be made on sight (i.e. an omelet) you will present your finished product at the conclusion of your presentation.

All products will be taken to another room for evaluation, and then brought back to the demonstration room. At the conclusion of the event, youth and families are invited to try each other's items.



EVALUATION CRITERIA

- **Recipe:** Complete and easy to follow; promotes a New York grown/produced product; nutritional quality of recipe.
- **Finished Product:** Overall appearance, taste, consistency, and/or texture.
- **Demonstrator:** Appearance, poise/ability to deal with unexpected challenges/glitches/etc.
- **Preparation:** Organization (orderly plan of work and placement of equipment); techniques and manual skill (appropriate techniques, skillfully done; variety of demonstration techniques; correct use of equipment).
- **Work Area and Results:** Work area neat; demonstration in full view of audience.

Prizes will be awarded to everyone, and ribbons to the top placing youth in their respective junior and senior categories!

