

Create-with-a-Mix

Project check-in is prior to the fair, watch for information on judging or check with your club leader.

The project is designed to allow the use of a purchased boxed mix as one of the ingredients in a recipe. The finished product cannot be the result of making the product from the box instructions. The box mix has to be used with other ingredients to create a new product. 4-H members may create their own recipes or use suggestions from a box mix, cookbook, or other source. To assist you in having recipes to choose for this project, you should start a recipe file. Add 3 different mix recipes each year you are in the project. Recipes can be one you created or found in a magazine, newspaper, or on a box mix.

Project Guidelines:

1. Projects will be judged by Levels 1,2 and 3.
2. The project is designed to use a mix as a base and using other ingredients to create a new product. All exhibits are to be baked items.
3. The recipe is to be exhibited with food exhibit. Underline the two or more ingredients added to create the product. Remove box label that shows the original preparation of the food. Attach it to an 8½"x11" sheet and attach to recipe card of new product (exhibited). *Mix is to be used as the base. 4-H members will not be marked down for creativity or use of several different ingredients.
4. Place 4-H food products on a sturdy, disposable board or container.
5. The total food exhibit will be kept for display.
6. Baked products must be non-perishable. Exhibits using raw egg whites, cream cheese, whipped cream or other ingredients that require refrigeration cannot not be used. (See Food Policy*).

Exhibit Requirements:

Cloverbud (Grades K-2) - Exhibit a baked product that uses a mix. Suggestion for exhibit: a dessert item, bread or biscuit using a mix. They may make additions to the mix if they wish but are not required to since they are learning how to read and follow preparation instructions of the mix and practicing measuring and food safety skills.

Level 1 (Grades 3-5) - Using a mix, create your own six baked cookies or six baked brownies. Use at least two other ingredients in addition to those called for in mix. Exhibit created baked item, created product recipe, box label and original recipe.

Level 2 (Grades 6-8) - Using a mix, create your own six baked non-yeast biscuits, six baked muffins or quick bread. Use at least two other ingredients in addition to those called for in mix. Exhibit created baked item, created product recipe, box label and original recipe.

Level 3 (Grades 9 & above) - Using a mix, create a non-perishable product. Use at least two other ingredients in addition to those called for in mix. (If item is served as individual pieces, such as petit fours, cupcakes, etc. – exhibit six items. If items are served presented as an entire piece, such as pie, cake, etc. – exhibit the entire product.). Exhibit created baked item, “created” product recipe, box label and original recipe. Originality and uniqueness in creating with a mix will also be taken into consideration when judged in Senior Division.

*Food Safety Rule for Foods Entered into County and Statewide competitions –
“For baked products competitions: Filling, frosting, glazing, pie filling, and meringue (whether uncooked or cooked) are not permitted to contain cream cheese, whipped cream, unpasteurized milk or uncooked eggs/egg whites (pasteurized eggs or eggs cooked to 160°F may be used). No home canned fruits, vegetables, or meats are permitted in products. Recipes must be provided that show which ingredients were used in each part of the product. Contestants should carefully wash their hands, and make sure that their hands do not have any open cuts before preparing foods, whenever possible, baked products should be transported and stored in chilled coolers (41°F). Judges and individuals who will consume products from county and state competitions should be informed that they are at risk for foodborne illness since the established policy cannot guarantee that an entry which is a ‘potentially hazardous food’ has been properly prepared or handled before, during or following the competition.”

Marion County 4-H Create With A Mix Scorecard

Name: _____

Circle one: Level 1(Gr.3-5)

Level 2(Gr.6-8)

Level 3 (Gr9-12)

Recipe Card Included _____ Yes _____ No

Placing:

	Excellent	Good	Need Improvement
External Appearances:			
Color Size Shape Eye Appeal			
Internal Characteristics:			
Evenly Mixed Moist Texture dependent on type of food: Tender Crisp Chewy Soft			
Flavor:			
Rich Smooth No off-flavors Well-blended Characteristics of ingredients			
Creativity and appropriate combination of ingredients			
Comments:			

