

“MICROWAVE” - No State Fair Exhibit

4-H'ers will be able to describe and perform the basics of microwave cooking, describe what microwaves are and how they function, terminology, nutrition and an opportunity to perform experiments.

EXHIBIT must be wrapped with plastic wrap or bag. **Recipes on a 5" X 8" recipe card** are required for all microwave cooking exhibits. Cards are available in the Extension Office. Cards should be covered in clear wrapping of some kind, i.e., plastic wrap, a baggie, etc.

***** A box mix may be used in this project. *****

“MICROWAVE” - continued

For food competitions: Filling, frosting, glazing, pie filling, and meringue, (whether uncooked or cooked) are not permitted to contain cream cheese, sour cream, heavy cream, or whipped cream as the nature of these products increases the moisture content and water activity of the food. Foods with a higher moisture content and water activity can be ideal growing conditions for food borne pathogens, even if the ingredient is part of a batter and baked. Additionally, raw milk, raw milk products or uncooked eggs/egg whites are not permitted. Eggs/egg whites that have been cooked to 160°F (i.e. pasteurized or included as part of a batter and baked) are acceptable. 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. Contestants should not be preparing food exhibits for competition within 48 hours of recovering from any illness. 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 may be a "potentially hazardous food" has been properly prepared or handled before, during or following the competition. Tasting of a food product is solely at the discretion of the judge. Judges are NOT to taste any low-acid or acidified preserved food, like green beans or tomato products, and are discouraged from tasting any other home preserved food.

Consumers of competitive food exhibits being sold at auction or used for hospitality purposes should be notified they could be at risk for foodborne illness since the established policy cannot guarantee that an entry which may be a "potentially hazardous food" has been properly prepared or handled before, during, or following the competition.

Purdue Extension Food Safety Policy (revised 11/2013)



EXHIBIT REQUIREMENTS:

ALL DIVISIONS – Complete at least 3 activities in your manual **each** year.

- ❖ An Action Demonstration – this can be done “instead of” or “in addition to” your 4-H microwave exhibit. Contact the Extension Office for more information.

LEVEL A (Grade 3-4) – Manual – “Bag of Tricks” (BU-8087)

Grade 3 - Exhibit one (1) to two (2) cups of a microwave snack in a plastic container or zip close baggie. Turn in your completed manual and a 5”X8” recipe card (covered).

Grade 4 – Exhibit 6 pieces of fudge – 1 inch square – on a disposable paper plate or covered cardboard. Turn in your completed manual and a 5”X8” recipe card (covered).

LEVEL B (Grade 5-6) – Manual – “Micro Magicians” (BU-8088)

Grade 5 – Exhibit 6 bar cookies or brownies on a disposable plate, or covered cardboard. Turn in your completed manual and a 5”X8” recipe card (covered).

Grade 6 – Exhibit one upside down cake on a covered cardboard. Turn in your completed manual and a 5”X8” recipe card (covered).

LEVEL C (Grade 7-9) – Manual – “Amazing Rays” (BU-8089)

Grade 7 - Exhibit a fruit crisp of any kind in a microwave safe container. Turn in your completed manual and a 5”X8” recipe card (covered).

Grade 8 – Exhibit a coffee cake in a microwave safe dish. Turn in your completed manual and a 5”X8” recipe card (covered).

Grade 9 – Exhibit a microwave candy product (other than fudge) on a disposable plate, or covered cardboard. Note: candy that is cut in uniform pieces – display 6 items. Other types of candy, exhibit an appropriate amount for an attractive exhibit. Turn in your completed manual and a 5”X8” recipe card (covered).

“MICROWAVE” - continued

LEVEL D (Grades 10-12) – Manual – “Presto Meals” (BU-8090)

Grade 10 - Exhibit one double layer or bundt or ring cake on a covered cardboard. (NOTE: Custard, cream, or cream cheese frostings or fillings and raw egg white frosting are not acceptable in an exhibit because they are highly perishable when left at room temperature.) Turn in your completed manual and a 5”X8” recipe card (covered).

Grade 11 – Exhibit one microwave fruit and/or nut pie in a microwave safe pie pan. (NOTE: Custard, cream, or cream cheese frostings or fillings and raw egg white frosting are not acceptable in an exhibit because they are highly perishable when left at room temperature.) Turn in your completed manual and a 5”X8” recipe card (covered).

Grade 12 – Exhibit a jar of jam or jelly in a jelly canning jar with a sealed lid. Product must be processed in a boiling water bath. Label with name of product, quantity, and date made. Note: These jars will be opened to taste. Turn in your completed manual and a 5”X8” recipe card (covered).

Exhibits may be from recipes included with the project materials or may be from any recipe the 4-H'er chooses.

Look at the current year project guidelines for exhibit due dates and locations.