FAMILY RECIPES

Past, Present and Future

(Decatur County 4-H Project)

There are certain recipes for deserts that are passed from generation to generation. Some families enjoy baking together. With the addition of the internet, many more recipes have made into the family cook books and menus for family get together. Sometimes we just try something new that turns out to be really good. With this thought, we have designed an additional baking opportunity to allow 4-H members the opportunity to showcase favorite recipes in the following categories. Each recipe may only be exhibited once by a 4-H member, however you may enter the project multiple years by exhibiting a different recipe the following year. A binder or recipe box will be used to keep recipes from year to year if 4-H continues in the project.

Grades	**Baked Item**
3, 4, 5	Cookies or Brownies
6, 7, 8	Muffins / Non-Yeast Sweet Breads or Cake or Cupcakes
9, 10, 11, 12	Pie – single or double crust
	Products made with Yeast (Sweet Breads, Rolls, Tea Rings, Rolls, and Breads)
	Casseroles

General Rules

1. Need to include where the recipe came from, the history of the recipe and include it in your binder.
2. The following are **NOT** permitted
   - Home-canned fruits, vegetables or meats
   - Raw milk
   - Raw Milk Products
   - Uncooked eggs or egg whites
   - Cream cheese, sour cream, heavy cream or whipped cream used as part of a filling, frosting, glazing, pie filling, and meringue. This does not matter if cooked or uncooked.
   - Eggs/egg whites that have been cooked to 160° F as part of a batter and baked are acceptable.
   - No alcoholic beverages should be used in recipes. A non-alcoholic or imitation product may be substituted. A member may list the original ingredient to keep history, but place the substitute in parentheses and use the substitute.

Requirement for Judging

- Quality, Flavor, and Appearance Baked Item
- Present your 3 Ring Binder with three additional recipes attempted from the year.
  - Families may have the same three recipes if they work together in baking and choose to exhibit different items.
  - Three new recipes are added each year the project is exhibited at the County Fair

- Binder can hold any type of recipe that the 4-Her chooses to put in binder to try during year. The recipes collected are not limited to desserts and you must add three new recipes each year to your binder.
- Any arrangement/organization may be used in the binder or recipe box.
- Recipes can be original copy, photocopy of original, handwritten copy, recipe card or typed. A 4-H member does not earn additional points for typing recipe card.
- History of the recipe needs to be included with the recipe.
- Suggested that recipe cards or be placed in sleeves or laminated when in use. Not a requirement though.
- Binder can have sections or post it notes (cookies, cakes, special occasion) as multiple recipes are added to binder to help with organization.

- Record Sheet – Presented To Judge
- Interaction and Answers to Judge's Questions about recipe, history, ingredients, or binder

Display

- Use a foam plate for presentation.
- Cover lightly with plastic wrap or place in closed container for transport.
- For large items, cut a piece of cardboard ½ inch larger than bottom of item. Cover with wax or parchment paper, or foil. Items that are sticky are best placed on parchment paper.
- Pies will be shown in a disposable pie pan.
- Bring a picture (3x5 or 4x6) of the finished product to the fair to display.

Rules that are Different the Food Preparations

- Recipes may only be used once by the 4-H member, however siblings and friends may reuse recipes in a different year.
- May use a box mix as a base if two additional ingredients are added to box mix that is not on the original label directions. Modified boxes are used a great deal in cakes/cupcakes.
- Muffin/Cupcake liners may be used.
- May use icing on cookies, cakes, cupcakes, tea rings, and sweet rolls as long as ingredients listed under general rules are not used due to safety for judges.
- Judges will ask general questions about your recipe, where it originated, and what type of function that you could share your baked product

Grade	Name	Number Exhibited	Description
3, 4, & 5	Cookies	5 singles	• May be dropped, molded, or bar baked cookies. • May be exhibited with or without icing • May be decorated for any holiday or special occasion. • Can use icing or melted chocolate as decorations.
3, 4, & 5	Brownies	5 singles	• May be exhibited with icing
6,7, & 8	Muffins or Non-yeast Sweet Bread	1 loaf 2 mini loafs 5 singles	• Standard sized Muffins. • May be showed in liners • Breads should be shown out of pan

6,7, & 8	Cake or Cupcakes	1 cake 5 Cupcakes	• Cakes may be any size shown outside the pan. May also be iced. • Cupcakes may use liners. May also be iced and decorated.
9, 10, 11, & 12	Pie	1 pie	• Single or Double Crusted. • Not limited to fruit. Make sure you read safety information regarding ingredients
9, 10, 11, & 12	Yeast Products	1 Single Bread/Tea Ring 5 Rolls	• Make sure you read safety information regarding ingredients. • Rolls may be any shape or size.
9, 10, 11, & 12	Casseroles	1 - 8x8 pan	• Make sure you read safety information regarding ingredients.

1/30/19