

# 4-H FOODS: CREATE A MIX

## TERMS AND CONDITIONS

1. Create a grade-appropriate food below from a packaged, store-bought mix, using at least 2 other ingredients not already required to make the store-bought mix.
2. Please bring your food item to judging, along with the original box, bag or recipe. You will also need to bring your newly created recipe, with changes highlighted for the judge. The judge will taste your food item and a small portion will be kept for exhibit.
3. **For baked product 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.”

4. There are no State Fair entries for this project.

## EXHIBITS

- Grade 3: 6 Brownies
- Grade 4: 6 Cookie bars (a cookie recipe baked in a cake pan and then cut into bars)
- Grade 5: 6 Dropped or pressed cookies
- Grade 6: 6 Muffins
- Grade 7: 6 Biscuits
- Grade 8: A loaf of quick bread (i.e. fruit bread)
- Grade 9: A loaf of yeast bread
- Grade 10: Yeast rolls (any form, but not a sweet roll)
- Grade 11: Sweet bread using yeast (any form, i.e. sweet rolls, tea ring, dessert pizza, etc.)
- Grade 12: Cake of any kind

### Example: Cranberry Crumb Cake

Ingredients for a Create a Mix recipe from a cookbook. This is an example of how you could change a recipe.

- 1 cup all purpose flour
- ½ cup plus 1/3 cup sugar divided
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 egg, slightly beaten
- ½ cup fat-free milk
- 1 tablespoon orange juice
- 1 tablespoon canola oil
- ¼ teaspoon almond extract
- 2 cups fresh or frozen cranberries, chopped

To make a Create a Mix project, try eliminating the 1 cup all purpose flour, the 2 teaspoons baking powder, and the ½ teaspoon salt and replace it with 1 cup and 2 ½ teaspoons of bisquick baking mix. Add the rest of the ingredients as instructed in the recipe. You would have added more than two new ingredients and that is acceptable.