

Microwave Cooking

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PROJECT DESCRIPTION:

Members will learn basic food preparation techniques for using the microwave. In the advanced divisions, members will learn how to convert recipes and prepare dishes for the entire meal.

General Instructions:

1. How to prepare products for display.
 - a. Most food products should be displayed on a paper or foam plate.
 - b. For cakes - cut a piece of cardboard about ½ inch larger than the bottom of the cake. Cover this cardboard with wax paper, plastic wrap, or foil before putting the cake on it.
 - c. Any other product that may be sticky on the bottom, such as fruit crisps or pies, may be left in the container in which they were microwaved. Containers should be labeled so they may be returned to you following judging.
 - d. All canned products must have the ring on the jar top to protect the seal.
2. Your name and placing will be placed on a poster and exhibited in the 4-H Building during the 4-H Fair.
3. Recipes are required and must be placed on 5" x 8" cards and must be covered with plastic. Label your recipe card with recipe name, 4-H'ers name and division.
4. All food exhibits must be made from scratch.
5. For baked product competitions:
 - a. 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).
 - b. Home-canned fruits, vegetables, or meats are not permitted in products.
 - c. Recipes must be provided that show which ingredients were used in each part of the product.
 - d. Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods.
 - e. Whenever possible, baked products should be transported and stored in chilled coolers (41°F).
6. Judges and individuals who will consume products from county and state competitions should be informed that they are at risk for food borne 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.

Level A: Grade 3-4: Bag of tricks.

Grade 3: Microwave snack mix (in a package).

Grade 4: Six squares or bars of microwave fudge.

Level B: Grade 5-6: Micro magicians

Grade 5: Six bars of microwave cookies or brownies.

Grade 6: One microwave upside down cake.

Level C: Grade 7-9: Amazing Ray - level C

Grade 7: One microwave fruit crisp.

Grade 8: One microwave coffee cake.

Grade 9: One package of a microwave candy product.

Level D: Grade 10-12: Presto Meals

Grade 10: One microwave double layer or bundt cake.

Grade 11: One microwave fruit and/or nut pie.

Grade 12: A jar of microwave jam or jelly. Label with name of product, quantity, and date made.

NO STATE FAIR ENTRY.