

MICROWAVE

PROJECT SUPERINTENDENT:	Evelyn Burton, 317-519-5788, evelyn.s.burton@gmail.com Caryn Terry, terryc@wws.k12.in.us
EXHIBIT CHECK-IN:	Grades 3-6 Grades 7-12 Wednesday, July 14, 8-9 AM Wednesday, July 14, 10-11 AM
JUDGING:	Grades 3-6 Grades 7-12 Wednesday, July 14, 9 AM, Open Judging Wednesday, July 14, 11 AM, Open Judging
RELEASE:	Tuesday, July 20, 9-11 AM, and 5-7 PM
STATE FAIR ENTRIES:	No entries, County project only

Levels:

Junior: Grades 3-6
Senior: Grades 7-12

Project Guidelines: All divisions complete three (3) Microwave experiments.

Exhibit Requirements:

- Filling, frosting, glazing, pie filling, and meringue, whether uncooked or cooked, are not permitted to contain cream cheese, whipped cream, pasteurized/unpasteurized milk or eggs/egg whites (pasteurized eggs or eggs cooked to 160°F may be used). Home-canned fruits, vegetables, or meats are not 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 prepare ready-to-eat foods to be entered into competition if they are ill with vomiting, diarrhea, fever, sore throat, or jaundice. Whenever possible, baked products should be transported and stored in chilled coolers (41°F).
- All products must be baked in a microwave oven, not a conventional or convection oven AND BE MADE FROM SCRATCH.
- Exhibit products on cardboard or Styrofoam plates or containers slightly larger than the product and cover in some manner. (All containers, unless claimed beforehand, will be disposed of immediately after judging.)
- ***Judges and individuals who will consume products from county and/or state competitions should be informed that they are at risk for foodborne illness since the established policy cannot guarantee that an entry has been properly prepared or handled before, during, or following the competition. The food products for competitions are home produced and processed and the production area is not inspected by the Indiana State Department of Health. Tasting of a food product is solely at the discretion of the judge and consumers.***

Recipe or index cards:

1. A recipe card or index card (no larger than 5 ½" x 8 ½") is required for all food preparation and food preservation exhibits. Be sure to include the recipe source and all the information requested in the exhibit description, as well as your name, county, grade level/exhibit option, and 4-H Club. It is recommended that you wrap the card in plastic wrap or in a plastic bag. Recipe cards will not be returned.
2. Since it is illegal in the State of Indiana for youth under the age of 21 to purchase or consume alcoholic beverages, 4-H members are to use recipes that do not include an alcoholic beverage as an ingredient. A suitable non-alcoholic or imitation product may be substituted.

GRADE 3:

Exhibit entire recipe of a microwave snack.

GRADE 4:

Exhibit entire recipe of fudge.

GRADE 5:

Exhibit an entire recipe of bar cookies or brownies (no plain rice krispie treats).

GRADE 6:

Exhibit a whole upside down cake.

GRADE 7:

Exhibit entire recipe of fruit crisp.

GRADE 8:

Exhibit a whole coffee cake.



GRADE 9:

Exhibit an entire recipe of hard candy.

GRADE 10:

Exhibit a whole double layer or Bundt cake.

GRADE 11:

Exhibit a whole pie.

GRADE 12:

Exhibit one (1) jar of jam or jelly (Label with date and name of item). After filling your jar, for food safety, process in a boiling water canner for ten (10) minutes. Do not attempt to process in the microwave. See manual for more information.