

# MICROWAVING

(Last updated 12/2020)

**State Fair Entries:** None

**References:** 4-H-1353 Guide to Health & Safe Microwave cooking  
BU-8087 Microwave Magic-Bags of Tricks  
BU-8088 Microwave Magic-Micro Magicians  
BU-8089 Microwave Magic-Amazing Rays  
BU-8090 Microwave Magic-Presto Meals

**NOTE:** For all divisions, recipe should be placed on a laminated [recipe card](#) no larger than 5 ½" x 11 ½" and brought to exhibit.

## **Food Safety Rules:**

- 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, unpasteurized milk (raw milk or raw milk products) or uncooked eggs/egg whites (pasteurized eggs or eggs cooked to 160°F may be used) are not permitted. No home-canned fruits, vegetables, or meats are permitted in products. Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods. Contestants are not to 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 food borne 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.

## **Exhibit:**

### **DIVISION 1**

**Grade 3** - 6 pieces of candy exhibited on a disposable plate.

**Grade 4** - 6 bars of microwave cookies or brownies on a disposable plate.

### **DIVISION 2**

**Grade 5:** one microwaved fruit crisp exhibited in the dish in which it was microwaved.

**Grade 6:** 6 microwave muffins, any kind or 1 loaf of quick bread exhibited on a disposable plate.

**DIVISION 3**

**Grade 7:** 6 microwaved cupcakes or 1 layer cake (iced or un-iced).

**Grade 8:** Exhibit a vegetable casserole exhibited in the dish in which it was microwaved.

**Grade 9:** Simple beef or poultry casserole exhibited in the dish in which it was microwaved.

**DIVISION 4**

**Grade 10:** one microwaved double layer cake (iced) or bundt cake.

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

**Grade 12:** Advanced meats, poultry or fish. Microwave dish of your choosing that contains meat, poultry or fish. Exhibit microwave product in the dish in which it was microwaved.

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