

4-H DUTCH OVEN COOKING GUIDLINES

Helping youth develop a variety of life skills is part of the goal of 4-H. The following are **For the Fair- Guidelines** for bringing your exhibit to the fair to be judged and **Food Preparation for Dutch Oven Cooking guidelines** that provide learning experiences in the Dutch Oven Cooking area.

There is a Dutch Oven Cooking Guide at the end of this introduction

GENERAL DUTCH OVEN COOKING GUIDELINES FOR ALL AGES

Learn about the supplies needed for Dutch Oven Cooking outdoors.

Learn how to prepare and cook food outdoors.

Develop skills in controlling the oven temperature with charcoal briquettes.

Learn to care for cast iron cookware

Learn tips in safe food preparation handling and Dutch Oven Cooking safety.

Learn to make and use various kinds of equipment in preparing outdoor meals away from home.

FOR THE FAIR-GUIDELINES

Bringing a Dutch Oven exhibit to the fair to be judged information:

1. The **classes** for fair judging are divided into two categories; Junior, ages 12-14 and Senior, ages 15-19.

a. Choose from one of the classes in your section what you want to make for fair. That will be your exhibit.

b. Content and complexity of exhibit must reflect the age of member and years of experience in the project area

CLASSES

<u>Junior(ages 12-14)</u>	<u>Senior(ages 15-19):</u>
Dutch Oven Cooking-Breads	Dutch Oven Cooking-Breads
Dutch Oven Cooking-Main Dish or Side Dish	Dutch Oven Cooking-Main Dish or Side Dish
Dutch Oven Cooking-Dessert	Dutch Oven Cooking-Dessert

2. Prepare and **cook** your exhibit in a Dutch Oven, outdoors, using charcoal briquettes as fuel.

a. Foods may be made with mixes. A mix is defined as any commercially made dry mixture. Commercial mixtures would be cake, brownie, muffin, biscuits, bread, roll, pizza, pie crust, casserole mix. Pie fillings and prepared puddings are also allowed, as are stuffing mixes, soups and prepared sauce such as pizza sauce.

b. See the Dutch Oven Cooking Basics section on page 3.

3. Exhibit is to include card with name and age and recipe noting the number of briquettes used and cooking time. Bring it to the fair with your project to be judged.

4. Bring a **photo** of the exhibitor cooking with the Dutch Oven, this can be taken anytime during the year. The photo can be glued or taped to the recipe.

5. **Presenting your exhibit-** Items can and should **be judged** in the Dutch Oven. Make sure it has cooled to a safe temperature. Brush off excess ash from top and bottom with a whisk broom. It does not have to be perfectly cleaned off. Some ash adds to the novelty of the project. Entries should show an attractive presentation of a meal or single food. **If** the exhibitor is unable to bring the Dutch Oven, that is okay. Just transfer the exhibit to another dish to display it for judging and make sure to bring a photo of you cooking with a Dutch oven.

6. Judges will not be required to taste the food.

Here are the General Rules for Fair that concern Dutch Oven Cooking exhibits:

1. Only one entry per exhibitor per division.
2. Member must make a different exhibit each year.
3. All exhibits should be attractively presented in an appropriate container, the Dutch Oven if possible. If the exhibitor is unable to bring the Dutch Oven, (say you borrowed the oven and the owner doesn't want it taken to fair) that is okay. Just transfer the exhibit to another dish to display it for judging. Just make sure to bring a photo of you cooking with the Dutch oven sometime during the year!
4. All non-perishable food displayed in booths should be wrapped securely in clear plastic wrap, or be sprayed with clear varnish. **Perishable items cannot be displayed**, but should be replaced by a photo or a poster including a picture or drawing of the dish, along with the entry tag and recipe card. Non-perishable foods may also be replaced mid-week.
5. An exhibit that does not meet the established criteria for a class will be dropped one grade.
6. Attach index card to exhibit tag if member is disabled or has reached his/her capability. Use card to briefly explain this.
7. Project summary forms should be completed for each project.
8. A score card may be used for foods judging, copy attached.
9. No foods will be tasted by the judge(s) unless it meets food safety guidelines.