

BERGEN COUNTY 4-H FOOD SHOW

Please sign up by
FRIDAY, JUNE 16

Friday, June 23, 2017
5:00 PM—7:00 PM

Send forms to:
bergen4h@njaes.rutgers.edu
or fax to
201-336-6873

Mahwah Public Library
100 Ridge Road
Mahwah, NJ

Questions?
Call us at
201-336-6785

Join us for a fun night of great food!

Bring your favorite dish and recipe.
See the following page for further instructions.

Please arrive by 5:00 PM to get set up.
Judging will take place at 5:30 PM.

Only dishes with a recipe card and a menu will be judged.

Sign up as an individual or with a partner below:

NAME: _____ GRADE: _____

Partner (optional)

NAME: _____ GRADE: _____

DISH: _____
(appetizer, main dish, dessert)

#ATTENDING: _____ (including guests)

CLUB(s): _____

EMAIL: _____



18 U.S.C. 707



Step-by-Step Guide to the Bergen County 4-H Food Show

1. SELECT A DISH

Choose a dish that has meaning. One that is a family tradition, a favorite birthday meal, or one that has cultural roots. Or choose a dish you just really, really like, or are excited to learn how to make!

2. CREATE A RECIPE CARD*

Take the original recipe and transcribe it yourself onto a recipe card, or type it onto a new sheet of paper. Make sure to include the name of the dish, all ingredients, and instructions for making the dish. Also include your name, age, and where you found the recipe. Please bring 4 copies of your recipe card to the event.

**Do not print the recipe from the internet, as you found it.*

3. CREATE A MENU

Plan a menu for the meal that you would have that would include the dish you are making. For example, if your dish is meat lasagna, your menu might include lasagna, side salad, garlic bread, water and iced tea, and maybe even a dessert. You are only preparing one dish, but tell us what else you would serve with it!

4. PREPARE YOUR DISH

Follow the instructions for the recipe you selected and prepare your dish at home. Make sure you understand any abbreviations (such as T for tablespoon, and t for teaspoon), as well as any techniques mentioned (whisk, fold, beat, etc.), and make note of any tools you may need (spatula, mixer, food processor, etc.).

5. BRING YOUR DISH TO THE FOOD SHOW

Bring your finished dish to the food show with your recipe cards, menu, and any serving utensils you will need. Plates, forks, spoons, and knives will be provided.

6. FOOD JUDGING

Be prepared to answer questions related to why you chose the dish, how you made the dish, the techniques and tools you learned and used, etc. After all of the dishes have been judged, everyone will be invited to sample them!

Note: Parents are encouraged to help with preparation, but will not be permitted to participate in the judging (food tasting and Q&A), with the exception of participants who are in grades K-3.