

4-H Top Chef

Virtual Contest



OSU EXTENSION
OTTAWA COUNTY
4-H YOUTH DEVELOPMENT

4-H Top Chef is a culinary challenge for 4-H members to create a recipe using secret ingredients utilizing their creativity, food preparation skills, kitchen safety and presentation skills.

Divisions: The age and grade will be as of September 1 of the current 4-H year.

- Cloverbud: ages 5-8, or Kindergarten-2nd
- Junior: 3rd (and 8 yrs. old)-5th grade
- Intermediate: grades 6th-8th
- Senior: grades 9th-12th

Deadlines: Sign up by April 30 & Final entry due May 3rd-May 14th.

Sign Up: Participants must sign up by April 30 to receive the required ingredients list. Sign up by providing Name, Club, Grade and Contest Name by email to ottawaco.extension@gmail.com or by calling the Extension Office at 918-542-1688. An entry form is on the extension.okstate.edu/Ottawa website, but you do not have to use the entry form to enter. We will need the publicity release section of form completed by entry deadline.

Contest Guidelines:

Contestants will submit a picture of final product and (3) videos for judging competition.

Video 1: Introduction—no longer than 5 minutes. Include information about self, dish, and main ingredients.

Video 2: Dish Preparation—no longer than 10 minutes. Show main highlights of preparing dish.

Video 3: Dish Presentation—no longer than 5 minutes. Show a serving of the dish, tell how dish fits into healthy diet/MyPlate, what safety practices you followed, and cost per serving of 4 main ingredients.

Combined time of videos cannot exceed 20 minutes. It's easier to send 3 short videos rather than 1 long video.

Food Categories: There will be four possible food categories. Main Dish, Fruits & Vegetables, Breads and Cereal, and Nutritious Snacks. All competitors will be assigned the same category and a list of 4 required main ingredients that must be used in the recipe. The 4 items will be common items that should be available at most grocery stores or even your own pantry. You may add to your recipe with other items from your own kitchen. Participants will be responsible for purchasing their own ingredients.

- **Creativity** will be a part of the scoring and can be shown in a variety of ways.
- **Attire:** Clean apron/chef's coat, closed toe shoes, and hair coverings (and long hair tied back) are required.
- **Kitchen Safety:** Demonstrate and follow proper kitchen safety while preparing your recipe.
- **Resource Materials:** (posted on extension.okstate.edu/Ottawa. Scroll down to Ottawa County 4-H then scroll down again to County Contest Days) *Food Safety Brochure, Healthy Eating with MyPlate, Food & Nutrient Needs at a Glance, Healthful Recipe Substitutions, Kitchen Safety*. Copies of your grocery receipts will help you determine cost per serving.

PLEASE NOTE: Others may assist with videoing but should not coach, assist with preparation, etc.

To Enter:

- Submit picture and final video entry anytime between May 3rd-May 14th.
- Submit entry by email to ottawaco.extension@gmail.com or through Facebook Messenger – Ottawa County OSU Extension. Include Name, 4-H Club, & Grade with entry.
- Please check with the Extension Office to make sure your entry was received.

If you need help with video, make arrangements 1 week prior to the deadline with the Extension Office.

Awards: The Danish system of awarding each entry a blue, red, or white award will be used. Plaques will be awarded to the top two entries in each division.