

MICROWAVE COOKERY

County project only, there are no State Fair entries for this project. These requirements supersede your project manual.

Members will learn basic food preparation techniques for using the microwave. In the advanced divisions, members will learn how to convert recipes and prepare dishes for the entire meal.

Microwave will be divided by the member's current grade in school. For judging, a 4-H'ers grade is determined by the grade during the current school year (September– August).

The four levels for Microwave manuals are:

- Level A – (grades 3-4)
- Level B – (grades 5-6)
- Level C – (grades 7-9)
- Level D – (grades 10-12)

General Instructions:

1. How to prepare products for display.
 - Most food products should be displayed on a paper or foam plate.
 - For cakes - cut a piece of cardboard about ½ inch larger than the bottom of the cake. Cover this cardboard with wax paper, plastic wrap, or foil before putting the cake on it.
 - Any other product that may be sticky on the bottom, such as fruit crisps or pies, may be left in the container in which they were microwaved. **Containers should be labeled so they may be returned to you following judging.**
 - All canned products must have the ring on the jar top to protect the seal.
2. Whole products will be exhibited for judging. Only a slice of the exhibit or one cookie will remain for show. The rest of the product will go home after judging.
3. **Recipes are required and must be placed on 5" x 8" cards that are covered with plastic. Label your recipe card with recipe name, 4-H'ers name and division.** A county recipe card is available at the Extension Office.
4. All food exhibits must be made from scratch.

LEVEL A (grades 3 & 4)

1. Each year you are **required to complete a minimum of three (3) required or optional activities each from a different section.** After two years, you should have completed a minimum of 6 of the required activities.
2. Project record sheet and activity book must be presented at the time of check-in. **Your project manual must be included with your exhibit.**

Grade 3:

Microwave snack mix (in a package). Include a recipe card.

Grade 4:

Three squares or bars of microwave fudge. Include a recipe card.

LEVEL B (grades 5 & 6)

1. Each year you are **required to complete a minimum of three (3) required or optional activities each from a different section.** After two years, you should have completed a minimum of 6 of the required activities.
2. Project record sheet and activity book must be presented at the time of check-in. **Your project manual must be included with your exhibit.**

Grade 5:

Three bars of microwave cookies or brownies. Include a recipe card.

Grade 6:

One microwave upside down cake. Include a recipe card.

LEVEL C (grades 7-9)

1. Each year you are **required to complete a minimum of three (3) required or optional activities each from a different section.** After three years, you should have completed a minimum of 9 of the required activities.
2. Project record sheet and activity book must be presented at the time of check-in. **Your project manual must be included with your exhibit.**

Grade 7:

One microwave fruit crisp. Include a recipe card.

Grade 8:

One microwave coffee cake. Include a recipe card.

Grade 9:

One package of a microwave candy product. Include a recipe card.

LEVEL D (grades 10-12)

1. Each year you are **required to complete a minimum of three (3) required or optional activities each from a different section.** After three years, you should have completed a minimum of 9 of the required activities.
2. Project record sheet and activity book must be presented at the time of check-in. **Your project manual must be included with your exhibit.**

Grade 10:

One microwave double layer or Bundt cake. (**Note:** Custards, cream, and cream cheese fillings or frostings are not acceptable in an exhibit because they are highly perishable when left at room temperatures.) Include a recipe card.

Grade 11:

One microwave fruit and/or nut pie. (**Note:** Custards, cream, and cream cheese fillings or frostings are not acceptable in an exhibit because they are highly perishable when left at room temperatures.) Include a recipe card.

Grade 12:

A jar of microwave jam or jelly. Label with name of product, quantity and date made. Include a recipe card.

MICROWAVE COOKERY – Check-in and judging

Check-in: Wednesday, June 12, 5-7 p.m. OR Thursday, June 13, 10-11:30 a.m.
(bring project with attached recipe card)

Judging: Open judging, June 13, Noon

After check-in of **all** projects, put current year's record sheets in Green Record Book and turn in at designated boxes in the Community Building.

You have until May 15 to add or drop this project from your current year's enrollment.

The Best of Show and Runner-Up Best of Show winners will be recognized Sunday of the fair.

*****Please read important food safety policy on next page.**

Purdue Extension Food Safety Policy (revised 10/2022)

For Food Competitions: Fillings, frostings, glazes, and meringues are not permitted to contain cream cheese, sour cream, heavy cream, or whipped cream if they are not fully cooked/baked. These items are allowed as ingredients in food products if the final product is cooked/baked. Additionally, raw milk, raw milk products or uncooked eggs/egg whites are not permitted. Eggs/egg whites that have been cooked to 160°F (i.e. pasteurized or included as part of a batter and baked) are acceptable. No home-canned fruits, vegetables, or meats are permitted as ingredients in food products. Foods should be transported to the competition in a way that minimizes contamination and maintains the quality of the food (i.e. foods that are judged as frozen should remain frozen at all times).

Recipes must be provided that identifies all ingredients that were used in each part of the product. Any ingredient that could be a potential allergen must be clearly identified. Each food product must be labeled with the following information:

- Name
- Address
- Contact information (phone and/or email address)
- Date the food product was made

Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods. If cuts are present, the wound should be bandaged and a single use food service glove worn on the hand during all stages of food production. Contestants should not be preparing food exhibits for competition within 48 hours of recovering from any illness. People experiencing symptoms of vomiting, diarrhea, fever, and/or jaundice should not be allowed to prepare food.

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 are as 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. Judges are NOT to taste any home preserved foods such as low-acid or acidified foods like green beans, tomatoes or tomato products, jams/jellies/fruit preserves or fermented products produced in the home.