

Maryland 4-H Animal Science Program Guidebook

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4-H Egg Preparation Demonstration

Overview:

Senior 4-H members can present a demonstration on the preparation of an egg dish during the Maryland State Fair. The State winner will be eligible to represent Maryland in the National Egg Demonstration Contest in Louisville, Kentucky in November and is expected to work with the designated State 4-H Coach in preparation for the national contest.

The Superintendent for the State Egg Preparation Contest is Sandy Corridon, 4-H Youth Development Specialist at the Maryland 4-H Center, Office phone: 301-432-2767, Ext. 324 and e-mail: corridon@umd.edu.

Below are the 4-H Egg Preparation Demonstration rules:

1. There is a \$5.00 participant fee required for this event.
2. This event is designed to provide 4-H Members with an opportunity to develop and demonstrate leadership and communication skills while demonstrating their knowledge and enjoyment of eggs as a food product. *The contest is sponsored by the Maryland Egg Council.*
3. Each 4-H office may enter up to 3 contestants who have been selected by a process determined by the 4-H office. Contestants must be at least 14 years old as of January 1st of current year and cannot be older than 18 as of as of January 1st of current year. Previous State Winners who have represented Maryland 4-H at the National Egg Preparation & Demonstration Contest may not compete again.
4. The contestant will present a demonstration on the preparation of an egg dish, which may utilize prepared packages of food ingredients (i.e., grated cheese) or canned items (i.e., tomato paste). The egg dish must contain a minimum of: 1/2 egg per serving if the dish is classified as an appetizer, snack, dessert, or beverage and One (1) egg per serving if the dish is classified as a salad or main dish. The presentation may not be more than 12 minutes in length. An additional 3 minutes will be allocated for the judges to ask questions of the contestant. The demonstration should include:
 - a. information about eggs, nutritional value, preparation and storage, functional properties, grading and sizing, versatility, economics of cooking with eggs and food safety;
 - b. steps in the preparation of the dish;
 - c. a finished dish ready for sampling by the judges.

Samples will not be provided to the public. Participant must provide paper plates and plastic utensils suitable for serving samples to the judges. **Additional rules & regulations may be obtained from the 4-H office, the State 4-H Office or on the Maryland 4-H website: www.maryland4h.org, click on “forms”.**

5. **The Recipe must be included on the Entry Form.** Contestants must furnish a Recipe Card to each of the 3 judges. The card must not contain the contestant's name or other identifying information, just the following parts: a) Name of recipe; b) List of ingredients - in the order they are used in the instructions with measurements given in common fractions (do not use abbreviations or brand names); c) Instructions for combining ingredients including clear, concise instructions for every step using correct food preparation terms; d) Pan type/size used, Temperature and cooking time; e) Number of servings and calories.
6. Contestants must be prepared to serve a sample of their completed dish to the judges.
7. Contestants must furnish their own supplies and are responsible for cleaning their area after their demonstration. A kitchen setting with a demonstration table with a mirror and a working oven will be provided. Posters and tabletop displays are allowed, but must be the work of the contestant. The contestant may use computers, stencils and other tools in preparing displays. One easel will be provided. Other props, costumes, slides or videos are not permitted.
8. Notes or outlines are permitted, but excessive use of them by the contestant will reflect in the scoring.
9. Any items or markings that identify the contestant or their 4-H County/City are not allowed on the contestant's person or on the posters/displays.
10. **Judging:** The presentation will be evaluated on: Presentation, Recipe and Finished Product Quality.