

Fair Food Cook Off

**SUNDAY AUGUST
25TH, 3PM
NYS FAIRGROUNDS
4-H YOUTH BUILDING**

Teams of Up to 5



RECREATE FAIR FOOD TO A HEALTHIER VERSION

Do you like to cook and think on your feet? Have you ever thought about how to make comfort food healthier?

Your team will receive a mystery food item from the fairgrounds and some healthy food options in our pantry to recreate a dish.

When finished you will present your dish to our judges and be prepared to answer questions.

Space is limited

Contact your county educator to register. Link:

https://reg.cce.cornell.edu/nystatefaircookingchallenge_247 (under Suffolk County

For a complete set of rules, email: vjf4@cornell.edu



Fair Food Cook Off Rules



Purpose:

This competition gives youth an opportunity to gain hands-on experience preparing and cooking nutritious, farm-fresh foods. The purpose is to highlight local agriculture and encourage students to make healthy eating choices and understand more about nutrition, farm-fresh foods, the culinary arts and school food systems. Goal setting, time management, presentation skills, teamwork, attention to details and the ability to adapt to changing conditions are also interwoven in the experience. Self-expression and creativity through re-envisioning their Fair Food is highlighted.

Rules:

- We will have mystery dishes that you will start with.
- There are a series of kitchen disaster challenges that will be thrown in throughout the competition.
- You will have one hour to cook.
- You may use pantry items but be aware that you may have to share, so please take small quantities.
- We have boiling water if needed.
- Work as a team—you will be judged on that as well.
- We provide a rubric ahead of time for review.
- Ask one of us if there is anything else you need—we may be able to get it for you.
- The vegetables have not been washed so a team member will have to do that.
- Practice good hygiene.
 - Hair pulled back.
 - Washed hands or gloves.
 - Do not taste your food and put the tasting spoon back into the dish.
 - Clean as you go.
- Practice knife and cooking surface safety.
- Prior to the challenge, you will have 5 minutes to consult with your adult coach and one hour to cook.
- You will have a 5 in 1 cooking griddle and a burner as well as cooking utensils.



**If you have any questions contact:
Vicki Fleming, vjf4@cornell.edu**

