



4-H GRILLED CHEESE CHALLENGE

County qualifying event for the State Challenge

Open to 4-H members, age 8-18 as of January 1

A team must include three members and will cook in front of the judges.

TEAM CHALLENGE AGE CATEGORIES:

- Ages 8 – 11
- Ages 12 – 18 (ages eligible for State Activities Day)
(All team members must be 12 or older to qualify)



CHALLENGE GUIDELINES:

Each team must supply the following:

- An adult supervisor for safety. **NO COACHING!**
- Skillet and hot plate OR an electric frying pan or electric griddle. **NO element that cooks two sides at once** such as deep fryer, George Forman Grill type device or Panini Press, or a toaster oven can be used.
- Spatulas, knives, other utensils needed to prepare the sandwiches
- Clean Grilling Apron
- Grilling Hat (provided by UNH Extension)
- Cutting Boards
- Hand Sanitizer
- Disposable Gloves
- Table Cloths
- Plates

Food Product & Food Safety

- Teams will need to bring any and all supplies and ingredients necessary to make 3 sandwiches for judges. Youth will present a dish of one sandwich per judge and give explanation of their dish and be prepared to answer any questions.
- No preparation including cutting of garnishes may be done prior** to the start of the competition. This will be included as part of the plating process.
- No alcoholic beverages may be used in the preparation of recipes.
- Supplies cannot be borrowed or added once the setup starts at the beginning of the contest, this includes supplies from other teams, parents or spectators. You must be prepared.
- PLEASE NOTE: Any perishable items **MUST** be kept in a cooler with ice and be stored at safe temperatures (below 40 degrees F). **Temperatures may be checked** as part of the competition.
- All foodstuffs must be **stored off the ground, at least 6"**.
- Please be sure to label your bags/coolers with your name.
- All competitors must wear grilling hats, aprons and gloves per Board of Health regulations.
- When handling foodstuffs, all competitors **WILL** wear sanitary, disposable gloves. All members of the team will need to wear gloves and maintain a safe food environment.

JUDGING PROCESS:

1. There are two categories judged as part of the Cook Off, teams may compete in only one division.
 - **Bread, butter and cheese** (anything from those categories)
 - **Bread, butter, cheese and...** (with 60% of sandwich filling being cheese). This category includes other food groups – protein, fruits & veggies. Just keep in mind, 60% dairy/cheese!

More 

- Three judges will officiate - they can ask questions during preparation as well as during tasting. Teams will be judged while they are preparing the food, including food handling and food safety. A third judge will serve as a floater and will be watchful of all teams before, during and after the contest; this is for food safety and teamwork. Teams will be responsible to provide recipes including any spices, garnishes to the judges. Plating is an important part of the process; this presentation is valued at 20 points and can be an opportunity to show creativity.
 - Teams will be asked questions and scored on MyPlate/Nutrition information as well.
 - Youth must as a group present a dish of one sandwich per judge and give explanation of their dish and be prepared to answer questions.
 - The panel of judges will score teams by the following breakdown:
 - ✓ Creativity = 10 points
 - ✓ Cleanliness = 10 points
 - ✓ Understanding of MyPlate = 10 points
 - ✓ Food Handling / Safety = 10 points
 - ✓ Presentation by group to judges = 20 points
 - ✓ Teamwork = 20 points
 - ✓ Taste = 20 points
2. Time Limits – All grilling will be done in separate 15 minute heats and each team will have only 15 minutes to complete their grilling. No exceptions! Spatulas down means spatulas down. **(Please note: may want to consider pre-heating electric griddles at low temperature)**
 3. It is highly recommended that each team practice for this contest ahead of time. Try making several modifications to each recipe in anticipation of using your ingredients the day of the event.
 4. State Activities Day Qualification: Each participating county may send one team per category. *