



2022 NJ Virtual 4-H Cooking Challenge March 19, 2022 – 11am



Objective

This event is designed to allow participants to create a dish from a secret ingredient in a limited amount of time and present it for evaluation. As this is a creative exercise, the dish should be made with no adult assistance or use of a recipe. Kitchen and Food Safety protocols must be followed.

Rules

Only current standard New Jersey 4-H members in good standing may participate.

As this is a virtual event. Participants must have a functioning camera, microphone, and the ability to connect to an online forum. Participants will provide all ingredients and supplies/equipment.

There will be two divisions. Each division will be divided into two classes:

INDIVIDUAL CLASSES: Junior Individual Class = grades 4th – 7th. Senior Individual Class = grades 8th – 13th.

SIBLINGS CLASSES: Junior Siblings Class = both members must be in grades 4th – 7th.

Senior Siblings Class = both members must be in grades 4th – 13th, one must be in 8th grade or above.

New Jersey can promote four entries (one from each class) to the National Competition.

Participants must register for to the event on or before March 10, 2022. The registration link is:

[2022 NJ Virtual Cooking Challenge](#)

Contact: Virginia at Krzyzanowski@njaes.rutgers.edu

On March 11, instructions with the list of 10 ingredients needed the day of the event will be emailed. They should have other ingredients as well, but these are essential. The rubric to be used by the judge(s) will be provided to all participants at this time as well.

On the day of the contest, participants will be informed which 1 of the 10 ingredients in the afore mentioned list is the “Secret Ingredient”. At that time, the coordinators will also inform the participants of what time the dish needs to be completed.

The participants must then create and prepare a dish from scratch without adult assistance or a recipe that features the “Secret Ingredients”. Afterwards, they will individually present their finished dish to the judges. They should be able to show the dish and discuss its preparation.

At the time designated, the participant must be prepared to individually present their dish to the judge(s).

The judge(s) will use the rubric to score the prepared dish. The top scoring participant(s) in each class will advance to the national competition. It is expected that the winners will move on to the national competition. Save the date – Nationals are scheduled for two Saturdays, April 9 for teens and April 23 for juniors. Please note that there is a fee for the national competition. Participants make see funds from your 4-H county.

Awards and scored rubrics will be sent to participants upon completion of the event.