



2015 Raising Nebraska Nebraska Mystery Foods Event

This contest challenges teams of Nebraska youth to create an appetizer using at least one surprise ingredient, identified the day of competition. Team members must identify and prepare an appetizer, then make a presentation about it to the judges.

OBJECTIVES

- Provide opportunities for participants to identify careers related to nutrition and food science.
- Provide an experience for participants to learn where their food originates, specifically foods grown in Nebraska.
- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish focused on local Nebraska foods.
- Provide opportunities for participants to learn from other team members and promote teamwork.
- Give participants opportunities for public speaking.
- Give Nebraska youth the opportunity to participate in a new, exciting, competitive event.

PARTICIPANT RULES

1. Participation. Open to all Nebraska youth who are 10 to 18 years old as of the contest date.
2. Age. Age divisions are determined by a participant's age as of contest date.
 - Division 1: 10 – 14 years old
 - Division 2: 15 – 18 years old
3. Food category. The 2015 Food Challenge consists of teams making an appetizer dish using Nebraska products. The day of the contest, the youth will learn of five surprise ingredients that they may use in their dish. At least ONE surprise ingredient must be added to their recipe.
4. Teams: Only 10 teams per division may register. Once 10 teams have registered, that division is filled for the year. The first and second place teams in both age divisions will be able to showcase their appetizer during the Nebraska State Fair.
5. Members per team. Each team will have at least two and no more than four members. If a team consists of youth in both age divisions, they will compete in Division 2.
6. Coach. Each team must have an adult who serves as their coach.
 - a. Coaches must be present during the entire competition but will not be able to provide guidance during the actual competition.
 - b. Only students may cook during the competition.
7. Attire. Team members are required to wear sturdy close-toed shoes; appropriate dress attire; and a hat or hairnet.
8. Supply box. Each team must supply their own equipment for the challenge. A suggestion of items to bring is included.

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9. Appliances. Only electric appliances are allowed including toaster ovens, hot plates, crock pots, electric griddles, food processors, blenders, and mixers.
10. Appliances. No gas grills or burners are allowed.
11. Water. Water for DISHWASHING IS PROHIBITED.
12. Entry fee. Each team is required to pay the registration fee.

RULES OF CONTEST

1. Teams will report to the designated location for check-in.
2. An orientation will be provided for all participants.
3. Each team will be directed to a cooking/preparation station. There will be a set of surprise ingredients at a “common pantry” for teams to include in their dish.
4. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
5. Only participants and contest officials will be allowed in food preparation areas.
6. Teams must supply their own equipment. If something malfunctions or is forgotten, team members must work together and be creative in completing preparation without the equipment. ****Teams are not able to exchange or loan equipment to one another.****
7. Preparation: Each team will provide their own ingredients to create the dish. The surprise ingredients will be available in a “common pantry” that the youth need to select at least one and up to five surprise ingredients into their dish.
 - a. Teams are challenged with being creative and developing their own recipe with the surprise ingredients provided.
 - b. Teams must incorporate at least one surprise ingredient and up to all 5 ingredients into the dish. However, teams may determine the exact amount of each ingredient to use.
 - c. The dish must be made from start to finish during the assigned competition. All ingredients must arrive in their raw state with one exception: dry beans can be soaked and boiled with no seasoning other than salt.
 - d. Note cards may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
8. Teams will be judged during the preparation phase, presentation and tasting of the dish.
9. Food safety: Teams must practice food safety.
10. Nutrition: Each team should name key nutrients in their dish and their role in maintaining health during their presentation.
11. Presentation: When time is called, each team will present their dish, according to the criteria on the score card, to a panel of at least two judges.
 - a. All team members must participate in the presentation, including all of them having a speaking role.
 - b. Judging time will include a maximum of 10 minutes:
 - 2 - 4 minutes for the presentation
 - Maximum of 2 minutes for judges’ questions
 - 2 - 4 minutes between team presentations for judges to score and write comments
 - c. Teams are allowed the use of note cards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.

- d. Judges may ask teams questions that are not directly related to the dish prepared. Instead, some questions may address the general knowledge and learning experiences.
 - e. No talking and no writing is allowed among any team members while waiting to give the team presentation. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
12. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home. Left-over food should be disposed of properly.
 13. Judges are expected to taste the foods prepared.
 14. Placing will be based on rankings of teams by judges. Judges' results are final.
 15. An awards program will be held at the conclusion of the judging process.

AWARDS

- Overall Winner: top award for the division
- Best Use of Surprise Ingredients: top award for use of the provided surprise ingredients into their dish
- Most Nutritious: top award for being a nutritious dish
- Best Appearance: top award for appearance of the dish
- Best Use of Nebraska Products: top award for using Nebraska Products in their dish

SCHEDULE

- A final schedule will be sent out to participating teams.
- Time Frame: 8:00 am to 3:30 pm == times are subject to change for appropriate adjustments

SUGGESTED ITEMS FOR SUPPLY BOX

Beverage glass

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Colander

Cutting Boards (2)

Disposable tasting spoons (no limit)

Dry measuring cups (2 set)

Electric Skillet

Extension cord (Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (2)

Large Tote (to carry out dirty dishes: dishwashing is prohibited on-site.)

Liquid measuring cup

Measuring spoons (2 set)

Non-stick cooking spray

Note cards (no larger than 5 X 7) (1 package)

Paper towels (1 roll)

Pancake turner

Pencils (no limit)

Plastic box or trash bag for dirty equipment

Pot with lid

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skillet with lid

Spatula

Stirring spoon

Storage bags (1 box)

Tongs

Two single-burner hot plates OR one double-burner plate (electric only!)

Whisk