



# 2016 Raising Nebraska Nebraska Mystery Foods Event

This contest challenges teams of Nebraska youth to create a main entree using the mystery ingredient, identified the day of competition. Team members must create and prepare a main entree, then make a short presentation about it to the judges.

## OBJECTIVES: Youth will:

- Participate in a competitive event that highlights Nebraska grown foods and/or Nebraska food products.
- Exhibit their knowledge and skills when preparing and presenting a dish utilizing Nebraska foods.
- Engage in 21<sup>st</sup> century skills such as teamwork and public speaking.
- Learn about careers related to food, nutrition, and food science.

## 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 2016 Food Challenge consists of teams making a main dish using Nebraska products. A mystery ingredient & food basket will be provided. Teams will learn of the selected mystery ingredient once directed to contest table.
4. **Teams.** Only 10 teams per division may register. Once 10 teams have registered, that division is filled for the year.
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 youth may cook during the competition.
  - c. Coaches must stay in designated area.
7. **Attire.** Team members are required to wear sturdy close-toed shoes; appropriate clothing attire; and a hat or hairnet.
8. **Supply box.** Each team must supply their own equipment for the challenge. A suggested list of items to bring is included at end of packet. Contest officials will supply the plates for judges sampling.
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.

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## 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 basket of food supplies and the mystery ingredient.
4. Each team will have a set time to prepare the dish, plan a presentation, and clean the preparation area.
  - a. Division 1: 30 Minutes
  - b. Division 2: 45 Minutes
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 be provided a basket of ingredients to create the dish. The mystery ingredient will be given.
  - a. Teams are challenged with being creative and developing their own dish. No recipes can be brought in, hard copy or electronic.
  - b. Teams must incorporate the mystery ingredient and at least one basket ingredient into the dish.
  - c. The dish must be made from start to finish during the assigned competition.
  - d. Blank note cards will be provided to write the recipe that the team develops and/or notes related to the presentation.
  - e. Paper plates will be provided for the food appearance and a food sample for judging.
8. Teams will be judged during the preparation phase, oral speaking presentation, food appearance, and taste.
9. Food safety: Teams must follow good food safety practices.
10. 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.
  - b. Oral presentation will be a maximum of 2 minutes. Judges may ask questions.
  - c. Teams are allowed the use of note cards during the presentation but should not read from them.
  - d. No talking and no writing is allowed among any team members while waiting to give the team presentation.
11. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the set preparation allotment. Teams will not have access to a kitchen facility; therefore, soiled dishes should be placed in an appropriate container for later clean-up.
12. Judges are expected to taste the foods prepared.
13. Placing will be based on rankings of teams by judges. Judges' results are final.
14. An awards program will be held at the conclusion of the judging process.

## AWARDS

- Best Use of Mystery Ingredient
- Best Appearance of Dish
- Best Oral Presentation

## SCHEDULE

- A final schedule will be sent out to participating teams.
- Time Frame:
  - 12:30 – 1:00 p.m. Registration
  - 1:00 p.m. Orientation for ALL teams
  - 1:30 – 2:30 Division 1 Compete/Division 2 Educational Experience
  - 2:30 – 4:00 Division 2 Compete / Division 1 Educational Experience
  - 4:00 p.m. Awards

## ITEMS IN BASKET

The following items are the food items that will be provided for teams to develop the dish.

- Starch
  - Cooked pasta
  - Cooked rice
  - Tortillas
- Veggies
  - Raw Carrots
  - Raw Peppers
- Sauce
  - Cream of Mushroom Soup
  - Canned Diced Tomatoes
- Flavor
  - Dried Herbs
  - Salt & Pepper
- Topping
  - Parmesan Cheese
  - Bread Crumbs

## POSSIBLE MYSTERY INGREDIENT

One of the following ingredients will be the Mystery Ingredient which will be provided for the contest.

- Pinto Beans
- Eggs
- Cheese

## SUGGESTED ITEMS FOR SUPPLY BOX

### 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 or hot plate

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 or trash bag (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)

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

Whisk

## Nebraska Mystery Foods Event Score Sheet

Team Name \_\_\_\_\_

Division # \_\_\_\_\_ Dish \_\_\_\_\_

	<u>Excellent</u> Point Value (11 – 15)	<u>Satisfactory</u> Point Value (6 – 10)	<u>Needs Improvement</u> Point Value (0 – 5)	Total Points Possible
<b>Preparation</b> Knows procedures for preparing food.				/15
<b>Safety</b> Principles of food safety are practiced.				/15
<b>Team Work</b> All team members participate in the food preparation and the presentation.				/15
<b>Mystery Ingredient</b> Creative use of the Mystery Ingredient into the dish.				/15
<b>Appearance &amp; Taste of the Dish</b> The dish is visually appealing and has a pleasing flavor and texture.				/15
<b>Presentation/Interview</b> Presentation should (but is not limited to) include: <ul style="list-style-type: none"> <li>- How did you work together to develop the dish</li> <li>- How the Mystery Ingredient(s) was included in the dish</li> <li>- Nutritional information</li> <li>- Effective presentation (displayed confidence, cohesiveness, positive impact of presentation)</li> </ul>				/15
<b>Comments:</b>				/90