

Baking Tips for the Fair

Here are some tips for getting your Foods and Nutrition project ready for judging at the fair. Start by asking yourself these simple questions as you are choosing your recipes for the fair.

- Does this food require refrigeration?
- Would you eat this food at room temperature?
- Will this product hold up to its standard when it is judged or displayed?
- What is perishable?
 - High in moisture, protein and neutral acidity
 - Anything that needs refrigeration

When Are Baked Goods Done?

Internal temperatures

- Layer cakes - 205-210°F
- Pound cake - 210°F
- Jelly roll cakes - 190-195°F
- Muffins - 210°F
- Quick bread - 210°F
- Bundt cake - 212°F
- Yeast rolls - 190-195°F



Insert thermometer into the end or side to reach the middle of the bread

- **Seeing a thermometer hole is OK!**

What/How to display for the fair

Age appropriate for the fair. The 4-Her should have experience with the recipe. The judge should ask what they have learned from making this product. If the fair entry is the first time making the item then they don't have experience to draw from in talking with the judge.

First year 4-H project examples: no bake cookies, drop cookies (oatmeal or chocolate chip), snack mix. Something a 7 or 8 year old would be interested in preparing.

Yeast products are level 3 and 4 only (age 12 and up)

Pies are level 3 and up

Cupcakes should be displayed in wrapper the cupcake structure needs the wrapper for support

Muffins should not be displayed in wrapper a muffin does not need the wrapper for support the judge needs to see the crust.

Cookies, cupcakes, muffins, yeast rolls etc. should be displayed in groups of three. The three items should match as closely as possible.

Baking Tips pg. 2

How continued

All food items brought in for judging should be displayed on a paper plate or cardboard covered in foil.

Cakes should be displayed whole.

Angel and chiffon, sponge cakes should be displayed crust side up.

All unfrosted cakes should be displayed upright

A cake with a special design (example Bundt cakes) should be displayed crust side down.

All baked products should be removed from the pans except pies that should be displayed in a clear glass baking dish.

Mixes should not be used by 4-Hers in Level 2-4. Level I if using a mix it should be noted in the recipe. Remember all entries need a recipe included.

Items not acceptable at the fair:

- Bacon and meat are not acceptable in a baking project.
 - Meat is perishable
 - May not be completely cooked
- Icings and frostings made with RAW eggs
- Cream cheese frosting
- Chocolate Ganache
- Heavy cream frosting
- Lemon curd
- Fresh fruit OR vegetable as a garnish
 - Once a fruit is cut it must be refrigerated
 - Many whole fruits need refrigeration
 - Strawberries
 - Raspberries
 - Many vegetables need refrigeration after harvest
 - Peppers
- **Any** Dairy based filling
 - Cream cheese
 - Sour cream
 - Ricotta
 - Moisture level is higher in the filling and the food would need refrigeration to prevent microbial growth

Baking Tips pg. 3

Items not acceptable

- Custard Pie
 - Pumpkin
 - Cheesecake
- Cream/Meringue Pie
 - Coconut
 - Chocolate
 - Lemon
 - Any flavor!
- Strawberry pie
- Chiffon pie
- Bacteria can multiply in these moist desserts high in dairy and eggs
- **NO** recipes with alcohol
 - 4-H Youth are not of legal age to purchase or possess alcohol
 - Not all of the alcohol is evaporated or baked off during cooking or baking.
 - Alcohol retention ranges between 4% and 85%
 - Depends on severity of heat treatment

Acceptable Items

- Dairy products incorporated into the entire batter
 - Not as separate layer
 - Examples include
 - Cream cheese
 - Sour cream
 - Milk
 - Cream
- These get baked into a drier environment
- Eggs mixed into the batter and baked
- Egg glazes on top of breads **prior** to baking
- Egg white powder
 - Meringue powder
 - Used in place of raw egg whites for frosting
- Egg in pie crust

Baking Tips pg. 4

Acceptable Items continued

- Cheese mixed into batter
 - Hard Cheese
 - Shredded Cheddar
 - Cottage Cheese
 - Ricotta Cheese
 - Cream Cheese
- These are baked into a dry environment, less moisture
- Frostings/Icings
 - High sugar content suppresses bacterial growth
 - Use small amount of liquid
 - Milk, juice, water
 - Add flavorings
 - Cream cheese **flavor**
 - Fruit flavor
 - Shortening withstands heat better than butter
 - German Chocolate Frosting
- Fruit baked into a product
 - Pineapple Upside Down Cake
 - Blueberry muffins
- Fruit Pie
 - High sugar content takes moisture away from bacteria
 - Baking reduces bacteria issues
 - Exception is refrigerated pie like Strawberry
- Pecan or any Nut Pie
 - High sugar binds up moisture making it unavailable for bacteria to use