



Kentucky 4-H Poultry Culinary Demonstration Contest

The Egg Chef Challenge

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Description

Just like a cooking show, the participant will enlighten their audience while preparing their culinary creation. The Egg Chef Challenge teaches youth how to prepare nutritious, safe meals and snacks using eggs as the main ingredient. The contest challenges individual 4-H members to create an egg dish while demonstrating proper food safety with culinary and cooking skills. The Egg Chef Challenge combines culinary skills with demonstration skills. The youth will also show off their knowledge of eggs and how they can be included in an economical and nutritious meal.

At the state level there are separate competitions for juniors and seniors (14 years of age as of January 1) with separate awards for the top individuals in each age group. The top senior will have the opportunity to represent Kentucky at the national Egg Chef Challenge held at the National 4-H Poultry and Egg Conference which will be held in Louisville the third Thursday of November. They will be provided \$300 to cover travel expenses related to participation in the national event.

Past state winners at the senior level who have competed at the national level are not eligible to participate in the state contest again. Past state winners at the junior level can participate again, at either the junior or senior level depending on their current age.

Purpose of Event

- To provide opportunities for youth to exhibit their knowledge and culinary skills when preparing and presenting a dish
- To acquire knowledge of egg quality standards, size classification, nutritional value, preparation and storage, functional properties, and versatility and economic value of eggs
- To develop creative skills in preparation, use and serving of eggs
- To learn to enjoy eggs as a food
- To use sound nutritional knowledge when planning meals
- To develop and demonstrate communication skills

Date and Time

The contest is held on 4-H Poultry Days, which is the last



Saturday of July. The contest is held in the morning with the 4-H chicken and turkey barbecue events held in the afternoon. Participants are free to participate in the Egg Chef Challenge as well as one of the barbecue contests. Check with your country 4-H agent to register.

Location: TBD

Overview of the Contest

The participants have twelve (12) minutes to demonstrate the preparation of their egg dish, incorporating the following information with regards to eggs:

- Nutritional value
- Proper storage
- Functional properties
- Grades and sizes
- Versatility
- Economical value

Participants need to have a finished product available for the judges to sample at the end of your demonstration. They are given preparation time before their demonstration. If the dish cannot be prepared in the 12 minutes allowed for the presentation, they should prepare a complete dish in that prep time to have available for the judges to sample.

The participants are judged on the program content (35%), their presentation and skill (35%) as well as the final product (30%).

Picking of Recipe

The rules require that the recipe include a minimum number of eggs.

- If the dish is an appetizer, snack, dessert, or beverage it only needs to contain $\frac{1}{2}$ egg per serving. So, if the dish serves 4, it must contain at least two eggs.
- If the dish is considered a salad or main dish it must contain at least 1 egg per serving. Use of the entire egg is not required. For example, a main dish that feeds 6 people may be made with six egg whites.

It is strongly recommended that no-cook recipes not be chosen. The judges will not consume dishes containing uncooked eggs.

It is important to pick a recipe that fits well into the demonstration. It should be relatively easy to prepare and have a role in the overall nutrition of the family. Participants should think about why they chose the recipe and include that information in their presentation. Did they select it for economy, convenience, or nutrition? Did they simply think the dish tasted good? Does the dish use up eggs their hens have been producing? Is it an old family recipe or was there another reason? They should consider the health aspects of the dish. If the dish itself is not considered especially healthy, are there ways the recipe could be modified to make it more health? This could be especially important if this is a sweet dessert. Is the dish appropriate for its intended use? The dish should not be high in fat, calories, or sodium.

The recipe should be typed out to give to the judges at the beginning of the presentation.

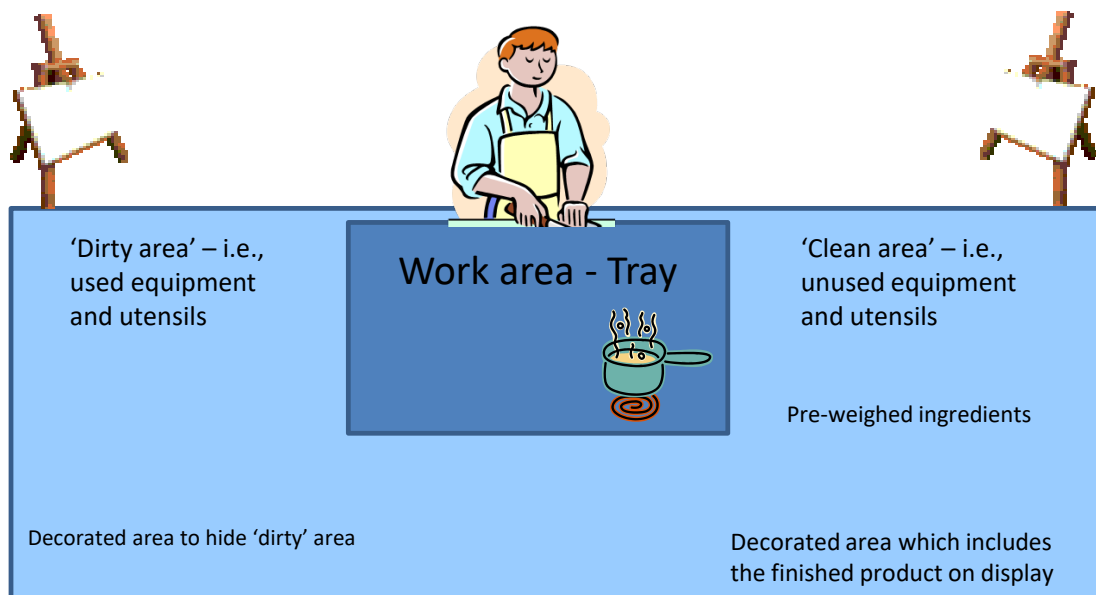
It should be correctly written out as will be described in the rules. The ingredients should be readily available and economical. The dish should be appropriate for modern lifestyles. Participants will need three copies of their recipe to give to the judges.

Preparation

Participants will have time before their presentation to get all their materials and equipment organized. This is referred to as 'prep time' and will take place in a separate room from the presentation room. If the dish takes more than 12 minutes to prepare, participants will also need this time to make the complete dish to have it ready for the judges at the end of their presentation. If the recipe has multiple steps, they may also need to have the dish ready in various stages so that the recipe can be completed within the 12-minute allotted presentation time. There will be an oven, surface units, a microwave, refrigerator, and an electrical out available for participants to use. They need to have indicated on their registration form what equipment will be needed and for how long. For ovens, they will also have to indicate the temperature required.

Eggs required for the dish will be provided. They will be commercial, large, white-shelled eggs. The participant needs to provide all the other ingredients for their recipe.

In the prep room, participants will have two tables. One will be a worktable and the other will be their presentation table. They should set up the presentation table as shown in Figure 1. All the clean equipment and utensils, as well as any pre-weighed ingredients for their recipe, should be on the left.



A U D I E N C E and J U D G E S

Figure 1. Example setup for presentation table.

The middle is reserved for the work area during the presentation. The right side of the table is for dirty dishes. Having some decorations at the front of the 'clean' and 'dirty' areas helps keep them out of sight of the audience. This is especially important for the dirty area. When it is time for the presentation, the table will be carried, as is, into the presentation area.

Some must have items for the table include:

- Hand wipes and/or hand sanitizer
- Small bowl to break eggs into
- Butter knife to break eggs with
- Bowl to put eggshells into
- Paper towels (preferably with a towel rack) and, optionally, disinfecting wipes
- Something to hold dirty dishes
- Something for used paper towels, hand wipes, and/or disinfecting wipes

If a surface unit is required for the presentation, participants will need to provide a portable one since the surface units on the stove will not be available during the presentation.

Presentation

The presentation should spark interest in the recipe. It is important that participants be appropriately dressed. In some cases, this includes appropriate dress for any theme they may use (e.g., cowboy, baseball player, French chef, etc.). Their hair should be neat and restrained. Their hands should be clean. They should not wear any distracting jewelry. An apron should be worn. Participants will be scored on how well they keep the attention of the audience. Participants should talk loud enough to be heard, without shouting. They should avoid the use of clichés.

During the presentation it is important that the participants show good organization of the workspace and safe food handling technique. With the layout discussed above, the participants can work from left to right—keeping clean and dirty dishes separate.

Some important key food handling techniques include:

- Wash hands before and after handling eggs (or using hand sanitizer since there will be no running water in the presentation area).
- Egg should be broken using the back of dull knife and the egg contents placed in a separate bowl.
- Egg contents should be examined before transferring into the mixing dish.

Participants will have two easels available for them to use during the presentation. The easels can be moved to whatever position works best for their presentation. While demonstrating how to prepare the recipe, participants should use large posters to highlight the points they will be discussing. One poster should include a list of their ingredients in the order they will be used. A second poster should highlight the steps

in making the recipe. It is best to use bullet points to make it easier for the audience to follow along.

It is also important for the participants to have large posters to accompany their discussion on the parts, nutritional value, quality, and versatility of eggs. A discussion on the versatility of eggs should include a discussion of the functional properties of eggs. It will be important to note how eggs are functioning in the egg dish being demonstrated. It is also important the participants know and understand the functional properties in case the judges ask them any questions on the topic.

Functional properties include:

- Thickening (custards, sauces, and creamy fillings)
- Emulsifying (mayonnaise, salad dressings, and cream puff fillings)
- Clarifying (some soups and coffees)
- Retarding crystallization (cake icings and candies)
- Leavening (souffles, sponge cake, and puffy omelets)
- Coating (breads and cookies)

Participants should have a poster with the nutrient label for a single, large egg (see Figure 2) as well as one explaining the parts of an egg, egg sizes, and egg grading. The discussion on the parts of the egg should include the air cell. Air cell size is an indication of egg quality. For more information on grading eggs, refer to 4AJ-05PA: Kentucky 4-H Poultry Judging Contents: Market Egg Division – Grading Table Eggs, available online at <http://www2.ca.uky.edu/agcomm/pubs/4AJ/4AJ05PA/4AJ05PA.pdf>.

Nutrition Facts

Serving Size 1 egg (50g)	
Servings Per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A 6%	• Vitamin C 0%
Calcium 2%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Figure 2. USDA nutrition label for large eggs.

There should be a discussion on the proper handling and storage of eggs to maintain interior quality. The discussion should include the necessity to refrigerate eggs, preferably in their original carton, on a rack in the refrigerator. Eggs should not be stored on a shelf in the door. Eggs should be cooked thoroughly. Cold dishes should be held before 40°F and hot dishes about 140°F. Temperatures between 40°F and 140°F are considered the danger zone since bacteria grow well at these temperatures.

Any posters used should be neat, clean, visually appealing, and easily read or seen from 15 feet. Make sure that the posters contribute to the demonstration.

At the end of the presentation, the judges are free to ask questions. Common questions include:

- What is the difference between a brown-shelled and a white-shelled egg?
- What breed of chicken was used to develop today's commercial egg layer?
- What role do the chalazae have in the egg?
- Where does the yellow pigment in the yolk from?
- What happens to egg quality as the eggs are kept in storage?
- Where should eggs be store?
- What is/are the nutritional differences between a Grade AA and Grade B egg?
- What is the main bacterium of concern with food safety and eggs?

Resources

American Egg Board: <https://www.incredibleegg.org/>

Egg Nutrition Center: <https://www.eggnutritioncenter.org/egg/>

Rules and Regulations for State Event

1. The demonstration must be no more than 12 minutes in length. An additional 3 minutes will be provided for the judge to ask questions. If the presentation is 2 minutes or less longer than the specified length, 2 points will be deducted from the total score. If the presentation is from 2 to 5 minutes longer than the specified length, 5 points will be deducted from the total score. If the presentation exceeds 5 minutes longer than the specified length, 10 points will be deducted from the total score.
2. Each participant must submit copies of the recipe to the judges prior to the start of their presentation.
3. **Recipe includes the following parts:**

- A. Name of recipe
 - B. List of ingredients—listed in order they are used in the instructions:
 - i. Measurements given in common fractions
 - ii. No abbreviations used
 - iii. No brand names used
 - C. Instructions for combining ingredients:
 - i. Clear instructions for every step of combining and cooking the ingredients
 - ii. Short, clear, concise sentences
 - iii. Correct food preparation terms to describe combining and cooking process
 - iv. Size of pan needed
 - v. Temperature and cooking times
 - vi. Number of servings and calories per serving stated
4. The egg dish recipe may utilize prepared packages of food ingredients (i.e., grated cheese) or canned items (i.e., tomato paste).
 5. At the end of the presentation, the table will be carried back to the prep room. Each participant is responsible for cleanup after their presentation.
 6. Easels will be provided. Only posters and table-top displays will be allowed. All props and visuals must be displayed on the presentation table or easels. There will be a table set up behind the presentation area, but participants are not required to use it. No additional display tables will be allowed. PowerPoint and audio visuals will not be allowed.
 7. Posters displayed must be the work of the participant. Participants may use notes or outlines to assist them but reading from notes may hurt presentation scores.
 8. Participants will work alone unless an emergency arises, in which case they will be assisted by the preparation room staff.
 9. Each participant will furnish his or her own supplies except that the event committee will provide eggs, range, oven, microwave, and refrigerator necessary for preparation of egg dish.
 10. There will be no team demonstrations in this event.
 11. In case of a tie, the tie will be broken by the following methods in the order listed:
 - A. The participant with the highest score in “Presentation Skills” will win.
 - B. The participant with the highest score in “Program Content” will win.
 - C. The participant with the highest score in “Product” will win.
 - D. A method will be decided upon by the event committee.
 12. Past State Winners of the Egg Chef Challenge at the senior level who have competed at the national level cannot participate in the Egg Chef Challenge again.
 13. Past State Winners of the Egg Chef Challenge at the Junior Level can participate in the Egg Chef Challenge again at the Junior or Senior Level, providing they meet age requirements as well as county requirements.

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Egg Chef Challenge—Score Sheet

Participant No. _____

Junior or Senior



Recipe _____

	Max Score	Score	
I. Presentation Content	35		Comments
Introduction	5		
Visual impact; introduction piques interest; importance established; purpose outlined			
General Nutrition Information	10		
Accurate, complete, up-to date; correct terminology; knowledge of nutrients in eggs; attention to balanced meals; health aspects; appropriate references			
Knowledge of Eggs	10		
Nutritional value; preparation and storage; functional properties in foods; grading and sizing; use in menu planning; appropriate references			
Summary of Main Points	5		
Unification of information with purpose, key points stressed			
Responses to Judge's Questions	5		

	35		Comments
II. Presentation Skill	35		Comments
Appearance	5		
Neatly and appropriately dressed; hair neat and restrained; hands and nails clean; no distracting jewelry			
Delivery	10		
Voice projection; interpretation of information; confidence and speaking ease; avoidance of clichés; general effect on audience			
Work Techniques	15		
Acceptable food demonstration techniques and equipment; ease and efficiency in work; materials conveniently arranged; work sequence, table and work area clean and neat			
Visuals	5		
Appropriate and useful to effect of demonstration; neat, clean, visually appealing; easily read or seen			

Egg Chef Challenge—Score Sheet - *continued*

	Max Score	Score	
III. The Product	30		Comments
Sensory Appeal	15		
Appetizing appearance, aroma, flavor; flavor that appeals to most people			
Reasons for Selection	5		
Is dish economical, convenient, considerate of health aspects, family favorite, for teens, etc.?			
Health Aspects	5		
Is the dish nutritionally appropriate for the intended used and people served? Is it exceptionally high in fat, calories, sodium, etc.?			
Recipe	5		
Correctly written; preparation time not excessive; ingredients available and economical; appealing and useful to families			
Total Points	100		

Recipe includes the following parts:	YES	NO
1. Name of recipe		
2. List of ingredients – listed in order they are used in the instructions:		
• Measurements given in common fractions		
• Abbreviations used		
• Name brands used		
3. Instructions for combining ingredients:		
• Clear instructions for every step of combining and cooking the ingredients		
• Short, clear, concise sentences		
• Correct food-preparation terms to describe combining and cooking process		
• Size of pan stated		
• Temperature and cooking time state		
• Number of servings and calories per serving stated		

TIME: _____

DEDUCTION: _____

- The demonstration must be no more than 12 minutes in length. An additional 3 minutes will be provided for the judge to ask questions.
- If the presentation is less than 2 minutes longer than the specified length, 2 points will be deducted from the total score.
- If the presentation is 2-5 minutes longer than the specified length, 5 points will be deducted from the total score.
- If the presentation exceeds 5 minutes longer than the specified length, 10 points will be deducted from the total score.