

Crepe & Omelet Cook-off



Project Overview/Goal:

- To develop creative cooking and serving skills in the preparation, use, and serving of eggs.
- To enhance food safety when cooking.
- To learn to enjoy eggs as a meal.
- To use nutritional knowledge when preparing meals.
- To gain skills to speak in front of large groups to demonstrate cooking skills.
- To promote and publicize the MS Egg Marketing Board, the MS Poultry Association, and the MS 4-H and FFA Organizations.

Competitive Activities

2 opportunities to compete:

- Dixie National Crepe Cook-off Contest
- 4-H Day at the State Fair Omelet Cook-off Contest

Sponsored by:

- MS Egg Marketing Board
- MS Poultry Association
- MS Beef Council

Contact:

Tannah Christensen, Extension Instructor, t.christensen@msstate.edu

- Information regarding the contest will be sent via email to agents.
- Junior and Senior 4-H or FFA members are eligible to participate.
 - Participant should have a basic knowledge of Food Safety and Sanitation.
- 4-H Participants can compete in a team of 1-2 participants.
- Participants have 60 minutes to prepare their dish for the judges.
- The dish must contain a minimum of two eggs.
- One dish is prepared and will be split into for the judges to taste.
- Recipe requirements:
 - Must contain a minimum of two eggs.
 - Must contain nutritious ingredients.
 - Must be able to prepare, cook, and clean up within 60 minutes.
 - Ingredients must be listed.
- Recipe parts should have the following:
 - Name of the dish to be prepared.
 - Ingredients listed.
 - Instructions for preparation.
- Judging Criteria: (100 points)
 - 25 points for food safety
 - 25 points for creativity of the recipe
 - 25 points for visual appearance
 - 25 points for taste

Awards: 1st place \$75, 2nd place \$50, 3rd place \$25, Best Beef \$50

4-H Thrive

Positive Youth Development

Developing Competence

Adults create environments where youth can develop competence in their chosen project area.

Building Confidence

Youth build confidence as they learn to think for themselves, build mastery, and are recognized for their efforts.

Nurturing Caring

Adults nurture a caring environment where mutual trust between youth and adults is established. Caring relationships with adults are key to resilient youth.

Finding Connection

Youth build solid connections which are critical to their well-being.

Forming Character

Create a community where youth play an active role in developing their character.

Determining Contribution

Youth actively contribute to their clubs and communities.

***Mississippi State University is
an equal opportunity
institution.***