

# Poultry Egg Chef Challenge



# Beyond Ready



In the Poultry Egg Chef Challenge, participants learn about the economic impact of the egg industry. They also develop and demonstrate leadership and communication skills through cooking demonstrations and presentations.

## 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.

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an equal opportunity  
institution.***

## Resources

#### State Egg Chef Challenge Site

<https://extension.msstate.edu/programs/4-h-youth-development-animal-systems/poultry-egg-chef-challenge>

#### National 4-H Poultry and Egg Conference- Contest Information

<https://national4hpoultry.ca.uky.edu/content/egg-chef-challenge>

#### Egg Chef Challenge Demo Videos

[https://www.youtube.com/playlist?list=PLkNoAmOtt\\_9-H2GvE5q1zw46Z2acLKB4](https://www.youtube.com/playlist?list=PLkNoAmOtt_9-H2GvE5q1zw46Z2acLKB4)

## Contests

#### Seniors Only (Ages 14-18)

The state winner is eligible to attend the National 4-H Poultry and Egg Conference in Louisville, KY. A senior contestant may enter the National Poultry contest in only one of the poultry contest areas (Poultry Judging, Egg Chef Challenge, Avian Bowl, Chicken Barbecue, or Turkey Barbecue) the same year.



## Rules and Regulations

1. Each participant must present a demonstration on the preparation of an egg dish. Dish size suggested for, but not limited to, 1 to 4 servings.
2. The demonstration must include the following:
  - Information on nutritional value, preparation and storage, functional properties, grading and sizing, quality, versatility of eggs, and economics of cooking with eggs.
  - Steps in preparation of the dish.
  - A finished dish ready for sampling (this may be prepared prior to demonstration)
3. The demonstration must be no more than 12 minutes in length. An additional three minutes will be provided for the judge to ask questions.
4. Each contestant must submit three copies of the recipe used in the demonstration. The recipe must conform to the recipe check sheet.
5. The egg dish must contain a minimum of (note: large size eggs):
  - $\frac{1}{2}$  egg per serving if the dish is classified as an appetizer or snack.
  - $\frac{1}{2}$  egg per serving if the dish is classified as a dessert.
  - $\frac{1}{2}$  egg per serving if the dish is classified as a beverage.
  - One egg per serving if the dish is classified as a salad or main dish.
6. Each contestant is responsible for clean up after his or her demonstration.
7. PowerPoint presentations will be allowed. Easels will be provided for those with posters.
8. Contestants will work alone unless an emergency arises.
9. Fresh eggs, range, paper plates, plastic utensils, oven, and refrigerator will be furnished at the contest. Each contestant will be responsible for bringing all other ingredients and cooking utensils (pots, pans, bowls, spoons, etc.)
10. In case of ties, the ties will be broken by the following method in the order listed:
  - The contestant with the highest score in "Presentation and Skill" will win.
  - The contestant with the highest score in "Program Content" will win.
  - The contestant with the highest score in "Product" will win.
  - A method will be decided upon by the contest committee.
11. The contestants will be scored according to the points listed and described below.
12. Recipe check sheet:
  - Recipe includes the following parts:
    - Name of recipe
    - List of ingredients- listed in order as they are used in the instructions
    - Measurements given in common fractions.
    - No abbreviations used.
    - No brand names used.
    - 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 the combining and cooking process.
    - Size of pan stated.
    - Temperature and cooking time stated.
    - Number of servings and calories per serving.

## Scoring Factors for the Egg Chef Challenge (100 points total)

### Program Content (35 points)

- Introduction (5) - Visual impact: introduction sparks 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 purposes, key points stressed.
- Response to Judges' Questions (5)

### Presentation and Skill (35 points)

- 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 cliches, general effect on the 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. Safe food handling procedures followed.
- Visuals (5) - Appropriate and useful to the effect of demonstration, neat, clean, visually appealing, easily read, or seen.

### The Product (30 points)

- Sensory Appeal (15) - Appetizing appearance, aroma, flavor; a flavor that appeals to most people.
- Reason for Selection (5) - Is dish economical, convenient, consider health aspects, a family favorite, for teens, etc.?
- Health Aspects (5) - Is the dish appropriate nutritionally for the intended use and people served; is it exceptionally high in fat, calories, sodium, etc.?
- Recipe (5) - Correctly written (see recipe parts), preparation time not excessive, ingredients available, and economical. Is this a recipe that would appeal to and be used by families of today?

