To: 2015 State Fair 4-H Participants

From: 4-H Science of Agricultural Team & Chef for a Day Subcommittee
     Sharon Davis, Rebecca Harrington, Renee Kostick, Brad Rugg, Marica Woeste, and Carrie Olson, Kim Asche

Re: 2015 Chef for a Day Cook Off

Congratulations on being selected to represent your county at the Minnesota State Fair!! This is our third year for Chef for a Day and we are excited to have you back! This memo will provide some basic information pertaining to this activity.

Food Science is an important part of maintaining a healthy life style. Healthy Living is at the core of 4-H and remains a foundation of our pledge. The Chef for a Day Cook-Off is modeled after such competitions as the Food Network’s “Chopped.” Like “Chopped” the Chef for a Day Cook-Off will challenge youth to create a dish. Youth will have an educational experience during the first hour of the session. During the second hour, youth in county teams of 3 to 5 youth will use their food and nutrition knowledge, creativity and leadership skills, to prepare a "MN Grown Healthy Plate" and put together a brief presentation for the judges. All cooking supplies, meat, and base ingredients will be provided. Participants are encouraged to bring up to three additional special ingredients (no home processed products, items in original packaging only) to make their dish original.

Schedule:
The Chef for a Day will be **held during a short two hour session during all General Encampments and Livestock Encampment.** The first hour of educational activities will be on the 2nd floor of the 4-H Building. Team members should check in 10 minutes prior to their assigned time. The Chef for a Day Cook-Off will follow. After creating their dish, participants will briefly present and discuss their creations to a judging panel.

Cook-Off Activity:
Counties teams of 3-5 members will plan, prepare, and present a MN Grown Healthy Plate featuring MN products in a salad, skillet, omelet, etc. of the team’s choice. Each team may include a mentor (youth or adult volunteer, parent, chef or food industry workers) who can coach team through preparation period. Steps will include determining recipe, collecting ingredients / equipment from the common pantry, prepping food items, cooking dish, preparing recipe for display, displaying dish, station clean-up, evaluation and a 3-5 minute dish presentation to the “Celebrity Judges Panel”, as well as sampling prepared dishes.

Prizes will be awarded!

For more information please contact Chef-for-a-Day Sub-Committee members Carrie Olson at olson166@umn.edu or Kimberly Asche at kkasche@gmail.com. Additional information can be found at [www.4-H.umn.edu/state-fair/resources.html](http://www.4-H.umn.edu/state-fair/resources.html)

We look forward to working with you during the 2015 MN 4-H Chef for a Day Cook-off!