CHEF FOR A DAY
COOK-OFF

Did you earn a trip the Minnesota State Fair?

Did you earn a trip the Minnesota State Fair? Do you like to learn new things?

Minnesota 4-H is hosting a “Chef for a Day Cook-Off,” During all State Fair encampments, open to all 4-H State Fair exhibitors.

**WHO:** County Teams of 3-5 members. Each team may include a mentor (youth or adult volunteer, parent, chef or food industry worker) who can coach team through preparation period. Teams with less than 3 may be combined.

**WHERE:** 4-H Building, Minnesota State Fair

**WHEN:** 2 hour program, during Livestock Encampment and every General Encampment. First hour educational activity, and the second hour will be the Chef for the Day Cook-Off.

**CATEGORIES:** Grilled Salad (For county team time schedule and category assignments see [www.4-H.umn.edu/state-fair/resources.html](http://www.4-H.umn.edu/state-fair/resources.html))

**SUPPLIES:** All equipment, meat and basic ingredients will be supplied. Participants are encouraged to bring up to 3 additional special ingredients (no home processed products) to make their dish original (No refrigeration supplied).

PRIZES!!!!!!!!!!