



Clover **CHOPPED** *Edition*

**CAN YOU MASTER
OUR SECRET
INGREDIENT?**

Teams of 2 to 4 battle
to make the best dish
using our secret
ingredient.

Open to 4-H and
non 4-H members.

June 7, 2023
Building #2
Miami Co Fairgrounds

2023 **Rules & Guidelines**

What is MdC 4-H Chopped Clover Edition?

Teams of 2 to 4 youth make a food dish using the secret ingredient and other "pantry" items to compete for prizes.

Each team will prepare their dish and then present their dish to the judge. An adult helper is required for each team to make sure that safety procedures are followed and prevent accidents. Adult helpers are not allowed to assist participants.

Objectives:

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish.
- Provide opportunities for participants to learn from other team members.
- Give participants opportunities to develop public speaking, problem solving, communication, independent thinking, and teamwork skills



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Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Chopped: Clover Edition Rules

1. **Participation:** Participants must be between ages 7-18 by January 1st of the current year.
2. **Teams:** Each team must have at least two members and not more than four members. All teams must also have an adult who will monitor another competing team for safety.
3. **Preparation:** Each team will create an entire dish/plate using the provided secret ingredient and a minimum of three pantry items. Teams can add garnishes but should not include sides or multiple dishes with their ingredients.
4. **Time:** Each team will have 40 minutes to plan and prepare a dish, plan their presentation, and clean up their station. A 20 minute, 10 minute, 5 minute, and 1 minute warning will be given.
5. **Presentation:** Team should present 1 plate with a single serving of their dish to be judged.
6. **Attire:** Each team member must wear closed toed shoes and if they have long hair, their hair must be restrained.
7. **Resources Provided:** Resource will be provided for each team at the contest. These included The Chopped Clover Edition Worksheet, Fight Bac! Brochure, and My Plate, My Wins.
8. **Pantry:** The pantry will contain the items included on the provided pantry list and pantry items will be portioned so multiple teams can use the same items.
9. **Food Safety:** You must follow food safety guidelines including wearing gloves when handling the food, cooking items to correct temperatures and not cross contaminating vegetables and meats.
10. **No electronic devices:** This is a competition on creating your own recipe and electronic devices such as cell phones or smart watches are not allowed to be used during the competition.

Before Competition, review MyPlate, Food Safety Basics,
and Know Your Nutrients.

These are available at www.maraisdescygnnes.ksu.edu

Supply Box

Each team will be provided with the following items at their assigned station:

- Mixing Bowls
- Salt & Pepper
- Measuring Cups & Spoons
- Liquid measuring cup
- Wooden Spoon
- Spoons
- Turner
- Rubber Spatula
- Food Thermometer
- Peeler
- Tongs
- Whisk
- Knives (Chefs & Paring)
- Cutting Boards (3)
- 2 Electric Skillets
- Kitchen Timer
- Non-Stick Cooking Spray
- Paper Towels
- Gloves

There will be one toaster oven and one microwave available for all teams to share.

Rules of Play

1. Orientation and instructions will be provided to each team prior to the start of the contest. Including a review of Food Safety Basics.
2. No electronic devices or jewelry is allowed in the contest. This includes cell phones, smart watches, or other communication devices.
3. Each team will be assigned a cooking/preparation station.
4. Adult Helpers will be assigned another team to watch for safety concerns. Orientation will be provided for the Adult Helpers.
5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Each team will create an entire dish/recipe (not a full meal) using the provided secret ingredient and pantry items. Teams should present a plate with a single serving of their dish to the judge. Teams should NOT create a side or multiple dishes with their ingredients or pantry items.
 - a. Teams are challenged to be creative and develop an original recipe with the ingredients provided.
 - b. Ingredients can be used to garnish the dish.
 - c. Note cards will be provided to use to write down the recipe that the team creates, along with notes related to their presentation including nutrition, food safety, preparation steps, cooking time, and temperature.
7. Each team member must wear gloves when handling any food items. Gloves should be changed between handling raw meats/seafood; handling cooked items, and ready to eat or raw vegetables to prevent contamination.
8. Hair restraints need to be worn. Any team member with long hair should wear a hat, cap, bandana or have hair pulled back and restrained.
9. Clean-up: Teams must clean up their preparation areas. including washing and drying items and bringing them back to their station.

Presentations

Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. All team members should participate in the presentation.

Presentations are 75 points of your total score.

You will have 5-minutes to present your dish. The judge will ask questions after your presentation.



Adult Helpers

Each team must have an Adult Volunteer who will monitor another team during the competition.

- Adult Sponsors cannot help team with preparing food or brainstorming the recipe.
- Please try and prevent any accidents from happening. Examples include plastic bowls left in electric skillets, knife cuts, etc.
- Notify extension personal of any accidents (cuts, burns, etc)
- Make note of any food safety issues and let extension personal know.

Pantry List

The following items will be available in the pantry for this years competition:

Vegetables & Fruits

Onion
Garlic
Potatoes
Carrot
Celery
Bell Peppers
Mushrooms
Apples
Oranges
Lemons
Cucumbers
Tomatoes
Tomato Paste
Mixed Vegetables (Can)
Corn
Green Beans
Pasta Sauce
Mixed Fruit (Can)
Strawberries (Frozen)
Salsa

Grains

Tortillas
Pasta
Rice
Corn Muffin Mix
Bread
Breadcrumbs

Baking Supplies

Flour
Sugar
Brown Sugar
Corn Starch
Rice
Baking Powder
Baking Soda
Oil
Shortening
Butter

Dairy

Milk
Cream
Sour Cream
Yogurt
Cream Cheese
Cheddar Cheese
Mozzarella Cheese

Proteins

Canned Chicken Breast
Peanut Butter
Eggs
Black Beans
Refried Beans
Pepperoni
Pinto Beans

Seasonings

Garlic Powder
Onion Powder
Garlic Salt
Oregano
Italian Seasoning
Seasoned Salt
Cumin
Crushed Red Pepper Flakes
Cinnamon
Minced Onion
Chicken Bullion
Beef Bullion
Ranch seasoning



Chopped Clover Edition Scorecard-Preparation



Team Name: _____

	Rating				Score
	Points	Excellent	Average	Needs Improvement	
TEAMWORK					
Effective use of communication among team members	2				
Each team member played a key role in the preparation phase, whether cooking or preparing the presentation.	3				
SAFETY CONCERNS & PRACTICES					
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)	3				
Handled ingredients appropriately to avoid cross contamination.	3				
Personal Hygiene (hair, nails, jewelry, etc.)	3				
PREPARATION					
Practiced correct cooking procedures based upon ingredients provided	3				
Completed task efficiently and in a logical order.	2				
MANAGEMENT					
Used workspace efficiently	2				
Effective use of time	2				
Preparation table was clean at the conclusion of the preparation period.	2				
Comments				Total Points (25 Possible)	



Chopped Clover Edition Scorecard-Presentation



Team Name: _____

	Rating				Score
	Points	Excellent	Average	Needs Improvement	
KNOWLEDGE OF MyPLATE & NUTRITION					
Knowledge of MyPlate	5				
Knows key nutrition in prepared dish	5				
Demonstrated knowledge of correct serving size for prepared dish.	5				
FOOD PREPARATION					
Explained key steps in how dish was prepared.	5				
Role of Secret Ingredient in dish	5				
FOOD SAFETY CONCERNS & PRACTICES					
Explained what food safety measure the team took.	10				
FOOD APPEARANCE/QUALITY					
Food is appealing and appetizing	7				
Appeared or is cooked properly	8				
CREATIVITY					
Used ingredients in a creative way	5				
Incorporated pantry items into dish or garnish	5				
EFFECTIVENESS OF COMMUNICATION					
Displayed effective communication skills	6				
Poise and personal appearance	4				
QUESTIONS					
Accurately and appropriately answered questions.	5				
Comments				Total Points (75 Possible)	