

Have you herd????

This years Iron Chef special
ingredient is....
Cream Cheese!



OHIO STATE UNIVERSITY EXTENSION

IRON CHEF CLINIC Jefferson County JVS March 23, 2024, from Noon-4:00 p.m.

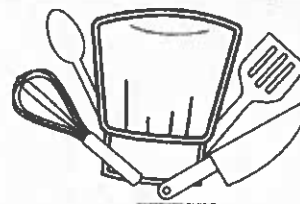
IT'S TIME FOR THE IRON CHEF CLINIC!!!! This great event allows 4-H members to show off their culinary skills. Taken from the TV show with the same name, Iron Chefs prepare dishes using a common main ingredient to see who can come up with the best product. This is your opportunity to show us your culinary skills. **YOUR MENU ITEM:** CREAM CHEESE
As an added addition to our contest, you must design and bring in an educational placemat with information about the cream cheese you use.

Your recipe will be judged in one of 3 categories:

Appetizer, Main Dish or Dessert. Please list your category on the registration form. Categories may be divided into sub-categories based on the number of entries.

4-H clubs competing will prepare a dish **ahead of time and bring** a recipe to serve 2 judges. All dishes will be judged on the attached rubric. You must also bring enough for at least 20 "tastes" for the tasting session following judging. Small paper plates and napkins will be provided to each table. (You may want to bring extra.)

(Cloverbuds and older teams ALL follow the same ingredient and categories for 2024)



Any member interested in joining the fun and participating in this competition is WELCOME!

4-H members can earn points that will apply toward their Honor Member status by participating.

Any guardian/relative/4-H member or club advisor can attend the event, and after judging is complete, tasting will be permitted. "Tasters" will be charged \$1 and will be given 3 tickets to taste 3 different dishes. All proceeds will go to the Jefferson County 4-H Committee to help with future events.

ENTRY RULES:

1.) Your club may enter up to the number of teams you get when you divide the number of members in your club (not Cloverbuds) by 5. You may have one extra team if the number does not divide evenly. If a club has only one person wanting to compete, that youth may join a team from a different club. You may not join a team from another club simply because you do not like someone in your club.

(Example= The Happy Camper 4-H Club is made up of 15 members. They can enter up to 3 teams.

CLUB NAME: Happy Camper Club **# OF MEMBERS IN CLUB (not Cloverbuds) 15**

15 Members in Club divided by 5 = 3 (This is the maximum number of teams your club can enter.)

If Happy Campers had 18 members who all wanted to participate, they could enter up to 4 teams with the final team having 3 members. (Teams would have 5,5,5 and 3 members) If Happy Campers had 16 members, they could have up to 4 teams with 5, 5, 4 and 2 members or 5, 5, 3 and 3 members (club's choice)

2.) Teams must have at least 2 members, but not more than 5.

3.) Each team may only enter 1 dish in 1 category.

5.) Entry fee is \$5.00 per team.

DEADLINE FOR ENTRIES: March 15, 2024

YOU CAN MAKE A COPY OF THIS PAGE FOR ADDITIONAL ENTRIES:

CLUB NAME: _____ # of Members _____

TEAM 1: Dish _____ Category _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

TEAM 2: Dish _____ Category _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

TEAM 3: Dish _____ Category _____

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____

This form is to be used for both Cloverbuds and older teams, please make additional copies as needed.

AMOUNT ENCLOSED: \$5.00 per team = \$ _____

NO LATE REGISTRATIONS WILL BE ACCEPTED. Advisors please send registration along with entry fee to: OSU Extension, 500 Market Street, Suite 512, Steubenville, OH 43952

REGISTRATION DEADLINE: March 15, 2024

If you have any questions, please call Angie @ (740) 264-2212.



TABLES WILL BE ASSIGNED BY THE OSU EXTENSION OFFICE. THERE IS NO NEED TO RUSH THE DOOR.

FOOD SAFETY NOTES:
- You are encouraged to bring one extension cord per team or warm dishes and one food thermometer.
- Dishes hot and cold **MUST** stay out of the temperature danger zone at all times.
- One adult per team must complete the Occasional Quantity Cook training at <https://cfaesosu.catalog.instructor.com/courses/fcs-occasional-quantity-cooks-training-000>
The training is required every three years.

Directions to complete the training are included. Email Certificate of Completion to

Allison.325@osu.edu, or mail to 500 Market Street, Suite 512, Steubenville, OH 43952. ALL CERTIFICATES MUST BE RECEIVED BY March 15.

Schedule of Events:
Noon Doors Open
12:30 Welcome and Intro
12:45—3 pm Judging
3-3:30- Tasting
3:30-4:00 Award Presentations

Team Members Names: _____

Category: _____

Room Number _____

Team Name/Club: _____

Rubric for Iron Chef Challenge Competition

Judges: Teams will present their dish with the secret ingredient. They may explain the steps taken, the difficulty of the recipe, how the secret ingredient, honey, was used and how they plated for presentation, and designed the placemat.

- Appearance (Look of Dish, Table Decoration, Plating & Placemat)
- Knowledge (How well did you answer the questions; Do you know about the ingredients)
- Degree of difficulty (of recipe chosen and was there teamwork?)
- Use of secret ingredient (Incorporated)

Recipe(s): _____

CRITERIA	WEIGHT	PROFESSIONAL 25	PRACTITIONER 20	NOVICE 10	BEGINNER 5
Appearance (Plating and placemat)	25%	<input type="radio"/> Food Item(s) arranged neatly and with flair, placemat professional <input type="radio"/> Imagination and creativity were visible	<input type="radio"/> Food item(s) arranged neatly <input type="radio"/> Little creativity used Placemat is included	<input type="radio"/> Food item(s) placed on plate no placemat or poorly done placemat	<input type="radio"/> Little or no planning for plating food no placemat or poorly done placemat
Knowledge	25%	<input type="radio"/> Knowledgeable about the ingredient and recipe	<input type="radio"/> Knowledgeable about product but not process or vice versa	<input type="radio"/> Little knowledge	<input type="radio"/> Unable to answer questions
Degree of Difficulty	25%	<input type="radio"/> Recipe(s) involved many steps, difficulty level was high, teamwork apparent	<input type="radio"/> Recipe(s) involved many <u>steps</u> but difficulty level was medium, some teamwork	<input type="radio"/> Recipe(s) involved a few steps and difficulty level was low, some teamwork	<input type="radio"/> Recipe was simple to cook/bake, some teamwork
Use of Secret Ingredient	25%	<input type="radio"/> Used secret ingredient and enhances flavor of food item	<input type="radio"/> Used secret ingredient but not very noticeable.	<input type="radio"/> Used secret ingredient but flavor is off completely	<input type="radio"/> Did not use secret ingredient or is not noticeable

FINAL

SCORE _____

Be sure your participating youth know food safety rules like those discussed in the OQC training, facts about dairy and cream cheese, the recipe and more.

One adult per competing team must complete the training below. Certificates are good for three years. Your certificate is emailed to you after completion. Please turn in a copy to the OSU Extension office with your registrations for the event.

FCS Occasional Quantity Cooks Training (OQC)

Please follow these directions to access the Occasional Quantity Cooks Online Volunteer Training.

Proceed to cfaesosu.catalog.instructure.com/courses/fcs-occasional-quantity-cooks-training-oqc.

- Enter the information required:
 - Full name, email, phone number, and postal code.
 - Click the box next to "I agree to the Acceptable Use Policy and acknowledge the Privacy Policy."
 - Click the box next to "I'm not a robot" for the CAPTCHA authentication. Complete the task assigned (select pictures/boxes with bicycles, traffic lights, fire hydrants, etc.)
 - Click on "Enroll in Course" button.
- You will be sent two emails.
 - The "Please confirm your e-mail address" message is required to complete your registration. Click on the "Complete Registration" button. You will be taken to a new website. Your email address is your default username. You will be asked to create a password and select your time zone.
 - Once complete, you will automatically be taken to your Scarlet Canvas Dashboard. Select the **FCS Occasional Quantity Cooks Training (OQC)**.
- Begin the course by clicking on the "Modules" link on the left side of the screen.
 - The first module is "Enter Course Join Code"
 - Enter the Join Code, **OSUEOOCF** (must be all capital letters). Click "Next."

Completing the Course Requirements

- You will need to complete the pages in order. Please watch the video in each lesson and download all accompanying lesson materials. You should plan on spending at least 90 minutes to complete the lessons. Navigate through each lesson's materials using the "Next" button in the lower right corner of the screen.
- From the "Modules" landing page complete the following lessons/sections:
 - Welcome page
 - Pre-Test
 - Lesson 1: Introduction and Background
 - Hover your mouse pointer over the bottom of the lesson video black frame to reveal the controls.
 - Lesson 2: Personal Hygiene
 - Lesson 3: Time and Temperature
 - Lesson 4: Cleaning and Sanitizing
 - Lesson 5: Cross Contamination
 - Lesson 6: Special Considerations
 - Lesson 7: Event Management
 - Post-Test
 - You must receive a score of 70% or higher to receive a Certificate.
- After you have completed the post-test, the system will email you a link to your Certificate of Completion.
 - Your certificate will be emailed to you within a few minutes. Look for an email message from **Canvas Catalog** with a subject line of "Congrats on Successfully Completing..."; you may need to check your spam/junk email folder. Print a copy of your certificate of completion.
- When finished, click on "account" on the far-left side of your screen and **logout**.

Please print a copy of certificate and turn it in to your County OSU Extension Office.

Contact your County OSU Extension Office or e-mail shumaker.68@osu.edu if you experience technological issues or have any questions regarding the training.