

SAMPLE

4-H FOOD SHOW INDIVIDUAL ENTRY FORM (FS-2)

Entry No.: WAR001
Grade 7
Age: 12

TITLE: Salmon and Sweet Corn Chowder

CHECK ALL THAT APPLY:

Division: Cloverbud Junior X Intermediate Senior
Entry Description: Group Entry First Time Entry Display Only 12th Grade
 Original Recipe X Adapted Recipe: Northwest Salmon Chowder from Taste of Home Recipes (tasteofhome.com)
Source

CHECK ONE:

CATEGORY	Main Dish	Desserts	Others
Asian			
Local	X		
Kraft			

RECIPE INGREDIENTS: (LIST)

2 large potatoes, peeled and cubed	\$1.82
1 medium Kula Maui sweet round onion, chopped	\$.80
1 cup celery, chopped	\$.25
1 can (14-1/2 oz) low sodium chicken broth	\$1.29
1 large garlic clove, minced	\$.05
1-1/4 teaspoons salt	\$.01
2 cups (1 pint) half-and-half cream	\$2.35
1 cup 2% milk	\$.34
1/4 cup (1/2 block) butter	\$.38
1 can (14-3/4 oz) cream-style corn	\$1.99
2 tablespoons all-purpose flour	\$.01
1 cup carrots, finely shredded	\$.20
3/4 teaspoon dried dill weed	\$.02
1/2 teaspoon fresh ground pepper	\$.01
1 can (14-3/4 oz) (OR 1-3/4 to 2 cups fresh cooked) salmon, drained, skinned, boned, and chunked	\$3.29
2 cups (2 ears) Ewa sweet yellow corn kernels, cooked	\$.88
fresh parsley, chopped, for garnish	\$.10
Total Cost of Ingredients	\$13.79

METHOD: (DESCRIBE)

In a large saucepan, combine the potatoes, onion, celery, chicken broth, garlic, and salt. Bring to a boil; reduce heat and simmer, covered, for about 15 minutes, or until vegetables are tender. Stir in the cream, milk, and butter. In a small bowl, combine the creamed corn and flour; stir into the soup. Increase the heat to medium and stir continuously until slightly thickened; do not boil. Add shredded carrots, dill weed, and pepper. Reduce heat and simmer for 15 minutes; stir occasionally. Gently stir in the salmon and Island Fresh sweet yellow corn and heat through. Spoon into bowls and garnish with chopped parsley. Serve with a fresh green salad and garlic toast or oyster crackers.

Part A: COST AND YIELD (20 points possible)

Yield/Servings: 8 - 10 servings (2.5 quarts) (5 points possible) _____ points awarded
Preparation Time: 30 minutes (5 points possible) _____ points awarded
Cost (Per Serving): \$1.38 (5 points possible) _____ points awarded
Cost to Buy Ready Made (Per Serving): \$3.50 (5 points possible) _____ points awarded

I. SCORER'S SECTION

NUTRITIONAL ASSESSMENT ENTRY

SAMPLE

Entry No.: <u>WAR001</u>
Grade <u>7</u>
Age: <u>12</u>

II. YOUTH SECTION

4-H FOOD SHOW

Division: Junior Intermediate Senior

TITLE: Salmon and Sweet Corn Chowder

CATEGORY	Main Dish	Desserts	Others
Asian			
Local	X		
Kraft			

CHECK ALL THAT APPLY:

- Group Entry First Time Entry
 Original Recipe Adapted Recipe: Northwest Salmon Chowder from Taste of Home Recipes (tasteofhome.com)

Yield/Servings: 8 - 10 (2.5 quarts)

Preparation Time: 30 minutes

Range of Points:

Blue	1350-1500 pts.
Red	1200-1349 pts.
White	1199 pts. and below

	EXCELLENT - GOOD - AVERAGE - FAIR - POOR					SCORE	COMMENTS/ SUGGESTIONS
FLAVOR (of Food Product)	100-90	89-80	79-70	69-60	59-50		
APPEARANCE (of Food Product)	100-90	89-80	79-70	69-60	59-50		
TEXTURE (of Food Product)	100-90	89-80	79-70	69-60	59-50		
ORIGINALITY (of Food Product and/or Displaying of Food Product)	100-90	89-80	79-70	69-60	59-50		
SUBTOTAL							
COST/YIELD (Part A)	20					0	
NUTRITIONAL ANALYSIS (Part B)	20					0	
MENU PLAN (Part C)	20					0	
	TOTAL						
	GRAND TOTAL						

PART B.**1. LOCAL RECIPES: (55 points possible) _____points awarded**

- a. Where did your recipe originate? Give a brief background history of where (country) or who may have created this recipe. (10 points possible) _____points awarded

Chowder has its roots in the Latin word, “calderia,” a place for warming things, and later, it meant “cooking pot.” The earliest printed fish chowder recipe is from the Boston Evening Post in 1751. Early French and European settlers to the East Coast brought their fish stew recipes with them. Northeastern Indians (the Americas) already enjoyed fish chowders too, so the origin is not certain.

- b. Identify one of the major nutrients found in the Local food product used in this recipe. Describe how this nutrient is used in your body. (20 points possible) _____points awarded

Yellow corn is high in dietary fiber and a good source of several vitamins, including folic acid, niacin, and vitamin C.

Folic Acid is known to be an important factor in preventing neural-tube birth defects. Folic Acid can also help me prevent heart disease, stroke, and some cancers. Low levels of folate are also associated with depression, memory loss, and some reproductive problems. If I eat enough foods high in folic acid, I can avoid these problems.

- c. List other ways in which this Local food product can be prepared and/or used. (10 points possible) _____points awarded

Cooked corn can be baked into casseroles or puddings; and added to rice, salsa, or tossed salads. Dried corn can be popped, and fresh corn can be grilled, microwaved, and boiled.

- d. Explain the best possible method to use in preparation of the local food product used in this recipe. The food preparation method used should preserve and conserve the appearance and nutritional value of this Local food product. (10 points possible) _____points awarded

Fresh corn on the cob should be cooked on the cob as soon as it is picked. Husk fresh corn, break in half or keep whole. In a large pot, add raw corn to just enough boiling water to cover the corn. Cover the pot and boil the corn until you can smell the cooked corn. Turn off the heat, drain the corn in a colander, and run cool water over the corn for about a minute. Eat hot or cold on the cob or cut off the cob and use in recipes.

- e. Where did you find this recipe (magazine, cookbook, from the library, relative, etc.)? Did you have to change it in any way? YES yes or no and why? (5 points possible) _____points awarded

I found this recipe online at Taste of Home Recipes, which is my mom’s favorite cooking magazine. I added Ewa fresh sweet yellow corn kernels to the recipe because corn is in season right now. I also added shredded carrots for color and nutritional value. I love to eat chowder, salmon, and corn so this is a perfect recipe and is great on a cold winter night! It’s also fast to prepare.

Part C: MENU PLAN (5 points possible) _____ points awarded

Print or paste the recommended amounts of food items per group for your age, gender and physical activity:

▶ Grains ¹	6 ounces
▶ Vegetables ²	2.5 cups
▶ Fruits	1.5 cups
▶ Milk	3 cups
▶ Meat & Beans	5 ounces

- a. Where would your food item fit on the MyPyramid? What other foods would you add to make a **complete day's menu for you?** (20 points) _____ points

My food item fits in the Protein or Meats and Calcium Groups.

(The menu plan should reflect one that is designed for your body type, age, and activity level)

Please print your requirements.

	Breakfast	Portion Size	Lunch	Portion Size	Snack	Portion Size	Dinner	Portion Size
Protein or Meats Group	sausage	1 oz	Baked fish patty	2 oz			Salmon	2 oz
Milk or Calcium Group	Lowfat milk	8 oz			Nonfat yogurt	8 oz	Salmon and Sweet Corn Chowder	8 oz
Vegetable Group			Steamed Asparagus	12 oz			Tossed Green Salad and corn (from chowder)	8 oz 2 oz
Fruit Group	Apple slices	8 oz	Tomato slices	8 oz	Grapes	8 oz	Tomato	8 oz
Grains Group	Raisin bran cereal	1 cup	Bun	2 oz			Oyster Crackers	4 oz
Oils			Lite mayonnaise	.25 o			Lite dressing	.25 oz
Water	water	8 oz	water	8 oz	water	8 oz	water	8 oz