



**RUTGERS UNIVERSITY**  
**Cooperative Extension**  
New Jersey Agricultural Experiment Station

# 2025 NJ State 4-H Culinary Egg Challenge

**Sunday, June 1, 2025**

**Ted Blum 4-H Center**  
**310 Milltown Rd, Bridgewater, NJ 08807**



**For NJ 4-H Youth Grades K - 13**

**Cost: \$10 per participant**

**Register by going to: <https://tinyurl.com/4HCulinaryEgg>**

**REGISTRATION DEADLINE: May 2, 2025**

# NJ State 4-H Culinary Egg Challenge

## *Official Rules*

### Objective:

- To strengthen/demonstrate 4-H leadership and communication skills.
- To obtain knowledge of nutritional value, preparation, storage, versatility, and economic value of eggs.
- To develop creative skills in the preparation, use and serving of eggs.
- To learn to enjoy eggs as a food.
- To learn nutritional knowledge when planning meals.

### Rules:

- Each contestant will submit a completed entry form by **May 2, 2025** that will include a copy of the recipe, appliances needed, and total timeline of preparation needed in the kitchen. When creating your recipe, please consider that large eggs will be supplied. Incomplete entries may result in non-acceptance.
- You are responsible for purchasing all food and equipment items for your dishes.
- Premade mixes (boxed cake mix, etc.) are strongly discouraged and will be reviewed by the planning board if permitted.
- **Each contestant will receive 2 large eggs included in their registration. You are responsible for bringing more eggs if your dish requires more than 2.** Your egg dish must contain a minimum of ½ egg per serving. Each contestant must provide 4 servings of their dish.
- A range, oven, microwave, and refrigerator will be provided.
- **Attire:** Closed-toed shoes and long pants are **mandatory**. Appropriate shirts that do not include slogans or political expressions. Aprons are welcome. Long hair must be restrained. No hand/wrist jewelry or piercings.

### Preparation:

- Each contestant will be allotted a preparatory time and a presentation time. The time allotted will be determined based on the timelines that are submitted with the entry.
- **Absolutely nothing is allowed to be prepped outside of the competition hours.** Any products that are prepped ahead of time will be rejected at inspection.
- Contestants will work unaided in the preparation room unless an emergency arises, during which they will be assisted by a preparation room staff. Contestants may not ask other contestants or room staff questions related to their dish during their preparation.
- You are responsible for cleaning up all equipment. This should be included in your timeline. Absolutely nothing should be left in the sink. Cleaning up should be incorporated throughout your preparatory time, do not leave clean up to the very end.

### Demonstration:

- Each contestant will have a 12-minute time slot to showcase their dish and present it in front of a panel of judges. The minimum time for your demonstration is 10 minutes. Points will be deducted for going over 12 minutes or under 10 minutes.
- You can use the entire demonstration time to create your dish (e.g. making an omelet from scratch). If your dish takes longer than the 12 minutes allotted for the demonstration, then you will just showcase a technique (in that case, you must have your completed dish to the side to be presented after your demonstration is over). This means that your completed dish has to have been finished during the prep time. This should be included in your recipe timeline.
- Each contestant must provide four (4) copies of the recipe to be used in the demonstration.

- Each contestant will make at least 1 poster for their dish. An easel will be provided. No slides or videos will be allowed. Posters must be the work of the contestant. Notes or outlines may be used to assist, but reading from the notes may result in a deduction of points.
- Be prepared to answer questions about your presentation, demonstration, and dish from the judges.
- Contestants will be provided a 6ft table for use in the demonstration. Hot plates will also be provided if needed in the demonstration. Contestants will provide their own tablecloths.
- Each contestant is responsible for cleaning up after their demonstration and should be done efficiently. A volunteer will be available for assistance.
- Upon completion of the demonstration, the contestant will be instructed where to wait. Contestants are forbidden to discuss with anyone about the judges' questions/comments until the contest is completed.

### Entry:

- The entry form will be reviewed by the Planning Committee prior to being accepted into the competition. Space is limited, and all contestants will receive a confirmation that they have entered into the contest via email by **May 16, 2025**.
- All information outlined below **must** be on the entry form in order to participate.

### Recipe

- Your dish's name
- Recipe yielding four portions with accurate ingredient measurements and detailed instructions. If the recipe is from a book or online source, a citation must be included.
- A list of any of the Top Nine Allergens found in your dish. (Wheat, Dairy, Eggs, Soy, Tree nuts, Peanuts, Sesame, Fish, Shellfish).
- A detailed timeline including what you will be doing and an estimated time doing each task. Your timeline should include **everything** that you will be doing during the prep period. You will be presenting very soon after your prep is complete so your times should be accurate. This will be used to stagger when contestants will prep so that ovens and burners are not over crowded. It is important that you follow your timeline as closely as possible to avoid conflicts. It is recommended that you test your recipe ahead of time to ensure the timeline is accurate.

#### Example (*in Minutes*)

00:00 – Measure out ingredients for soufflé  
 00:15 – Whip egg whites  
 00:30 – Mix in the rest of the ingredients  
 00:45 – Soufflé in Oven (20 minutes)  
 01:05 – Pull soufflé from oven

### Equipment

- A detailed equipment list including what you are bringing and what facility equipment is needed. Oven temperatures and burner requirements must be included. You are responsible for your equipment.

### Other

- Please provide allergens and intolerances you have, specifying severity and any airborne allergens you have to ensure your safety.
- Submit the topic you will be discussing for the presentation portion of the competition. This may be the entire dish or a piece of the preparation (i.e., whipping egg whites)

### Recipe Should Include:

- Name of recipe
- List of ingredients – listed in the order they are used in the instructions
  - Measurements given in weights, volume, or each (no abbreviations used)
- Instructions for preparations
  - Short, clear, and concise instructions and food preparation terms for every step of combining and cooking the ingredients
  - Size of pan
  - Temperature of the oven and cooking time
  - Number of burners needed (if applicable)
  - Number of servings

### ServSafe Transportation:

Due to the mobile nature of this competition, all food **must pass inspection** upon arrival to the competition. Any food that fails inspection will not be accepted for use in the competition. It is recommended to allow extra time in case replacement products need to be purchased.

- All perishable items must be stored in cooler/cooler bags with ice/ice packs. A thermometer is recommended to be kept in the cooler for monitoring.
- Raw proteins should be separate from Ready to Eat Foods (foods that require no further cooking to be consumed).
- Non-perishables should be in airtight containers or in original packaging
- Expired products will be rejected

### **Upon Entry:**

Dairy, Protein, and Produce temperatures will be monitored upon arrival in accordance with ServSafe standards.

- <41F upon arrival
- 41F-69F for no more than six hours
- >69F will be rejected

Shell eggs – must be washed

- <45F upon arrival
- 45-69F for no more than six hours
- >69F will be rejected.

### **In the Kitchen:**

There will be volunteers monitoring the kitchen to ensure competitor safety and compliance with ServSafe Standards.

Any proteins that are used must be cooked to the following internal temperatures. An instant thermometer is required to ensure safety.

- Chicken 165F for 1 second
- Pork 145F for 15 seconds
- Beef 145F for 15 seconds
- Fish 145F for 15 seconds
- Ground Meat 155F for 17 seconds

Cutting boards and utensils must be washed, rinsed, and sanitized after being used with raw proteins (including eggs). Ready To Eat Foods must always be kept separate from raw proteins and eggs, or the product will be discarded

**Gloves must be worn when handling Ready To Eat Foods. Gloves will be provided.**  
**Hands must be washed before preparation and after handling raw proteins including eggs.**  
 Failure to comply with food safety standards will result in point deductions or disqualification.

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### 4-H CULINARY EGG CHALLENGE SCORECARD

CATEGORY	COMPONENT SCORE (possible points)	CATEGORY SCORE (possible points)
<b>Product – 50%</b>		
Visual Appeal (color, component placement, functionality, etc)	(10)	(50)
Flavor (proper seasoning)	(10)	
Balance (acid, sweet, savory, bitter, salt)	(10)	
Texture (proper for dish presented, appealing, functional)	(10)	
Creativity/Uniqueness	(10)	
<b>Demonstration – 40%</b>		
Execution of Technique (demonstrated properly, confidence, lack of error)	(4)	(40)
Cleanliness/Organization (lack of clutter, ingredient organization)	(4)	
Food Safety (including fire and knife safety)	(4)	
Product Utilization (minimal waste)	(4)	
Timeliness (efficient use of presentation time)	(4)	
Physical Appearance (Food-safe appropriate, smiling, general attitude)	(4)	
Oral Delivery (confidence, proof of knowledge, judge engagement)	(4)	
Presentation Media (visually appealing, informative, relevant)	(4)	
Recipe (accuracy, readability, proper allergen identification)	(4)	
Egg Knowledge (Nutritional value, preparation and storage, functional properties in foods, grading and sizing, use in menu planning)	(4)	
<b>Questions – 10%</b>		
Ability to answer questions pertaining to their presentation and/or dish	(10)	(10)
<b>TOTAL SCORE OUT OF 100</b>		