

4-H MICROWAVE GOODS GUIDELINES

The following are guidelines for the microwave foods project.

Microwave cooking is an easy way to help members make tasty foods that are healthy and enjoyable to eat. Members will learn the principles of microwave cooking including understanding variable power, actually preparing foods in the microwave, and incorporating basic good measuring and mixing procedures.

Members may use an existing recipe or develop their own. The recipe chosen should be prepared using the microwave as the heat (cooking) source. The age and experience of the member should be considered when selecting a recipe. For those finished recipes that will not be allowed to stay in the club booth during fair week, it is suggested that a poster be made consisting of the name of the recipe, the recipe itself, a photograph or illustration of the finished product and nutrition information and the history (or origin) of the recipe. Please be sure the member's name, age and club name are on the back of the poster.

Listed below are some rules of thumb:

- do not start the microwave oven when it's empty.
- use microwave-safe dishes; do not use metal in a microwave.
- be careful of steam when removing coverings.
- read and use the "Use and Care Guide" that comes with a microwave.

The finished product (either a portion or the entire dish) and the written recipe must be displayed attractively with appropriate accessories for judging.

Members should be prepared to discuss with the judges their recipe selection and preparation, how their recipes fit into contemporary life styles and healthy food choices, and have a working knowledge of the ingredients used in their recipes. They should also have an understanding of the use and care of a microwave oven.

There are several resources for recipes and meeting topics available at the Extension office.

For the fair, classes are divided into young (9-11), junior (12-14), and senior (15-19) divisions.