



NCC LINKS Adult Favorite Food Casserole Contest

COMPETITION RULES

- Contest is open to Parents, Grandparents, 4-H Volunteers, Links, Alumni and Cooperative Extension Staff
- There is a \$5.00 entry fee
- Participants must do all preparation and the table setting portion of the contest on their own
- Dishes must be ready to serve upon arrival; heating and cooling cannot be done at the competition
- Recipe must be a Casserole dish only; breakfast, lunch or dinner casseroles are acceptable
- This contest will follow the recipe and menu planning of the junior competition for seniors; see the following pages for details
- Junior participants will serve as judges of the competition; scores are rated 1-5; 1 being the lowest and 5 being the highest scores
- Scores will be tallied at the end of the competition and the highest scores in each category will be named the winner and receive a small prize.

NCC LINKS
INVITE YOU
TO COME
JOIN THE
FUN

*Junior Participants
will get a chance to
Judge the Adults!!*

\$5.00 ENTRY FEE
*PROCEEDS BENEFIT THE
NCC LINKS SCHOLARSHIP
FUND*

HELD IN CONJUNCTION
WITH THE ANNUAL
FAVORITE FOODS
COMPETITION



ADULT CASSEROLE CONTEST

SELECTING THE RECIPE

Select a recipe that involves an unusual ingredient, imaginative garnish or method of preparation instead of a basic recipe. For example, prepare herb-fried chicken instead of fried chicken; or add orange extract or chopped nuts to a basic yellow cake to give a new flavor.

MENU

Menu plans should be well balanced nutritionally. These plans should be written in the logical order of service as well as being attractive in appearance. Here is a sample of how to write it:

BASIC MENU PATTERN

	Appetizer	
	Main Course	
Vegetables		Fruit
	Salad	
	Bread	
	Dessert	
	Beverage	

The above sample can be followed for all meals; however, you may leave out parts that do not fit. For example, no vegetables would be served for breakfast. If a line in your menu is not balanced then the item should be placed in the center of the line.

RECIPE WRITING

List all ingredients in order of use and then write out the instructions in order of preparation. You may want to number the directions to clarify when to do a step. Include cooking temperature and number of servings.

PLACE SETTING

The size 18" x 3' is approximate and tables may vary. You will set the place setting for one person. It will include only the food prepared for the contest. You are encouraged to add a centerpiece following a theme of your place setting, the food or whatever you choose. Refer to the information on table service on the next pages for further help.

Remember, neatness counts!

ADULT CASSEROLE CONTEST TABLE SERVICE

There always seems to be questions regarding table settings at the Favorite Foods Contest. Remember, **your place setting should be just for the course in which your entry falls.**

MAIN DISH CATEGORY

- Fork and a knife.
- No spoon unless coffee was served during the main course.
- No salad fork unless you wanted to be very formal and even then you would probably serve the salad as a separate course. (If a salad is included in your main course, it is acceptable to eat it with your regular fork.), nut or fruit, and breads and rolls can be included here

GLASSWARE

- There is nothing wrong with using just one glass...after all, isn't that what you usually use?
- If you have individual glasses for water and milk, they should be arranged as used.
- Place the water glass at the tip of the knife.
- If milk, iced tea, or other drinks are served, place them to the right of the water glass and a little nearer to the edge of the table.
- If coffee or tea is served with the main course, it is found to the right of the teaspoon with the handle parallel to the table edge. A water goblet may be at the same setting directly above the knife.
- If coffee is not on your menu until dessert, it is not correct to have an empty coffee cup sit there during the main course.

ADULT CASSEROLE CONTEST TABLE SERVICE

Since you will have a space of approximately 18" deep x 3' your table covering can be anything, You can use any material you'd like to simulate a table cloth, a place mat, a runner or nothing at all.

NAPKINS

- Traditionally napkins are found with the fold to the extreme left and placed at the left of the fork.
- It is also correct to fold a napkin into a triangle and have the point to the left.
- It is correct to place the napkin folded in a unique manner and placed above the plate on the table or even in an water glass.

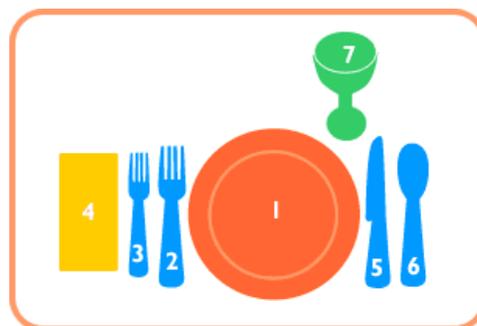
CENTERPIECES

Please do not go out and spend a fortune on fresh flower for a centerpiece. There are so many other, more interesting items which can be used. Your imagination should really go to work.

- One year a contestant used cut up vegetables which she made to look like flowers in a miniature water can.
- How about a milk carton candle?
- Maybe you have an interesting sea shell collection to use or a small piece of driftwood.
- Fruits, nuts, vegetables, dried flowers and leaves, a straw basket or interesting figurines all make fine centerpieces.
- One thing you should remember, never have anything in the center of the table which you cannot see over. You will certainly want to see the person opposite you!

REMEMBER

- Avoid clutter in your place setting...every item should have a use.
- Be prepared to answer any questions the junior judges might ask you about your menu, place setting, food or recipe during the judging, you want them to give you a "5"
- Do not go out and buy new dishes or table linens; use what is available at home or share within your club.
- Use originality and your imagination for the contest...your score will be higher.



**Adult Casserole Competition Saturday,
January 23, 2016
Registration Deadline: January 8, 2016
\$5.00 participation fee**

LOCATION: George V. Kirk Middle School, 140 Brennen Drive Newark, DE

Return along with your \$5 entry fee payable to the New Castle County Links:

Robyn Hunter
New Castle County Links
176 Rhythm Court
Newark, DE 19713

Name:

Club if Applicable:

Phone Number:

E-mail:

I am a: 4-H Volunteer Link Alumni Extension Employee Parent Grandparent

Casserole Type

Breakfast

Lunch

Dinner

Recipe Title:

RETURN THIS WITH YOUR ENTRY FORM
BE SURE TO KEEP A COPY FOR YOU

MEAL PLAN

Please develop a meal plan and write it in the area below. Please fill in the information carefully, neatly and accurately, as this sheet will be given to the judge. Please print or type. Be sure to proofread after writing!

Name:

MEAL PLAN: Plan for a full day using your recipe in one meal.

RETURN THIS WITH YOUR ENTRY FORM!!!!

RECIPE

Recipe Title:

- Be sure the amounts of ingredients are accurate!
- List ingredients first in order of use... then directions!
- Don't forget to include temperature and number of servings!
- **NEATNESS COUNTS!**