

**Cornell University**  
Cooperative Extension  
Orange County

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# Orange County 4-H Produced in New York Contest

"Produced in New York" (PiNY) is designed to showcase the wide variety and use of agricultural products grown in New York State. This event is a great opportunity for youth to demonstrate their food preparation skills while promoting a tasty recipe that features New York State food products. "PiNY" is a "silent demonstration" (at the state level) but feel free to bring out your inner Emeril, Bobby, or Anne if that makes you more comfortable at the county level. Throwing out a fun fact about your techniques or ingredients could spice things up, but you do not have to speak at all.

## RECIPE SELECTION:

- ◆ Recipes must feature a product(s) produced in New York State (milk products, meat, vegetables, eggs, grains, honey, maple syrup, etc.)
- ◆ Originality - Creativity and Imagination help make foods appealing and tasty. Recipes can be from a cookbook, family recipe, Pinterest, or your own variation. You may be asked to explain the source of your "statement of origin" (Menu Planning Sheet), as well as any changes made, family preferences, etc.
- ◆ Participants are encouraged to use recipes with lower amounts of sugar, fat, sodium, and increased amounts of fiber and complex carbohydrates. If you chose a recipe that is not exactly "healthy" make sure you plate it with complimentary sides that would balance the meal out. For example, serving it with skim milk, adding a fruit, etc.

## EQUIPMENT:

Participants are expected to furnish all supplies and equipment necessary to prepare and serve their product, including trays, extension cords, pot holders, etc., and serving utensils. Ranges, ovens, and refrigerators are not available. Participants should plan accordingly. Hot plates, griddles, crock pots, skillets, etc. are welcomed, if you do have something that requires baking, have that already completed and present "thru the magic of television." Make sure you take measures to keep your product at appropriate food safety temperatures.

## PRESENTATION:

- ◆ Time allotment: 30-40 minutes. Each participant will utilize their time according to the complexity of their recipe.
- ◆ Participants should demonstrate a variety of skills (i.e., measuring of dry and liquid ingredients, knife skills, blending, kneading, whisking, egg cracking, etc.).
- ◆ Once the presentation is complete, participants are to present the evaluator with a sample. This is a great time to add points for creativity in plating and presenting to the evaluator. The use of matching or themed plates, utensils and placemats that complement the end product adds to the presentation.

## PRODUCT:

- ◆ The finished product needs to be presented to and will likely be taste tested by the Evaluator.
- ◆ The final product may be fully prepared during the demonstration or brought from home (thru the magic of television...voila).
- ◆ Make a large enough batch (or pre-make and bring with you) for samples to be provided to the larger audience. There will be tables set up for samples to be left, along with copies of your recipe.

## DRESS:

- ◆ Dress appropriately for a food demonstration. No long sleeved or loose clothing. Clothing should be neat and simple. You **MUST** wear an apron. You should be free of jewelry on the hands and arms.
- ◆ Hair should be worn away from the face and secured with a hat, hairnet, or scarf.
- ◆ Coordinating colors (towels, apron, labels, containers, or hat) all add to the total effect.
- ◆ Gloves do not have to be worn, **HOWEVER**, you must wash hands prior to the demonstration (and say out loud to the evaluator that you did so) and it is also recommended to have hand sanitizer that you use right before the start of your presentation as well.

## EVALUATION CRITERIA:

These evaluation pointers can help you prepare for your demonstration.

- ◆ **Recipe:** Complete and easy to follow; promotes a New York grown/produced product; nutritional quality of recipe.
- ◆ **Finished Product:** Overall appearance, taste, consistency, and/or texture.
- ◆ **Demonstrator:** Appearance, poise/ability to deal with unexpected challenges/glitches/etc.
- ◆ **Preparation:** Organization (orderly plan of work and placement of equipment); techniques and manual skill (appropriate techniques, skillfully done; variety of demonstration techniques; correct use of equipment).
- ◆ **Work Area and Results:** Work area neat; manipulation in full view of audience.

## GENERAL FOOD DEMONSTRATION SUGGESTIONS:

- ◆ Use suitable containers for ingredients.
- ◆ Loosen or remove caps and tops before beginning.
- ◆ Cover commercial (brand) labels or use uniform containers with labels identifying ingredients. Label ingredients such as salt, sugar, and baking powder, so you don't make a mistake. It helps to label the front and back so both you and the audience can read them.
- ◆ Use transparent/clear bowls whenever possible.
- ◆ Choose the best equipment for the job (i.e., standard measuring and mixing equipment). Use rubber spatula to clean bowls.
- ◆ Work quietly (cloth under bowl deadens sound; wooden spoons are quieter than metal ones). Be neat (i.e., work on wax paper [layer if necessary] and use a paper bag for waste).
- ◆ Cover trays with towels at the beginning and end of your demonstration.
- ◆ Use safe and proper measuring techniques and preparation skills.

# Helpful Hints for PiNY Demonstrations

## GENERAL SUGGESTIONS:

- ◆ Demonstrate hand washing/sanitizing techniques at the beginning of demonstration.
- ◆ Loosen or remove caps and tops before beginning demonstration.
- ◆ Cover commercial (brand) labels or use uniform containers with labels identifying ingredients.
- ◆ Label ingredients such as salt, sugar, and baking powder, so you don't make a mistake. It helps to label both front and back so you and the audience can read them.
- ◆ Use transparent or clear bowls whenever possible.
- ◆ Use safe and proper measuring techniques and preparation skills.
- ◆ Level ingredients with a spatula or straight sided knife. Chop sticks work well too!
- ◆ Avoid measuring over a mixing bowl. Lay a piece of wax paper (layer if needed) down and measure ingredients over it. When you are done it's easy to dispose of dropped ingredients and waxed paper. Use scotch tape to hold it down.
- ◆ Choose the best equipment for the job (i.e., standard measuring and mixing equipment).
- ◆ Use rubber scraper to clean bowls.
- ◆ Crack eggs into a separate bowl with a knife or a spatula (just in case shell breaks). Remember to carry an extra egg just in case.
- ◆ Work quietly - a cloth under bowls deadens sound; damp cloth underneath bowls or boards keeps them from slipping; wooden spoons are quieter than metal ones and handles don't get hot; don't hit spoons against side of bowl - use palm of hand instead.
- ◆ Remove beaters when finished with mixer to prevent dripping.
- ◆ Grease pans with pastry brush or paper. Do not use your fingers.
- ◆ Use a cutting board for chopping and slicing.
- ◆ BE NEAT! (i.e., measure ingredients on wax paper and use paper bag for waste).
- ◆ Bring a damp cloth or sponge for spills, wiping hands or wiping table/counter area.
- ◆ Remember to look at your audience! Smile and make eye contact.
- ◆ If you are using unfamiliar equipment, you may need to acquaint the audience with what an item is and what it is used for..
- ◆ Cover trays with clean dish or tea towels before and after your demonstration.
- ◆ Provide for disposal of trash. Tape/clip a paper or plastic bag to the table out of sight but close to where you have access. If you are saving scraps for a compost pile, make sure you reference why you are saving some "trash" separate.
- ◆ Clear demonstration table of food prep items before displaying finished product.

## Side to Side Rule for tray set ups:

- ✓ Draw a diagram of your equipment list to help you remember layout.
  - ✓ Keep tall items in back.
  - ✓ Side to side - avoid crisscrossing hands. Plan for two or more trays: one on your left and one on your right. Some folks have one tray for equipment, one for supplies, and another for used equipment/ingredients. Based on what is comfortable for you, your tray placement should provide a smooth flow of equipment and used items from one side to another. (i.e., as you use an item, instead of placing an item on the tray you took it from, you place it on the tray on the other side of the demonstration area. This keeps the area directly in front of you clear and visually attractive to the audience and helps you stay on track of the steps in the demonstration process). You might consider arranging items on the trays in the order that they will be used. It is important to practice so you become adept at using methods that are most comfortable for you.
  - ✓ Include a list of supplies and equipment on your 'ready-to-use' tray in the order that you expect to use them. This list serves as a great reminder as you gather supplies and equipment at home and as you set up at the time of your demonstration.
- ◆ Keep final product out of sight until you plan to show it. Use suspense and showmanship. Garnish or serve attractively. Garnish can enhance food but should not overshadow finished product. Serving dishes, well chosen, help to show off the food to its best advantage. Colorful dishes and display cloths that harmonize with the food add interest.
  - ◆ Present a plate to the Evaluator(s).
  - ◆ Bring additional samples to be displayed and tasted by the larger audience.
  - ◆ Make sure you hand your Evaluator a copy of your recipe, and bring additional copies.

## DRESS:

- ◆ Hair should be worn away from the face and secured with a hat, hairnet, or scarf.
- ◆ Appearance and clothing should not be distracting.
- ◆ Coordinating colors (towels, apron, labels, containers, or hat) all add to the total affect.
- ◆ Plastic or latex gloves are NOT required, but it is expected that participants will demonstrate proper hand washing/sanitizing techniques at the beginning of their demonstration.
- ◆ Dress appropriately for a food demonstration. No long sleeves or loose clothing. Aprons are required. No jewelry should be worn on the arms or hands.



# Produced in New York Examples



A working table in action.



At the start... everything is covered signaling she is ready.



Beautiful presentation of a recipe.



Have a theme and carry it through your presentation.



Ingredients correctly labeled for the contest.



Make sure to wear an apron and have your hair covered by a hat or pulled back securely.

# Produced in New York Examples



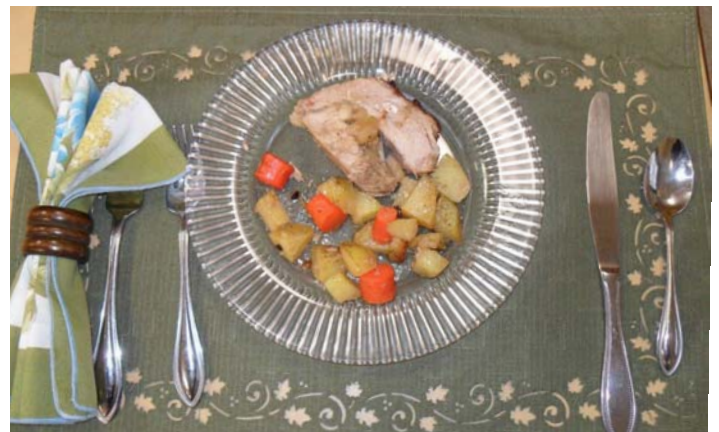
One on One with your Evaluators after you are finished.  
Constructive criticism and positive feedback.



Present your final product to your Evaluators with a smile on your face



Posters can be helpful – they can act as your recipe card, too.



Presentation is everything...take the time to work out how you will present your dish.



Presentation of recipe for the "To Share Table."



Great PiNY Presenters come in all ages - including Cloverbuds!



# Produced in New York Examples



Proper measuring technique for a liquid measuring cup.



Ready and waiting . . .



Ready to begin... ingredients are generically labeled all brand names have been covered.



Ready to begin...



Ready to start.

# Measuring Fruits and Vegetables

## FRUITS

Apples	1 pound (3 or 4 medium) = 3 cups sliced
Bananas	1 pound (3 or 4 medium) = 1 $\frac{3}{4}$ cups mashed
Berries	1 quart = 3 $\frac{1}{2}$ cups
Dates	1 pound = 2 $\frac{1}{2}$ cups pitted
Lemon	1 whole = 1 to 3 Tbsp juice; 1 to 1 $\frac{1}{2}$ tsp grated rind
Lime	1 whole = 1 $\frac{1}{2}$ to 2 Tablespoons juice
Orange	1 medium = 6-8 Tbsp juice; 2 to 3 Tbsp grated rind
Peaches	1 pound (4 medium) = 3 cups sliced
Pears	1 pound (4 medium) = 2 cups sliced
Rhubarb	1 pound = 2 cups cooked
Strawberries	1 quart = 4 cups sliced

## VEGETABLES

Asparagus	1 pound = 3 cups chopped
Beans (string)	1 pound = 4 cups chopped
Beets	1 pound (5 medium) = 2 $\frac{1}{2}$ cups chopped
Broccoli	$\frac{1}{2}$ pound = 6 cups chopped
Cabbage	1 pound = 4 $\frac{1}{2}$ cups shredded
Carrots	1 pound = 3 $\frac{1}{2}$ cups sliced or grated
Celery	1 pound = 4 cups chopped
Cucumbers	1 pound (2 medium) = 4 cups sliced
Eggplant	1 pound = 4 cups chopped (6 cups raw, cubed = 3 cups cooked)
Garlic	1 clove = 1 teaspoon chopped
Leeks	1 pound = 4 cups chopped (2 cups cooked)
Mushrooms	1 pound = 5 to 6 cups sliced = 2 cups cooked
Onions	1 pound = 4 cups sliced = 2 cups cooked
Parsnips	1 pound unpeeled = 1 $\frac{1}{2}$ cups cooked and pureed
Peas	1 pound whole = 1 to 1 $\frac{1}{2}$ cups shelled
Potatoes	1 pound (3 medium) sliced = 2 cups mashed
Pumpkin	1 pound = 4 cups chopped = 2 cups cooked and drained
Spinach	1 pound = $\frac{3}{4}$ to 1 cup cooked
Squash (summer)	1 pound = 4 cups grated = 2 cups salted and drained
Squash (winter)	2 pounds = 2 $\frac{1}{2}$ cups cooked and pureed
Sweet potatoes	1 pound = 4 cups grated = 1 cup cooked and pureed
Swiss chard	1 pound = 5 to 6 cups packed leaves = 1 to 1 $\frac{1}{2}$ cups cooked
Tomatoes	1 pound (3 or 4 medium) = 1 $\frac{1}{2}$ cups seeded pulp
Turnips	1 pound = 4 cups chopped = 2 cups cooked and mashed

# Common Ingredient Substitutions

Item	Amount	Substitution
Allspice	1 teaspoon	½ tsp cinnamon plus 1/8 tsp ground cloves
Arrowroot, as thickener	1 ½ teaspoons	1 Tablespoon flour
Baking powder	1 teaspoon	¼ tsp baking soda plus 5/8 tsp cream of tartar
Bread crumbs, dry	¼ cup	1 slice bread
Bread crumbs, soft	½ cup	1 slice bread
Buttermilk	1 cup	1 cup plain yogurt
Chocolate, unsweetened	1 ounce	3 Tbsp cocoa plus 1 Tbsp butter or fat
Cracker crumbs	¾ cup	1 cup dry bread crumbs
Cream, heavy	1 cup	¾ cup milk plus 1/3 cup melted butter (this will not whip)
Cream, light	1 cup	7/8 cup milk plus 3 Tbsp melted butter
Cream, sour	1 cup	7/8 cup buttermilk or plain yogurt plus 3 Tbsp melted butter
Cream, whipping	1 cup	2/3 cup well-chilled evaporated milk, whipped; or 1 cup nonfat dry milk powder whipped with 1 cup ice water
Flour, all-purpose	1 cup	1 1/8 cups cake flour; or 5/8 cup potato flour; or 1 ¼ cups rye flour or coarsely ground whole-grain flour; or 1 cup cornmeal
Flour, cake	1 cup	1 cup minus 2 Tablespoons sifted all-purpose flour
Flour, self-rising	1 cup	1 cup all-purpose flour plus 1 ¼ teaspoons baking powder plus ¼ tsp salt
Garlic	1 small clove	1/8 teaspoon garlic powder or instant minced garlic
Herbs, dried	½ to 1 teaspoon	1 Tablespoon fresh herbs, minced and packed
Honey	1 cup	1 ¼ cups sugar plus ½ cup liquid
Lemon juice	1 teaspoon	½ teaspoon vinegar
Lemon, juice and rind	1	3 Tablespoons bottled lemon juice and 1 teaspoon dried grated rind
Lemon rind, grated	1 teaspoon	½ teaspoon lemon extract
Milk, skim	1 cup	1/3 cup instant nonfat dry milk plus ¾ cup water
Milk, sour	1 cup	1 cup minus 1 Tbsp milk plus 1 Tbsp vinegar or lemon juice. Stir and let stand 5 minutes
Milk, whole	1 cup	½ cup evaporated milk plus ½ cup water; or 1 cup skim milk plus 2 tsp melted butter
Mustard, prepared	1 Tablespoon	1 teaspoon dry or powdered mustard
Onion, chopped	1 small	1 Tbsp instant minced onion; or 1 tsp onion powder or ¼ cup frozen chopped onion
Sugar, granulated	1 cup	1 cup firmly packed brown sugar; or 1 ¾ cups confectioner's sugar (do not substitute in baking); or ½ cup honey; or 1 cup superfine sugar; or 1 ½ cups corn syrup; or 2/3 cup maple syrup (for last two, reduce liquid in recipe by 25 percent)
Tomatoes, canned	1 cup	½ cup tomato sauce plus ½ cup water; or 1 1/3 cups chopped fresh tomatoes, simmered
Tomato juice	1 cup	½ cup tomato sauce plus ½ cup water plus dash each salt and sugar; or ¼ cup tomato paste plus ¾ cup water plus salt and sugar to taste
Tomato ketchup	1/2 cup	½ cup tomato sauce plus 2 Tbsp sugar, 1 Tbsp vinegar and 1/8 tsp ground cloves
Tomato puree	1 cup	½ cup tomato paste plus ½ cup water
Tomato soup	1 can (10 ¾ oz)	1 cup tomato sauce plus ¼ cup water
Vanilla	1-inch bean	1 teaspoon vanilla extract
Yeast	1 cake (3/5 oz)	1 package active dry yeast
Yogurt, plain	1 cup	1 cup buttermilk



# Vitamins and Nutrients

## Vitamin/ Nutrient

## Function

## Found in These Foods (not limited to)

### Fat Soluble

A	Antioxidant, reduces skin and eye disorders	Green, yellow vegetables and fruits; fish and animal oils and garlic
D	Helps build healthy bones and teeth	Dairy products, canned sardines, herring, tuna, sunflower seeds, and egg yolks
E	Helps healing and prevents scars	Peanut butter, almonds, peanut oil, and olive oil
K	Promotes blood clotting to stop bleeding	Green leafy vegetables, cabbage, milk, liver, and wheat bran

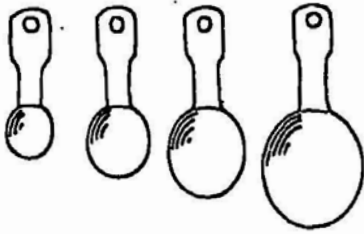
### Water Soluble

C	Required for healthy skin, bones, and teeth; promotes healing and helps iron absorption; antioxidant	Broccoli, green leafy vegetables, citrus, kiwi, and red chillis
B1-Thiamin	Helps the body maximize the use of carbohydrates	Wheat germ, sunflower seeds, nuts, oatmeal, lean meats, whole grain products
B2-Riboflavin	Aids in carbohydrate, protein, and fat metabolism (chemical processes that occur within an organism to maintain life)	Milk, liver, eggs, almonds, and fortified breakfast cereals
B3-Niacin	Helps brain function and keeps the nervous system healthy	Rice bran, wheat bran, liver, peanut butter, nuts, chicken, beef, tuna, barley, and rice
B5-Panthenic Acid	Essential for the metabolism of fats, carbohydrates, and protein	Whole grains, legumes, egg yolks, and organ meats
B6-Pyridoxine	Helps the nervous system function properly	Wheat bran, liver, walnuts, brown rice, salmon, meat, tuna, and bananas
B12	Forms and generates red blood cells needed for DNA synthesis	Liver, mussels, oysters, eggs, oily fish, crab, and beef
Biotin	Required for healthy skin and hair	Egg yolk, organ meats, legumes, and nuts
Folate	Important to produce red blood cells for babies in utero (during pregnancy)	Liver, dark leafy vegetables, lentils, chickpeas, kidney beans, nuts, and oat bran



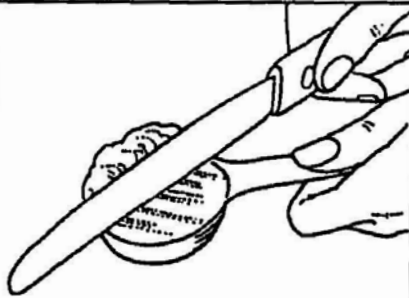
# The Right Way to Measure Ingredients

¼ t.    ½ t.    1 t.    1 T.



## Graduated Spoons:

To measure thin liquids, pour into the appropriate spoon until full.



## For dry ingredients and thick liquids:

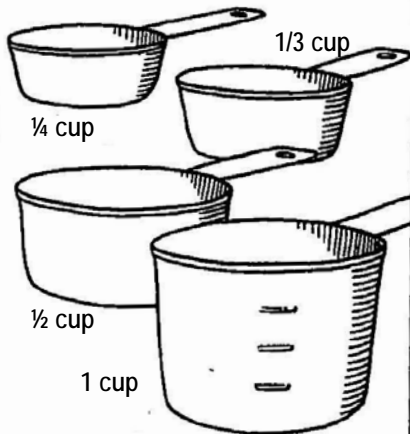
Pour or scoop into appropriate spoon until full, then level. If your set of spoons does not have a 1/8 teaspoon measure, use the ¼ teaspoon; fill, then remove half.

*Note: A dash is less than 1/8 teaspoon.*



## Glass Measuring Cup:

For measuring liquids. Read the measurement at eye level.



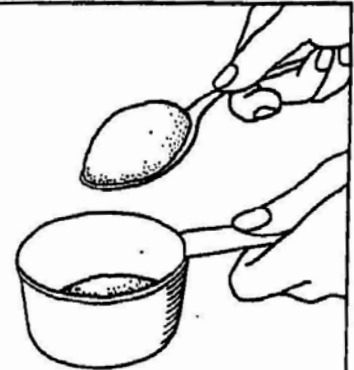
## Graduated Nested Measuring Cups:

Used for measuring non-liquids.



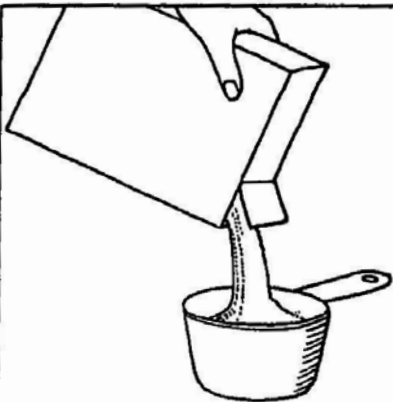
## For all-purpose flour, quick-mixing flour and granulated sugar:

Dip cup into ingredient to fill, then level with straight-edged spatula or knife. (Do not sift flour to measure or combine with other ingredients.)



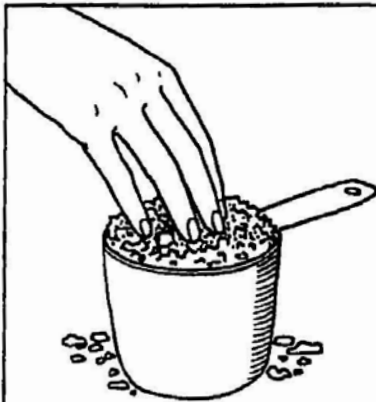
## For cake flour, powdered sugar and biscuit baking mix:

Lightly spoon into cup, then level. (Sift powdered sugar only if lumpy.)



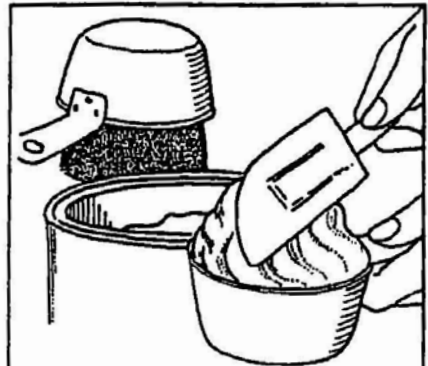
## For cereals and dry bread crumbs:

Pour into cup, then level. (This method can also be used for measuring powdered sugar and quick-mixing flour.)



## For nuts, coconut, shredded cheese, cut-up or small fruit and soft bread crumbs:

Spoon into cup and pack down lightly.



## For brown sugar, fats and shortening:

Spoon into cup and pack down firmly. (When a recipe calls for melted shortening, it can be measured before or after melting.)



# PRODUCED in NEW YORK



## PRODUCT EVALUATION SHEET

Name \_\_\_\_\_

Club \_\_\_\_\_

Recipe Title \_\_\_\_\_

Age (as of Jan. 1<sup>st</sup>) \_\_\_\_\_

Address \_\_\_\_\_

Years in PiNY Contest:      1<sup>st</sup>    2<sup>nd</sup>    3<sup>rd</sup>    4<sup>th</sup>    5<sup>th</sup>    6+    CLOVERBUD:      YES    NO

	✓ (+ or -)	N/A	Judge's Comments
<b><u>RECIPE</u></b>			
Creative use of NYS Product			
Recipe provided & easy to follow			
Nutritional quality of recipe			
Skill level (age appropriate)			
<b><u>FINISHED PRODUCT</u></b>			
Appearance			
Taste			
Consistency and/or Texture			
<b><u>OTHER</u></b>			
Poster (optional)			
Evidence of Practice			
Technique/Skill			
Overall Cleanliness			





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## DEMONSTRATION COMMENT SHEET

	N/A	<b>JUDGE'S COMMENTS</b>
<b><u>DEMONSTRATOR</u></b>		
<b>Appearance (personal &amp; clothing)</b>		
<b>Poise/ability to respond to questions</b>		
<b><u>PREPARATION</u></b>		
<b>Organization – orderly plan of work</b>		
<b>Techniques &amp; Manual Skills</b>		
Rinsing foods/draining liquid		
Using equipment such as: knife, peeler, grater, melon-baller, garlic press, skillet, hot plate, juicer, etc.		
Measuring spoons		
Measuring dry cup – Correct Technique		
Measuring liquid cup – Correct Technique		
Cracking egg		
Using blender/mixer		
Using burner/microwave/fry-pan		
Hand mixing/blending/folding/whipping		
<b>Skill Level (age appropriate) and Evidence of Practice</b>		
<b><u>WORKING AREA RESULTS</u></b>		
<b>Work area neat</b>		
<b>Demonstration techniques in full view of audience</b>		

*Judge's Initials* \_\_\_\_\_



# PRODUCED in NEW YORK



## Menu Planning Sheet

Name \_\_\_\_\_

Club \_\_\_\_\_

Recipe Title \_\_\_\_\_

Age (as of Jan. 1<sup>st</sup>) \_\_\_\_\_

**MENU PLAN** – Plan a complete menu for one meal. Include your recipe as one of the menu items. As you create your menu plan, remember to consider nutritional value of foods, appearance, texture, and flavors of food items selected.

**STATEMENT of ORIGIN** – Explain the source of your recipe (cookbook, magazine, family member, etc.) Indicate any changes made (i.e. recipe modification, preparation and serving methods, etc.) Indicate any family preferences, such as how they like your recipe.

**NUTRITION STATEMENT** – Outline the major nutrients supplied by the ingredients in your recipe.

Major ingredient or food	Nutrient provided	Function of nutrient
<i>Example: Milk</i>	<i>Calcium</i>	<i>Builds strong bones and teeth</i>

**PRODUCED in NEW YORK STATEMENT** – Please comment on where the NYS food product comes from, and provide at least two interesting facts about the particular food product(s) used.

*Note: Should you need additional space to complete your menu-planning sheet, please feel free to expand your comments to a second page.*

# Food Items Produced in New York



## ***Fruit***

Apples  
Apricots  
Blackberries  
Blueberries  
Charentais Melon  
Cherries  
Cranberries  
Gooseberries  
Grapes  
Muskmelon  
Nectarines  
Peaches  
Pears  
Plums  
Raspberries  
Strawberries  
Watermelon

## ***Vegetables***

Artichokes  
Beets  
Butternut Squash  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chinese Cabbage  
Cucumbers  
Garlic  
Hot Peppers  
Kale  
Lettuce  
Onions  
Potatoes  
Pumpkins

Shelling Peas  
Snap Peas  
Snow Peas  
Summer Squash  
Sweet Peppers  
Tomatoes  
Winter Squash  
Zucchini

## ***Other***

Beef  
Butter  
Cheese  
Edible Flowers  
Eggs  
Goat  
Honey  
Herbs  
Jams  
Jellies  
Maple Syrup/Sugar  
Milk (cow, goat, sheep)  
Pickles  
Preserves  
Poultry  
Pork

The list provides only some of the fruits and vegetables grown in New York State. For more information, visit the official New York State Department of Agriculture And Markets website - [www.agriculture.ny.gov](http://www.agriculture.ny.gov)