**Favorite Foods Show**

**Theme 2023: Charcuterie**

Please register by **July 10** via Fair Entry (ckff.fairentry.com)

The word "charcuterie" is a French word that describes a shop that sells cured pork products such as salami and ham as well as cheeses, olives, nuts, crackers, dried fruits and other condiments. The best part about charcuterie boards is that they're totally customizable! You can switch up the components based on the occasion, the season, or simply what your guests will like best. The Favorite Foods Show challenge this year is to create a healthy food arrangement giving attention to texture, balance of sweet, salty, and savory, while including pops of color.

Come join us for the Favorite Foods Show on **July 28th at 5pm in Sterl Hall** (Abilene Fairgrounds). Participation for this event is open to enrolled Chisholm Trail District 4-Hers. Enrollment in the foods and nutrition project is NOT required. The public is invited to join us for our finale charcuterie board tasting.

**Rules**

This event is a presentation of a **themed board**, **tablecloth**, **menu** that includes a **diagram of the board**, and **recipe for the homemade item**.

- Items on the board may be labeled.
- This will be a conference judging experience with participants prepared to discuss their menu and presentation choices with the judge.
- Each board should serve eight.
- At least one of the items included on the board must be made by the participant with the recipe provided.
- *Please plan to arrive at 4:45pm to set up your table-setting and start the event at 5pm.*

Create a board that you would share with family or friends that meets the requirements assigned to your age division:

**Juniors (age 9 and under) = fruits, veggies, dips**

**Intermediates (age 10-13) = dips, cheeses, crackers, bread**

**Seniors (age 14+) = Full Board including vegetable/fruit, bread/crackers, cheese/other protein, and one additional item**

- Plan a healthy food arrangement giving attention to texture, balance of sweet, salty, and savory, while including pops of color.
- Your board should include eight servings.
- Bring a copy of the recipe for the homemade item and the cost per serving (a digital copy MUST be sent electronically to mkanguiano@ksu.edu for the Favorite Food Show cookbook).
- Be prepared to answer questions during the conference judging as to how you chose your charcuterie arrangement, what makes it healthy, or if not so healthy, how it complements the rest of the menu. How could you make it a healthier option? Also think about any food safety considerations that would be relevant. We are encouraging participants to update their recipes with food safety instructions, such as...
“wash your hands...” as the first direction. For more information, see the Safe Recipe Style Guide for guidance.

-Tables will be provided-- (your display will be made on one end of a six-foot table.... about the size of a card table). When planning your display, think about how you would present your board and how it would be served. Make sure to include required serving items (example: napkin or plate, tongs, spoon, etc.) as well as an appropriate table covering.

-Please dress in typical 4-H conference judging attire.

-Allow 15 minutes of judging...The participant and the judge will be allowed at the table during judging. Once your judging is complete, your picture will be taken to assist the judge as well as for promotion and a “cookbook” that will be compiled and available later in the summer. You will be asked to clean up your area at the end of the event.

*Please bring enough for 8 people, as we will have a sampling afterwards. (We will provide tea and water, as well as plates, etc.)

While the judge is tallying, participants will be able to do a quick tour with the crowd to answer questions. Younger participants can have help from their parents on the tour part, as we don’t want to prevent youth from participating if they are afraid to talk. Then we will take time to sample everyone's dish.

Announcements for the top three in each age division will be made at the end of the event. Each participant will receive a participation bag.

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Questions? Contact 4-H Youth Development Agent Jill Martinson (martinso@ksu.edu, 785-263-2001)

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