



*Clover*  
**CHOPPED**  
*Edition*

**CAN YOU MASTER  
OUR SECRET  
INGREDIENT?**

Teams of 2 to 4 battle  
to make the best dish  
using our secret  
ingredient.

Open to 4-H and  
non 4-H members.

**June 18, 2024**  
**Building #2**  
**Miami Co Fairgrounds**

**2024**  
**Rules & Guidelines**

# What is MdC 4-H Chopped Clover Edition?

Teams of 2 to 4 youth make a food dish using the secret ingredient and other "pantry" items to compete for prizes.

Each team will prepare their dish and then present their dish to the judge. An adult helper is required for each team to make sure that safety procedures are followed and prevent accidents. Adult helpers are not allowed to assist participants.

## Objectives:

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish.
- Provide opportunities for participants to learn from other team members.
- Give participants opportunities to develop public speaking, problem solving, communication, independent thinking, and teamwork skills



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Karla Hightower two weeks prior to the start of the event June 18, 2024 at 913-294-4306 or [khightow@ksu.edu](mailto:khightow@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**  
K-State Research and Extension is an equal opportunity provider and employer.

# Chopped: Clover Edition Rules

1. **Participation:** Participants must be between ages 7-18 by January 1st of the current year.
2. **Teams:** Each team must have at least two members and not more than four members. All teams must also have an adult who will monitor another competing team for safety.
3. **Preparation:** Each team will create an entire dish/plate using the provided secret ingredient and a minimum of three pantry items. Teams can add garnishes but should not include sides or multiple dishes with their ingredients.
4. **Time:** Each team will have 40 minutes to plan and prepare a dish, plan their presentation, and clean up their station. A 20 minute, 10 minute, 5 minute, and 1 minute warning will be given.
5. **Presentation:** Team should present 1 plate with a single serving of their dish to be judged.
6. **Attire:** Each team member must wear closed toed shoes and if they have long hair, their hair must be restrained.
7. **Resources Provided:** Resource will be provided for each team at the contest. These included The Chopped Clover Edition Worksheet, Fight Bac! Brochure, and My Plate, My Wins.
8. **Pantry:** The pantry will contain the items included on the provided pantry list and pantry items will be portioned so multiple teams can use the same items.
9. **Food Safety:** You must follow food safety guidelines including wearing gloves when handling the food, cooking items to correct temperatures and not cross contaminating vegetables and meats.
10. **No electronic devices:** This is a competition on creating your own recipe and electronic devices such as cell phones or smart watches are not allowed to be used during the competition.

Before Competition, review MyPlate, Food Safety Basics, and Know Your Nutrients.

These are available at [www.maraisdescygnnes.ksu.edu](http://www.maraisdescygnnes.ksu.edu)

# Supply Box

Each team will be provided with the following items at their assigned station:

- Mixing Bowls
- Salt & Pepper
- Measuring Cups & Spoons
- Liquid measuring cup
- Wooden Spoon
- Spoons
- Turner
- Rubber Spatula
- Food Thermometer
- Peeler
- Tongs
- Whisk
- Knives (Chefs & Paring)
- Cutting Boards (3)
- 2 Electric Skillets
- Kitchen Timer
- Non-Stick Cooking Spray
- Paper Towels
- Gloves

There will be one toaster oven and one microwave available for all teams to share.

# Rules of Play

1. Orientation and instructions will be provided to each team prior to the start of the contest. Including a review of Food Safety Basics.
2. No electronic devices or jewelry is allowed in the contest. This includes cell phones, smart watches, or other communication devices.
3. Each team will be assigned a cooking/preparation station.
4. Adult Helpers will be assigned another team to watch for safety concerns. Orientation will be provided for the Adult Helpers.
5. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
6. Each team will create an entire dish/recipe (not a full meal) using the provided secret ingredient and pantry items. Teams should present a plate with a single serving of their dish to the judge. Teams should NOT create a side or multiple dishes with their ingredients or pantry items.
  - a. Teams are challenged to be creative and develop an original recipe with the ingredients provided.
  - b. Ingredients can be used to garnish the dish.
  - c. Note cards will be provided to use to write down the recipe that the team creates, along with notes related to their presentation including nutrition, food safety, preparation steps, cooking time, and temperature.
7. Each team member must wear gloves when handling any food items. Gloves should be changed between handling raw meats/seafood; handling cooked items, and ready to eat or raw vegetables to prevent contamination.
8. Hair restraints need to be worn. Any team member with long hair should wear a hat, cap, bandana or have hair pulled back and restrained.
9. Clean-up: Teams must clean up their preparation areas. including washing and drying items and bringing them back to their station.

# Presentations

Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. All team members should participate in the presentation.

Presentations are 75 points of your total score.

You will have 5-minutes to present your dish. The judge will ask questions after your presentation.



## Adult Helpers

Each team must have an Adult Volunteer who will monitor another team during the competition.

- Adult Sponsors cannot help team with preparing food or brainstorming the recipe.
- Please try and prevent any accidents from happening. Examples include plastic bowls left in electric skillets, knife cuts, etc.
- Notify extension personal of any accidents (cuts, burns, etc)
- Make note of any food safety issues and let extension personal know.

# Pantry List

The following items will be available in the pantry for this years competition:

## **Vegetables & Fruits**

Onion  
Garlic  
Potatoes  
Carrot  
Celery  
Bell Peppers  
Mushrooms  
Apples  
Oranges  
Lemons  
Cucumbers  
Tomatoes  
Tomato Paste  
Mixed Vegetables (Can)  
Corn  
Green Beans  
Pasta Sauce  
Mixed Fruit (Can)  
Strawberries (Frozen)  
Salsa

## **Grains**

Tortillas  
Pasta  
Rice  
Corn Muffin Mix  
Bread  
Breadcrumbs

## **Baking Supplies**

Flour  
Sugar  
Brown Sugar  
Corn Starch  
Rice  
Baking Powder  
Baking Soda  
Honey  
Oil  
Shortening  
Butter

## **Dairy**

Milk  
Cream  
Sour Cream  
Yogurt  
Cream Cheese  
Cheddar Cheese  
Mozzarella Cheese

## **Proteins**

Canned Chicken Breast  
Peanut Butter  
Eggs  
Black Beans  
Refried Beans  
Pepperoni  
Pinto Beans

## **Seasonings**

Garlic Powder  
Onion Powder  
Garlic Salt  
Oregano  
Italian Seasoning  
Seasoned Salt  
Cumin  
Crushed Red Pepper Flakes  
Cinnamon  
Minced Onion  
Chicken Bullion  
Beef Bullion  
Ranch seasoning