

Editor's note: Mary Jaynes is NCSBA's **Cooking with Honey** Contest Coordinator. The following information has been submitted to provide members with adequate information prior to our Convention Contest and to encourage your participation.

COOKING WITH HONEY ANNUAL CONTEST

The annual contest for "Foods Cooked with Honey" will be held during the upcoming summer meeting at Elon University. We are looking for a record number of entries.

The Cooking with Honey Committee consists of five members who have extensive knowledge and experience with food preparation including using honey as a principal sweetener. All of the entries will be checked in strictly following the rules printed below. Please read these guidelines carefully.

It is very important that the judges not know who the items being judged belong to; therefore, the judges will not participate in receiving the entries. If there is anything you do not understand, give me a call or email (phone 919 567 9568 email djaynes101@nc.rr.com)

The judging will be done by members of the committee. Only the judges will be in the room during the judging. Each judge will have a score card for each item being judged and will use the point system described below to evaluate and judge the entries. Each contest participant will be given a score card for each of his/her entries showing how the entry fared in the judging. Our object is to make this contest as objective and fair as possible. Good luck with your entries.

NCSBA ENTRY CATEGORIES, JUDGING CRITERIA AND RULES FOR FOODS COOKED WITH HONEY CONTEST

All entries in this competition must contain honey as the principal sweetening ingredient. Entries must be prepared from ingredients compatible with commonly accepted recipes for the class in which they are entered. The purpose of this competition is to demonstrate skill in the use of honey in cooking. Because of their high sugar content, commercial mixes may not be used. There are no other ingredient restrictions. Factors such as whether the entry is representative of the entered class and freshness of the product will be considered in the judging. It will be the responsibility of the exhibitor to see that entries are correctly classified and tagged. Score cards will be provided for the judges to use as guides in judging foods cooked with honey.

Entries must be submitted on Friday morning between 9 a.m. and 10 a.m. on the form provided. Each person entering items in the contest will be assigned a number to be used on all of his/her entries. That number should be placed at the proper place on the entry tag and on the recipe card in the upper left corner. There must be no names or anything that would identify the exhibitor. A recipe, typed or printed, on a 3" X 5" card (front only) must be submitted with each item entered (may be placed in a zip lock bag). If the recipe is not included with the item, the entry will be disqualified.

No entries accepted requiring refrigeration: (Example: no uncooked eggs, pineapple, cream cheese, no meat, fish, poultry or vegetable entries accepted).

ALL CAKES AND BREADS MUST BE ENTERED ON A 6" X 10" CARDBOARD OR PAPER PLATE, PLACED IN A CLEAR PLASTIC BAG WITH ENTRY TAG ATTACHED TO PLATE AND EXTENDING OUTSIDE BAG. NO ENTRIES ON GLASS OR CHINA WILL BE ACCEPTED. EXHIBITORS ARE REQUIRED TO BRING A WHOLE CAKE, ½ LOAF BREAD, FOUR (4) ROLLS, SIX (6) COOKIES, EIGHT (8) PIECES OF CANDY, FOUR (4) MUFFINS, ONE (1) PIE—MUST BE IN AN ALUMINUM PAN. BOUGHT PIE CRUST MAY BE ENTERED; HOWEVER WILL NOT SCORE AS HIGHLY AS EXCELLENT HOMEMADE CRUST.

Entries become property of NCSBA and are served at the Saturday morning break. Exhibitors are encouraged to bring extra cookies, candy, etc. to serve at the Saturday morning break.

Due to guideline length, not all material will be included. For example, on Judging Criteria categories, only one example, Bread, is given. **For a complete copy of rules visit the web site www.ncbeekkeepers.org Simply click on Members' Page then on Honey and Cooking Competition Guidelines to print a complete copy. Or call your extension agent and ask for him/her to download a copy for you.**

ENTRIES

Class Entry

SM-30 Bread, loaves (yeast-white)	SM-39 Pies
SM-31 Bread, loaves (yeast-whole wheat)	SM-40 Sauce (i.e. honey BBQ, etc.) 4 oz. min.
SM-32 Quick fruit bread (i.e. zucchini, banana, etc.)	SM-41 Dressing (honey mustard, etc.) 4 oz. min.
SM-33 Muffins	SM-42 Candy
SM-34 Rolls (plain with honey topping)	SM-43 Snack food (popcorn, granola, etc.)
SM-35 Rolls (pecan or cinnamon w/honey glaze)	SM-44 Pickles
SM-36 Honey Bars & Brownies (any flavor)	SM-45 Jams
SM-37 Cookies (any flavor; i.e. fruit drop, rolled, drop, etc.)	SM-46 Jellies
SM-38 Cakes (no cake mixes accepted)	SM-47 Preserves

JUDGING CRITERIA

CATEGORY:

Bread

Good Qualities

- I. Appearance - 20 points
 - Pleasing appearance
 - even golden brown color
 - good shape, well proportioned
 - even rounded top
- II. Texture – 20 points
 - fine even grain
 - small thin cell walls
 - light for size
 - crisp crust about 1/8 inch thick
- III. Crumb – 20 points
 - even color throughout
 - slightly moist
 - light & elastic
 - tender
- IV. Flavor – 20 points
 - good well blended flavor
 - sweet nutty flavor
 - pleasing

Poor Qualities

- too pale or too brown
- irregular or poor shape
- has cracks or bulges
- hard, dry crust
- large cells, coarse grain
- thick cell walls
- tunnels of large holes
- heavy for size
- gray or dark streaks
- harsh, crumbly, dry
- doughy
- tough
- flat tasting
- sour fermented flavor

ENTRIES

Class	Entry	1 st	2 nd	3 rd
SM-30	Bread, loaves (yeast-white)			
SM-31	Bread, loaves (yeast-whole wheat)			
SM-32	Quick Fruit Bread (i.e. zucchini, banana, etc.)			
SM-33	Muffins			
SM-34	Rolls (plain with honey topping)			
SM-35	Rolls (pecan or cinnamon with honey glaze)			
SM-36	Honey Bars and Brownies (any flavor)			
SM-37	Cookies (any flavor; i.e. fruit drop, rolled, drop, etc.)			
SM-38	Cakes (no cake mixes accepted)			
SM-39	Pies			

- SM-40 Sauce (i.e. honey barbecue, etc.) 4 oz. min.
- SM-41 Dressing (honey mustard, etc.) 4 oz. min.
- SM-42 Candy
- SM-43 Snack Food (popcorn, peanut, granola, trail mix, etc.)
- SM-44 Pickles
- SM-45 Jams
- SM-46 Jellies
- SM-47 Preserves

JUDGING CRITERIA

CATEGORY:

BREADS SM-30 – 36

Good Qualities	Poor Qualities
I. Appearance – 25 points	
- pleasing appearance	- too pale or too brown
- even golden brown color	- irregular or poor shape
- good shape, well proportioned	- has cracks or bulges
- even rounded top	- hard, dry crust
II. Texture – 25 points	
- fine even grain	- large cells, coarse grain
- small thin cell walls	- thick cell walls
- light for size	- tunnels of large holes
- crisp crust about 1/8" thick	- heavy for size
III. Crumb – 25 points	
- even color throughout	- gray or dark streaks
- slightly moist	- harsh, crumbly, dry
- light and elastic	- doughy
- tender	- tough
IV. Flavor – 25 Points	
- good well blended flavor	- flat tasting
- sweet nutty flavor	- sour fermented flavor
- pleasing	- any flavor too strong or off flavor

COOKIES: SM-37

Good Qualities	Poor Qualities
I. Appearance – 25 points	
- crust: color uniform	- burned
- characteristic of type	- pale dull color
- shape: regular, even, uniform	- irregular or poor shape
- good proportion	- too large or too small
- attractive	- too thick or too thin
II. Texture – 25 points	
- thin cookies (rolled, ice box, pressed)	- too hard or dry
- crisp and tender	- too limp
- thick cookies (drop, sheet or bar)	- coarse grain
- soft and tender, even grain	- heavy or soggy
III. Tenderness – 25 points	
- tender, but holds together well	- tough, rubbery, crumbly
IV. Flavor – 25 points	
- tastes good	- too strong taste of flavoring or spices
- free from excessive flavoring	- off flavor
- flavor well blended	
- characteristic flavor of kind	

CAKES: SM-38

Good Qualities	Poor Qualities
I. Appearance – 25 points	
- pleasing appearance	- not pleasing in appearance
- slightly rounded top	- peaked or sunken top
- unfrosted: smooth, uniform	- cracked, sugary or coarse crust
- light brown	- too sticky, too dry, or too coarse frosting
- frosting free from crystals or crustiness	- pale or too brown crust stickiness
II. Texture – 25 points	

- fine, even grain
 - thin cell walls
 - feathery light
 - crumbly when wet
- III. Crumb – 25 points
- smooth and velvety
 - slightly moist
 - light and tender
 - pleasing color
- IV. Flavor – 25 points
- delicate, well blended flavor
 - sweet flavor
 - free from strong flavor
 - tastes good
- thick cell walls
 - coarse or uneven grain
 - tunnels of big holes
 - heavy
 - soggy and sad
 - harsh or dry
 - tough
 - off color
 - bitter
 - flat
 - strong flavor of egg, flavoring or ingredients
 - unpleasant flavor

PIES: SM-39

- | | Good Qualities | Poor Qualities |
|------|-----------------------------------|--------------------------------------|
| I. | Appearance – 25 points | |
| | - pleasing appearance | - not pleasing appearance |
| | - attractive crust | - cracked, coarse unattractive crust |
| II. | Taste appeal – 40 points | |
| III. | Originality of recipe – 25 points | |
| IV. | Ease of preparation – 10 points | |

SAUCES: SM-40, DESSINGS SM- 41, SNACK FOOD SM-43

- Good Qualities
- I. Appearance – 25 points
- II. Taste appeal – 40 points
- III. Originality of recipe – 25 points
- IV. Ease of preparation – 10 points

CANDIES: SM-42

- | | Good Qualities | Poor Qualities |
|------|---------------------------------|-----------------------------|
| I. | Appearance – 30 points | |
| | - color uniform | - poor color |
| | - attractive | - unattractive |
| | - shape: regular, even, uniform | - irregular or poor shape |
| II. | Texture – 30 points | |
| | - appropriate for type | - crystal formation |
| | | - too soft, hard, tough |
| | | - too sticky, too dry |
| | | - crumbly |
| III. | Flavor – 30 points | |
| | - tastes good | - flat flavor |
| | - flavor uniform | - strong, unpleasant flavor |

PICKLES: (half-pint, pint or quart jars) SM-44

- I. Size and Shape – 10 points
- uniform size and shape
- II. Flavor – 30 points
- natural flavor, not over-spiced
- III. Texture – 30 points
- firm, not tough, not soft
- IV. Color – 15 points
- as near natural color as possible
- V. Proportion of Pickle to Liquid – 10 points
- jars filled with pickles; liquid to cover and fill spaces
- VI. Jar Fill/Process – 5 points
- standard canning jars should be filled to ½” of top and processed in boiling water bath (no paraffin)

JAMS: (half-pints or pint jars) SM-45

Jams are made from crushed fruits cooked to a smooth, consistency that will mound upon a spoon but not jelly firm. The product should be to ¼” of top of standard canning jars and must be processed in a boiling water bath for airtight seal (no paraffin).

- I. Smoothness – 20 points
 - tender fruit with smooth texture
- II. Flavor – 35 points
 - natural fruit flavor, not overpowered with added ingredients or spices
- III. Consistency and Texture – 30 points
 - tender and will mound in spoon: not tough, sticky, or gummy: spreads easily
- IV. Color and Clearness – 10 points
 - shiny fruit color; marmalades clear with suspended citrus
- V. Jar Fill/Process – 5 points
 - filled to 1/4” of top of standard canning jars and water bath processed (no paraffin).

JELLIES: (half-pints or pint jars) SM-46

All juices for jellies must be home prepared: no commercial juice may be used, unless otherwise specified.

- I. Color – 10 points
 - pronounced, yet natural color
- II. Clearness – 10 points
 - transparent and sparkling
- III. Crystals – 10 points
 - lack of crystals; no sign of crystallization
- IV. Flavor – 30 points
 - natural fruit flavor
- V. Consistency – 35 points
 - tender breaks with distinct cleavage, angles and holds shape: should not be syrupy, sticky or tough
- VI. Jar Fill/Process – 5 points
 - fill jars to ¼” of top of standard canning jars and processed in boiling water bath (no paraffin).

PRESERVES: (half-pints or pint jars) SM-47

Preserves contain whole fruits or fruit pieces that retain their shape and are clear, shiny, tender and plump. The fruits are suspended in clear syrup that is the consistency of honey or soft jelly. These products should be filled to within ¼” of the top of standard canning jars and must be processed in a boiling water bath for airtight seal (no paraffin).

- I. Shape – 10 points
 - small fruit should be whole and have original shape as nearly as possible.
 - larger fruits should maintain sliced shape.
- II. Clearness and Color – 25 points
 - fruit should be translucent and not too dark: liquid should be clear
- III. Flavor – 30 points
 - natural fruit flavor, not overpowered with too much honey and sugar.
- IV. Texture – 10 points
 - tender, but firm and plump
- V. Pack and Filling – 5 points
 - arrangement of fruit with reference to symmetry of jar; filled to ¼” of top, water bath processed.
- VI. Consistency – 10 points
 - juice should be of honey consistency or slightly jelled
- VII. Proportion of Syrup – 10 points
 - about 1/3 as much syrup as fruit.

Please keep these guidelines for future reference