

# COOKING WITH HONEY ANNUAL CONTEST

Mary Alice Jaynes

The annual contest for “Foods Cooked with Honey” will be held during the upcoming summer meeting in China Grove. 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](mailto: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.

**ENTRIES**

Class	Entry	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
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 & 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, peanuts, granola, trail mix, etc.)			
SM-44	Pickles			
SM-45	Jams			
SM-46	Jellies			
SM-47	Preserves			

**JUDGING CRITERIA****CATEGORY:****Bread**

	Good Qualities	Poor Qualities
L. Appearance- 20 points	-Pleasing appearance -even golden brown color -good shape, well proportioned -even rounded top	-too pale or too brown -irregular or poor shape -has cracks or bulges -hard, dry crust
II. Texture- 20 points	-fine even grain -small thin cell walls -light for size -crisp crust about 1/8" thick	-large cells, coarse grain -thick cell walls -tunnels of large holes -heavy for size
III. Crumb 20 points	-even color throughout -slightly moist -light and elastic -tender	-gray or dark streaks -harsh, crumbly, dry -doughy -tough
IV. Flavor 20 points	-good well blended flavor -sweet nutty flavor -pleasing	-flat tasting -sour fermented flavor

**Cakes**

	Good Qualities	Poor Qualities
I. Appearance - 20 points	-pleasing appearance -slightly rounded top -unfrosted: smooth, uniform -light brown -frosting free from crystals or crustiness	-not pleasing in appearance -peaked or sunken top -cracked, sugary or coarse crust -too sticky, too dry, or too coarse frosting -pale or too brown crust stickiness
II. Texture 20 points	-fine, even grain -thin cell walls -feathery light -crumbly when cut	-thick cell walls -coarse or uneven grain -tunnels of big holes -heavy
III. Crumb - 20	-smooth and velvety -slightly moist -light and tender -pleasing color	-soggy and sad -harsh or dry -tough -off color

IV. Flavor – 20 points

- delicate, well blended flavor
- sweet flavor
- free from strong flavor
- tastes good

- bitter
- flat
- strong flavor of egg, flavoring, or ingredients
- unpleasant flavor

**Pies**

Good Qualities

Poor Qualities

1. Appearance – 20 points
  - pleasing appearance
  - golden brown color
  - uniform
  - attractive edge, free from cuts/breaks
2. Tenderness 20 points
  - cuts easily and holds shape
  - crisp and flaky

- doesn't look good
- too sticky, too dry
- crust not uniform
- unattractive edge
- falls apart
- doughy

**Cookies**

Good Qualities

Poor Qualities

- I. Appearance – 20 points
  - crust: color uniform
  - characteristic of type
  - shape: regular, even, uniform
  - good proportion
  - attractive
- II. Texture – 20 points
  - thin cookies (rolled, ice box, pressed,
  - crisp and tender
  - thick cookies (drop, sheet or bar)
  - soft and tender, even grain
- III. Tenderness – 20 points
  - tender, but holds together well
- IV. Flavor 20 points
  - tastes good
  - free from excessive flavoring
  - flavor well blended
  - characteristic flavor of kind

- burned
- pale dull color
- irregular or poor shape
- too large or too small
- to thick or too thin
- too hard or dry
- too limp
- coarse grain
- heavy or soggy
- tough, rubbery, crumbly
- too strong tastes of flavoring or spices
- off flavor

**Candy**

Good Qualities

Poor Qualities

- I. Appearance 25 points
  - color uniform
  - attractive
  - shape: regular, even, uniform
- II. Texture 25 points
  - appropriate for type
- III. Flavor – 25 points
  - tastes good
  - flavor uniform

- poor color
- unattractive
- irregular or poor shape
- crystal formation
- too soft/hard/tough
- too sticky/too dry
- crumbly
- flat flavor
- strong, unpleasant flavor

**CATEGORY: Preserves (Half Pint or Pint Jars)**

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 1/4 inch of the top of standard canning jars and must be processed in a boiling water bath for airtight seal (no paraffin).

**CRITERIA FOR JUDGING**

- 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 1/4" 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 one-third as much syrup as fruit	

**CATEGORY: Jams (half-pints or pint jars)**

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 1/4" of top of standard canning jars and must be processed in a boiling water bath for airtight seal (no paraffin).

**CRITERIA FOR JUDGING**

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).	

**CATEGORY: Jelly (half-pint or pint jars).**

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

**CRITERIA FOR JUDGING**

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 1/4" of top of standard canning jars and process in boiling water bath (no paraffin)	

**CATEGORY: Pickles (half-pint, pint or quart jars)**

**CRITERIA FOR JUDGING**

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	
IV. Jar Fill /Process .....	5 points
-standard canning jars should be filled to 1/2" of top and processed in boiling water bath (no paraffin).	

**Please keep these guidelines for future reference.**