
COOKING WITH HONEY ANNUAL CONTEST

The annual contest for “Foods Cooked with Honey” will be held during the upcoming Summer Meeting. All of the entries will be checked in following the rules printed below. Please read the guidelines carefully. There will be two age categories. The Youth Category will be age 20 and younger. The Adult category will be age 21 and older. The cooking competition is restricted to registered conference attendees. Your registration number or NCSBA number will be requested at time of entry.

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, you may send a question to sccarlson@msn.com

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.
- ! The purpose of the competition is to demonstrate skill in the use of honey in cooking.

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

- ! 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;
- ! Bought pie crust may be entered, however it will not score as highly as homemade crust;
- ! Commercial mixes may not be used, due to their high sugar content;
- ! 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 become property of NCSBA and may be served at the Saturday morning break. Exhibitors are encouraged to bring extra cookies, candy, etc. to serve during this time;
- ! Participants will only receive one ribbon per category;
- ! Recipes become the property of the NCSBA;
- ! If, in the opinion of the judges, there are too many entries in one category, the category may be divided.

SUBMITTING THE ENTRY:

- ! Entries must be submitted on Friday morning between 8 a.m. and the first break;
- ! As a conference attendee, your conference registration number or NCSBA number will be requested at time of entry;
- ! Each person entering items in the contest will be assigned a number to be used on all of his/her entries;
- ! The exhibit 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;
- ! Recipes must be typed or printed, on an 8 ½ x 11 sheet of paper for each entry and placed in a zip lock bag;

- ! If the recipe is not included with the item, the entry will be disqualified;
- ! Refrigerated items may be entered;
- ! Refrigerated items must be brought to the competition in a cooler. Participants are responsible for keeping any entry that requires refrigeration at an appropriate temperature prior to registering on Friday morning. The food item must be brought to the competition in a cooler as the venue may not have access to a refrigerator to keep the entries cool after the competition is over. The cooler must remain in the judging room so the item may be returned to the cooler once the competition ends. In order to do this, coolers must have the entry number displayed on the top

DISPLAYING THE ITEM:

- ! All cakes and breads must be entered on a cardboard or paper plate and placed in a clear plastic bag with entry tag attached to the plate and extending outside the bag. Consideration will be given for cakes or pies that are too big for the bag.
- ! Pies must be in an aluminum pie tin;
- ! No entries will be accepted on glass or china;
- ! Category 1 requires six (6) pieces
- ! Category 2 requires one (1) entry
- ! Category 3 requires 1 loaf or six (6) pieces as applicable
- ! Category 4 requires two (2) cups

COMPETITION CATAGORIES ARE:

Category 1: Candy, Cookies, Snack Foods, Fudge: Please provide 6 for judging.

Category 2: Pies, Cakes: 1 for judging.

Category 3: Breads, Rolls, & Muffins: 1 loaf, 6 rolls, 6 muffins as applicable for judging.

Category 4: Dips, Preserves, Jams, and Pickles: Please bring 2 cups (or more) for judging.

Category	Class	Description
Category 3	SM-30	Bread, Loaves (yeast- white)
Category 3	SM-31	Bread, loaves (yeast- whole wheat)
Category 3	SM-32	Quick Fruit Bread (i.e. zucchini, banana, etc.)
Category 3	SM-33	Muffins
Category 3	SM-34	Rolls (plain with honey topping)
Category 3	SM-35	Rolls (pecan or cinnamon with honey glaze)
Category 1	SM-36	Honey Bars and Brownies (any flavor)
Category 1	SM-37	Cookies (any flavor, fruit drop, rolled, drop, etc.)
Category 2	SM-38	Cakes (no cake mixes accepted)
Category 2	SM-39	Pies
Category 4	SM-40	Sauce (i.e. honey barbecue, etc.)
Category 4	SM-40	Dressing (honey mustard, etc.)
Category 1	SM-41	Candy
Category 1	SM-42	Snack Food (popcorn, peanut, granola, trail mix, etc.)
Category 4	SM-43	Pickles
Category 4	SM-44	Jams
Category 4	SM-45	Jellies
Category 4	SM-46	Preserves

JUDGING CRITERIA

CATEGORY 1

SNACK FOOD

Good Qualities

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

CANDIES:

Good Qualities

- I. Appearance – 30 points
 - color uniform
 - attractive
 - shape: regular, even, uniform
- II. Texture – 30 points
 - appropriate for type
- III. Flavor – 30 points
 - tastes good
 - flavor uniform

Poor Qualities

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

COOKIES:

Good Qualities

- I. Appearance – 25 points
 - crust: color uniform
 - characteristic of type
 - shape: regular, even, uniform
 - good proportion
 - attractive
- II. Texture – 25 points
 - thin cookies (rolled, ice box, pressed)
 - crisp and tender
 - thick cookies (drop, sheet or bar)
 - soft and tender, even grain
- III. Tenderness – 25 points
 - tender, but holds together well
- IV. Flavor – 25 points
 - tastes good
 - free from excessive flavoring
 - flavor well blended
 - characteristic flavor of kind

Poor Qualities

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

CATEGORY 2

CAKES:

Good Qualities

- I. Appearance – 25 points
 - pleasing appearance
 - slightly rounded top
 - unfrosted: smooth, uniform
 - light brown
 - frosting free from crystals or crustiness
- II. Texture – 25 points
 - fine, even grain
 - thin cell walls
 - feathery light
 - crumbly when wet

Poor Qualities

- 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
- thick cell walls
- coarse or uneven grain
- tunnels of big holes
- heavy

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|------|---------------------------------|--|
| III. | Crumb – 25 points | |
| | - smooth and velvety | - soggy and sad |
| | - slightly moist | - harsh or dry |
| | - light and tender | - tough |
| | - pleasing color | - off color |
| IV. | Flavor – 25 points | |
| | - delicate, well blended flavor | - bitter |
| | - sweet flavor | - flat |
| | - free from strong flavor | - strong flavor of egg, flavoring or ingredients |
| | - tastes good | - unpleasant flavor |

PIES:

- | | | |
|------|-----------------------------------|--------------------------------------|
| | 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 | |

CATEGORY 3

BREADS

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|------|---------------------------------|---------------------------------------|
| | 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 |

CATEGORY 4

SAUCES, DRESSINGS,

- | | |
|-------|-----------------------------------|
| | Good Qualities |
| V. | Appearance – 25 points |
| VI. | Taste appeal – 40 points |
| VII. | Originality of recipe – 25 points |
| VIII. | Ease of preparation – 10 points |

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

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|------|-------------------------------------|
| 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)

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)

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)

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
- IX. Proportion of Syrup – 10 points
 - about 1/3 as much syrup as fruit.

RULES MAY CHANGE, SO CHECK THE WEBSITE PRIOR TO THE COMPETITION.

Sandy Carlson 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 participation.