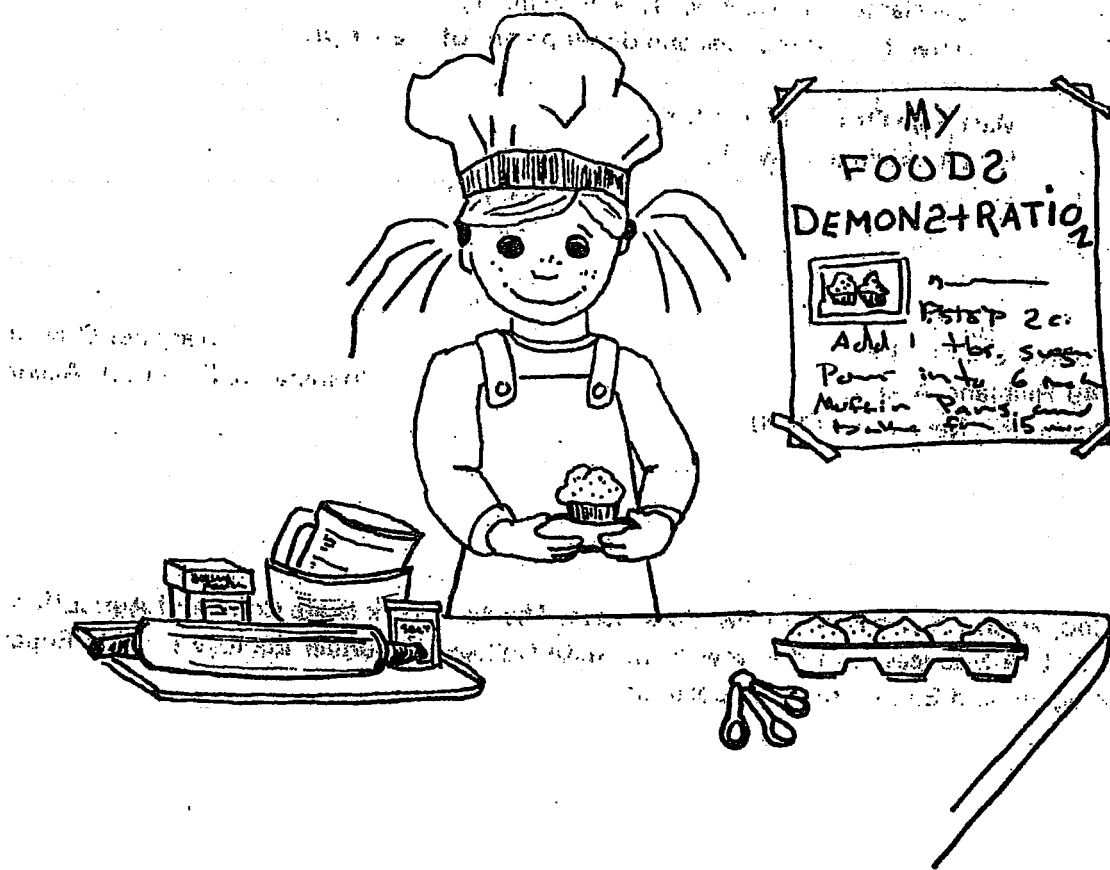
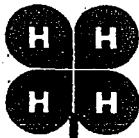


How To Do A Food Demonstration



Ideas For 4-H Projects



HOW TO DO A FOODS DEMONSTRATION

You've decided to do a food demonstration. Great! I have done over 20 silent demonstrations, and I would like to help you make it through your demonstration as easily as possible. Now, let's get started!

HOW TO CHOOSE A RECIPE

Choosing the right recipe is very important. Even if your techniques are perfect, you won't get too far if your recipe does not appeal to the audience. The recipe you select should be:

- right for your ability level — challenging, but not too difficult;
- suitable for the facilities available and time allowed;
- appealing.

Where can you find the right recipe? Check with your family or friends to see if they have any good recipes. Also look in magazines and cookbooks. Both of these can be found at your library. Family recipes are always a good choice, because they have been tested for appeal and might be different from anyone else's recipe.



If this is your first contest, you will want a less complicated recipe than someone who is in their third year of demonstrating. After your first year, you will probably want to alter the recipe to add some originality. For example, one year I was looking through a magazine and I saw a giant cream puff that had chocolate filling. I liked the idea of the cream puff, so I changed the filling to a vanilla pudding mixture, and topped it with cherries for my demonstration. Another good thing about changing a recipe is that nobody else will have the same recipe you do. One year I remember four demonstrators who all made the same recipe.

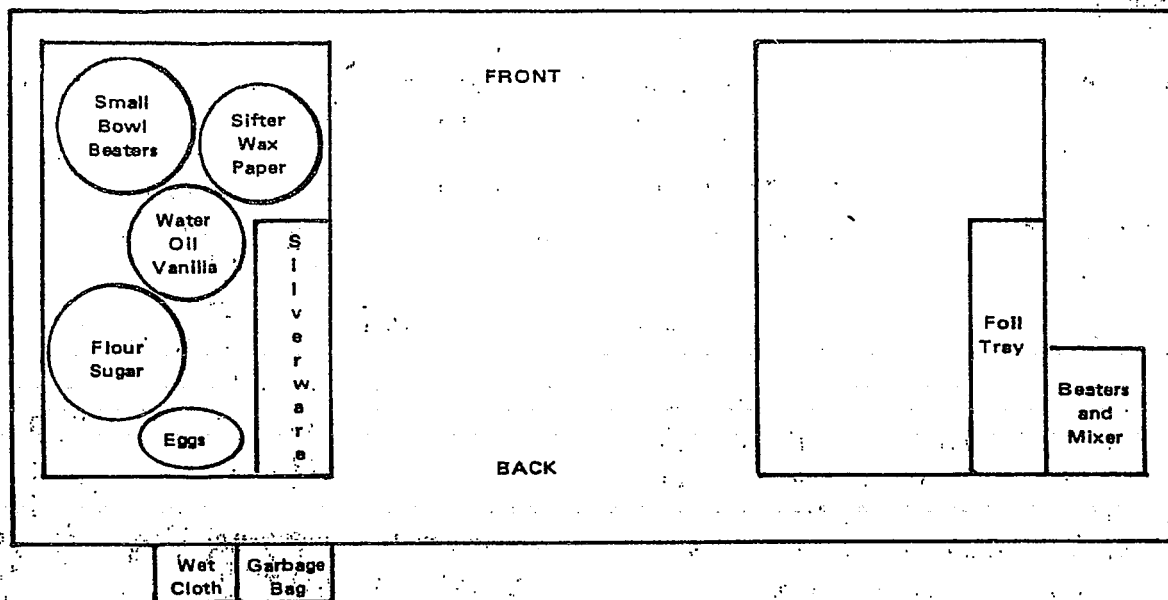
Be sure to read a copy of the rules and guidelines for the contest or event you plan to enter, since each is a little different.



Next, try out the recipe to see if you like it. If you don't, you will never be able to stand to practice making it many times. Also, try it out on other people besides your family; they might have some good suggestions to help you improve it. Then practice and practice, until you can almost do the demonstration in your sleep.

PREPARATION FOR DEMONSTRATION

Let's begin preparing and practicing for the demonstration. First, you will need two trays that measure about 13" x 16". If you don't have trays at home, you can borrow some from the 4-H Office, or use cookie sheets or jelly roll pans covered with foil. Place all of your ingredients and equipment on one tray and move them to the other when you are done using them. (You can work from either left to right, or right to left).



At the contest, you will have a work area of about 3-4 feet on the table. Be prepared to work in this amount of space. Practice using only this much work area at home. Here is a diagram of how your trays might look.

SUGGESTIONS FOR DEMONSTRATION SET-UP

1. Use small containers for small amounts and large containers for large amounts. Pill bottles and plastic containers work well. Try to coordinate all your containers.
2. Cover any commercial labels that are showing, such as on a bottle of vanilla. White paper or masking tape placed over it works well.
3. Label all ingredients. It helps to label both the front and back so both you and the audience can read them. Avoid labeling the cover since once this is removed, salt and sugar look very much alike! Be sure lettering is large enough for you and your audience to read it easily. Neatness is very important here, and use a waterproof marker so your labels won't run.
4. Cover bottoms of trays for a neat look (examples: foil, towels, white plastic). It's also a good idea to keep your work area clean and covered with a piece of wax paper or plastic. If you spill, you don't want to leave the area messy for the next person.
5. Arrange the ingredients on your tray in the order you will be using them. Try to keep the tallest items closest to you so the view from the audience will not be blocked.
6. After you've done your demonstration several times, make a diagram of your trays (like the one shown above). Then you will be able to set up your trays quickly each time.

7. List everything you will need to take to the contest. This will be very important the day of the program. Following is a sample list I made for one contest:

INGREDIENTS

cake flour
sugar
salt
baking powder

oil
lemon juice
2 eggs
cherries

cream filling
finished product
vanilla

EQUIPMENT

hair net
2 trays
2 towels
apron
extension cord
wooden spoon

mixer
sifter
wax paper
cake pan
cloth
paper bag - tape

1 cup measure
½t. measure
1 spatula
2 knives
2 rubber scrapers

TECHNIQUES FOR DEMONSTRATION

1. Use a clear mixing bowl if it's available. This makes it easier for everyone to see what you are doing. Use a bowl large enough for what you are doing.
2. Use liquid measures to measure liquids and dry measures to measure dry ingredients. Measuring spoons can be used for either. Some ingredients can be pre-measured at home, especially if you'll be short on time. Juniors usually have a maximum of 30 minutes, and seniors have 45 minutes. But be sure to show how to measure at least one dry and one liquid ingredient.
3. Level flour, sugar, etc., only with a flat spatula or knife.
4. Keep a damp sponge or cloth handy to wipe hands so you won't need to wipe them on your apron. Spills can be cleaned up easily.



5. Use equipment to fit the job you're doing. For example, a large butcher knife isn't needed to peel an apple.
6. Try to work quietly. Use wooden spoons, and place a dampened cloth under bowls while mixing. This helps keep the bowl in place, and also deadens sound. Use rubber scrapers to clean bowls out completely, and try to hold the bowl facing the audience as you scrape it out.

7. When you clean batter from a spoon, tap it against your hand rather than against the side of the bowl. There are two reasons for this; you wouldn't want to chip the bowl, plus it makes too much noise.
8. Work on waxed paper. For example, if you are peeling an apple, the peels can be cleaned up quickly. Tape a small paper bag beside you on the table for peelings, egg shells, etc. Clean up as you go.
9. Crack eggs with a knife into a separate cup. Then, if shell gets in, or the egg is bad, you haven't ruined the whole batter. Always bring an extra egg or two.
10. Use a cutting board for chopping, slicing, etc. You won't need to bring mother's big one to the program, but a small wooden or lucite one works fine.
11. Pans can be greased ahead and brought in plastic bags. But, if you do it during your demonstration, use wax paper or a pastry brush, not your fingers; or use one of the non-stick vegetable sprays. Be sure your pans are clean, as is everything on your tray. Baking soda can help shine up a dull aluminum pan.
12. If using an electric mixer, don't leave beaters in to drip batter. Always disconnect the mixer, then remove beaters and clean them with a rubber scraper and remove to silverware tray. This can be made by shaping aluminum foil to the desired shape, and can be used for all your dirty utensils. I made it double thickness, and after finishing my demonstration, wrapped it up neatly to take home. It sure made clean-up easier!
13. Plan to wear clothes that are easily washable and that you feel comfortable in. Solid colors that coordinate with your apron. Short sleeves are easy to work in, and all jewelry should be left at home.
14. Before you display your finished product, clean up everything. Cover your trays with matching towels, and then display proudly what you've made. In a public presentation, this would be the finished product, ready to be tasted. In a cooking contest (like fruit or vegetable), one serving is displayed throughout the entire demonstration, while the remaining product goes to the tasting judges.