

Adult & Junior Department

SPECIAL CULINARY CONTESTS HELD LIVE DURING THE FAIR

Coordinator:

Lisa Lavagetto, Chef & Instructor, *Ramekins Cooking School, Sonoma*

The following contests are live competitions on the Blue Ribbon Stage in the Exhibit Hall. Each contest has a panel of judges who sample your entry, and all winners will be announced at the conclusion of each contest – with prize ribbons handed out in person!

- **Entry fee:** Adult - \$5 per entry, Junior - \$4 per entry
Entry fee includes an admission pass for that day, which will be mailed to you one week before the fair. (Maximum one pass per exhibitor per day).
Entry fee must accompany entry form.
- **Optional parking fee:** To make delivery of entries easier you may purchase a one day \$10 parking credential for the Exhibit Hall Parking Lot, close to the Blue Ribbon Stage. These are only available for purchase from the Fair Office on or before Friday, June 22 at 5 pm. (This can be included on Entry Form & fee paid with Entry Fee.)

| Saturday, June 30 | Start Time | Contest Type | Page # |
|---|-------------------|----------------------|---------------|
| This Little Piggy! Pork Cook-off | 1:00 pm | Adult & Junior | 141 |
| Diverse Desserts | 4:00 pm | Adult | 142 |
| Classic Cake Championship | 6:00 pm | Adult | 143 |

| Sunday, July 1 | | | |
|---|---------------|----------------------|-----|
| Clover Country Creations | 1:00 pm | Adult & Junior | 144 |
| Recetas Latinas | 2:30 pm | Adult & Junior | 145 |
| Salsa! | 4:00 pm | Adult | 146 |
| The Greatest Pies in the USA | 5:30 pm | Adult | 147 |

| Monday, July 2 | | | |
|--|---------------|----------------------|-----|
| Kids Can Cook | 2:00 pm | Junior | 148 |
| 1st Annual Family Cookie Championship | | | 149 |
| Kids | 3:00 pm | Junior | |
| Adults | 4:00 pm | Adult | |
| Grandparents | 5:00 pm | Adult | |
| Healthy Choices | 6:30 pm | Adult & Junior | 150 |

| Tuesday, July 3 | | | |
|--------------------------------------|---------------|-------------|-----|
| Scrumptious Squash | 1:00 pm | Adult | 151 |
| Creative Cauliflower | 2:30 pm | Adult | 152 |
| Soups On! | 4:00 pm | Adult | 153 |
| The First Press - Celebrating | | | |
| Olive Oil | 6:00 pm | Adult | 154 |

| Wednesday, July 4 | | | |
|------------------------------------|---------------|----------------------|-----|
| California Cheesecake | 2:00 pm | Adult & Junior | 155 |
| Chocolate Heaven | 4:00 pm | Adult | 156 |

Special Adult & Junior Culinary Contest

HEALTHY CHOICES

Judges:

Pat Kendall, Chief Administrative Officer, *Kaiser Permanente Medical*, San Rafael

Chris Lavagetto, Kitchen Assistant, *Ramekins Cooking School*, Sonoma

Julie Steinfeld, Pastry Chef, *Ramekins Cooking School*, Sonoma

Timeline & Rules

Contest → Monday, July 2, Blue Ribbon Stage, Exhibit Hall

Check-in: 6:00 pm; **Judging:** 6:30 pm

Eligibility → Open to all amateur California chefs, age 9 through adult

Entry Forms Due → On or before Friday, June 15, 5 pm, Fair Office

Entry Limit → One Entry per Exhibitor per Class

Entry Fee → Adult: \$5 per Entry Junior: \$4 per Entry.
Entry fee includes Fair Admission*

Optional Parking Fee → \$10* (*see page 1 for more information)

1. Local and State Rules govern this competition.
2. Use your favorite low fat or healthy choice recipe. Please bring a copy of recipe for judging. Recipe may be used for publication & should include:
 - a. All amounts for ingredients and serving size should be listed in grams (preferably) or ounces.
 - b. Yield of recipe (number and size of servings).
 - c. Each ingredient listed separately, with specifications as to type of product, and amount.
3. Your entry should be large enough to serve six people
4. The judging will take place in front of fairgoers at the Blue Ribbon Stage.

Judging: Recipe(s) & Nutritional Value – 50% ● Taste – 40%

● Presentation & Appearance – 10%

Division 189 Healthy Choices

Adult \$5 per entry

Division 385 Healthy Choices

Junior \$4 per entry

Class

- | | |
|-----------------------|--|
| 1 Healthy Salad | 4 GMO Free! (any recipe) |
| 2 Healthy Entrée | 5 Broccoli (any recipe) |
| 3 Gluten-free Dessert | 6 Any other Healthy Food Choice recipe |

American System of Judging – Awards Offered per Class

1st Place – \$20 & Ribbon ● 2nd Place – \$15 & Ribbon ● 3rd Place – \$10 & Ribbon
4th Place – \$8 & Ribbon ● 5th Place – \$5 & Ribbon ● Honorable Mentions – Ribbons

Best of Show – \$25 & Rosette Ribbon

Special Prize for Healthy Choices by Juniors

Awarded at the Discretion of the Judges Courtesy of ~

Mulberry Street Pizzeria & Restaurant, San Rafael

\$50 Gift Certificate