

Washington State 4-H Fair Food Activity Kitchens

The kitchens at the State 4-H Fair were constructed in 2004. There are two kitchens and they are similar to the kitchens used previously. There are a few exceptions to this:

- Both kitchens will have a 3-compartment sink.
- The cook-top stoves will be on the outside wall of each kitchen and will have a self contained hood over each stove.
- The area where the stove was in previous years will now be a food preparation island.
- Only cookware provided by the fair may be used on the stovetops.

Demonstration Kitchen Design gives 4-H contestants the opportunity to share their activity with the public. Because of the space arrangements, thought must be given to maintaining a tidy and efficient work place throughout the activity. Plan work so that the public may observe you doing the major portion of food preparation. Make good use of open shelves beneath the island work center to store equipment and food supplies. Watch a cooking show on television; your audience will take the place of the camera!

Demonstration Kitchens are used for any and all kitchen activities.

Dining Table Sizes: Dining tables in both spaces are approximately 36" x 48" plus one 12" leaf, and six chairs. Dining space will be shared by the participants in the kitchens adjacent to the dining area. Table linens are not provided by State 4-H Fair; they will greatly enhance the final meal presentation – for guests as well as the public.

Storage Space is available for equipment and food supplies that exhibitors bring in early on the day of their activity. Check with the Kitchen Superintendent for help with this.

Washing Dishes: Dishes are washed by hand, and must be sterilized during rinsing. Dish soap, chlorine bleach, sponges, paper towels and a limited number of dish cloths and dish towels are provided. Contestants are encouraged to bring their own clean and sanitized dish cloths and dish towels. Dishes brought from home must be sterilized at the fair prior to using. This is to insure that they are unlikely to transfer harmful germs, that might have been picked up during packing and hauling, to unwary guests.

Food Preparation Equipment:

Equipment for food preparation, listed on page 2, will be available for your use. *You must use the cookware provided for cooking on the new cook tops; you may bring other equipment for any other use.*

Basic Kitchen Equipment Provided in All Kitchens:

4 burner electric cook top (only our pots and pans may be used)	Electric frying pan with lid
Electric wall oven with timer	Basic measuring equipment
Refrigerator/freezer	Basic set of mixing bowls in various sizes
Microwave with timer	Basic group of baking pans, either aluminum or glass
Basic casserole dishes	Chopping boards
3 bowl sink with dish pan, dish tray & rack	Basic set of kitchen tools
Cart with shelves and locking wheels	Broiler pan/rack

Equipment Shared by All Contestants: Available on a first-come, first-served basis.

1 electric toaster - 2 slice	1 electric deep fat fryer
1 electric hand-held mixer	1 blender
1 Water bath canning kettle/rack, jar lifter	1 gravy boat

Tableware: Plain white Corning dishes, clear glassware, stainless flatware are provided. *You may bring and use your own if you wish. You will need to re-sanitize any tableware you bring from home, before use.*

Dishware:	Glassware:	Serving Pieces:
dinner plates salad plates bread and butter plates cups and saucers soup and cereal bowls sauce dishes glass salad/dessert plates	iced tea glasses tumblers juice glasses sherbet glasses footed goblets Paper napkins are provided; Table cloths, placemats are not	Serving platters vegetable bowls sugar & creamer salt & pepper shakers oval relish dish Salad bowl 1 quart pitcher

Flatware:		
table knives dinner forks teaspoons	salad forks soup spoons iced tea spoons	Pie server Butter knife Gravy ladle

Any other serving pieces required should be provided by the contestant.

No tablecloths, napkins, mats, or centerpieces are provided.

There are no garbage disposals.

To assist in planning your State 4-H Fair kitchen activity, you may want to use this list to help you remember which pieces of equipment you want to bring from home. Many of the following items are already supplied; see page 1 and 2 of this material. Remember, any equipment or dishes brought from home will have to be re-sanitized prior to use at the State 4-H Fair; this should only take a few minutes at the beginning of your activity. If you keep this list in your box, you can use it to check to make sure you take all your equipment home after you complete your kitchen activity!

- | | |
|--|--|
| <input type="checkbox"/> dry measuring cups | <input type="checkbox"/> knives – paring, chopping, chef’s |
| <input type="checkbox"/> measuring spoons | <input type="checkbox"/> peeler |
| <input type="checkbox"/> liquid measuring cup | <input type="checkbox"/> mixing spoons, wooden spoons |
| <input type="checkbox"/> sifter | <input type="checkbox"/> spatula |
| <input type="checkbox"/> pastry blender | <input type="checkbox"/> kitchen shears |
| <input type="checkbox"/> rolling pin | <input type="checkbox"/> pancake turner |
| <input type="checkbox"/> pastry sheet | <input type="checkbox"/> tongs |
| <input type="checkbox"/> pastry brush | <input type="checkbox"/> rubber scraper |
| <input type="checkbox"/> biscuit, cookie, donut cutters | <input type="checkbox"/> can openers |
| <input type="checkbox"/> baking pans, cookie sheets | <input type="checkbox"/> baster |
| <input type="checkbox"/> cooling racks | <input type="checkbox"/> grater |
| <input type="checkbox"/> hot pads | <input type="checkbox"/> strainer |
| <input type="checkbox"/> mixing bowls | <input type="checkbox"/> potato masher |
| <input type="checkbox"/> custard cups | <input type="checkbox"/> rotary eggbeater |
| <input type="checkbox"/> casserole dishes | <input type="checkbox"/> mixing fork |
| <input type="checkbox"/> fry pan (must use the provided frying pan on cook top stove) | <input type="checkbox"/> spiral whip |
| <input type="checkbox"/> sauce pans, lids (must use the provided sauce pans on the cook top stove) | <input type="checkbox"/> ladle |
| <input type="checkbox"/> double boiler | <input type="checkbox"/> wide-mouth funnel |
| <input type="checkbox"/> dutch oven | <input type="checkbox"/> food mill |
| <input type="checkbox"/> blancher | <input type="checkbox"/> |
| <input type="checkbox"/> colander | <input type="checkbox"/> |
| <input type="checkbox"/> dish cloth, dish towels | <input type="checkbox"/> |
| <input type="checkbox"/> placemats, table cloth, napkins | <input type="checkbox"/> |
| <input type="checkbox"/> centerpiece | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

