



Avian Science Notes

YAN CAN COOK...HOW ABOUT YOU?

Individuals such as Martin Yan (UC Davis graduate) and Julia Child became famous with their cooking shows. Have you ever watched a cooking show? If you have, you know that it combines the ability to communicate information (as you do in a 4-H Demonstration), the love of entertaining (be a little bit of a “ham”), and some knowledge of cooking and safe food handling (all discussed in the Avian Bowl Manual). While the star chefs of television develop their own recipes, you can just choose a recipe from a cook book if you compete in the:

2005 Egg Preparation Qualifier

This year’s qualifier will be held on Wednesday morning August 24th at State Fair. We will have both a Junior and Senior Competition. The Senior Champion is entitled to represent California at the 4-H National Poultry and Egg Conference in Louisville, Kentucky this coming November. So...for those of you who have already been to Louisville in Avian Bowl or Poultry Judging and want the chance to attend again - this is your opportunity. For those of you who cannot get a team together for Avian Bowl or Poultry Judging, the Egg Preparation Competition is a solo event.

And for you Juniors: as with other contests, you will have a much better chance to qualify when you are a senior, if you have participated in the contest as a junior.

We are very fortunate in that two of our former National Egg Preparation Demonstration competitors are both willing to help interested contestants this year. Marta Kroger (2003 National Champion) has a video on Egg Preparation Demonstration. If you would like to purchase one from Marta, she can be contacted at 707 446-8757. Anne Robinson (successful competitor in 2000) is also available to offer advice and guidance; she can be reached a (530) 219-9868.

The complete packet of contest information and the application form are included in this mailing. See the National Rules and go first to item 9. You may want to pick a recipe for a snack or dessert. You need not prepare a main dish. Do not worry that you feel incapable of making a fancy egg dish. SIMPLE dishes are great. And remember, you can choose the recipe from any cook book or from any good cook in you life.

The Qualifier will be held the same day as Avian Bowl at State Fair. Therefore, for those of you at some distance from Sacramento, this is a chance to compete in two events in the same day. Neither require you to enter a bird, nor to stay more than the one day.

STATE FAIR POULTRY SHOW INFORMATION

Entry Deadlines (postmark dates):

Junior Poultry - July 15, to State Fair

Avian Bowl - July 15, to Dr. Bradley at UC Davis

Egg Preparation - July 15, to Dr. Bradley at UC Davis

Open Poultry - July 29, to State Fair

****Please make sure that your BIRD entries go to State Fair and that your Avian Bowl and Egg Prep entries are sent to Dr. Bradley.****

Show Dates:

Tues., August 16 - Junior Market Poultry and Eggs

Sat., August 20 - State Fair Junior Livestock Auction

Tues., August 23 - Thurs., Aug. 25 - Junior Poultry Show

Wed., August 24 - Egg Preparation Demonstration Qualifier and Avian Bowl Qualifier

Sat., September 3 - Mon., September 5 - Open Poultry Show

For more information, you may contact Fur and Feathers, California State Fair, P.O. Box 15649, Sacramento, California 95852-1538. (916) 263-3149; (916) 263-7914 (Fax); entryoffice@calexpo.com.

EXTERNAL PARASITE CONTROL

A note to those with hens for market egg classes and meat birds: It is unethical for you to use any products on your birds that are not labeled for use in laying hens or meat birds, respectively. You may hear that some products marketed for flea control in dogs, will really get rid of lice or mites on your birds. However, unless that product says on the label that is also allowed for use in egg layers and/or meat birds, you cannot use it on your hens and/or market poultry. Some of these products can actually harm your birds. Imidacloprid (the active ingredient in Advantage™, is very toxic to Japanese Quail and pigeons. Government inspectors routinely sample carcasses from the Junior Livestock Auctions around the state. If your champion meat turkey or broiler is found to have illegal levels of any of these compounds, your awards will be taken away, the buyer of your animal will be left without a dressed turkey or broiler, and you may face other penalties. Remember your Ethics Training. It is your responsibility to follow all FDA guidelines in terms of how you feed and treat your birds. In addition, the auction buyers (your consumers) are counting on you to provide them with a safe, wholesome food.

INTERESTING GENETICS WEB SITE

Long-time University of California collaborator, Dr. Fred Shultz, is part of the group that manages www.zoogenetics.com.

Dr. Shultz has over fifty years of experience in poultry breeding. Small holders (such a 4-H members) who are working with poultry projects and need guidance for their breeding programs, are encouraged to contact Dr. Shultz through the web site. This service is offered FREE.

POULTRY HEALTH INSPECTIONS

Poultry Health Inspections will continue to be mandatory for all poultry entered at any of California's county, district, or state fairs. Nearly 150 Poultry Health Inspectors (PHIs) have been trained and certified. Be sure that you know how to efficiently move through the inspection process:

1. If at all possible, make a copy of your entry form before you mail the original. Take that copy with you to the inspection site.

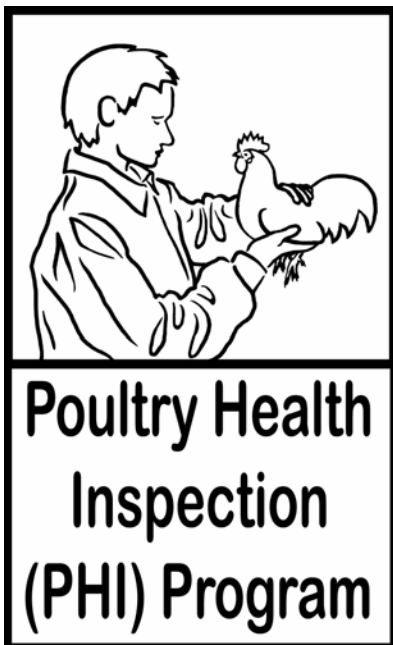
2. Use appropriate carriers for your birds: molded plastic animal carriers, clean cardboard boxes with ventilation holes, or wooded fowl carriers. Do NOT use wire carriers, as they can damage feathers. Make sure that the carriers are tall enough that the bird can stand erect in the carrier.

3. Before you leave home, check that you have leg bands on the birds and that the numbers match those that you put on your entry form.

4. Arrive early in the listed check-in period. Do not rush in a few minutes before coop-in is scheduled to close.

5. When the PHI calls you forward, clearly state your name. As instructed by the PHI, remove your birds from their carriers and pass them to the PHI. Clearly state the breed, variety, and sex/age (i.e., hen, cock, etc.) for the clerk. **IT IS NOT THE JOB OF THE PHI TO GET YOUR BIRDS OUT OF THEIR CARRIERS.**

6. Follow the directions of the PHI and abide by the PHI's findings. If one of your birds is found to have a problem, listen to the PHI so you can learn what is required of you. Will you need to take your bird to a veterinarian? Do you need to treat your bird for mites? Take home any material the PHI gives you, read it, and apply the information.



**Dr. Francine A. Bradley, Editor
Extension Poultry Specialist
Animal Science Department
University of California
One Shields Avenue
Davis, CA 95616-8521
Tel. (530) 752-6316
Fax (530) 752-8960**

**Jeri Hansen - Production Editor
Tel. (530) 752-9040**

STATE FAIR 4-H EGG PREPARATION DEMONSTRATION CONTEST QUALIFIER

Wednesday, August 24, 9 a.m. (check-in 8:00 a.m.)

Winner to represent California at the National 4-H Poultry and Egg Conference in Louisville, Kentucky Entries must be postmarked on or before **July 15, 2005**

Please send all completed Entries to:

Dr. Francine Bradley
Dept. of Animal Science
One Shields Ave. UC Davis
Davis, CA 95616-8521

The 2005 Qualifying rounds for the National 4-H Preparation Demonstration Contest will be hosted in conjunction with the University of California Cooperation Extension at the California State Fair.

Rules for the 4-H Egg Preparation Demonstration Contest Qualifier

1. Juniors (under 14 years of age as of January 1, 2005) will be allowed to enter for experience, but cannot represent California in Louisville.
2. Must be a Senior 4-H member between the ages of 14-18 years as of January 1, 2005.
3. Submit a typed copy of your recipe:
4. Submit a typed text of everything the member will say while presenting a demonstration on the preparation of the dish. The demonstration must be no more than 12 minutes in length. An additional 3 minutes will be provided for the judges to ask questions. 4. Bring the prepared dish from home and be prepared to demonstrate the preparation of this dish in front of the judges. The demonstration must include the following. a. Information on eggs: nutritional value, preparation, and storage, functional properties, grading and sizing, production, versatility and economics of cooking with eggs. b. Steps in preparation of the dish. c. A finished dish (prepared at home). Judges will sample each finished product at the conclusion of each demonstration.
5. The egg dish may utilize prepared packages of food ingredients (i.e. grated cheese) or canned items (i.e. tomato paste)
6. Each contestant will furnish all supplies for the demonstration.
7. Easels will be provided for the demonstration. Only table top displays will be allowed. No slides or videos will be allowed. All props and visuals must be displayed on the demonstration table or easels. No additional tables will be allowed.
8. Posters displayed must be the work of the contestant.
9. No contestant will be allowed to have any means of identification as to his/her name on their person or posters or demonstration materials.
10. Contestants will work alone.
11. Contestants will be assigned an 8 ft work table for use in the preparation area. A 6 ft table will be assigned for the presentation of the prepared dish.

Recipe and portion size rules as well as decoration information can be obtained in the complete rules of the National Contest.

2005 REGISTRATION FORM

EGG PREPARATION DEMONSTRATION CONTEST

Entire entry must be typed

Entry Form – Entries close July 15, 2005

_____ Contestant Name
_____ Address
_____ City/State/Zip
_____ Birthday
Month/Day/Year
_____ Social Security No.
_____ Telephone Number

Juniors (under 14 years of age as of January 1, 2005) will be allowed to enter for experience, but cannot represent California in Louisville.
Seniors must be between the ages of 14-18 years as of January 1, 2005.
Contest is open to all youth.
Top senior 4-H member qualifier to represent state at 4-H national contest.

Affiliation (check one)

4-H FFA Grange Independent

1. Recipe Name: _____

2. A brief description of the recipe: _____

3. Please type a complete recipe following directions given in National Contest

Rules #8, #9 and #22. This recipe will be submitted to the judges as typed.

Attach as a separate page.

4. Typed text of everything you will say while presenting a demonstration on the preparation of your recipe.

Attach a separate page.

5. The contestant has (check blank)

____ Provided birth date

____ Provided Social Security

____ Recipe Name

____ Brief description of recipe

____ Complete Recipe

____ Text of demonstration talk

Signed _____

Name _____ Parent/Leader

Return this form to:

Dr. Francine A. Bradley
Animal Science Department
University of California
One Shields Avenue
Davis, CA 95616-8521

If you have any questions, contact:

Dr. Francine A. Bradley
Tel: (530) 752-6316
Fax: (530) 752-8960
No e-mail



National 4-H Poultry & Egg Conference



Information

Conference Information

Competition History

Egg Preparation Demonstration Contest

(Special Awards Provided by various State Egg Promotion Associations)

Purpose of the contest:

1. To develop and demonstrate leadership and communication skills.
2. To acquire knowledge of quality standards, size classification, nutritional value, preparation and storage, functional properties, versatility and economic value of eggs.
3. To develop creative skills in the preparation, use and serving of eggs.
4. To learn to enjoy eggs as a food.
5. To use sound nutritional knowledge when planning meals.

Rules and Information:

1. Each state is eligible to enter one bona fide 4-H Club member in the contest.
2. Appropriate contestant entry form must be submitted by designated deadline. All information requested on this sheet must be provided, including copy of recipe, appliances needed and times, and total preparation time needed in the kitchen prior to the presentation. Failure to submit all information may result in inconvenience for contest. Scheduling of appliances and presentation times are prepared using this information.
3. The contestants will be scored according to the points listed and described in the sample judges score card.
4. Each participant must present a demonstration on the preparation of an egg dish.
5. The demonstration must include the following:
 - Information of eggs: nutritional value, preparation and storage, functional properties, grading and sizing, versatility and economics of cooking with eggs.
 - Steps in preparation of the dish.
 - A finished dish ready for sampling. This must be prepared in the contest-site kitchen facilities on the day of the contest. Preparation may be prior to the demonstration or during the actual demonstration, depending on the nature of the dish. No contestants may prepare any portion of their dish outside the contest-site facilities.
 - Judges will be served and will sample the finished product at the end of each demonstration. Paper plates and bowls and plastic utensils will be provided and these must be used when serving the judges. Contestants may not give anything to the judges except their recipe (see rule 8) and a sample of their finished product.

6. The demonstration must be no more than 12 minutes in length. Contestants will be permitted to finish the demonstration. If the presentation is two (2) minutes or less longer than the specified length, two (2) points will be deducted from the total score. If the presentation is from two (2) to five (5) minutes longer than the specified length, five (5) points will be deducted from the total score. If the presentation exceeds five (5) minutes longer than the specified length, ten (10) points will be deducted from the total score.

7. The contestant must have demonstrated the selected recipe no less than six (6) times prior to the contest.

8. At the time of the demonstration each contestant must submit to the judges and superintendent five (5) copies of the recipe used in the demonstration. This recipe must not contain the name of the contestant or the state represented. Recipes should meet criteria described in [rule 22, Recipe Includes the Following Parts](#).

9. The egg dish must contain a minimum of:

- **1/2 egg per serving if the dish is classified as an appetizer or snack.**
- **1/2 egg per serving if the dish is classified as a dessert.**
- **1/2 egg per serving if the dish is classified as a beverage.**
- **One (1) egg per serving if the dish is classified as a salad or main dish.**
- **Numbers above represent eggs to be broken, however, use of the entire egg is not required. For example: a dessert serving six people may be made with three egg whites.**

10. The egg dish recipe may utilize prepared packages of food ingredients (i.e., grated cheese) or canned items (i.e., tomato paste).

11. Each contestant will furnish his or her own supplies for the demonstration EXCEPT the contest committee will provide eggs, range, oven, microwave oven, and refrigerator necessary for preparation of the egg dish.

12. Easels will be provided for the demonstration. Only posters and table-top displays will be allowed. No slides or videos will be allowed. All props and visuals must be displayed on the demonstration table or easels. No additional display tables will be allowed.

13. Posters displayed must be the work of the contestant. Contestants may use notes or outlines to assist them, but reading from notes may hurt presentation scores.

14. NO contestant will be allowed to have any means of identification as to his or her name or the state they represent either on their person or on their posters.

15. The preparation room will be off limits to everyone except the contestants and egg preparation room staff.

16. Contestants will work alone in the contest preparation room unless an emergency arises, in which case they will be assisted by the preparation room staff.

17. All contestants must remain in the preparation room until after their demonstration. Contestants who have completed their demonstrations cannot discuss judges' questions with other contestants until the contest is completed.

18. Contestants will be assigned an 8 foot table for use in the preparation area and for use as a front table in the demonstration. The contest committee will assist in moving this table from the preparation room to the demonstration area. A second 8 foot back table is available in the demonstration area. Table cloths will be provided; however, contestants may use their own.

19. Each contestant is responsible for clean up after his or her demonstration.

20. In case of a tie, the tie will be broken by the following method, in the order listed:

- The contestant with the highest score in "Presentation and Skill" will win.
- The contestant with the highest score in "Program Content" will win.
- The contestant with the highest score in "Product" will win.
- A method will be decided upon by the contest committee.

21. [Score sheets](#) for Egg Preparation Contest

22. Recipe includes the following parts:

- **Name of recipe**
- **List of ingredients - listed in order they are used in the instructions.**
- **Measurements given in common fractions.**
- **No abbreviations used.**
- **No brand names used.**
- **Instructions for combining ingredients.**
- **Clear instructions for every step of combining and cooking the ingredients.**
- **Short, clear, concise sentences.**
- **Correct food preparation terms to describe combining and cooking process.**
- **Size of pan stated.**
- **Temperature and cooking time stated.**
- **Number of servings and calories**

[U.S. Poultry & Egg Association](#) | [Poultry Science Association](#) | [National 4-H Council](#)
[4-H Embryology in The Classroom](#) | [PSU Poultry Extension](#) supports this site

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Please e-mail us with your questions, comments or suggestions at pclauer@psu.edu.

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