

Food Exhibiting Tips for Fair

FREEZING – Freezing baked products before the fair is acceptable. Be sure they are completely thawed before the judging. Use good storage containers; airtight plastic containers are recommended. Thaw baked goods slowly (in the refrigerator) in the container, bag, or wrap in which they were frozen. This minimizes moisture loss.

BAKING TIPS

- **Practice making baked entries several times before the final preparation of your fair entry.
- **Start early, so you can improve your skills and make changes to recipes.
- **Do not over-mix muffin or cupcake batter; over-mixing causes tunnels.
- **Foam cakes should have a rough, slightly cracked top crust; use week old eggs; allow egg whites to come to room temperature before beating; exhibit in upright position with top crust showing.
- **Use solid shortening to grease pans rather than oil or spray.
- **Whole wheat products are to contain at least 50% whole wheat flour.
- **Quick breads do not contain yeast.
- **Grease muffin pans and quick bread pans on bottom only to avoid a “fry line” around the top edge of baked products.
- **Use hydrogenated shortening instead of butter or margarine in cake frostings. It has a melting point of 127°F and produces a better product in hot weather.
- **No cream cheese frostings allowed.

FAIR FROSTING (not required, just an example)

½ cup vegetable shortening

1 tsp. vanilla

1 lb. (4 cups) powdered sugar

3 TBS. milk

Blend together shortening and sugar. Add vanilla and milk; beat until smooth. Makes 2 ½ cups frosting for two 8” or 9” layers or a 9” x 13” cake. If frosting seems a little stiff for spreading, set the bowl in warm water so the frosting (actually the shortening in it) will soften.