



# Egg Preparation Contest

## 2023 Certification Form

Each participant must complete this Recipe Certification Form for the egg dish they will create during the State 4-H Egg Prep Contest. The form can be typed or hand-written, but no other additional do be e-mailed to Kasey Bozeman ([kaseyb@uga.edu](mailto:kaseyb@uga.edu)) **no later than September 1, 2023**. After the form has been submitted, there can be no changes to the recipe.

### Contestant Information

Name: \_\_\_\_\_

County: \_\_\_\_\_

Division (check one): ☐ Junior (7-8 grade)  
☐ Senior (9-12 grade)

### Recipe Criteria

Check one category and complete the required recipe information below. Remember, only large sized eggs may be used in your dish.

dish type	# of servings in my recipe	# of eggs in my recipe	eggs/serving required	eggs/serving in my recipe
<input type="checkbox"/> appetizer	_____	_____	1/2	_____
<input type="checkbox"/> snack	_____	_____	1/2	_____
<input type="checkbox"/> dessert	_____	_____	1/2	_____
<input type="checkbox"/> beverage	_____	_____	1/2	_____
<input type="checkbox"/> main dish	_____	_____	1	_____
<input type="checkbox"/> salad	_____	_____	1	_____

### Preparation and Time Needs

Length of time needed to complete dish: \_\_\_\_\_

*Participants are provided up to 1 hour to complete their dish.*

Please check the appliances needed. *A range, sink, and demonstration table will be available for use.*

☐ oven (temperature: \_\_\_\_ time: \_\_\_\_) ☐ stove/surface unit  
☐ microwave ☐ electrical outlet for: \_\_\_\_\_



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## **Recipe**

Include your recipe below. Please follow the instructions outlined in the contest guidelines.

Name of Dish: \_\_\_\_\_

Ingredients:

Directions:

## **Recipe Certification:**

This recipe meets the criteria for an Egg Preparation Demonstration Contest recipe as outlined in the contest guidelines.

4-H'er Signature: \_\_\_\_\_

County 4-H Leader Signature: \_\_\_\_\_

Contest Coordinator Signature: \_\_\_\_\_



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