

Communication Services
5334 South Prince Street
Littleton, Colorado 80166-0001
Phone: 303-795-4284
Fax: 303-738-7894
www.co.arapahoe.co.us

For release: March 10, 2008

Contact:

SHAYLEN FLOREZ

4-H Program Coordinator

Direct: 303-730-1920

E-mail: sflorez@co.arapahoe.co.us

or

NICHOLE PARMELLY

Communication Services Specialist II

Direct: 303-636-1945

Mobile: 303-710-7893

E-mail: nparmelly@co.arapahoe.co.us

Pint-sized chefs move with ease in the kitchen

Arapahoe County youth demonstrate culinary expertise at the 4-H Cooks Contest

Aurora, Colo. --- Last month, pint-sized chefs showcased their culinary talent and creative juices at the 2009 Arapahoe County Creative Cooks Contest. The annual competition invites 4-H members, ages 5-18, to cook up some tasty fun and showcase their culinary expertise.

"In today's fast-paced society, it's more important than ever to be aware of your eating habits," said Arapahoe County Commissioner Jim Dyer. "Through 4-H, youth learn food safety and proper handling techniques as well as how to create a well-balanced meal that is both nutritional and tastes great."

Contestants planned, prepared and presented a balanced menu according to nutrition values and the food pyramid and chose a specific theme that was incorporated into their menu, place setting with centerpiece, and appearance. Each contestant chose one dish to serve a judge who not only tasted the food, but also asked questions regarding nutrition knowledge, preparation, etc.

Unique and creative entries could be found throughout the competition. Entry themes include the Skeleton Warehouse, Breakfast of Champions, Windmill Creek's 5th Symphony and the Princess and the Pauper.

"Cooking is hard at first but once you get used to it, it's really easy and a lot of fun," said 10-year-old Joey Yousling, who earned the title of Junior Champion for the second year in a row thanks to with his Sweden themed entry, which he did in honor of his grandparents and mom.

4-H is a great way for youth to have fun and learn valuable life skills at the same time. Arapahoe County is accepting membership applications for those who are interested in competing in Home Economics and General Projects at the 2009 Arapahoe County Fair, July 22 – 26.

For more information about 4-H, please call the Arapahoe County 4-H office at 303-730-1920 or visit www.arapahoeextension.org.

* * *

To download photos click on the link: <ftp://www.co.arapahoe.co.us/Pub/CM/Photos/>

Photo captions:

Joey: Junior Champion Joey Yousling scored high points with his Swedish themed entry, complete with tasty Swedish meatballs.

Chuckwagon Dinner: Brice Hanlon, Devyn Plumley, Hayden Leach, Brittney Pelton, Kody Hale and Ashley Hale of the Antelope Crossing 4-H Club present their Chuckwagon Dinner.

Bones: Six-year-old John Yousling rattled some bones with his Skeleton Warehouse entry.

Full List of Winners:

INDIVIDUALS:

Jr. Champion & Jr. Popularity: Joseph Yousling, Aurora

Jr. Reserve Champion: Stephen Walton, Englewood

Intermediate Champion & Popularity Award: Katie Wilson, Aurora

Intermediate Reserve Champion: Jacob Wilson, Aurora

Sr. Colorado Specialty Champion & Popularity Award: Julia Gaffney, Aurora

TEAMS:

Intermediate Team Champion & Popularity Award: Melissa and Amanda Minor, Aurora

Intermediate Team Reserve Champion: Amanda and Abigail Vaughan, Aurora

GROUPS:

Junior Champion: Emily Gray, Nicole and John Mullin, Aurora

Sr. Champion: Geoffrey Baker, Brook Hanlon, Brianna Osborn, Tyler Teddy, Natalie Eastwood, Breanna Alloway

Sr. Reserve Champion: Abby, Amanda, Ashley and Zach Vaughan and Eric Einarsen

Sr. Popularity Award: Amanda Vaughan, Brice Hanlon, Brittney Pelton, Devyn Plumley, Ashley and Kody Hale, and Hayden Leach

Create some family fun and try Stephen Walton's 2009 Creative Cooks Contest Recipe: Zippy Zucchini Muffins

Prep time: 15 minutes

Cook Time: 20 minutes

Yield: 12 muffins

Ingredients:

1 1/2 cups all-purpose flour

3/4 cup sugar

1 teaspoon baking soda

1 teaspoon ground cinnamon

1/2 teaspoon salt

1 egg, lightly beaten

1/2 cup vegetable oil

1/4 cup milk

1 tablespoon lemon juice

1 teaspoon vanilla extract

1 cup shredded zucchini

1/4 cup chocolate chips (optional)

1/4 cup chopped walnuts (optional)

Directions:

In a bowl, combine flour, sugar, baking soda, cinnamon and salt. Combine the egg, oil, milk, lemon juice and vanilla; mix well. Stir into dry ingredients just until moistened. Fold in zucchini, chocolate chips and walnuts. Fill greased or paper-lined muffin cups two-thirds full. Bake at 350 degrees F for 20 - 25 minutes or until muffins test done.