

DEPARTMENT 11 – YOUTH EXHIBITS

SECTION 145 – JUNIOR SPECIAL BAKING CONTEST

Open to children 8 to 16 years of age as of June 1, 2022. One entry per exhibitor.

PREMIUMS: 1st (\$10) 2nd (\$6) 3rd (\$4)
Entry 4 Muffins

Quick and Easy Blueberry Muffins

This easy blueberry muffins recipe makes 10-12 standard muffins or 20 to 22 mini muffins.

Ingredients

1 ½ cups all-purpose flour
¾ cup granulated sugar, plus 1 tablespoon for muffin tops
¼ teaspoon fine sea salt
2 teaspoons baking powder
⅓ cup neutral-flavored oil; canola, vegetable and grape seed are great
1 large egg
⅓ to ½ cup milk; dairy and non-dairy both work
1 ½ teaspoons vanilla extract
6 to 8 ounces fresh or frozen blueberries (about 1 cup); see note below about frozen berries

Directions

• Prepare Oven and Muffin Cups

Heat oven to 400 degrees Fahrenheit. For standard-size muffins line 10 – 12 muffin cups.

• Make Batter

Whisk the flour, sugar, baking powder, and salt in a large bowl. Add oil to a measuring jug that holds at least 1 cup. Add the egg then fill the jug to the 1-cup line with milk (⅓ to ½ cup milk). Add vanilla and whisk to combine. Add milk mixture to the bowl with dry ingredients then use a fork to combine. Do not over mix. (The muffin batter will be quite thick — see note below for more details). Fold in the blueberries.

• Bake Muffins

Divide the batter between muffin cups. Sprinkle a little sugar on top of each muffin.

- Bake muffins 15 to 20 minutes or until tops are no longer wet and a toothpick inserted into the middle of a muffin comes out with crumbs, not wet batter. Transfer to a cooling rack. *For mini muffins, the baking time will be less — 9 to 11 minutes.

NOTES

- You can make these with fresh or frozen blueberries – if you use frozen, do not thaw the blueberries.
- Batter Thickness: The batter should be thick and “scoopable” — not runny and not dry or extra thick like dough. If the batter is too runny, add flour, a tablespoon at a time until correct consistency. If the batter is dry or too thick, add milk, a tablespoon at a time until the proper consistency.

SECTION 150 – YOUTH BAKED PRODUCTS

1. Baked goods to be judged on flavor, lightness, general appearance, and texture.
2. Recipe to be supplied on a 3x5 or 4x6 index card and include exhibitor's name and age on back.
3. Exhibits should be placed on non-returnable serving materials.
4. Baked foods must be wrapped in clear plastic, zip bags, or clear disposable containers to retain freshness and prevent contamination until judged.

PREMIUMS: 1st (\$5) 2nd (\$4) 3rd (\$3)

CLASS

MUFFINS

221 Fruit (4)
222 Plain (4)
350 Decorated Cake (exterior judging only)

CUPCAKE

410 Chocolate (4)
420 White (4)
430 Yellow (4)
440 Gluten Free (4)

CANDY

610 Chocolate Covered (5)
620 Fudge (5)
630 Cereal (5)
640 Molded Chocolate (5)

BAR

700 Brownies (5)
710 Other (5)

COOKIES

720 Chocolate Chip (5)
740 Sugar (5)
750 Rolled (use cookie cutters) (5)
760 Peanut Butter (5)
770 Oatmeal (5)
790 Snicker-doodle (5)
800 Gluten Free (5)