



ALABAMA 4-H
Alabama Cooperative Extension System

Egg Cookery Rules



Alabama 4-H Egg Cookery Rules

In Egg Cookery, contestants must prepare an egg dish, demonstrate presentation skills, create a social media reel, and incorporate knowledge of the egg industry, food safety, egg quality, and nutrition.

Purpose of Contest

1. To develop and demonstrate leadership and communication skills.
2. To acquire knowledge of quality standards, size classification, nutritional value, preparation, and storage.
3. To understand the functional properties, versatility, and economic value of eggs. (See the Incredible Egg website for functionality information.)
4. To develop creativity in the preparation and serving of egg dishes.
5. To promote enjoyment of eggs as a nutritious food.
6. To apply sound nutritional knowledge in meal planning.

The 2026 Contest Category

- Egg Cookery is a 4-H youth cooking competition where teams from various counties compete to showcase their culinary skills, knowledge of egg science, and public speaking abilities.
- Each year, a functional property of eggs is selected by the national committee and announced in December.
- The contest consists of two phases: Cooking Phase and Presentation Phase, each judged separately.
- Teams compete to highlight egg nutrition, quality, and techniques essential to making their assigned dish successfully.

The functional property selected for the 2026 contest is **foaming**.



Foaming (Beaten eggs trap air to create light, airy textures): Examples of dishes that highlight the foaming functional property of eggs include, but are not limited to, meringue, meringue cookies (macarons), angel food cake, mousse, marshmallows, Baked Alaska, Swiss roll, lemon chiffon pie, dacquoise, souffle omelet, cloud eggs, etc.

Rules & Information Specific to Egg Cookery

1. Each county may enter one team of bona fide 4-H Club members. Teams must consist of two or three members, ages 9–13 (Junior Team) or 14–18 (Senior Team) as of January 1 of the contest year. Teams may be composed of 4-H members from counties that touch one another.
2. An official entry form must be submitted by May 29. Incomplete entries may result in scheduling issues. Each submission must include the following:
 - A copy of the team's recipe
 - A list of appliances and equipment needed for cooking.
 - The estimated total preparation time before the demonstration.

Incomplete entries may result in scheduling issues.

3. The contest will consist of two phases, each worth 100 points.
 - A cooking phase (50 percent): Skills, execution, food safety, teamwork, and dish quality.
 - Presentation phase (50 percent): Explanation of egg science, public speaking, creativity, and visual appeal.

4. The contestants will be scored according to the points listed and described in the sample judges' scorecard.
5. No identification (name, county, etc.) may appear on posters, slides, reels, recipes, or clothing.
6. Teams must submit five copies of the recipe to the superintendent at the Egg Cookery check-in. This recipe must NOT contain the name of the contestant or the county represented.
7. Each year the functional property of eggs being highlighted in the contest will be announced in December.
8. Teams must work together as a unit; individual members will not be scored separately.
9. Once a team has completed their demonstration, they may not discuss judges' questions or feedback with others until the contest concludes.
10. Tie-breaking procedures: In the event of a tie, winners will be determined as follows:
 - Highest score in Presentation and Communication Skills
 - Highest score in Knowledge of Egg Science and Nutrition
 - Highest score in Taste and Texture of the dish
 - If a tie remains, the contest committee will determine an additional method.
11. Cooking phase:
 - All teams must cook within a designated timeframe and have their final plated dish ready for judging by the end of that period.
 - Judges evaluate cooking technique, ingredient handling, food safety, sensory component, teamwork, and overall execution.
 - Judges may ask teams questions to assess their knowledge of egg and food science and culinary methods.



- Teams must plate a final product for tasting within the contest timeframe. Teams are not allowed to change the dish once submitted
- The egg dish **must** contain a minimum of the following (note: large size eggs):
 - ½ egg per serving if the dish is classified as an appetizer or snack.
 - ½ egg per serving if the dish is classified as a dessert.
 - ½ egg per serving if the dish is classified as a beverage.
 - One egg per serving if the dish is classified as a salad or main dish.
 - The numbers above represent eggs to be broken; however, the use of the entire egg is not required. For example, a dessert serving six people may be made with three egg whites.
- **Food safety is critical.** Judges may refuse to taste a dish if undercooked eggs, contamination, or other hazards are observed.
- There will be no separate preparation room.
- Each team will have two 8-foot tables in the cooking area.
- No portion of the dish may be prepared outside the contest facilities. However, the dish may use prepared packages of food ingredients (e.g., grated cheese) or canned items (e.g., tomato paste).



- Each team is responsible for cleaning their area at the end of the contest.
- **Provided by the contest committee:** cooking equipment (hot plates, oven, stovetop, burner, tabletop toaster ovens, refrigerator, microwaves, as needed), cleaning equipment (handwashing station, dishwashing station, water), and eggs. A list of provided equipment will be published with the contest information.
- **Provided by the teams:** All other ingredients, seasonings, pans, dishes, and utensils.

12. Presentation phase

- Teams showcase their understanding of egg nutrition, properties, and food safety while developing public speaking and media communication skills.
- Each team delivers a **live presentation** (via digital presentation or posters).
- Each demonstration must be no more than 12 minutes. Teams will be permitted to finish the demonstration. If the presentation is 2 minutes or less longer than the specified length, two points will be deducted from the total score. If the presentation is from 2 to 5 minutes longer than the specified length, five points will be deducted from the total score. If the presentation exceeds 5 minutes longer than the specified length, ten points will be deducted from the total score.
- A short educational reel focused on the steps to prepare the team's dish must be included as part of the presentation. The reel shall not exceed 3 minutes of the total presentation. See additional guidance.
- Digital presentations must be submitted online before the event; a submission link will be sent to registered teams.
- Presentations must be the original work of the team. Notes or outlines are not allowed.
- Judges will assess clarity, confidence, and scientific accuracy.



- **Provided by the contest committee:** Windows-based computer and digital projector and link for submitting digital presentations.
- **Provided by teams:** Presentation in PowerPoint uploaded to a predetermined digital site that will be announced before the contest.

Egg Cookery Reels

Each team will produce a short educational reel highlighting their egg dish and its nutritional, scientific, or cultural significance.

Reel Requirements

1. The reel must demonstrate how to prepare the dish and explain why it is a healthy or good food choice.
2. Proper food safety techniques must be shown and clearly communicated.
3. Any non-original media (music, images, video) must be properly cited, regardless of copyright status.
4. Copyrighted materials (including music or images) may only be used with written permission from the copyright holder. Any reel that appears to contain copyrighted material

without documentation may be viewed during the contest but will not be publicly displayed.

5. Music used in reels must be free from profanity, sexually explicit content, violent themes, or discriminatory language (including slurs).
6. The reel should be compliant with WCAG 2.2 accessibility standards (e.g., captions, clear visuals, readable text).
7. Reels will be judged on clarity and effectiveness of communication, including audio quality, background noise, and the integration of visuals and sound.
8. The reel should highlight key techniques, teamwork, and important aspects of preparing the dish.
9. Creativity is encouraged—teams can incorporate voice-overs, captions, or engaging visuals to explain the process.

More information including details about copyright, the Egg Chef Challenge Judging Score Sheets, and the WCAG 2.2 Video Checklist for the Egg Chef Challenge are available on the National 4-H Poultry and Egg Conference website.



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For more information, contact your county Extension office. Visit www.aces.edu/directory.

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