

Food & Cooking Dutch Oven Cooking Unit 2

Enroll in ZSuite Under this Project Name: FOOD-DUTCH OVEN-Level 2

Approved for 2023-24 Project Year

Project Description: Build your outdoor cooking skills with Dutch Oven Unit 2: explore one-dish meals,

breakfasts, and cooking on the lid. Plus, learn how to manage cooking in multiple

Dutch ovens at the same time!

REQUIRED YOUTH CURRICULUM

Dutch Oven Cooking Unit 2 (#BUL939), 2019

ZSuite 4-H Involvement Report

ZSuite 4-H Project Record Book

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

Dutch Oven Helper's Guide (#BUL940), 2019

SUPPLEMENTAL RESOURCES

none



Food & Cooking Dutch Oven Cooking Unit 2

PROJECT COMPLETION CHECKLIST

| STATE REQUIREMENTS | | |
|---|--|--|
| Complete all reflection questions in the Dutch Oven Cooking Unit 2 member manual. | | |
| Complete 3 Beyond Cooking activities. | | |
| Prepare at least 10 recipes not previously used, including at least one item from each of the following | | |
| categories: | | |
| Soup or stew | | |
| Vegetable | | |
| Yeast breads or rolls | | |
| Sweet rolls or specialty breads | | |
| Dessert | | |
| Meat (beef, pork, lamb, game) | | |
| Fowl (turkey, chicken, game hen) | | |
| Continue building your recipe book or file that includes everything you cooked plus additional recipes to | | |
| total 12 new recipes each year of Unit 2. | | |
| Complete the 4-H Project Record Book for this project in your ZSuite Member Account | | |
| Fill out your 4-H Involvement Report in your ZSuite Member Account | | |
| Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related | | |
| to this project. Recommended guidelines for length of oral presentations are: | | |
| Junior: 5-8 minutes | | |
| Intermediate: 8-10 minutes | | |
| Senior: 10-12 minutes | | |

ADDITIONAL LOCAL REQUIREMENTS

| FAIR EXHIBIT CHECKLIST | | |
|------------------------|---|--|
| | Completed Idaho 4-H Involvement Report (ZSuite) | |
| | Completed Idaho 4-H Project Record Book for this project (ZSuite) | |
| | Completed Dutch Oven Cooking Unit 2 manual. | |
| | Continued Recipe File or book with at least 12 new recipes included for each year in Unit 2 of the project. | |
| | ONE of the following exhibit options: | |
| | Non-perishable (see note below) yeast bread, roll, sweet bread, or specialty bread you learned to make during the project year. Bread should be displayed on a plate, not in the Dutch oven. Include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card. | |
| | A poster (14" x 22") or display illustrating what you learned in the project this year. | |
| | Note: Foods using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require | |
| | refrigeration should not be exhibited. | |

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