

LOUISIANA CATTLE FESTIVAL

ALICE LANCON MEMORIAL COOKING CONTEST

FRIDAY, OCTOBER 8, 2009
LOUISIANA COOPERATIVE EXTENSION
SERVICE OFFICE MEETING ROOM
1105 WEST PORT ST.
ABBEVILLE, LA 70510



2009 CONTEST RULES

1. Dairy Food recipes must include a minimum of: 1 cup dairy product. Examples: milk (**any form except condensed**), cream, sour cream, yogurt, ice cream, cream cheese, cottage cheese, cheese (4 oz. grated or cubed = 1 cup).

***Please Note:** Imitation dairy products **cannot be used** in the Dairy Foods Division. Read the label to be sure. Butter and condensed milk do not qualify as dairy items for this contest because of their high fat content.

2. Beef recipes must contain at least **one pound beef meat** exclusively in any cut, any form.
3. Combination Beef and Dairy recipes must have **at least 1 cup dairy and 1 pound beef** together in dish.

4. Heart Healthy entries must follow guidelines on reverse side. **Caloric value per serving must be included on recipe.** Recipes that do not have caloric value listed will be disqualified.

*** Note: New Heart Healthy Guidelines!**

5. Recipes of each entry must be included: Printed or typed on 8½ x 11 sheet of paper (form provided). Above recipe, state which category the entry is to be entered in and name of recipe. **Recipes should be placed in plastic resealable bags or page protectors.**
Ex.: Group I – Beef Main Dish – Favorite Meat Loaf.

- **6. For food safety concerns, all dishes must be chilled thoroughly and brought to the contest chilled. If dish will need heating, please check box on recipe. Dishes brought not chilled will be disqualified. Please take ice chests with you, we cannot store them for the duration of the contest.**

7. Your recipe needs to be written for the whole amount the recipe serves. You may exhibit 4-6 servings of the recipe due to space limitations.

8. Write name, complete address and school on the **backside** of the **recipe sheet**.
9. Entries will be accepted from **8:00 a.m. – 9:30 a.m. only**. Entries **will not** be accepted after 9:30 a.m.; please plan to arrive in plenty of time to have dish entered.
10. Entries **must remain on exhibit** through the end of the contest (**12:30 p.m.**). (If you are unable to pick up at that time, please make arrangements to have someone pick up for you.)
11. All recipes will become the property of the Festival officials.
12. Only **1** entry per contestant in each category.

SPECIAL NOTES:

- ... Exhibits must be entered between 8:00 a.m. and 9:30 a.m. Judging will begin at 10:00 a.m. Please arrive in enough time to enter dishes.
- ... Entries that serve 4-6 individuals will be accepted even though the recipe itself serves more.
- ... Entries should be exhibited in appropriate containers, not to exceed 18" to allow space for all entries.
- ... Spectators will not be admitted during the judging period, only contest assistants and festival officials.
- ... Viewing and pick up of exhibits will be from 12:30 – 1:30 p.m. Please make arrangements if you are unable to pick up dish at that time.
- ... **REMINDER: DISHES SHOULD BE CHILLED THOROUGHLY FOR FOOD SAFETY CONCERNS.**

PLEASE OBSERVE – USE RECIPE SHEET PROVIDED, IF POSSIBLE.

GUIDELINES FOR HEART HEALTHY ENTRIES:

1. Select a recipe that is naturally low in fat, cholesterol and sodium or one that can be modified.
2. For main dish, select lean cuts of meat, such as loin and round cuts for beef. One serving of the dish should provide 3 ozs. or less of cooked meat.
3. Use low fat preparation methods (Ex.: bake, broil, steam, poach – no fried foods).
4. Substitute low fat, low cholesterol, low sodium foods for high fat (Ex.: low fat cottage cheese).
5. Eliminate completely any foods that are not necessary to the success of the recipe (Ex.: rich sauces, gravies, olives, capers, salt, those that are high fat, high sodium, high cholesterol)
6. Trim excess fat from meat before cooking or skim fat once chilled.
7. Read nutrition information on labels when selecting ingredients.
8. Fat-free, low-fat, reduced-fat, lite or ½ less products may be used in recipes.
9. Heart healthy recipes must have at least half of ingredients heart healthy or use low fat or fat free products..
10. For further reference, refer to “Modify Recipes...For the Health of It” available from the Vermilion Parish Extension Service Office, 1105 West Port Street, Abbeville. Phone number is 898-4335.

***** FOR HEART HEALTHY ENTRIES, CALORIES MUST BE 300 OR LESS PER SERVING.**

GROUPS AND CATEGORIES

(Note: See Above Guidelines for Heart Healthy Entries)

| <u>GROUP I GRADES (4-6)</u> | <u>GROUP II GRADES (7-8)</u> | <u>GROUP III GRADES (9-12)</u> |
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| <u>BEEF FOODS</u> A. Beef Main Dish B. Heart Healthy Main Dish | <u>BEEF FOODS</u> A. Beef Main Dish B. Heart Healthy Main Dish | <u>BEEF FOODS</u> A. Beef Main Dish B. Heart healthy Main Dish |
| <u>DAIRY FOODS</u> A. Dairy Vegetable Dish or Salad B. Heart Healthy Dairy Desserts | <u>DAIRY FOODS</u> A. Dairy Vegetable Dish or Salad B. Heart Healthy Dairy Desserts | <u>DAIRY FOODS</u> A. Dairy Vegetable Dish or Salad B. Heart Healthy Dairy Desserts |
| <u>COMBINATION FOODS</u> A. Main Dish (Beef & Dairy) | <u>COMBINATION FOODS</u> A. Main Dish (Beef & Dairy) | <u>COMBINATION FOODS</u> A. Main Dish (Beef & Dairy) |

AWARDS:

1st - \$10.00 and ribbon
2nd - \$ 8.00 and ribbon
3rd - \$ 6.00 and ribbon
4th - \$ 4.00 and ribbon
5th - \$ 2.00 and ribbon
Honorable Mention - \$1.00 and ribbon

A Grand Champion Rosette Ribbon and \$15.00 will be awarded to the outstanding entry in each group. (Grand Champion award is selected from all first place winners in each category.) All prize money will be given at your next 4-H club meeting.

FOR FURTHER INFORMATION, CALL THE VERMILION PARISH COOPERATIVE EXTENSION SERVICE OFFICE IN ABBEVILLE AT 898-4335.

NAME _____

SCHOOL _____

GRADE _____ **PHONE** _____

ADDRESS _____

CITY _____ **ZIP** _____