



## Caddo Parish 4-H Cookery Contest

**Monday, Nov. 3, 2008** (Registration begins at 5 p.m. No entries accepted after 6 p.m. Judging begins at 6 p.m.), Woodmen of the World Bldg. 1151 Kay Lane (located south of LSU-S, past Stratmore Drive in between E. King Hwy and Youree Drive. Kay Lane is across Youree Drive from Azalea Garden Subdivision.

### COOKERY CONTEST BASIC RULES:

- The contestant must be a Caddo Parish 4-H club member. All contests are open to all age groups and will compete together.
- You may enter only one **(1) dish** in each division.
- The dish must be prepared the night before & **chilled** in refrigerator.
- Dish must be transported to the contest **on ice** in an insulated **ice chest**.
- Contestants should bring a dish prepared by the contestant to the contest. A **copy of the recipe** must accompany the dish. The recipe must make only one standard size dish. The **ENTRIE** dish must be exhibited at the contest. Anything used to enhance the appearance of the dish must be in or on the serving container.

**\*\*Dishes not chilled & transported on ice in an insulated ice chest will be disqualified.**

**Division Rules:** (You may enter only 1 dish in each of the 4 divisions)

▶ **BEEF** (minimum of 1 pound ground must be **used**)

- **Quick & Easy:** Ready to serve is less than 1 hour; list time for each step
- **One-Dish Meal:** Provides foods from at least 3 main food groups: list food groups used.

▶ **POULTRY:**

- **Chicken:** Dish must contain minimum of 2 pounds *bone-in* chicken or 1 pound deboned chicken - Does not include processed, nuggets, canned, etc.)
- **Other Poultry Meat:** Dish contains minimum of 2 pounds bone-in or 1 pound deboned meat from a bird other than chicken or turkey. Examples: Turkey, duck, quail, dove, emu, ostrich, pheasant, pigeon, guinea, grouse)

▶ **EGG:** Minimum of 4 eggs must used – can be 4 whole, 4 whites, or 4 yolks, or a combination

... no raw eggs in final product.

- **Appetizer/Salad**
- **Main Dish**
- **Dessert**

▶ **SEAFOOD:** Use a minimum of 1 cup seafood: fresh, frozen, pasteurized or dry; no raw or canned seafood may be used.

- Shrimp
- Crawfish

▶ **PECANS:** (Minimum of ½ cup pecans must be used; may be whole, chopped, halves or pieces)

- Cookies
- Candy
- Other (may include a main dish, salad, appetizer, etc. but **NOT** a dessert item)

