

4-H POULTRY COOKERY CONTEST
Monday, November 23, 2009
LEESVILLE JUNIOR HIGH CAFETERIA

All dishes should be entered between 12:30 p.m. and 1:00 p.m. Judging will begin at 1:00 p.m.
Note: There is no longer a State Cookery Contest for dishes. This has been changed to a 4-H Commodity Ambassador Program. The rules for this are in a separate handout.

RULE AND REGULATIONS

1. Open to all 4-Her's regardless of project enrolled in.
2. The dishes must be prepared at home and brought to the contest for judging. The dishes should be served in the condition they were made to be served - hot or cold. Contestants must bring serving utensils. The entire dish must be exhibited.
3. If there are any questions about the safety of the dish, it will not be judged.
4. Members will be allowed to enter one dish per category.
5. There will be three categories: A. Chicken, B. Processed Poultry Products
6. Dish may be any type: appetizer, soup, main dish, salad, or snack.
7. Four-Her's should bring one (1) copy of the recipe written or typed on note cards or small tablet paper. See attached recipe format.
7. There will be four (4) divisions for 4-Her's to compete in: Division I - 4th, 5th, and 6th grades; Division II - 7th and 8th grades; and Division III - 9th, 10th, 11th, and 12th grades, Division IV - Ft. Polk Military 4-H Members 3rd. Grade and below (This division cannot compete for District.) Awards will be given in each division and a Grand Champion over all divisions will also be awarded.

CATEGORIES WILL BE:

A. **Chicken** - a dish which contains a minimum of 2 pounds bone-in chicken or 1 pound deboned chicken meat. Contestants should purchase whole chicken or identifiable chicken parts such as wings, thighs, legs, or breasts. (This dish **SHOULD NOT** include special processed chicken such as marinate chicken strips, chicken nuggets, chicken franks, smoked chicken, canned chicken, etc.). Chicken includes any of the following:
FRYER BROILER CAPON BAKING HEN ROASTER CORNISH OR GAME HEN

B. **Processed Poultry Products** - a dish which includes a minimum or 12 oz. of processed (value-added) poultry products. Value-added poultry products are poultry meats which have undergone special processing. Marinated, breaded, seasoned and reformed products are examples of special processing techniques. Some product examples are listed below:

| | |
|-----------------------|------------------------|
| GROUND TURKEY | GROUND CHICKEN |
| TURKEY BACON | CHICKEN NUGGETS |
| TURKEY SAUSAGE | CHICKEN FRANKS |
| SMOKED TURKEY | SMOKED CHICKEN |
| TURKEY HAM | CHICKEN STRIPS |
| TURKEY ROLLS | CANNED CHICKEN |

(OVER)

SCORING FACTORS

Recipe - 20 Points

Does the recipe meet the category requirements?

Taste - 50 Points

Does the finished dish have flavor which appeals to most people?

Do the flavors blend together?

Appearance of Dish - 10 Points

Does the finished dish look appetizing?

Garnishes and accompaniments should not enter in scoring.

Originality and Creativity - 10 Points

Does the dish demonstrate originality and creativity by the contestant?

Dietary Guidelines - 10 Points

Dish does not contain excessive amounts of fat or sodium.

Nutritional aspects of all ingredients and method of preparation have been considered.

RECIPE FORMAT

- I. Name of recipe
- II. List of ingredients in order used in instructions
 - a. If the ingredient is changed in any way (if ingredients require special preparation) put the word describing this change in the correct place. Ex: 1/4 c. chopped onion, not 1/5 c. onion, chopped.
 - b. Give measurements in common fractions.
 - c. Do not use abbreviations.
 - d. Do not use brand names.
- III. Instructions for combining ingredients.
 - a. Use clear instructions for every step of combining and cooking the ingredients.
 - b. Use short, clear sentences.
 - c. Use correct food preparation terms to describe combining and cooking processes.
 - d. State size of pan.
 - e. Give the temperature and cooking time.
 - f. Include the number of servings and calories per serving.
 - g. State cost and time needed for preparation of recipe.