

**4-H SEAFOOD 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.**

**RULES 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.
3. If there is any question about the safety of the dish, it will not be judged.
4. Members will be allowed to enter dishes in two different categories, one dish per category.
5. The dish must use at least one (1) cup seafood. The seafood must be fresh, frozen, pasteurized or dried. **CANNED SEAFOOD WILL NOT BE ACCEPTABLE.**
6. Four-Her's should bring one (1) copy of the recipe written or typed on note cards or small table paper. See backside of letter for recipe format.
7. The contest will include five (5) categories:  
A .Louisiana. Farm Raised Catfish; B. Crab; C. Shrimp; D. Other Seafood; E. Crawfish;
8. 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 3<sup>rd</sup> grade and below (This division cannot compete for district.) Awards will be given in each division and a Grand Champion over all divisions will be awarded.

**\*SPECIAL NOTE:** Catfish and crawfish divisions are able to include a small amount of a 2<sup>nd</sup>. Seafood in the recipe but it cannot exceed ½ of the amount of the primary seafood.

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**SCORING FACTORS**

**Recipe - 15 Points**

- Does the recipe contain at least one (1) cup of seafood?
- Does the recipe follow the format suggested by the recipe check sheet?

**Taste - 50 Points**

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

**Appearance of Dish - 10 Points**

- Does the finished dish look appetizing?

**Ease of Preparation - 10 Points**

- Procedure is relatively uncomplicated.
- Preparation will not take an excessive amount of time.
- Ingredients are readily available and reasonably economical.

**Originality and Creativity - 15 Points**

- Does dish demonstrate originality and creativity?
- Is seafood and integral part of the dish?

**NOTE:** Failure to follow contest rules will result in contestant being placed in last place.  
For example: 1) Failure to use a minimum of one (1) cup of seafood.  
2) Failure to display entire dish.

(OVER)

**SEAFOOD COOKERY CONTEST  
RECIPE FORMAT**

- I. Name of recipe
- II. List of ingredients in order used 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 1/4 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.