

Foods Field Day #2

Commodity Cookery Contest

- **Pecans** (New Contest)
Must contain at least 1 cup of pecans in the recipe.
 1. **Dessert Division**
 2. **Other Division (includes all other dishes)**
 3. **Candy Division**

- **Poultry Cookery**
 1. **Chicken** – Dish must contain a minimum of 2 pounds of bone-in chicken or 1 pound de-boned chicken meat. Should not include special processed chicken such as chicken nuggets, chicken franks, canned chicken, etc. This division includes – fryers, capons, roosters, baking hens, Cornish or game hens.

 2. **Processed Poultry** – Dish must contain a minimum of 12 ounces or 1 ½ cups of processed poultry products. Marinated, breaded, seasoned and reformed products are examples of special processing. Examples are: ground turkey sausage, rolls, franks, ham, or bacon, smoked turkey, ground chicken, chicken nuggets, smoked chicken, canned chicken.

- **Egg Cookery** –
Must contain at least 4 eggs or more. (Combinations of yolks, whites, and whole eggs are acceptable as long as 4 eggs are broken.)
 1. **Appetizer/Salad**
 2. **Main Dish**
 3. **Dessert**

- **Rice Cookery** –
Must contain at least 2 cups of cooked rice or 1 cup of uncooked rice. (Also an Achievement Day contest, but contestant will not participate in District Contest.)
 1. **Appetizer/Salad**
 2. **Main Dish**
 3. **Dessert**

All dishes in Pecans, Rice, Poultry and Eggs will be scored on the following:

- Recipe ----- 15 points
- Taste of dish ----- 60 points
- Appearance ----- 15 points
- Participation in educational activities
Conducted day of contest-----10 points

All contestants must –

1. Turn in 2 copies of each recipe at contest registration, with no name written on top.
2. Dishes are to be cooked at home and brought to contest to be sampled by judges.
3. All garnishes used on the dish must be edible – no artificial garnishes will be allowed.
4. Servicing utensils can be brought, but they must be marked and the 4-H Office will not be responsible for any utensils lost.
5. ****All food** must be cold, on ice and brought covered to the contest in a clean ice chest! If not brought cold, on ice covered and in a clean ice chest, your dish will be disqualified. This rule is strictly enforced.
6. Place a copy of the recipe (this is not one of the recipes that is turned in at registration) and the registration number, one that is given to you at registration on day of contest, by the dish that is exhibited on the table.
7. Contestant must set up their own food dish at the contest – (No adults other than agents and judges will be allowed in contest room.)

Recipe Evaluation

The recipe should include the following parts:

- a. Name of recipe given.
- b. Ingredients listed in order used.
 1. No abbreviation used.
 2. No brand name used.
- c. Include the size of the can, package, etc. that were used in the recipe.
- d. Clear instructions for combining ingredients given.
- e. Size of pan stated.
- f. Temperature and cooking times stated.
- g. Dish meets contest and division requirements.

Commodity Ambassador Contest

Parish Rules

These commodity ambassador contests are open to **all** 4-H Members.

Each ambassador contest will emphasize specific Louisiana agricultural commodities including: Egg, Chicken, Turkey, Rice, and Pecans. You may **contact the 4-H Office for suggestions on websites to assist you in obtaining your information for this contest.**

Each commodity (Egg, Poultry (chicken and turkey), Pecans and Rice) Ambassador Contest is divided into five categories. Contestants may enter only one category in each Parish Commodity Ambassador Contest. Example: one in egg, one in chicken, one in turkey, one in pecans, and one in rice. **(pecan and rice are only parish contests and will not compete in the State Contest).**

1. Production of commodity
2. Food preparation and nutritive value
3. Food safety practices
4. Processing
5. Marketing

Division I – (Grades 4th, 5th, & 6th)

- a. Design a standard poster 22" x 28" relating to one of the five categories listed above.
- b. Present a 2-3 minute explanation poster subject and responds to questions from judges.
- c. Will be judged on a personal appearance – 5 pt.; visuals – 20 pt.; content – 35 pt.; presentation – 20 pt.; length – 5 pt.; response to judges' questions – 15 pt.

Division II (Grades 7th, 8th, & 9th)

- a. Design a standard poster 22" x 28" relating to one of the five categories listed above.
- b. 4-Her prepares an essay not to exceed 500 words or 3 typed pages, (12-14 spaces per inch) double spaced, about the selected subject. **(Essay must be turned in with the Clover Chatter registration form.)**
- c. Present a 2-3 minute explanation poster subject and responds to questions from judges.
- d. Will be judged on a personal appearance – 5 pt.; visuals – 20 pt.; content – 35 pt.; presentation – 20 pt.; length – 5 pt.; response to judges' questions – 15 pt.

Division III – (Grades 10th, 11th, & 12th)

- a. Contestant will present a 5-8 minute illustrated talk (not a demonstration)
- b. May present an illustrated talk in each commodity (Egg, Chicken, Turkey, Rice and Pecans). Examples include: Nutritional Value, Economic Value, Cooking Principals, Versatility, Food Safety, Role in Today's Healthy Diet, Role in our National Economy, Role in Protecting the Environment, etc.
- c. Will be Judge on personal appearance – 5 pt.; visuals – 15 pt.; content – 30 pt.; presentation – 35 pt.; length – 5 pt.; response to judges' questions – 10 pt.

PLEASE NOTE: New State Rules:

This is notification that there will not be an area contest for the Seafood, Beef, Egg, Chicken, and Turkey 4-H Ambassador Program. There will only be one large state contest each year, beginning 2008. At that state contest there will be Ambassador Commodity contests for seafood, egg, chicken, and turkey.

The 2008 State 4-H Ambassador Contest will be in April on the LSU Campus in Baton Rouge (at the Parker Coliseum, Nelson Memorial Building, and 4-H Mini Farm).

Each parish can enter one contestant in each contest (Egg, Chicken, Turkey, and Seafood) and each age division (I, II, III) within a contest. A parish may bring up to 12 contestants, if they have one participate in each contest and age division within a contest.