

4-H Fun Day Commodity Cookery Rules—November 8, 2008—LaGrange Elementary



COOPERATIVE EXTENSION SERVICE ST. MARY PARISH

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Schedule of Events:

Cookery Registration (Cafeteria):	9:00 a.m. — 9:30 a.m. (NO EARLY BIRDS)
Food Judging and Workshops:	9:30 a.m. — 11:30 a.m.
Awards (Gymnasium):	11:30 a.m.

Read the rules carefully with your parents! Call if you have questions.

1. There are five categories in the contest—**Poultry, Seafood, Eggs, Beef and Sugar**. Grand Champion Winners in each of the divisions will be invited to compete at the area contest.
2. *In honor of the 100 year celebration of 4-H there is a 4-H birthday cake division added to the sugar category. (This is strictly a parish contest.)*
3. **ALL DISHES ARE TO BE PREPARED THE NIGHT BEFORE, REFRIGERATED OVER NIGHT AND BROUGHT TO THE CONTEST COLD, ON ICE AND IN AN ICE CHEST. NO EXCEPTIONS!**
4. *Contestants are limited to **two** entries total. No Exceptions.*
5. There can be **no raw eggs** in the final product.
6. **All entries must meet each division requirement.**
7. With the exception of the 4-H Birthday Cake Division, you are to bring only **half of the dish to the contest. Bring your entry in a disposable container as all entries will be disposed of at the end of the contest.**
8. Recipes **must** accompany the dish. The recipe is to be for the **entire dish. Do not** put your name on the recipe. You will be given a label for your recipe at registration.
9. Entries will be judged on taste, appearance, dietary guidelines, creativity and originality. Your recipe will be judged as well. **Follow the recipe format located on the back.** The dietary guidelines can be found on our website.
10. **Judges will be looking for healthy dishes.** If you substitute any ingredient with low fat ingredients, please note that in your recipe.
11. **4-H'ers must set up their dish by themselves. No help from mom or dad.**
12. **Only judges, contestants, 4-H Staff and Jr. Leaders will be allowed in the cafeteria during registration and judging.**
13. **Awards**—Each Division will have a Grand Champion Winner (Medallion) selected, a 2nd Place Winner (Ribbon), Blue Ribbon Group Winners (Ribbon), Red Ribbon Group Winners (Ribbon) and White Ribbon Group Winners (Ribbon).

Poultry Category

4-H'ers must prepare and exhibit a dish in the following divisions:

1. **Chicken Dish** -must contain a **minimum of 2 lbs. fresh chicken with bone or 1 lb deboned.** (No processed meat).
2. **Processed Poultry Meat** - contains a **minimum of 12 ounces of processed poultry products.** Turkey is included in this division. Some examples are: ground turkey, turkey ham, chicken nuggets, canned chicken, chicken strips, or ground chicken.
3. **Other Poultry Meat** -from a bird other than chicken or turkey—**2 lbs with bone or 1 lb. deboned meat.** Some examples are: duck, quail, pheasant, goose, dove, emu, pigeon, and guinea.

Seafood Category

Contestants must prepare a dish using **one cup of seafood.** Seafood used **must be listed on the Louisiana Seafood list posted on our web site. (A copy can be obtained from the office).** Seafood must be fresh, frozen, pasteurized, or dried (**not canned**). **Surimi, an artificial crab made from fish can not be used.** There can be **no raw** seafood in the final dish. **You can have a second type of seafood in division 1 and 5, but not more than 1/2 the amount of the primary seafood.** The divisions are:

1. **Crab**
2. **Crawfish**
3. **Shrimp**
4. **Oyster**
5. **Fish and Other Seafood** (Examples are: tuna, catfish, snapper, alligator, turtle, frog legs, garfish, speckled trout, mackerel, shark, squid, bow fin, and Louisiana clams.)



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Cookery Contest Rules Continued

Egg Category

4-H'ers must prepare and exhibit a dish which contains a **minimum of four eggs**. (4 egg whites, yolks, or whole eggs). Do not use dishes in which the eggs are not cooked. This includes meringue.

The divisions are:

1. Appetizers/salads
2. Main dishes
3. Desserts

Beef Category

4-H'ers must prepare a dish containing at least **one pound of ground beef**. The divisions are:

1. **Low Calorie Main Dish** must provide less than **300 calories per serving**; must state calories in recipe.
2. **Quick and Easy Dish** must be prepared in less than **one hour**. You must state the preparation time after each step in the recipe.
3. **One Dish Meal** provides food from **three of the five food groups**; must state food groups on recipe.

Sugar Category

4-H'ers must prepare a dish that contains at least **(1) cup of sugar**. Sugar substitutes **CANNOT** be used. The divisions are:

1. **Baked (breads, cakes, pies, cookies, etc).**
2. **Non-baked (candies, icebox pies, ice cream, etc.)** No part of the dessert can be baked. This category is not to include homemade jams, jellies, preserves, etc.
3. **4-H Birthday Cake Division** 4-H'ers must bake a **one layer, eight or nine inch round cake and decorate it**. It is to be **decorated to celebrate 100 years of 4-H**. The decorations must be edible and the frosting must be homemade. This division (Birthday Cake) is required to bring the entire cake.

Recipe Format:

Be sure your recipe is written correctly. The recipe should include the following parts:

1. Name of recipe given
2. Ingredients listed in order used in instructions
3. No abbreviations used
4. No brand names used
5. Clear instructions for combining ingredients given
6. Size of pan stated
7. Temperature and cooking time stated
8. Number of servings given
9. Dish meets contest and division requirements
10. In the beef cookery contests, each category requires special items listed on the recipes, i.e. Low-Calorie.
11. Main Dish requires calories listed for each ingredient and calories per serving listed. See rules for each category in the Beef Contest.

Example:

Name of recipe: Hamburger Crescents

Contest: Beef Cookery Contest

Division: Low Calorie Main Dish

List of ingredients in order used:

<u>List of ingredients in order used:</u>	<u>Calories:</u>
1 pound ground beef	850
1 medium onion, chopped	30
¼ cup chopped green pepper	5
½ teaspoon salt	1
1 package (3 ounces) reduced calorie cream cheese	300
1 package refrigerator crescent rolls	800
1 tablespoon butter (optional)	108
½ cup shredded Cheddar cheese	<u>227.5</u>
Total Calories	2,321.5
Calories per serving	290.2

Instructions:

1. Brown ground beef, onions and green peppers, add salt drain.
2. Add cream cheese and mix well.
3. Roll crescent dough flat on baking sheet.
4. Add ground beef onto center roll, fold corners to center to enclose filling - seal.
5. Brush with 1 tablespoon melted butter, top with Cheddar cheese.
6. Bake at 350 degrees for 30 minutes or until golden brown.

Number of servings: 8

"It is the policy of the Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, gender, religion or disability." "If you have a disability which requires special assistance to participate in any 4-H Event, please contact the Louisiana Cooperative Extension Service, LSU Agricultural Center at (337) 828-4100, ext. 300 at least 2 days prior to the event."