



# 4-H Cookery Contest - Concordia 4-H Food Festival

(Sweet Potato, Pecan, Egg Cookery)

January 26, 2009

Concordia Community Room

Hwy 15, Ferriday



Call the 4-H Office by  
January 21<sup>st</sup> to register!  
336-7084

Registration: 4:30 - 5:00 p.m. - Judging begins at 5:15 p.m. (*Awards will be given following judging of dishes*)

Divisions:	Categories:		
<b>Sweet Potato -</b> <i>Prepared dish must contain at least 1 cup of fresh, canned or frozen sweet potatoes</i>	Dessert	Other	
<b>Pecan -</b> <i>At least 1 cup of pecans must be used in the recipe</i>	Dessert	Candy	Any Other
<b>Egg -</b> <i>Prepared dish must contain at least 4 eggs-can be 4 egg whites, 4 egg yolks, or 4 whole eggs</i>	Main Dish	Dessert	Appetizer/Salad

**Set Up at the Contest:** A handwritten or typed copy of the recipe **MUST** accompany the dish. **DO NOT PUT NAME** on the recipe - (numbers will be given).

On the recipe list:    **1. Division:** *Sweet Potato, Pecan or Egg;*

**2. Category**

**3. Name of recipe**

**4. Ingredients**

**5. Instructions**

**6. Yield**

Place a copy of the recipe on the table during set up. Only 4-Hers will be allowed to set up their dishes.

**Safety:** Dishes should be cooked the night before and refrigerated.

Transport the dish to the contest in an insulated cooler with ice (must be a cooler, not a plastic box). Dishes should be cool to the touch. A microwave will be available for warming dishes for judges. Gloves will be provided.

*Please help us make this a fun, exciting and SAFE contest!! Thanks for your help!*