



Concordia 4-H Foods Festival – Ground Beef, Seafood & Poultry Cookery Contests & Ambassador Program

February 16, 2009

Concordia Community Center, Highway 15, Ferriday

Registration: 4:30 p.m.

Awards: *Immediately following judging*

A 4-Her may enter only one dish per contest – Ground Beef, Seafood or Poultry



FOOD SAFETY: All 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.

You **MUST** call the 4-H Office at 336-7084 by February 10, 2009 to sign up and register your dish in the contest(s) and division – or for the Ambassador Talk Program.

GROUND BEEF: Your dish must contain at least 1 pound of ground beef (hamburger)

Divisions:

1. Low Calorie Main Dish
Dish provides less than 300 calories per serving
2. One Dish Meal:
Dish provides foods from 3 of the 5 food groups
Include on your recipe how it fits into its division.

SEAFOOD: Your dish must contain at least 1 cup of seafood – fresh, frozen or pasteurized; canned or imitation seafood will not be acceptable - no raw seafood in the final dish. The dish can contain a 2nd seafood, but it cannot be more than ½ the amount of the primary seafood.

Divisions:

1. Shrimp
2. Crawfish
3. Crab
4. LA Farm Raised Catfish
5. Other Seafood

(Call the 4-H Office or see your leader for a list of "other seafood")

POULTRY: Dish may be any type: appetizer, soup, main dish, salad or snack.

Divisions:

1. Chicken – dish contains 2 lbs. of bone-in chicken or 1 lb. de-boned chicken
("Chicken" includes fryer, broiler, capon, baking hen, roaster, Cornish Hen)
2. Processed Poultry – dish contains 12 ounces of processed poultry products
(Examples: Ground turkey, ground chicken, turkey bacon, turkey ham, chicken nuggets, turkey sausage, smoked turkey, turkey rolls, chicken franks, smoked chicken, chicken strips or canned chicken)

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. Category:** *Ground Beef, Seafood, Poultry* **2. Division** **3. Name of recipe** **4. Ingredients** **5. Instructions** **6. Yield**



4-H Commodity Ambassador Program – This contest will be held with the Foods Festival and involves a presentation by the 4-Her on certain category topics in Seafood, Turkey, Chicken and Egg. Call the 4-H Office for detailed information and to register for this contest.