



4-H Cookery Contest Rules and Regulations



General Contest Rules



Dishes will be judged using the following point system totaling 100 points.

Dish Score



Appearance 15 Points—Contestants should present an appetizing dish. You may display the entire dish or a portion of your dish. Non-edible items are not to be presented as part of your dish or as garnish. Only edible items can be used as garnish. Dishes are not allowed to be displayed with any type of decorations or items not directly related to the dish such as placemats, trays, flowers or figurines.

Taste 65 Points—You should present a tasty dish. Judges will award the highest number of points to the most flavorful dishes.

Food Safety 10 Points—*Food safety is important in order to prevent food-borne illness!* It is required that your dish be prepared before the contest allowing enough time for the dish to cool and be chilled to refrigerator temperature.

Your dish must be brought to the contest in an ice chest on ice. Dishes will be checked at the entrance to the contest. Judges will be able to warm a sample of your dish in a microwave oven for tasting.

Recipe Score



Recipe 10 Points— One copy of your recipe must be displayed with your dish. The recipe will be scored based on:

- 1) ingredients listed and size or amount included
- 2) clear instructions for every step of combining and cooking ingredients
- 3) size of the pan, bowl or serving dish stated
- 4) No abbreviations, use complete spelling of ingredient measures (Ex: teaspoon, cup)
- 5) cooking time and temperature stated

Awards for Each Category

First Place \$20.00 Gift Card
 Second Place \$15.00 Gift Card
 Third Place \$ 10.00 Gift Card
 All others Blue, Red or White Ribbon

Highest scoring dishes in each category will be given the opportunity to participate in the Area Cookery Contest in Houma, Louisiana.



Seafood Cookery



- 1) All categories of seafood will compete in the same contest. 4-H'ers may enter a dish in the Seafood Cookery that contains any of the following ingredients: Oyster, Crab, Shrimp, Fish or Crawfish.
- 2) The dish must use at least one (1) cup of seafood. The seafood must be fresh, frozen, pasteurized or dried. Canned seafood is not acceptable. Surimi, an artificial crab made from fish, cannot be used. **There can be no raw seafood in the final dish.** Entries may contain a small amount of a second seafood but not more than ½ the amount of the primary seafood. For example, a recipe could contain one cup of crab as the primary seafood and ½ cup of shrimp as the secondary seafood.
- 3) Only one dish will be selected for 1st, 2nd and 3rd Place in the overall Seafood Cookery at the Parish Level. The highest scoring dish in each seafood category one dish each for Oyster, Crab, Shrimp, Fish or Crawfish will be eligible to participate in the Area Cookery Contest in Houma, La. Once a dish has won 1st Place at the district contest it can not be entered again.

Poultry Cookery— Chicken or Processed Poultry



Chicken Category

- 1) 4-H'ers may enter a dish which contains a minimum of 2 pounds bone-in chicken or 1 pound deboned chicken meat.
- 2) Contestants should purchase whole chicken or identifiable chicken parts, such as wings, thighs, legs or breasts. Chicken includes any of the following: Fryer, Broiler, Capon, Baking Hen, Roaster, Cornish or Game Hen
- 3) This dish **SHOULD NOT** include special processed chicken, such as marinated chicken strips, chicken strips, chicken nuggets, chicken franks, smoked chicken, canned chicken, etc.

Processed Poultry Category

- 1) 4-H'ers may enter a dish which includes a minimum of 12 ounces of processed (value-added) poultry products. Value-added poultry products are poultry meats which have undergone special processing. Marinated, breaded, seasoned and reformed products are examples of special processing: Ground Turkey, Ground Chicken, Turkey Bacon, Chicken Nuggets, Turkey Sausage, Chicken Franks, Smoked Turkey, Smoked Chicken.
- 2) Only one dish will be selected for 1st, 2nd and 3rd Place in the overall Poultry Cookery at the Parish Level. The highest scoring dish in the chicken category one dish each for chicken or processed poultry will be eligible to participate in the Area Cookery Contest in Houma, La. Once a dish has won 1st Place at the district contest it can not be entered again.



Egg Cookery

Appetizer, Main Dish or Dessert

- 1) 4-Hers may enter a dish in the egg contest that utilizes a minimum of four (4) eggs. This can be four (4) whites, four (4) yolks, or four (4) whole eggs. For instance: If a recipe contained 2 whole eggs in the custard and 2 egg whites in the topping, it would be allowed because the recipe contained a total of four (4) eggs.
- 2) The recipe with 4 eggs must make only one standard size dish. For example, a recipe with 4 eggs that makes two pies of standard size will not qualify.
- 3) **NO RAW EGGS WILL BE ALLOWED IN THE FINAL PRODUCT.**
- 4) Only one dish will be selected for 1st, 2nd and 3rd Place in the overall Egg Cookery at the Parish Level. The highest scoring dish in each egg category one dish each for Appetizer, Main Dish or Dessert will be eligible to participate in the Area Cookery. Once a dish has won 1st Place at the district contest it can not be entered again.

Sugar Cookery — Cookies, Pie, Cake or Candy

- 1) 4-H'ers may enter a prepared sugar dish to the sugar contest. The dish must use at least one-half (1/2) cup of 100% sugar. The sugar used in the recipe may be granulated white sugar, brown (light or dark) sugar, powdered sugar, or any combination of the above. Dishes made from "scratch" are preferred; however, dishes containing mixes are permitted as long as 1/2 cup of additional sugar is added to the recipe. This might be in the form of a glaze, enhancement ingredient, or other addition to the mix. Splenda is not considered an acceptable ingredient for this contest.
- 2) Only one dish will be selected for 1st, 2nd and 3rd Place in the overall Sugar Cookery at the Parish Level. The highest scoring dish in each sugar category one dish each for cookies, pies, cakes or candy will be eligible to participate in the Area Cookery Contest in Houma, La. Once a dish has won 1st Place at the district contest it can not be entered again.

