



# 4-H Food Fest



## RULES and REGULATIONS

**CONTEST CHANGE: For food safety purposes, only bring ½ of the prepared dish in a disposable container. All entries will be discarded at the end of the contest.**

**PURPOSE** – All cookery contests are designed for the education and enhancement of 4-H club members. Each contest emphasizes specific agricultural commodities.

Food Fest Contests include: Egg Cookery, Ground Beef Cookery, Poultry Cookery, Seafood Cookery and Sugar Cookery. Each contest consists of several divisions.

Contestants may enter more than one contest, but **ONLY ONE DISH PER CONTEST.** (Example: One Egg Cookery Dish, One Ground Beef Cookery Dish, One Sugar Cookery Dish, etc.)

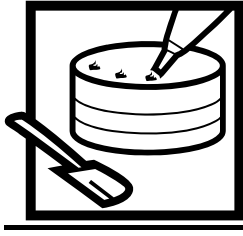
### **IMPORTANT**

Food Safety is an important concern. Therefore, **ALL dishes which should be served hot must be prepared and chilled to refrigerator temperature and brought to the contest on ice, in an ice chest. Dishes not chilled and transported in this way will be disqualified.**

All contests will be scored on Taste, Appearance, Originality and Recipe.

Place winners will be selected in each division, and a Food Fest Favorite (overall winner) will be chosen in each contest.





# Sugar Cookery Contest

## Divisions:

1. Cakes
2. Cookies
3. Candy
4. Pies

## General Rules:

1. Each 4-H member may enter no more than one dish in this contest.
2. Bring to the contest a prepared sugar dish. This dish must use at least one (1) cup of sugar. Brown sugar, granulated sugar, confectioner's sugar or raw sugar can be used.
3. All dishes must be made from scratch – no boxed cake mixes or prepared cookie dough.
4. A copy of the recipe must be submitted with the dish. Contestant's name and school must be stated on the back.
5. To properly enter the dish, place five (5) servings in a disposable container. (Ex. 5 cake slices, 5 candy pieces, 5 cookies, etc.)

**Note:** No cupcakes or brownies please.



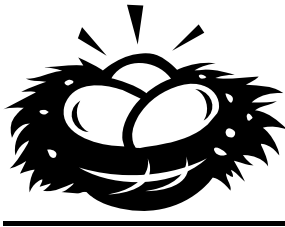
# Seafood Cookery

## Divisions:

1. Fish
2. Crab
3. Shrimp
4. Crawfish
5. Other Seafood

## General Rules:

1. Bring to the contest a prepared seafood dish. The dish must use at least one (1) cup of seafood. The seafood must be fresh, frozen, pasteurized or dried. Canned seafood will not be acceptable.
2. All entries must be chilled and brought to the contest on ice.
3. A copy of the recipe must be submitted with each dish. Contestant's name and school must be stated on the back.
4. Each 4-H member may enter no more than one (1) dish in this contest.
5. To properly enter the dish, place ½ of the prepared dish in a disposable container.



# Egg Cookery Contest

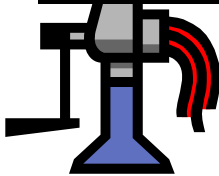
## Divisions:

1. Appetizers/Salads
2. Main Dishes
3. Desserts

## General Rules:

1. Dishes entered must contain at least 4 eggs. This can be four (4) whites, four (4) yolks, or four (4) whole eggs. **No raw eggs will be allowed in the final product.**
2. The recipe with 4 eggs must make only one standard size dish. For example, a recipe with 4 eggs that makes two standard-sized pies will not qualify.
3. Each 4-H'er may enter one dish in this contest.
4. A copy of the recipe must be entered with each dish. Contestant's name and school must be stated on the back of recipe.
5. To properly enter the dish, place ½ of the prepared dish in a disposable container.

## Divisions:



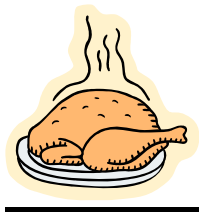
# Ground Beef Cookery Contest

1. Low-Calorie Main Dish
2. Quick & Easy Main Dish
3. One-Dish Meal

1. Low-Calorie Main Dish – provides less than 300 calories per serving. Calculation of calories must be stated on recipe.
2. Quick & Easy Main Dish – A dish that is ready to serve in less than one hour. The time for each step and for cooking or baking should be stated on the recipe.
3. One-Dish-Meal – provides complete servings from at least three of the four required food groups. Food groups must be stated on recipe.

## General Rules:

1. Dishes entered must contain at least one pound of ground beef.
2. The dish must be prepared, chilled and brought to the contest on ice.
3. A copy of the recipe must be entered with each dish. Contestant's name and school must be stated on the back of the recipe.
4. 4-H'ers may enter one dish in this contest.
5. To properly enter the dish, place ½ of the prepared dish in a disposable container.



# Poultry Cookery Contest

## Divisions:

1. **Chicken** – A dish which contains at least 2 pounds bone-in chicken or 1 pound deboned chicken meat. Contestants should purchase whole chicken or identifiable chicken parts such as wings, thigh, legs, or breast. Chicken includes any of the following:

**Fryer  
Rooster**

**Broiler  
Cornish or Game Hen**

**Capon**

**Baking Hen**

2. **Processed Poultry Products** – A dish which includes at least 12 oz. of processed poultry products. Some product examples are listed below:

**Ground Turkey  
Turkey Sausage  
Smoked Chicken  
Turkey Rolls**

**Ground Chicken  
Chicken Franks  
Turkey Ham  
Canned Chicken**

**Turkey Bacon  
Smoked Turkey  
Chicken Strips**

3. **Other Poultry Meat** – A dish which contains at least 2 pounds bone-in or 1 pound deboned poultry meat from a bird other than chickens or turkeys. You may choose poultry meat from any of the following.

**Duck  
Ostrich**

**Goose  
Pigeon**

**Quail  
Emu**

**Grouse  
Guinea**

**Pheasant  
Dove**

## General Rules:

1. Bring to the contest a prepared poultry dish. This dish may be any type: appetizer, soup, main dish, salad or snack.
2. The dish must be prepared, chilled and brought to the contest on ice.
3. A copy of the recipe must be entered with each dish. Contestant's name and school must be stated on the back of the recipe.
4. A 4-H'er may enter only one dish in this contest.
5. To properly enter the dish, place ½ of the prepared dish in a disposable container.