

## Natchitoches Parish 4-H Pecan, Poultry and Seafood Cookery Contest



- When: Saturday, February 28, 2009  
**Check-in Begins at 9:30 a.m.**  
**No dishes accepted after 10:00 a.m.**
- Where: Natchitoches Events Center -Natchitoches, LA
- Who: Any bona fide 4-H member of Natchitoches Parish can participate.
- Contact: Gwen T. Fontenot, Assistant Extension Agent  
357-2224 or Gfontenot@agcenter.lsu.edu

### **COOKERY CONTEST BASIC RULES:**

1. The dish must be prepared by the 4-H member the night before & **chilled** in refrigerator.
2. You may enter only one **(1) dish** in each **category** (up to 7 dishes total)
3. The contest will begin promptly at **TBA**. **NO DISHES ACCEPTED** after **TBA**
4. Dish must be transported to the contest **on ice** in an **ice chest**.
5. The entire recipe must be displayed, i.e. if a cookie recipe yields 3 dozen, then 3 dozen cookies must be displayed for contest.

**\*\*DISHES NOT CHILLED & TRANSPORTED ON ICE IN AN ICE CHEST  
WILL BE DISQUALIFIED.**

### **Division Rules:**

1. You may enter only one (1) dish in each of the categories listed below  
(Pecan: Cookies, Candy, Other; Poultry: Chicken, Other Poultry;  
Seafood: Crawfish, Shrimp).
2. All contestants must attend an educational program while dishes are being judged.
3. Bring **(2) two typed** copies of your recipe to the contest. One recipe should have your name on it and one recipe should *not*.
4. **Please type your recipe on white paper, size 8 ½ x 11. No decorative borders or clip art!**

## **Recipe Evaluation**

- A. Name of Recipe
- B. List of ingredients in order used in instructions
  1. Measurements given in common fractions
  2. No abbreviations used
  3. No brand names used
  4. Include the size and weight of cans, packages, etc.
- C. Instructions for combining ingredients
  1. Clear instructions for every step of combining and cooking the ingredients
  2. Short, clear, concise sentences
  3. Correct food preparation terms to describe combining and cooking process
  4. Size of pan stated
  5. Temperature and cooking time stated
  6. Number of servings and calories per serving given (Area Contest)
  7. Preparation time
- D. Dish meets contest and division requirements

### **Scoring**

Dish Evaluation	60 points
Flavor	
Taste	
Palatability	
Recipe Evaluation	15 points
Appearance of Dish	20 points
Participation in Educational Program	5 points
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	100 points

## **Pecan Categories:**

### **Cookies**

1. Minimum ½ cup pecans must be used, may be whole, chopped, halves or pieces.

### **Candy**

1. Minimum ½ cup pecans must be used, may be whole, chopped, halves or pieces.

### **Other**

1. Minimum ½ cup pecans must be used, may be whole, chopped, halves or pieces.
2. May include main dish, salad, appetizer, etc but not a dessert or bread item.

## **Poultry Categories:**

### **Chicken**

1. Must contain a minimum of 2 lbs. of bone-in or 1 lb de-boned chicken meat.
2. Should purchase whole chicken or identifiable chicken parts such as wings, thighs or breasts.
3. SHOULD NOT contain special processed chicken such as marinated chicken strips, chicken nuggets, chicken franks, smoked chicken, canned chicken, etc.)
4. Chicken includes any of the following: Fryer, Broiler, Capon, Baking Hen, Cornish and Game Hen.

### **Other Poultry Meat**

1. Choose from any of the following: Turkey, Duck, Goose, Quail, Grouse, Pheasant, Ostrich, Pigeon, Emu, Guinea and Dove.
2. Must contain a minimum of 2 lbs. bone-in or 1 lb. de-boned poultry meat from a bird other than chicken.

**Seafood Categories:**

**Crawfish**

1. Must use at least 1 cup of crawfish.
2. NO RAW seafood allowed in the final dish.
3. CANNED seafood is NOT acceptable.

**Shrimp**

1. Must use at least 1 cup of shrimp.
2. NO RAW seafood allowed in the final dish.
3. CANNED seafood is NOT acceptable.