

# BOSSIER PARISH 4-H COOKERY CONTEST

## Beef, Egg, Seafood

Saturday, February 7, 2009 (9:30 a.m. registration; 10:00 a.m. judging begins)  
Stockwell Place Elementary, 5801 Shed Road



### COOKERY CONTEST BASIC RULES:

1. Contestants may enter only one **(1) dish** in each **division**. (3 dishes total)
2. The dish must be prepared the night before & **chilled** in refrigerator.
3. Dish must be transported to the contest **on ice** in an **ice chest**.
4. The contestant must be a Bossier Parish 4-H club member. All contests are open to all age groups and all ages will compete together.
5. Contestants should bring a dish prepared by the contestant to the contest. A **copy of the recipe** must accompany the dish. The required recipe form will be issued to 4-H'ers the month preceding the contest. The recipe must make only one standard dish. The **ENTIRE** dish must be exhibited at the contest, i.e. if a cookie recipe yields 3 dozen, then 3 dozen cookies must be displayed for the contest. Anything used to enhance the appearance of the dish must be in or on the serving container.

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

### Division Rules:

- You may enter only 1 dish in each division
- Each 1<sup>st</sup> place dish will compete at the Area Cookery Contest (date TBA)

### DIVISIONS

**BEEF:** minimum of 1 lb. ground beef must be used

- **Quick & Easy:** ready to serve in less than 1 hour; list time for each step
- **One-Dish Meal:** provides foods from at least 3 main food groups;  
list food groups used

**EGG:** minimum of 4 eggs must be used - can be 4 whole, 4 whites, or 4 yolks, or a combination.....no raw eggs in final product

- **Appetizer/Salad**
- **Main Dish**
- **Dessert**

**SEAFOOD:** minimum of 1 cup seafood: fresh, frozen, pasteurized or dry; no raw or canned seafood may be used

- **Shrimp**
- **Crawfish**