



4-H Commodity / Ambassador Contests for Egg, Beef, Poultry, Seafood, and Sugar



WHO?: All Jefferson Parish 4-H'ers are eligible to enter. You do not have to be enrolled in any particular 4-H project.

WHAT?: 2008 - 2009 Jefferson Parish 4-H Cookery & **Parish-Wide Commodity Ambassador Contests** (details of this new segment of the contest will be briefly explained at the end of this of this packet.)

WHEN?:

Your 4-H club contest will be held on _____.

Mailbox Members can participate in the parish-wide contest without entry in a club level contest.

- ✓ Each 4-H member can enter **one dish** in **any of the divisions listed in each contest category**. If a contestant wins in more than one category, that contestant will decide which category he/she will compete in at the parish-wide contest in February, 2009.
- ✓ All dishes must be prepared at home and brought to the contest ready for the judges to taste. Please follow the **food safety** guidelines as listed in this packet. **Dishes will be disqualified if they do not arrive at the contest completely cold and packed in ice or an insulated ice chest. This is necessary for food safety!**

⇒ **Special Note about food transport items such as ice chests:** Insulated pharmaceutical and floral boxes, etc. are not considered acceptable for transportation of food. Any insulated container not designed to transport food for human consumption will be disqualified. In the past, state judges have disqualified entries transported in ice chests marked with non-food company logos, so please be careful with this aspect of the contest. If in doubt, contact the 4-H office at 838-1170.

- ✓ No glass containers will be allowed for the school contests. No serving utensils will be allowed. Anything used to enhance the appearance of the dish must be in or on the serving container. **Examples of items not allowed: placemats, flowers and table arrangements, figurines, etc.** Food should be exhibited in a normal-sized serving container, not to exceed 18" (inches) to allow adequate space for all entries.
- ✓ Follow the guidelines for the correct **Recipe Format** and bring a typed copy of the recipe along with the dish. See sample recipe on page 3 for format.
- ✓ The highest scoring dish in each division will represent your club at the parish-wide contest. **Further information about the parish-wide contest will be provided to school Blue Award winners in January.**

DIETARY GUIDELINES...

Care should be taken that added ingredients and preparation methods do not contribute excessive amounts of fat and sodium. Consider the nutritional aspects of all the ingredients in your recipe. Explain in your recipe any changes you make in your ingredients or preparation methods to modify fat or sodium.

⇒ Tips you might try to lower fat -

- Make lower fat food or ingredient choices. For example, you might . . .

Choose . . .	Instead of . . .
... low-fat or skim milk	... whole milk
... low-fat or nonfat yogurt	... regular yogurt or sour cream
... reduced calorie margarine	... butter or regular margarine
... oil	... solid shortening
... lean ground beef	... regular ground beef
... reduced calorie mayonnaise	... regular mayonnaise
- Reduce the oil in recipes. Start by reducing it by 1/4. For example, if the recipe calls for 1 cup of oil, use 3/4 cup.
- Frying adds extra fat. It is best to choose another method of preparation such as baking, broiling, grilling or steaming.
- Diet margarine and nonfat cream cheese are not recommended for baked products.

⇒ Tips you might try to lower sodium -

- Salt is our major source of sodium which is needed for healthy bodies. Too much salt can be harmful. Salt in recipes can be reduced by one-half without affecting the taste. Try reducing the salt in your recipe.
- Canned vegetables and soups are high in sodium. Choose canned soups labeled "1/3 less salt" or "no salt added." Choose fresh or frozen vegetables or canned vegetables with reduced salt or sodium.

FOOD SAFETY...

Food safety is an important consideration. **The risk of food-borne illness is greatly increased when foods are held at room temperature for extended periods.** Therefore, the dish should be prepared and chilled to refrigerator temperature and transported on ice in an ice chest to the contest. **DISHES NOT CHILLED AND TRANSPORTED IN THIS WAY WILL BE DISQUALIFIED BY CONTEST OFFICIALS.** Entries that need to be heated to taste their best will be heated at the time of judging.

RECIPE FORMAT...

Be sure your recipe is written correctly. The recipe should include the following parts:

- Name of recipe given
- Ingredients listed in order used in instructions -- No brand names used
- Clear instructions for combining ingredients given
- Size of pan stated
- Temperature and cooking time stated
- Number of servings given
- Dish meets contest and division requirements

⇒ **Special recipe format requirement for contestants entering one of the Beef Cookery Contests. In the Beef Cookery Contest, each category requires special items listed on the recipes, i.e., Low-Calorie Main Dish requires calories listed for each ingredient and calories per serving listed. (See rules for each category in the Beef Contest.)**

   **EXAMPLE OF GENERIC RECIPE
FORMAT:**   

Name of recipe: Spicy Deviled Eggs

Contest: Egg Cookery Contest

Division: Appetizer/Salad

List of ingredients in order used:

5 boiled eggs
3 tablespoons mayonnaise
2 teaspoons mustard
½ teaspoon Cajun-style seasoning
½ teaspoon paprika

Directions for preparing:

1. Peel each egg, and then slice in half lengthwise.
2. Remove yolks and place in small separate bowl. Set egg whites aside.
3. Combine mayonnaise, mustard, and Cajun-style seasoning with yolks. Stir until smooth.
4. Spoon egg yolk mixture into each egg white half.
5. Sprinkle tops of deviled eggs with paprika


Number of serving: 10



SCORING FOR ALL DIVISIONS AND CATEGORIES IN 4-H CLUB CONTESTS

Each entry can earn a total of **25 points**:

- a. **Taste** – 5 points. Does the finished dish have a flavor that appeals to most people?
- b. **Creativity & Originality** – 5 points. Something new, unusual, or an unusual presentation of an old favorite.
- c. **Recipe Format** – 5 points. As stated in basic rules portion of this packet.
- d. **Dietary Guidelines**-5 points. Extra consideration will be given to all dishes in which the fat or sodium contents were lowered; example – skim milk used instead of whole milk.
- e. **Appearance** – 5 points. Does the finished dish look appetizing?

 If you have any questions concerning the 4-H Cookery & Commodity Ambassador Contests, please contact Chantel J. Williams or Ann Gauthier at the 4-H office, 838-1170.

2008-09 Cookery Contest Categories & Divisions

BEEF COOKERY CONTEST



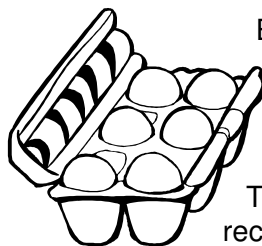
Each dish must contain a **minimum** of **one pound of ground beef**. Eight is the maximum number of servings allowed per pound of ground beef. All beef should be cooked until gray in color, not pink, and juices run clear.

⇒ **Please note: Beef Cookery Recipes formats have special requirements!!**

The contest is divided into three divisions, with special requirements for each:

1. **Low-Calorie Main Dish** - a dish which provides less than 300 calories per serving. ***Calculation of calories for each ingredient must be stated on the 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 must be stated on the recipe.***
3. **One-Dish Meal** - a dish that provides foods from at least three of the five main food groups. ***Foods and food groups must be stated on the recipe.*** Use "Food Guide Pyramid."

EGG COOKERY CONTEST



Each dish must contain a **minimum** of **four (4) eggs**. This can be four egg whites, four egg yolks, four whole eggs, or any combination, as long as four (4) eggs are broken. The recipe with four eggs must make only one standard size dish. For example, a recipe with four eggs that makes two pies of standard size will **not** qualify. **No raw eggs will be allowed in the final product.** The entire dish must be exhibited at the contest. For example, if an appetizer recipe suggests servings in small bite size pieces, **all** the pieces must be exhibited.

The contest is divided into 3 divisions:

1. **Appetizer/Salad**
2. **Main Dish**
3. **Dessert**

*** Ideas for Egg Division entries ***

- **Appetizers** - Egg dip, deviled eggs, bacon stuffed eggs, egg ball
- **Salad** - Seafood salad, meat salad, chef salad, potato salad, egg salad, macaroni salad
- **Main Dishes** - Casseroles, eggs and meat, eggs and seafood, eggs and cheese, omelet, quiche
- **Desserts** - Cakes, custard, tarts, ice cream, bread pudding, pie

POULTRY COOKERY CONTEST

The contest is divided into three divisions with special requirement for each:

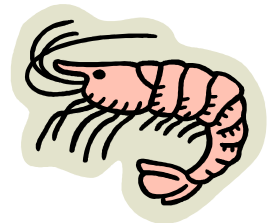


1. **Chicken** - a dish which contains a **minimum** of **two pounds bone-in chicken** or **one pound de-boned chicken meat**. Chicken includes any of the following: fryer, capon, roaster, broiler, baking hen, or Cornish hen.
2. **Processed Poultry Products** - a dish which includes a **minimum** of **12 oz. of processed poultry products**. Examples include: ground turkey, turkey bacon, turkey sausage, smoked turkey, turkey ham, turkey rolls, ground chicken, chicken nuggets, chicken franks, smoked chicken, chicken strips, and canned chicken. **All dishes containing any turkey item, (whole, part, or processed) should be entered in this division.**
3. **Other Poultry Meats** - a dish which contains a **minimum** of **2 pounds bone-in or 1 pound de-boned poultry meat** from a bird other than chickens or turkeys. You may choose poultry meat from any of the following: duck, quail, pheasant, pigeon, guinea, goose, grouse, ostrich, emu, or dove.

SEAFOOD COOKERY CONTEST

The dish must use **at least one (1) cup of seafood**. The seafood must be fresh, frozen, pasteurized, or dried. **Canned seafood and Surimi, an artificial crab made from fish, cannot be used. There can be no raw seafood in the final dish.**

Entries in categories 1-5 can contain small amounts of a second seafood, but not more than $\frac{1}{2}$ of the total amount of seafood. The combination division (#4) may contain any proportion of various seafood varieties, as long as they total at least one cup.



The contest is divided into five divisions:

1. **Oyster**
2. **Crab**
3. **Shrimp**
4. **Fish and other seafood** (must be a species from Louisiana Seafood list)
5. **Crawfish**



LOUISIANA SEAFOOD LIST

Amberjack
Black Drum
Blue Crab
Bluefin Tuna
Brown Shrimp
Buffalo Fish
Crawfish
Cobia (lemonfish)
Croaker
Flounder
Freshwater Catfish
Gamefish (Bass, Bream, etc.)
Are acceptable, but the
more "commercial" fish
above are preferred.
Garfish
Gaspergou
Grouper
King Mackerel
Mahi
Oysters
Pink Shrimp
Pompano

Sand Seatrout (white trout)
Sea Bobs
Sheepshead
Snappers
Spanish Mackerel
Speckled Trout
Sword Fish
White Shrimp
Yellowfin Tuna

Alligator
Bearded Brotulas
Blackfin Tuna
Blue runners
Bluefish
Bowfin (choupique)
Butterfish
Carp
Chub Mackerel
Crevalle Jack
Freshwater Eels
Freshwater Turtle
Frog Legs (bullfrog)

Little Tunny (bonita)
Louisiana Clams
Louisiana Hakes
Louisiana Stone Crabs
Oyster Drills (conchs,
bigorneaux)
Progys
Rays
River Shrimp
Rock Shrimp
Roughneck Shrimp (blood
shrimp)
Royal Red Shrimp
Saltwater Catfish
Saltwater Eels
Shark
Southern King Fish (channel
mullet)
Squid
Striped Mullet
Tilefish
Triggerfish
Wahoo



SUGAR COOKERY 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 mix. This might be in the form of a glaze, enhancement ingredient, or other addition to the mix. **Splenda or other artificial sweetener is not considered an acceptable ingredient for this contest.**

The contest is divided into four divisions:

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



2008-2009 4-H Commodity Ambassador Contest



NOTE TO PARENT OR GUARDIAN... *In the event that your 4-H member will be representing his/her 4-H club (and all Mailbox Members) at the Parish-Wide Contest in early 2009, the following information is included for your advance review:*

Purpose: The 4-H Commodity Ambassador Program is designed for education and enhancement of 4-H club members. Each ambassador program emphasizes the Louisiana agricultural commodities of beef, egg, poultry, seafood, and sugar.

Eligibility: A club's highest scoring entry in each division and all mailbox members are eligible.

Awards: The Ambassador Presentation earns points toward the total score of the member's recipe entry. Additionally, an overall Commodity Ambassador for Egg, Poultry, Beef, Seafood, and Sugar at each grade level division will be selected and recognized as separate winners of that segment of the Cookery Contest. Ambassador winners can compete on the state level and earn money and trips as prizes.

Rules: All details of this part of the contest will be provided to each 4-H Club's top winners and all Mailbox Members by the 4-H Agents in January.