



EVANGELINE PARISH 4-H
15TH ANNUAL COTTON FOOD FESTIVAL
BEEF, SEAFOOD, RICE AND SUGAR COOKERY CONTESTS
WEDNESDAY, OCTOBER 12, 2011
3:00 P.M.
VILLE PLATTE CIVIC CENTER

WHO: All Evangeline 4-H=ers are eligible to enter. You do not have to be enrolled in any particular 4-H project.

WHAT: The Evangeline Parish 4-H Beef, Seafood, Rice & Sugar Cookery Contests

WHEN: Wednesday, October 12, 2011; Dishes will be accepted from 3:00 - 4:00 p.m.

WHERE: Ville Platte Civic Center, East Main Street, Ville Platte

WHY: For 4-H Club members to have satisfactory learning experiences and acquire knowledge of quality standards, size classifications, nutritional value, storage, cooking principles, versatility, use and economic value of rice & sugar products.

SPONSOR: The Parish Beef cookery contest is sponsored by Evangeline Parish Cattleman's Association; the Seafood Cookery contest is sponsored by the Louisiana Cotton Festival Association; the Rice Cookery contest is sponsored by Evangeline Parish Rice Growers Association; the Sugar Cookery contest by Mikey's Donuts.

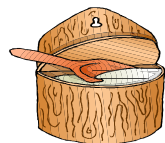


RICE DIVISION: The contest is divided into 3 divisions:

- **Rice Main Dish**
- **Rice Side Dish**
- **Rice Dessert**

REQUIREMENTS:

1. Bring a prepared rice dish to the contest. Dish must contain at **least one (1) cup of cooked rice**. Wild rice is not cultivated rice in Louisiana and does not meet the requirement of 1 cup of rice. Dishes containing rice products such as rice cereal, rice flour, etc. must also contain cooked rice. Example: Traditional rice krispie treats do not meet the contest requirements.
2. **Bring one (1) copy of the recipe to the contest.** The recipe must contain the name of the dish, how much rice it contains, and clear preparation instructions.
3. **Entire dish must be displayed at the contest.** For example, if the recipe states that it serves six, the entire six servings must be displayed.



SUGAR DIVISION: The contest is divided into 2 divisions:

- **BAKED** (Breads, cakes, pies, cookies, etc)
- **NON-BAKED** (Candies, icebox pies, ice cream, etc) No part of the dessert can be baked. This category is not to include homemade jams, jellies, preserves, etc.

REQUIREMENTS:

1. Bring a prepared dish to the contest. Recipe must contain at least **one cup of sugar**.
2. No raw eggs in the final product. No part of the dessert in the non-baked category can be baked.
3. **Bring one (1) copy of the recipe to the contest.** The recipe must contain the name of the dish, how much sugar it contains, and clear preparation instructions.



BEEF COOKERY RULES

1. Each dish must use a minimum of one pound **GROUND BEEF**.
2. Contestants may enter only one dish in this contest from the following divisions:
 - Low-Calorie Main Dish** – a dish which has less than 300 calories per serving. Calculations of calories must be stated on the recipe. List each ingredient on the recipe and write the number of calories beside each. Then give a total number. Divide the total number of calories by the number of servings
 - One Dish Meal** - a dish that provides food from at least 3 of the food groups from “My Plate.” List each ingredient on the recipe and write the food group it belongs to.
 - 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.

******NOTE: All ground beef should be cooked until gray in color; not pink; and juices run clear.**



4-H SEAFOOD COOKERY RULES

1. Each dish must use a minimum of one cup of seafood. The seafood must be fresh, frozen, pasteurized, or dried. **Canned seafood will not be accepted.** The entire dish must be exhibited at the contest. All seafood used in the contest must be on the Louisiana Seafood List included below. There can be no raw seafood in the final dish. Surimi, an artificial crab meat from fish, **CAN NOT BE USED.**
2. Contestants may enter only one dish in this contest from the following divisions:
 - A. Oyster
 - B. Crab
 - C. Shrimp
 - D. Fish or other Seafood (seafood from La. seafood list not included in other divisions)
 - E. Crawfish
3. A second seafood may be used in a dish, but it cannot be more than one-half cup.

LOUISIANA SEAFOOD LIST TRADITIONAL SEAFOOD

Select from this list for Category D - Fish and Other Seafood

White Shrimp	Brown shrimp	Buffalo fish	Croaker
Pink shrimp	Sea bobs (Shrimp)	Gaspergou	Spanish Mackerel
Blue crab	Crawfish	Alligator	Bearded Brotula
Oysters	Garfish	Blackfin Tuna	Blue runners
Freshwater catfish	Shark	Bluefish	Bowfin (Choupique)
Cobia (lemon fish)	Triggerfish	Butterfish	Carp
Black Drum	Pompano	Chub Mackerel	Crevalle, Jack
Snappers	Blue fin Tuna	Freshwater Eels	Freshwater Turtle
Speckled trout	King Mackerel	Frog Legs (bullfrog)	Little Tunny (Bonita)
Yellow fin tuna	Flounder	Louisiana Clams	Louisiana Hakes
Sword fish	Sheep head	Louisiana Stone Crabs	River Shrimp
Grouper	Mahi	Progys	Royal Red Shrimp
Amberjack	Rays	Rock Shrimp	Saltwater Eels
Tilefish	Saltwater Catfish	Striped Mullet	Squid
Wahoo	Gamefish (bass, bream)	Oyster Drills (conchs, bigorneaux)	
Roughneck Shrimp (blood Shrimp)		Southern King Fish (channel mullet)	

GENERAL REQUIREMENTS FOR COOKERY CONTEST

THE DISH MUST BE EXHIBITED COLD TO THE TOUCH.

A. Bring a copy of the recipe along with the dish. A number will be assigned to each dish when it is entered, so please do not write your name on your recipe or dish.

Be sure that your recipe is written correctly. A correctly written recipe has 4 main parts: (1) name of recipe; (2) list of ingredients used; (3) directions for preparing; (4) yield or number of servings in the dish

B. The entire dish must be exhibited at the contest.

C. Anything used to enhance the appearance of the dish must be in or on the serving container

CREATIVITY AND ORIGINALITY ARE ENCOURAGED. Use of previous years recipes is discouraged.

NUTRITION EMPHASIS: In the parish, area and state contests, serious emphasis will be placed on nutrition, including lowered amounts of fat and sodium as well as the nutritional aspects of all ingredients and nutritious preparation methods

A PARISH WINNER will be selected in each of the divisions. Each will receive an award from the contest sponsor and will represent the parish in that division at the area contest to be held in the Spring of 2012.

EGG, CHICKEN, TURKEY, SEAFOOD & SUGAR AMBASSADOR PROGRAM

PURPOSE: The 4-H Ambassador Program is designed for education and enhancement of 4-H club members.

ELIGIBILITY: Any bonafide 4-H club member is eligible. Contestants may enter only one category in the 4-H Ambassador Contest.

DIVISION I: 4-H club members in the 4th, 5th, and 6th grades.

DIVISION II: 4-H club members in the 7th, 8th, and 9th grades.

DIVISION III: 4-H club members in the 10th, 11th, and 12th grades. Contestants must be 15 years of age by January 1, 2012 of the calendar year of the state contest.

FORMAT:

A. The 4-H Ambassador Program consists of five categories: 1) Production; 2) Food preparation and nutritive value; 3) Food Safety; 4) Processing; and 5) Marketing.

B. Division I - Contestants designs a standard poster 22" x 28" relating to one of the five categories listed above; presents a 2-3 minute explanation of the poster subject; and responds to questions from judges; no cooking or preparation of a dish is required; costumes based on theme are acceptable; no notes or outlines, other than working on the posters are to be used while giving the presentation.

Division II - Contestant designs a standard poster 22" x 28" relating to one of the five categories listed above; presents a 2 - 3 minute explanation of the subject; and responds to questions from judges; no cooking or preparation of a dish is required; costumes based on theme are acceptable; no notes or outlines, other than working on the posters are to be used while giving the presentation.

Division III -The Illustrated Talk should concern chicken, turkey, egg, seafood or sugar. The presentation should be 5-8 minutes in length; only posters are allowed for the Illustrated Talk; costumes based on theme are acceptable; no cooking or preparation of a dish will be required for the Chicken, Turkey, Seafood or Sugar Illustrated Talk; **a dish is required for the Egg Illustrated Talk** - The dish may be an appetizer/salad, main dish or dessert. Use the general requirements for the egg commodity cookery contest.

**4-H Members participating in the
Seafood, Sugar, Egg, Chicken & Turkey Ambassador Contest**

**MUST PRE-REGISTER WITH: MRS. TINA GUILLORY
BY SEPTEMBER 30, 2011**