



## East Feliciana Parish 4-H Fall Cookery Contest

**WHEN:** October 16, 2021

**WHERE:** East Feliciana 4-H Office (4419 Idlewild Rd, Clinton, LA 70722)

**DISHES MAY BE DROPPED OFF:** 9:30 a.m. – 10:30 a.m.

**CONTEST BEGINS:** 10:30 a.m. – until last dish is judged

**The Parish Cookery Contest is opened to all 4-H Members and Cloverbud Members**

### Cookery Contest General Rules

1. 4-H'er can only submit one dish per category
2. Dishes must be transported on ice and in an ice chest to the contest.
3. NON-edible items are **NOT** to be presented as part of your dish or as garnish. Only edible items can be used as garnish.

### Commodities & Categories & Divisions

- Bento
- Ground Beef
  - Low-Calorie Main Dish
  - Quick & Easy Main Dish
  - One-Dish Meal
- Pecan
- Sugar
  - Cakes
  - Candy
  - Cookies
  - Pie
- Sweet Potato

**See Commodity Rules Attached**  
**Register Online by Friday, October 8, 2021**

**Registration Link and QR Code**

<https://forms.office.com/r/YSj46t5Rna>



The LSU AgCenter and LSU provide equal opportunities in employment and programs. Should you need an ADA accommodation please contact the East Feliciana Parish 4-H Office at 225.683.3101 by April 6, 2020

## 4-H Healthy Boxed Lunch or “Bento” Contest

**PURPOSE:** The Eat4-Health grant supported by National 4-H and UnitedHealthcare strives to achieve project outcomes of improved dietary choices; improved attitude toward and understanding of healthful foods; increased willingness to try new nutritional foods; and, increased community promotion of healthier food choices. One of the educational efforts offered through the Louisiana 4-H program to achieve these outcomes is a cookery contest. A bento lunch is a compact, balanced, visually appealing meal packed in a box. “Bento” is Japanese for packed lunch or meal. Each competitor will create a lunch to be eaten at school by a student age 9 to 12. The beverage to accompany the meal will be water (do not need to include). Examples can be found on Internet.

**FOOD SAFETY:** After preparation, the dish must be chilled to refrigerator temperature. Dishes must be transported on ice in an ice chest to the contest. **DISHES NOT CHILLED AND TRANSPORTED IN THIS MANNER WILL BE DISQUALIFIED BY CONTEST OFFICIALS.** Plastic containers, insulated cardboard boxes, etc. are not acceptable containers to transport food (**NO EXCEPTIONS**). 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. **No recipe containing raw eggs will be accepted.**

### **GENERAL REQUIREMENTS:**

Bring a prepared Bento to the contest. It should be representative of “MyPlate” recommendations. [www.myplate.gov](http://www.myplate.gov) . There can be no raw eggs in the final product. Bring one copy of the recipe/instructions to the contest. This recipe must have your contestant name, dish division-category, and school on the upper right-hand corner. The copy of the recipe is to be placed under the dish. **Recipes must be typed or handwritten on a sheet no bigger than of 8 ½ X 11”.** Recipes may be used in publicity and printed in publications by the donors.

**See Recipe Sample for Bento Cookery on next page**

## The “Purrfect” Bento Box

### Ingredients:

2 slices - whole wheat bread (cut into a circle) (.22)  
1 tablespoon – light mayonnaise  
3-4 slices - deli meat (.50)  
1 slice – creole tomato (.10)  
1 slice – avocado (.15)  
2 slices – low fat or fat free Swiss cheese (.50)  
1 – celery stick (.15)  
1 – carrot stick (.15)  
2 – broccoli florets (.20)  
3-4 – whole wheat crackers (.50)  
5-8 - grapes (.35)  
2 teaspoons ranch dressing (optional)

Total Cost: \$2.82

### Directions:

- Assemble your sandwich using 2 -3 slices of deli meat and 1 slice of cheese.
- Use a cookie cutter or rim of a drinking glass to cut the sandwich into a circle.
- Turn the leftover bread corners into cat ears, and layer with cheese.
- Roll up sliced celery and carrot sticks with a slice of deli meat to create a side of “sushi”.
- Place florets around the cat’s head to make it decorative and stud with carrot flowers.
- Use celery and carrot slices to create eyes and whiskers on the cat and mouse.
- Slice a piece of cheese into a semi-circle to create a mouse, and use leftover pieces to create a mouse tail and cat mouth.
- Fruit should be placed into a separate container within the bento lunch.
- Ranch dressing is optional for dipping vegetables.

Makes one serving

# 4-H GROUND BEEF COOKERY

## Rules and Regulations

**Purpose:** For 4-H club members to have satisfactory learning experiences and acquire knowledge concerning the nutritional value, cooking principles, versatility, use and economic value of beef.

**Division:** The contest will be divided into three divisions:

1. **Low-Calorie Main Dish** – a dish which provides less than 300 calories per serving.  
Calculation of calories will be stated on recipe. Use “Calories and Weight, the USDA Pocket Guide” and the attached calorie counter.
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 will be stated on recipe.
3. **One-Dish Meal** – a dish that provides foods from at least three of the main food groups. Foods and food groups will be stated on recipe. Use “Food Guide Pyramid.”

**Rules:** Contestants in all three divisions must: (NO TABLE DECORATIONS ALLOWED)

1. Bring to the contest a prepared beef dish. This dish must be cold.  
The dish may be any type: appetizer, soup, main dish, salad, or snack.  
The prepared dish **MUST USE ONE (1) POUND OF BEEF.**
2. Bring a copy of the recipe with the dish. **Recipes must be typed or handwritten on a sheet no bigger than of 8 ½ X 11”.** Recipes may be used in publicity and printed on publications.
3. A contestant may enter as many divisions as he or she wishes, but may enter only one dish per division.

Put this information on the top right BACKSIDE corner of recipe:

Contestant Name: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Commodity Type & Division: \_\_\_\_\_

# 4-H PECAN COOKERY

## Rules and Regulations

**Purpose:** For 4-H club members to have satisfactory learning experiences and acquire knowledge concerning the nutritional value, cooking principles, versatility, use and economic value of pecans.

**Division:** The contest will be divided into one division:

1. Pecan

**Rules:** Contestants in all four divisions must: (NO TABLE DECORATIONS ALLOWED)

1. Bring to the contest a prepared pecan dish. **\*\*This dish must be cold and you should bring only one (1) serving. THE DISH MUST CONTAIN ONE CUP OF PECANS.**
2. Bring a copy of the recipe with the dish. **Recipes must be typed or handwritten on a sheet no bigger than of 8 ½ X 11".** Recipes may be used in publicity and printed on publications.

Put this information on the top right **BACKSIDE** corner of recipe:

Contestant Name: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Commodity Type & Division: \_\_\_\_\_

# 4-H SUGAR COOKERY

## Rules and Regulations

**Purpose:** For 4-H club members to become aware of the economic value of the sugar industry to the state of Louisiana, to understand current research-based dietary information and to use recommended buying, storing, and cooking principles.

**Division:** The contest will be divided into three divisions:

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

**Rules:** Contestants in all four divisions must: (NO TABLE DECORATIONS ALLOWED)

3. Bring a prepared sugar dish to the contest. This dish must be cold. The dish **MUST USE AT LEAST ONE-HALF (1/2) CUP OF SUGAR**. The sugar used in the recipe may be granulated sugar, brown (light or dark) sugar, powdered sugar, or any combination of the above. Mixes are permitted as long as 1/2 cup of additional sugar is added to the recipe. There can be NO raw eggs in the final product.
4. Bring a copy of the recipe with the dish. **Recipes must be typed or handwritten on a sheet no bigger than of 8 ½ X 11”**. Recipes may be used in publicity and printed on publications.
5. A contestant may enter as many divisions as he or she wishes, but may enter only one dish per division.

Put this information on the top right BACKSIDE corner of recipe:

Contestant Name: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Commodity Type & Division: \_\_\_\_\_

# 4-H SWEET POTATO COOKERY

## Rules and Regulations

**Purpose:** For 4-H club members to become aware of the economic value of the pecan industry to the state of Louisiana.

**Division:** The contest will be divided into one division:

1. Pecan

**Rules:** Contestants in all four divisions must: (NO TABLE DECORATIONS ALLOWED)

1. Bring a prepared sugar dish to the contest. This dish must be cold. Any type of sweet potato dish may be entered. The dish **MUST USE AT LEAST ONE CUP OF FRESH, CANNED, OR FROZEN SWEET POTATO.**
2. Bring a copy of the recipe with the dish. **Recipes must be typed or handwritten on a sheet no bigger than of 8 ½ X 11”.** Recipes may be used in publicity and printed on publications.

Put this information on the top right BACKSIDE corner of recipe:

Contestant Name: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Commodity Type & Division: \_\_\_\_\_