



NATCHITOCHEES PARISH 4-H CULINARY ARTS COMPETITION



PECAN, POULTRY AND SEAFOOD

MONDAY, FEBRUARY 16, 2015

CHECK-IN 10:30-11:00 A.M.

4-H Office, 624 Second Street

JUDGING BEGINS & EDUCATIONAL PROGRAM AT 11:15

The 4-H Culinary Arts Competition is a contest that allows youth to demonstrate their culinary knowledge and skills related to: developing and following a recipe, preparation of a dish, and displaying the dish before a judging panel where it will be evaluated on flavor, taste and palatability.

Contest Objectives:

1. To gain knowledge of safe food preparation
2. To acquire skills in planning and preparing a simple food item
3. To learn the principals of nutrition as they relate to lifelong health and fitness
4. To develop leadership abilities and self-confidence while improving healthy food choices/decision making

Eligibility:

The contestant must a bona fide 4-H club member in Natchitoches Parish.

Commodity Categories:

- Poultry: Chicken
- Seafood: Crawfish
- Seafood: Fish
- Seafood: Shrimp
- Pecan: Appetizer/Salad
- Pecan: Dessert

Awards:

First, second and third place winners in each commodity categories will receive an award. All others will receive participation awards.

General Competition Rules (*applies to all participants/entries*):

- ✓ Participants compete as an individual.
- ✓ Participants may only enter one dish in each commodity category. For example you can enter only one Pecan Appetizer/Salad, and one Pecan Dessert.
- ✓ The dish must be prepared by the 4-H member the night before and chilled in the refrigerator.
- ✓ The dish must be transported to the contest on ice and in an ice chest.
- ✓ Dishes not chilled in the refrigerator the night before and transported on ice in an ice chest will be disqualified.
- ✓ Participants are required to attend the educational program. Parents are encouraged to attend.
- ✓ Participants display of the dish must include the entire recipe yield.
- ✓ Participants are responsible for setting up their dish for judging. Only contestants will be allowed in the judging room.
- ✓ Non-edible items are not to be used as garnish.
- ✓ Items not directly related to the dish such as placemats, flower arrangements, and figurines will be removed.
- ✓ Recipes may be used in publicity and printed in publications by the sponsors.

Commodity Category Requirements

**Dishes that do not meet commodity category requirements will be disqualified*

Poultry Chicken

- Must contain a ***minimum of 1 lb. deboned chicken or 2 lbs. bone in chicken***
- Canned chicken is acceptable.

Seafood Crawfish

- Must contain a ***minimum of 1 cup/8 ounces of crawfish*** (fresh or frozen)
- Entries may contain a small amount of seafood but not more than ½ of the amount of the primary seafood.

Seafood Fish

- Must contain a ***minimum of 1 cup/ounces of fish*** (fresh, frozen or canned)
- Entries may contain a small amount of seafood but not more than ½ of the amount of the primary seafood.

Seafood Shrimp

- Must contain a ***minimum of 1 cup/8 ounces of shrimp*** (fresh, frozen, or canned)
- Entries may contain a small amount of seafood but not more than ½ of the amount of the primary seafood.

Pecan Appetizer/Salad

- Must contain a ***minimum of ½ cup pecans*** (whole, chopped, halves or pieces)

Pecan Dessert

- Must contain a ***minimum of ½ cup pecans*** (whole, chopped, halves or pieces)

Recipe Format Rules

- 8 ½ x 11 inch typed with 1 inch margins in Times New Roman font
- Two typed copies of the recipe:
 - ***One copy has the Participant Name and Commodity Category***
 - ***One copy only has the Commodity Category***
- No clip art or page borders to be included on the typed recipe
- Ingredients must be listed in order of use
- **Approved standard abbreviations are allowed (see Appendix B)**
- Include the size and weights of ingredients
- Specific measurements for all fruits and vegetables must be stated. For example ½ cup chopped onion is an acceptable measurement whereas a small onion is not.
- Recipe should include clear, concise, and correct food preparation terms to describe the preparation and cooking process
- Include size of bake ware and cookware if it affects the final product. For example a recipe for brownies baked in an 8 x 8 dish will yield a different product than the same recipe baked in a 9 x 13 dish.
- Cooking temperature and chilling time must be stated, as appropriate
- List total preparation time and total number of servings
- It is not necessary to list cooking steps or instructions for ingredients
- Do not list ingredients needed nor preparation instructions for prepared packaged items such as a gravy mix, cake mix etc.
- If the recipe calls for a precooked item it is not necessary to list ingredients needed to prepare that item, nor preparation instructions.
- For example do not list steps for boiling eggs, cooking rice, or boiling crawfish.
- **Sample recipe (see Appendix C)**

APPENDIX D
4-H Culinary Arts Competition-Natchitoches Parish
Score Sheet

Recipe

(35 Points)

- (5 point) Follow approved recipe format
- (5 points) Name, number of servings, & preparation time stated
- (5 points) Ingredients in order of use and clear concise directions
- (5 points) Approved standard abbreviations
- (5 points) Specific measurements, size, and weight of ingredients
- (5 points) Size of bake ware and cookware if it affects the final product
- (5 points) Cooking temperature and/or chilling time stated

Dish Score

(55 Points)

- (10 points) Appearance
- (45 points) Taste, flavor, texture, aroma, smell, and overall acceptability

Educational Program

(10 Points)

Participation in educational activity

100 Points