

SOUTHEAST REGION



4-H CULINARY ARTS CONTEST RULES

SE Region Culinary Arts Contest Rules

Contest is scheduled annually the 2nd Tuesday in May and recipes are due at least 3 weeks prior.

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 the various agricultural commodities.

Food Safety:

1. Sanitize work area before you begin.
2. Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.
3. Never thaw food by simply taking it out of the fridge! There are three safe ways to thaw food: in the refrigerator, under cold running water, or in the microwave according to directions for the food.
4. Cook raw products to the USDA recommended temperature (see next page for chart).
 - a. More information can be found at www.FoodSafety.gov
5. Dishes must be transported on ice and in an ice chest to the contest.
 - a. DISHES NOT CHILLED AND TRANSPORTED IN THIS MANNER WILL BE DISQUALIFIED BY CONTEST OFFICIALS. NO EXCEPTIONS!

General Rules:

6. The contestant must be a 4-H member, all divisions are open to any age.
7. A contestant may enter as many dishes as they wish but can only enter one dish per division.
8. Winning recipes may not be repeated in subsequent years by the same contestant.
9. Contestants may only use one recipe/category.
 - a. Example: A contestant may not enter a jambalaya recipe in poultry and again in rice.
10. The food should be exhibited in a normal-sized container, not to exceed 18" to allow adequate space for all entries.
 - a. Items not directly related to the dish are NOT allowed (i.e., placemats, flower arrangements, trays, footed chafing dishes, figurines, etc., non-edible or flower garnishes).
 - b. Traditional garnishes are allowed (i.e., parsley, peppers, lemons, tomatoes, etc.).

Safe Minimum Internal Temperature Chart for Cooking

Food	Type	Internal Temperature (°F)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145 Rest time: 3 minutes
	Ground meat and sausage	160
Casseroles	Meat and meatless	165
Chicken, turkey, and other poultry	All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and stuffing inside poultry	165
Eggs	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Ham	Raw ham	145 Rest time: 3 minutes
	Precooked ham (to reheat)	165 Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F
Leftovers	Any type	165
Pork	Steaks, roasts, chops	145 Rest time: 3 minutes
	Ground meat and sausage	160
Rabbit and venison	Wild or farm-raised	160
Seafood	Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	145 or cook until flesh is no longer translucent and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

Recipe Evaluation

Scoring Criteria	Points	Points Given	Judges' Comments
1. Recipe (10) The recipe should include the following parts:			
Name of recipe	1		
Ingredients listed in order used in instructions; NO Abbreviations	2		
Clear instructions for combining ingredients given	2		
Size of pan stated	1		
Temperature and cooking time stated	1		
Number of servings given	1		
Dish meets contest and division requirements	2		
TOTAL	10		

Scoring: All contests will be scored using the same methods, scoring factors and values, but with criteria specific to each contest. Scoring factors and values will include:

- Overall Dish Evaluation: 100 points
 - Taste: 75 points
 - Flavor: 50 points
 - Texture: 15 points
 - Highlight Main Ingredient: 10 points
 - Appearance: 10 points (Does the food look appetizing?)
 - Originality: 5 points
 - Recipe: 10 points
- Contestants are to bring a copy of their recipe the day of the contest.
- Recipes must only have the contestant number and cookery / division on the front
 - See Sample Recipe for formatting on next page.
- The recipe should be placed next to the dish.
- Recipes will be scored according to the Recipe Evaluation (above).
- Recipes may be used in publicity and printed in publications.
- In case of a tie, the tie will be broken by the following method:
 - The contestant with the highest “taste” score will win.
 - The contestant with the highest “recipe evaluation” score will win.
 - A method determined by the contest officials.

Note: Winning recipes may not be repeated in subsequent years by the same contestant.

Crawfish & Corn Bisque

Ingredient List:

Include: Ingredients listed in order used in recipe instructions; NO Abbreviations used for ingredient measures

1/2 cup chopped onions
1/4 cup butter
1 teaspoon garlic powder
1/2 cup white Gravy mix
2 cups of milk
2 cups of water
15 ounce can of corn
1/2 tablespoon Cajun seasoning
1/2-pound crawfish tails

Instructions:

Include: Clear instructions for combining ingredients given; Temperature and cooking time stated. Number of servings given; Size of pan stated

1. Chop onions and cook on low heat in melted butter and garlic powder until onions are tender, about 5 – 7 minutes.
2. In a 12-quart pot, whisk white gravy mix with milk and water.
3. Bring to a boil, stirring constantly.
4. Reduce heat, simmer, and add corn, Cajun seasoning, and crawfish tails.
5. Cook for about 10 minutes or until ingredients are warm.

Cook Time: 50 minutes

Number of Servings: 5 (1 cup) servings

Size of Pan: 12-quart pot

Temperature: warm

4-H Beef Cookery

Rules and Regulations

Divisions:

1. Ground Beef
 - a. Examples: Taco Pizza, Swedish Meatballs, Beef Sliders, Chili, Stuffed Pepper, etc.
2. Other Beef Cuts
 - a. Examples: Garlic Butter Steak Bites, Fajitas, Philly Cheesesteak, Beef & Broccoli, etc.

Rules:

1. The prepared dish must use a minimum 1 pound of beef.
2. A contestant may enter only one dish per division.
3. Contestants should bring one large serving of the dish.
4. Dish may be any type: appetizer, soup, main dish, salad, snack, etc.
5. Dishes must be transported on ice and in an ice chest to the contest.
6. Must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.
7. Contestants are to bring a copy of their recipe the day of the contest.
 - a. Refer to sample recipe.



4-H Egg Cookery

Rules and Regulations

Divisions:

1. Appetizer/Side Dish
 - a. Examples: Mini Quiche, Deviled Eggs, Potato Salad, Egg Drop Soup, Scotch Egg etc.
2. Main Dish/Salad
 - a. Examples: Quiche, Egg Salad, Chicken Salad, Frittata, etc.
3. Dessert
 - a. Examples: Angel Food Cake, Custard, Meringue Cookies, Crème Brulé, etc.

Rules:

1. The prepared dish must utilize a minimum of 4 eggs, this can be 4 whites, 4 yolks, or 4 whole eggs. The recipe with 4 eggs must make only one standard size dish.
 - a. Example: if a recipe contained 2 whole eggs in the custard and 2 egg whites in the topping, it would be allowed because the recipe contained a total of 4 eggs.
2. NO RAW EGGS will be allowed in the final product.
3. A contestant may enter only one dish per division.
4. Contestants should bring 1 large serving of the dish.
5. Dishes must be transported on ice and in an ice chest to the contest.
6. Must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.
7. Contestants are to bring a copy of their recipe the day of the contest.
 - a. Refer to sample recipe.



4-H Louisiana Commodities Cookery

Rules and Regulations

Divisions:

1. Pecan

- a. Dish must contain a minimum 1 cup of pecans
- b. Examples: Pecan Pie, Pecan Chicken Salad, Pecan Crusted Chicken & Waffles etc.

2. Rice

- a. Dish must contain a minimum 1 cup of cooked rice.
 - i. Wild rice is not a 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.
 - ii. Example: Traditional Rice Krispie treats do not meet the contest requirements.
- b. Examples: Stuffed Pepper Soup, Fried Rice, Rice Pudding, Jambalaya etc.

3. Sweet Potato

- a. Dish must contain a minimum 1 cup of fresh, frozen, or canned sweet potatoes.
- b. Examples: Hasselback Sweet Potatoes, Sweet Potato Fritters, Sweet Potato Bisque, etc.

Rules:

1. The prepared dish must meet the requirements listed above.
2. A contestant may enter only one dish per division.
3. Dish may be any type: appetizer, soup, main dish, salad, snack, etc.
4. Contestants should bring one large serving of the dish.
5. Dishes must be transported on ice and in an ice chest to the contest.
6. Must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.
7. Contestants are to bring a copy of their recipe the day of the contest.
 - a. Refer to sample recipe.



4-H Poultry Cookery

Rules and Regulations

Divisions:

1. Chicken
 - a. Includes: fryer, roaster Cornish, ground chicken, canned chicken, chicken nuggets etc.
2. Turkey
 - a. Includes: ground turkey, turkey bacon, turkey sausage, etc.

Rules:

1. The prepared dish must contain a minimum of 2-pounds bone-in meat, 1-pound deboned meat, or 12 ounces of processed product.
2. A contestant may enter only one dish per division.
3. Dish may be any type: appetizer, soup, main dish, salad, snack, etc.
4. Contestants should bring one large serving of the dish.
5. Dishes must be transported on ice and in an ice chest to the contest.
6. Must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.
7. Contestants are to bring a copy of their recipe the day of the contest.
 - a. Refer to sample recipe.



4-H Seafood Cookery

Rules and Regulations



Divisions:

1. Crab
 - a. Examples: Crab Cakes, Crab Dip, Crab & Corn Bisque etc.
2. Crawfish
 - a. Examples: Crawfish Won-Tons, Crawfish Fettuccine, Crawfish Bread etc.
3. Shrimp
 - a. Examples: Shrimp Fettuccine, Bacon-Wrapped Shrimp, Coconut Shrimp etc.
4. Other Louisiana Seafood
 - a. Must be listed on the Louisiana Seafood List on the next page.
 - b. Examples: Alligator Sauce Piquante, Fish Tacos, Baked/BBQ Oysters, etc.

Rules:

1. The prepared dish must contain a minimum 1 cup of seafood.
 - a. The Seafood must be fresh, frozen, pasteurized, or dried.
 - i. Canned seafood is NOT acceptable.
 - ii. There can be NO raw seafood in the final dish.
 - iii. May contain a small amount of a second seafood but not more and $\frac{1}{2}$ the amount of the primary seafood.
2. All seafood used in the contest must be listed on the Louisiana Seafood List on the next page.
3. A contestant may enter only one dish per division.
4. Dish may be any type: appetizer, soup, main dish, salad, snack, etc.
5. Contestants should bring one large serving of the dish.
6. Dishes must be transported on ice and in an ice chest to the contest.
7. Must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.
8. Contestants are to bring a copy of their recipe the day of the contest.
 - a. Refer to sample recipe.

Louisiana Seafood List

Alligator	Freshwater catfish	Rock shrimp
Amberjack	Freshwater eels	Roughneck Shrimp (blood Shrimp)
Bearded brotula	Freshwater turtle	Royal red shrimp
Black Drum	Frog legs (bullfrog)	Saltwater catfish
Blackfin Tuna	Gamefish (bass, bream)	Saltwater eels
Blue Crab	Gaspergou	Sea bob (shrimp)
Blue fin tuna	Grouper	Sheep head
Blue runners	King Mackerel	Snappers
Bluefish	Little tunny (Bonita)	Southern king fish (channel mullet)
Bowfin (choupique)	Louisiana clams	Spanish mackerel
Brown shrimp	Louisiana hakes	Speckled trout
Buffalo fish	Louisiana stone crab	Squid
Butterfish	Mahi	Striped mullet
Carp	Oyster drills (conchs, Bigorneaux)	Sword fish
Chub mackerel	Oysters	Tilefish
Cobia (lemon fish)	Pink shrimp	Triggerfish
Crawfish	Pompano	Wahoo
Crevalle, jack	Progys	White shrimp
Croaker	Rays	Yellow fin tuna
Flounder	River shrimp	

Seafood NOT Allowed: Surimi (an artificial crab made from fish), tilapia, salmon, cod, halibut, rainbow trout, and other non-Louisiana fish/seafood.

For more information visit LouisianaSeafood.com

4-H Sugar Cookery

Rules and Regulations

Divisions:

1. Cakes
 - a. Includes: cupcakes, king cake, chocolate cake, etc.
2. Candy/Other
 - a. Includes: pralines, coconut bars, brownies, donuts, etc.
3. Cookies
 - a. Includes: sugar cookies, oatmeal cookies, candy bar cookies, etc.
4. Pies
 - a. Includes: sugar cream pie, apple pie, pumpkin pie, etc.

Rules:

1. The prepared dish must contain a minimum of $\frac{1}{2}$ cup of sugar.
 - a. The sugar used may be granulated sugar, brown (light or dark) sugar, powdered sugar, or any combination of the above.
 - b. Mixes are permitted if $\frac{1}{2}$ cup of additional sugar is added to the recipe.
 - c. There can be NO raw eggs in the final dish.
2. A contestant may enter only one dish per division.
3. Contestants should bring $\frac{1}{2}$ of the recipe servings.
4. Dishes must be transported on ice and in an ice chest to the contest.
5. Must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.
6. Contestants are to bring a copy of their recipe the day of the contest.
 - a. Refer to sample recipe.



4-H Wild Game Cookery

Rules and Regulations

Divisions:

1. Deer (Venison)
 - a. Includes: ground or whole cuts.
 - b. Examples: Venison Tacos, Venison Stew, Venison Lasagna, etc.
2. Fowl
 - a. Includes: duck, quail, geese, pheasant, dove, etc.
3. Other Game
 - a. Includes: rabbit, hog, squirrel, bison, elk, caribou, etc.

Rules:

1. The prepared dish must contain a minimum of 1 pound of meat.
2. Contestants **MUST** identify the meat product used in the recipe.
3. A contestant may enter only one dish per division.
4. Dish may be any type: appetizer, soup, main dish, salad, snack, etc.
5. Contestants should bring 1 large serving of the dish.
6. Dishes must be transported on ice and in an ice chest to the contest.
7. Must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.
 - a. Minimum internal temperatures of 160°F for wild game and 165°F internal temperature for wild fowl.
8. Contestants are to bring a copy of their recipe the day of the contest.
 - a. Refer to sample recipe.



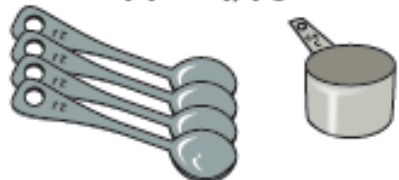
Measuring Math

For dry and liquid ingredients

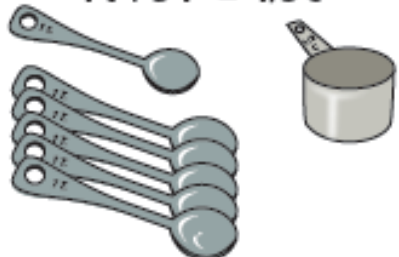
$$3 \text{ t} = 1 \text{ T}$$



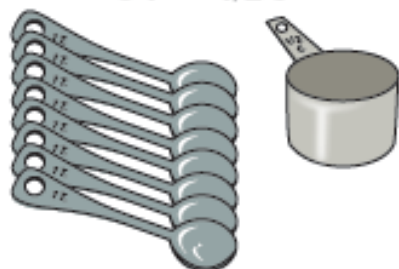
$$4 \text{ T} = 1/4 \text{ c}$$



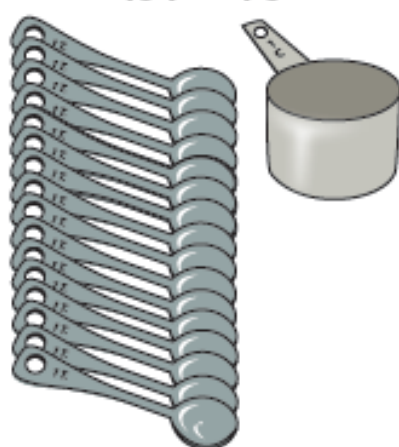
$$1 \text{ t} + 5 \text{ T} = 1/3 \text{ c}$$



$$8 \text{ T} = 1/2 \text{ c}$$

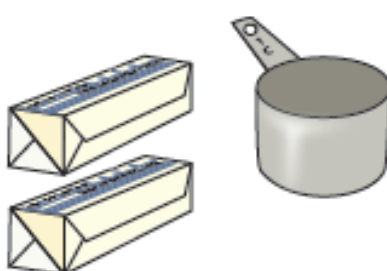


$$16 \text{ T} = 1 \text{ c}$$

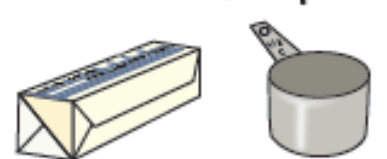


For margarine or butter

$$2 \text{ sticks} = 1 \text{ cup}$$



$$1 \text{ stick} = 1/2 \text{ cup}$$



$$1/2 \text{ stick} = 1/4 \text{ cup}$$



For liquids

$$2 \text{ c} = 1 \text{ pint}$$



$$4 \text{ c} = 1 \text{ quart}$$



$$2 \text{ quarts} = 1/2 \text{ gallon}$$

