



# St. John the Baptist Parish 4-H Spring Cookery Contest

**WHEN:** April 14, 2025

**ALL DISHES MUST BE DROPPED OFF AT THE ST. JOHN PARISH 4-H OFFICE (151 E. 3<sup>RD</sup> ST., Edgard, LA)**

**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. The food should be exhibited in a normal-size container, not to exceed 18" to allow adequate space for all entries
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

- **Beef**
  - Ground Beef
  - Other Beef Cuts
- **Egg**
  - Appetizer/Salad
  - Main Dish
  - Dessert
- **Louisiana Commodities**
  - Pecan
  - Rice
- **Poultry**
  - Chicken
  - Turkey
- **Seafood**
  - Crab
  - Crawfish
  - Shrimp
  - Other Louisiana Seafood (*must be on the Louisiana Seafood List attached*)
- **Sugar**
  - Candy/Other
  - Pies
- **Wild Game**
  - Deer
  - Fowl
  - Other Game

See Commodity Rules Attached

**Register Online by Monday, April 7, 2024**

**Registration Link:** <https://forms.office.com/r/CCZHn6aNNp>



The LSU AgCenter and LSU provide equal opportunities in employment and programs. Should you need an ADA accommodation, please contact the St. John the Baptist Parish 4-H Office at 985-497-3261

## Judging

The St. John Parish 4-H Spring Cookery Contest will follow the Southeast Region 4-H Culinary Arts Contest Rules. All divisions 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**

### Recipe Evaluation

Scoring Criteria	Points	Points Given	Judges' Comments
Name of recipe	1		
Ingredients are listed in the order used in the instructions. <b>NO ABBREVIATIONS</b>	2		
Clear instructions for combining ingredients are given	2		
The size of the pan stated	1		
Temperature and cooking time stated	1		
Number of servings given	1		
Dish meets contest and division requirements	2		
<b>TOTAL</b>	<b>10</b>		

- Contestants are to bring a copy of their recipe on the day of the contest. **TYPED**
- The recipe should be placed next to the dish. **SEE THE SAMPLE RECIPE FOR GUIDANCE**
- 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 the 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

**Division:** The commodity will be divided into two (2) divisions:

1. **Ground Beef**

*Examples: Taco Pizza, Swedish Meatballs, Beef Sliders, Chili, Stuffed Peppers, etc.*

2. **Other Beef Cuts**

*Examples: Garlic Butter Steak Bites, Fajitas, Philly Cheesesteak, Beef & Broccoli, etc.*

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

1. Bring a prepared beef dish to the contest. This dish must be cold, on ice, and in an ice chest.
2. The dish may be any type: appetizer, soup, main dish, salad, snack, etc.
3. The prepared dish **MUST USE ONE (1) POUND OF BEEF.**
4. Bring a copy of the recipe with the dish. **Recipes must be typed on a sheet no bigger than 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.
6. Must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.

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

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

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

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

# 4-H EGG COOKERY

## Rules and Regulations

**Division:** The contest will be divided into three (3) divisions:

**1. Appetizer/Side Dish**

*Examples: Mini Quiche, Deviled Eggs, Potato Salad, Egg Drop Soup, Scotch Egg, etc.*

**2. Main Dish/Salad**

*Examples: Quiche, Egg Salad, Chicken Salad, Frittata, etc.*

**3. Dessert**

*Examples: Angel Food Cake, Custard, Meringue Cookies, Crème Brule, etc.*

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

1. Bring to the contest a prepared egg dish. **This dish must be cold, and you should bring one least (3) servings.**
2. The prepared dish must utilize a **minimum of four (4) eggs**. This can be four (4) whites, four (4) yolks, or four (4) whole eggs. The recipe with 4 eggs must make a standard-size dish.  
*For instance: 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 four (4) eggs.*
3. **NO RAW EGGS** will be allowed 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 8 ½ X 11”**. Recipes may be used in publicity and printed in publications.

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

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

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

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

# 4-H LOUISIANA COMMODITY COOKERY

## Rules and Regulations

**Division:** The contest will be divided into three (3) divisions:

1. Pecan

**Examples:** *Pecan Pie, Pecan Chicken Salad, Pecan Crusted Chicken & Waffles, etc.*

2. Rice

**Examples:** *Stuffed Pepper Soup, Fried Rice, Rice Pudding, Jambalaya, etc.*

**Rules:** Contestants in all three (3) divisions must: **(NO TABLE DECORATIONS ALLOWED)**

1. Bring to the contest a prepared Louisiana Commodity dish. ***\*The dish must be cold, on ice and inside an ice chest.***

2. **Contestants' dish should contain at least the following for each division:**

**Pecan: One(1) cup of pecans**

**Rice: One (1) cup of rice**

*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. Traditional Rice Krispie treats do not meet the commodity requirement.*

3. The dish may be any type: appetizer, soup, main dish, salad, snack, etc..
4. Bring a copy of the recipe with the dish. **Recipes must be typed 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.
6. Must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.

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

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

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

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

# 4-H POULTRY COOKERY

## Rules and Regulations

**Division:** The contest will be divided into two (2) divisions:

**1. Chicken**

*Examples: Fryer, Roaster Cornish, Ground Chicken, Canned Chicken, Chicken Nuggets, etc.*

**2. Turkey**

*Examples: Ground Turkey, Turkey Bacon, Turkey Sausage, etc.*

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

1. Bring to the contest a prepared poultry dish. ***\*The dish must be cold, on ice, and inside an ice chest.***
2. The prepared dish must contain a minimum of  
**2-pounds bone-in meat**  
**1-pound deboned meat, or**  
**12 ounces of processed product.**
3. The dish may be any type: appetizer, soup, main dish, salad, or snack.
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 in publications.
5. It must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.

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

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

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

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

# 4-H SEAFOOD COOKERY

## Rules and Regulations

**Division:** The contest will be divided into four (4) divisions:

**1. Crab**

*Examples: Crab Cakes, Crab Dip, Crab & Corn Bisque, etc.*

**2. Crawfish**

*Examples: Crawfish Won-Tons, Crawfish Fettuccine, Crawfish Bread, etc*

**3. Shrimp**

*Examples: Shrimp Fettuccine, Bacon-Wrapped Shrimp, Coconut Shrimp, etc*

**4. Other Louisiana Seafood**

*Must be listed on the Louisiana Seafood List found on the next page*

*Examples: Alligator Sauce Piquante, Fish Tacos, Baked/BBQ Oyster, etc*

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

1. Bring to the contest a prepared seafood dish. **This dish must be cold, and you should bring only three (3) serving.**
2. The recipe must contain **at least one (1) cup** of seafood. Seafood must be fresh, frozen, pasteurized, or dried seafood. No canned seafood may be used.
3. There can be NO RAW seafood in the final dish.
4. Dish may contain a small amount of a second seafood but not more than ½ of the amount of the primary seafood.
5. The dish may be any type: appetizer, soup, main dish, salad, snack, etc.
6. Bring a copy of the recipe with the dish. **Recipes must be typed or handwritten on a sheet no bigger than 8 ½ X 11”.** Recipes may be used in publicity and printed in publications.
7. It must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.

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

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

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

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



## 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](http://LouisianaSeafood.com)*

# 4-H SUGAR COOKERY

## Rules and Regulations

**Division:** The contest will be divided into four (4) divisions:

1. Cakes

**Examples:** *cupcakes, king cake, chocolate cake, etc.*

2. Candy/Other

**Examples:** *pralines, coconut bars, brownies, donuts, etc.*

3. Cookies

**Examples:** *sugar cookies, oatmeal cookies, candy bar cookies, etc.*

4. Pies

**Examples:** *sugar cream pie, apple pie, pumpkin pie, etc.*

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

1. Bring to the contest a prepared poultry dish. **\*The dish must be cold, on ice, and inside an ice chest.**
2. The contestant dish must contain a **minimum of ½ 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.

3. Bring a copy of the recipe with the dish. **Recipes must be typed on a sheet no bigger than of "8 ½ x 11"**. Recipes may be used in publicity and printed on publications.
4. A contestant may enter as many divisions as he or she wishes but may enter only one dish per division.
5. Must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.

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

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

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

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

# 4-H WILD GAME COOKERY

## Rules and Regulations

**Division:** The contest will be divided into three (3) divisions:

**1. Deer (Venison)**

*Includes: ground and whole cuts*

*Examples: Venison Tacos, Venison Stew, Venison Lasagna, etc.*

**2. Fowl**

*Examples: Duck, Quail, Geese, Pheasant, Dove, etc*

**3. Other Game**

*Examples: Rabbit, Hog, Squirrel, Bison, Elk, Caribou, etc*

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

1. Bring to the contest a prepared seafood dish. **This dish must be cold, and you should bring only three (3) serving.**
2. The recipe must contain a **minimum of one (1) pound** of meat.
3. Must identify the meat product used in the recipe
4. The dish may be any type: appetizer, soup, main dish, salad, snack, etc.
5. Bring a copy of the recipe with the dish. **Recipes must be typed or handwritten on a sheet no bigger than 8 ½ X 11”.** Recipes may be used in publicity and printed in publications.
6. It must be cooked according to the safe minimum internal temperature chart for cooking from FoodSafety.gov.
  - a. Minimum internal temperature of 160°F for wild game and 165°F internal temperature for wild fowl

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

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

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

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