



St. John the Baptist Parish 4-H Fall Cookery Contest

WHEN: November 12, 2022

WHERE: West St. John High School (480 Hwy 3127, Edgard, LA 70049)

DISHES MAY BE DROPPED OFF: 9:30 a.m. – 10:00 a.m.

CONTEST BEGINS: 10:00 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 division
2. Dishes must be transported on ice and in an ice chest to the contest.
3. The food should be exhibited in a normal-size container, not to exceed 18" to allow adequate space for all entries
4. 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 & Divisions

- **Beef**
 - Ground Beef
 - Other Beef Cuts
- **Louisiana Commodities**
 - Pecan
 - Rice
 - Sweet Potato
- **Sugar**
 - Cakes
 - Candy/Other
 - Cookies
 - Pie

See Commodity Rules Attached
Register Online by Tuesday, November 1, 2022

Registration Link and QR Code

https://lsu.qualtrics.com/jfe/form/SV_5stPrYixyuICMjc



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 by November 1, 2022

Judging

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
 - Appearance: 10 points
 - Recipe: 15 points

Recipe Evaluation

Scoring Criteria	Points	Points Given	Judges' Comments
Name of recipe	1		
Ingredients listed in order used in instructions	2		
Clear instructions for combining ingredients given	2		
NO Abbreviations used for ingredient measures	2		
Size of pan stated	2		
Temperature and cooking time stated	2		
Number of servings given	2		
Dish meets contest and division requirements	2		
TOTAL	15		

- Contestants are to bring a copy of their recipe the day of the contest.
- 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

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

4-H 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 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**

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

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

1. Bring to the contest a prepared beef dish. This dish must be cold, on ice and in an ice chest.

The dish may be any type: appetizer, soup, main dish, salad, snack, etc..

The prepared dish **MUST USE ONE (1) POUND OF BEEF.**

2. 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.
3. A contestant may enter as many divisions as he or she wishes but may enter only one dish per division.
4. 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 recipe:

Contestant Name: _____

School: _____ Grade: _____

Commodity Type & Division: _____

4-H LOUISIANA COMMODITY 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 the following Louisiana commodities; pecan, rice, and sweet potato.

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.

3. Sweet Potato

Examples: Hasselback Sweet Potatoes, Sweet Potato Fritters, Sweet Potato Bisque, etc.

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

1. Bring to the contest a prepared Louisiana Commodity dish. **** 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.

Sweet Potato: One (1) cup of fresh, frozen, or canned sweet potato

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 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:

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 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.
2. 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.
3. A contestant may enter as many divisions as he or she wishes but may enter only one dish per division.
4. 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 recipe:

Contestant Name: _____

School: _____ Grade: _____

Commodity Type & Division: _____