

Parish 4-H Seafood Cookery Rules

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

Eligibility The contestant must be a bona fide 4-H Club member. All divisions are open to any age

A contestant may enter only ONE recipe in the Seafood Cookery Division.

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.

Categories:

The Seafood Cookery Contest Division will be divided into five categories:

1. **Oyster**
2. **Crab**
3. **Shrimp**
4. **Fish or Other Seafood** (seafood from Louisiana Seafood List not included in other divisions)
5. **Crawfish**

General Requirements:

1. Bring a prepared seafood dish to the contest. **The dish must use at least one (1) cup of seafood.** The seafood must be fresh, frozen, pasteurized or dried. **Canned seafood is not acceptable. Surimi, an artificial crab made from fish, cannot be used. There can be no raw seafood in the final dish.** Entries in categories 1 -5 may contain a small amount of a second seafood but not more **than ½ of the amount of the primary seafood.** For example, a recipe could contain one cup of crab as the primary seafood and ½ cup of shrimp as the secondary seafood. **All seafood used in the contest must be listed on the attached Louisiana Seafood List.**
2. Bring one copy of the recipe to the contest. This recipe must have your category, division, name, grade and school club on the back of the recipe. The copy of the recipe is to be placed under the dish. Recipes will be evaluated according to the attached Recipe Evaluation
3. The food should be exhibited in a normal-sized disposable serving container, not to exceed 18" to allow adequate space for all entries. You will be asked to remove items not directly related to the dish, such as placemats, flower arrangements, figurines, trays, footed chafing dishes, soup tureens, etc. Baskets or metal containers in which casserole/serving dishes fit exactly will be allowed but must be disposable. Non-edible items are not to be used as garnish. No serving utensils will be allowed.

- a. Recipe must contain the total servings but the contestants are only to bring a “plating” of 3 or 4 servings of the dish for judging on a disposable container. This eliminates returning the dish and the contestants have the remainder of the dish to enjoy.
4. Only 4-H members are allowed to set up their dish or someone else’s dish who is not present.

Parish Contest:

The dish at the area contest should be prepared at home and brought to the contest ready for judging. No cooking will be done at the area contest.

THE DISH MUST BE CHILLED TO REFRIGERATOR TEMPERATURE AND TRANSPORTED ON ICE IN AN ICE CHEST TO THE CONTEST.

Recipe Evaluation:

The recipe will be evaluated based on the following information:

- a. Name of recipe given
- b. Ingredients listed in order used in instructions
- c. Include size and weight of cans, packages, etc. (Example: 10 $\frac{3}{4}$ ounce can of cream of mushroom soup)
- d. Clear instructions
- e. Size of pan stated
- f. Temperature and cooking time stated
- g. Number of servings given
- h. Dish meets contest and division requirements

Equal Measurements:

1 tablespoon (1/2 ounce)	=	3 teaspoons
1 cup (8 ounces)	=	16 tablespoons
1/8 cup	=	2 tablespoons
1/4 cup	=	4 tablespoons
1/3 cup	=	5 tablespoons plus 1 teaspoon
7/8 cup	=	1 cup minus 2 tablespoons
1 pint (16 ounces)	=	2 cups
1 quart (32 ounces)	=	2 pints or 4 cups
1 gallon (128 ounces)	=	4 quarts

Scoring Factors:

(to be determined by judges)

1. Recipe
2. Taste
3. Appearance
4. Dietary Guidelines

Louisiana Seafood List

Amberjack
Black Drum
Blue Crab
Bluefin Tuna
Brown Shrimp
Buffalo Fish
Crawfish
Cobia (Lemonfish)
Flounder (Croaker)
Freshwater Catfish
Gamefish (Bass, Bream, etc) are
acceptable, but the more
“commercial” fish above are
preferred
Garfish
Gaspergou
Grouper
King Mackerel
Mahi
Oysters
Pink Shrimp
Pompano
Sand Seatrout (White Trout)
Sea Bobs (Shrimp)
Sheepshead
Snappers
Spanish Mackerel
Speckled Trout
Sword Fish
White Shrimp
Yellowfin Tuna
Tilefish

Triggerfish
Wahoo
Alligator
Bearded Brotulas
Blackfin Tuna
Blue Runners
Bluefish
Bowfish (Choupique)
Butterfish
Carp
Chub Mackerel
Crevalle, Jack
Freshwater Eels
Freshwater Turtle
Frog Legs (Bullfrog)
Little Tunny (Bonita)
Louisiana Clams
Louisiana Hakes
Louisiana Stone Crabs
Oyster Drills (Conchs, Bigorneaux)
Progys
Rays
River Shrimp
Rock Shrimp
Roughneck Shrimp (Blood Shrimp)
Royal Red shrimp
Saltwater Catfish
Saltwater Eels
Shark
Southern King Fish (Channel Mullet)
Squid
Striped Mullet