



# St. John the Baptist Parish 4-H

## Deck the Dishes & Dress the Threads

**WHEN:** Monday, December 22, 2025

**WHERE:** Leroy D. Williams Memorial Library – Reserve Branch

**REGISTRATION TIME:** 9:30 a.m. – 10:00 a.m.

**CONTEST/WORKSHOP BEGINS:** 10:00 a.m. – 11:30 a.m.

### THIS EVENT IS A PARISH COOKERY CONTEST AND WORKSHOP AND IS OPEN TO ALL ST. JOHN PARISH 4-H & CLOVERBUD MEMBERS

**Purpose:** For 4-H 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.

#### General Rules:

1. Youth can only submit one dish per category
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 and Categories:

##### Louisiana Commodities

- Pecan
- Rice
- Sweet Potato

##### Sugar

- Cakes
- Candy/Other
- Cookies
- Pies

##### Egg

- Appetizer/Side Dish
- Main Dish/Salad
- Dessert

##### Poultry

- Chicken
- Turkey

See the Commodity Rules Attached

### Ugly Sweater or T-Shirt Decorating Workshop

While judging is underway, families can join our Ugly Sweater or T-Shirt Decorating Workshop! Bring your own plain sweater or T-shirt to transform into a festive masterpiece. A limited number of extras will be available on a first-come, first-served basis.

- All supplies provided
- Photo booth fun included
- Prizes for creativity and holiday flair!

#### REGISTRATION IS REQUIRED!

Register by Monday, **December 8, 2025**

#### Registration Link and QR Code

<https://forms.office.com/r/JZwZXZ7cqX>



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 December 8, 2025

# Cookery Contest Judging

The St. John Parish 4-H Winter 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**

## Cookery Contest Judging

| Scoring Criteria  | Points    | Points Given | Judges' Comments |
|---|-----------|--------------|------------------|
| Name of recipe  | 1         |              |                  |
| Ingredients are listed in the order used in the instructions.<br><i><b>NO ABBREVIATIONS</b></i> | 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 **TYPED** or **HANDWRITTEN** copy of their recipe on the day of the contest.
- 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.*

## SAMPLE RECIPE

Contestant's First and Last Name

School Name and Grade

Commodity/Division

### **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 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.*

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. ***\*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.*

**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 or handwritten 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/Club: \_\_\_\_\_ Grade: \_\_\_\_\_

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

# 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 or handwritten on a sheet no bigger than 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/Club: \_\_\_\_\_ 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 Brûlée, 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 at 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/Club: \_\_\_\_\_ 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, or**
  - **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/Club: \_\_\_\_\_ Grade: \_\_\_\_\_

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