



# *St. Tammany Parish*

## *4-H Food Fest*

### *Handbook*

Egg Cookery

Sugar Cookery

Poultry Cookery

Beef Cookery

Seafood Cookery

Bento Cookery



# 4-H FOOD FEST RULES AND REGULATIONS



## **Purpose:**

All cookery contests are designed for the education and enhancement of 4-H club members. Each contest emphasizes specific agricultural commodities.

## **Eligibility:**

The contestants must be a bona fide 4-H club member.

## **Format:**

Each contest has two primary components.

- (1) Dish
- (2) Recipe

## **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
- Appearance – 15 points

Recipe Evaluation – 10 points

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**Score for Total Overall Dish – 100 points**

**NOTE: The food should be exhibited in a normal-sized 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, large soup tureens, etc. Baskets or metal containers in which casserole/serving dishes fit exactly will be allowed. Non-edible items are not to be used as garnish. Only traditional garnishes i.e. ...parsley, peppers, lemons and tomatoes are allowed. No flowers are permitted.**

## **Ties:**

In case of a tie, the tie will be broken by the following, in order listed:

- a. The contestant with the highest “taste” score will win.
- b. The contestant with this highest recipe evaluation score will win.
- c. A method determined by the contest officials.



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### **Food Safety:**

Food safety is an important consideration. **The risk of food borne illness is greatly increased when foods are held at room temperature for extended periods.** Therefore, the dish should be prepared and chilled to refrigerator temperature and transported on ice in an ice chest to the contest.

**This will be a requirement for the Regional Cookery Contest.**

### **Recipe Evaluation:**

The recipe will be evaluated based on the following information:

- ☒ Name of Recipe Given
- ☒ Ingredients Listed in Order Used in Preparation of Recipe
- ☒ Include the Size and Weight of Cans, Packages, etc.
- ☒ Clear Instructions
- ☒ No Abbreviations. Please use complete spelling of ingredient measures (Ex: Cup, Teaspoon, Tablespoon, etc.  
This makes the recipe clearer to understand
- ☒ Size of Pan Stated
- ☒ Temperature and Cooking Time Stated
- ☒ Number of Servings Given
- ☒ Dish Meets Contest and Division Requirements



# **EGG COOKERY:**



Contestant must use **at least four eggs** in the recipe.

This can be 4 whole eggs, 4 yolks, or 4 egg whites. The recipe with 4 eggs must make only one standard sized dish. The entire dish must be exhibited at the parish contest.

## **Divisions:**

☘ Appetizer / Salad

☘ Main Dish

☘ Dessert

# **SUGAR COOKERY:**

Bring a prepared sugar dish to the contest. **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.**

## **Divisions:**

☘ Cakes

☘ Candy

☘ Cookies

☘ Pies



# **BEEF COOKERY:**



Contestant must use at least one pound of ground beef in the recipe.

## **Divisions:**

☼ **Low-Calorie Main Dish** – Your dish should provide less than 300 calories per serving. List each ingredient on the recipe and write the number of calories beside it – then add all the calories together and divide the total number of calories by the number of servings. Eight is the maximum number of servings allowed per pound of ground beef.

☼ **Quick & Easy Main Dish** – The dish should take less than an hour to prepare, including cooking and baking time. Make sure your recipe lists all the ingredients, each step in preparation, the estimated time for each step, including cooking and baking and the total preparation time.

### **Example:**

- |  |            |
|--|------------|
| 1. Brown Ground Beef in Large Saucepan             | 10 Minutes |
| 2. Drain in Colander                               | 5 Minutes  |
| 3. Chop onions and cook golden                     | 5 Minutes  |
| 4. Add ground beef and tomato sauce                | 2 Minutes  |
| 5. Layer Mixture and casserole with cottage cheese | 5 Minutes  |
| 6. Top with cheese slices                          | 2 Minutes  |
| 7. Bake in 350 degree oven                         | 30 Minutes |
| Total Preparation Time                             | 59 Minutes |

☼ **One Dish Meal** – Your dish should provide foods from three of the five main food groups. The ground beef will represent the Meat Group, so you will need to provide foods from two of the other five groups. List each ingredient on the recipe and write the food group beside it. Example: 1 pound of ground beef (Meat Group); 1 cup chopped onions (Vegetable Group); 1 cup of low-fat cottage cheese (Milk/Cheese Group)

<b>Fruit Group</b>	Watermelon, Berries, Grapes, Apples, Oranges, Peaches, etc.	<b>Milk / Cheese Group</b>	Yogurt, Cheese, Ice Cream, Milk (Whole, Skim, Low-fat), Cottage Cheese, Buttermilk, etc.
<b>Vegetable Group</b>	Turnip Greens, Carrots, Potatoes, Celery, Peas, Green Beans, Broccoli, Cabbage, Lettuce, Onions, Bell Pepper, etc.		
<b>Breads / Cereal Group</b>	Waffles, Oatmeal, Crackers, English Muffins, Cornbread, Spaghetti, Macaroni, Rice, Taco Shells, Rolls, Buns, etc.	<b>Meat /Poultry / Fish and Beans Group</b>	Navy Beans, Eggs, Fish, Ground Beef, Pork Chops, Peanut Butter, etc.



# POULTRY COOKERY:



## Divisions:

- ☘ **Chicken** – a dish which contains a minimum of 2 pounds bone-in chicken or 1 pound deboned chicken meat. Contestants should purchase whole chicken or identifiable chicken parts, such as wings, thighs, legs or breasts. (This dish **SHOULD NOT** include special processed chicken, such as marinated chicken strips, chicken nuggets, chicken franks, smoked chicken, canned chicken, etc.) Chicken includes any of the following:

Fryer	Broiler
Capon	Baking Hen
Roaster Cornish	Game Hen

- ☘ **Processed Poultry Products** – a dish which includes a minimum of 12 ounces of processed (value-added) poultry products. Value-added poultry products are poultry meats which have undergone special processing. Marinated, breaded, seasoned and reformed products are examples of special processing techniques. Some product examples are listed below:

Ground Turkey	Ground Chicken
Turkey Bacon	Chicken Nuggets
Turkey Sausage	Chicken Franks
Smoked Turkey	Smoked Chicken
Turkey Ham	Chicken Strips
Turkey Rolls	Canned Chicken

- ☘ **Other Poultry Meat** – a dish which contains a minimum of 2 pounds bone-in or 1-pound deboned meat from a bird other than chickens or turkeys. You may choose poultry meat from any of the following:

Duck	Goose
Quail	Grouse
Pheasant	Ostrich
Pigeon	Emu
Guinea	Dove



# SEAFOOD COOKERY:

## Divisions:

- ☘ Crab
- ☘ Crawfish
- ☘ Fish and Other Seafood
- ☘ Oyster
- ☘ Shrimp

Contestants must 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 Divisions 1 and 5 may contain a small amount of a second seafood but not more than ½ the amount of the primary seafood. For example, a recipe could contain one cup of crawfish as the primary seafood and ½ cup of shrimp as the secondary seafood.

## **LOUISIANA SEAFOOD LIST**

Amberjack	Alligator
Black Drum	Bearded Brotulas
Blue Crab	Blackfin Tuna
Bluefin Tuna	Blue Runners
Brown Shrimp	Bluefish
Buffalo Fish	Bowfish (Choupique)
Crawfish	Butterfish
Cobia (Lemonfish)	Carp
Flounder (Croaker)	Chub Mackerel
Freshwater Catfish	Crevaille, Jack
Gamefish (Bass, Bream, etc.) are acceptable, but the more "commercial" fish above are preferred	Freshwater Eels
Garfish	Freshwater Turtle
Gaspergou	Frog Legs (Bullfrog)
Grouper	Little Tunny (Bonita)
King Mackerel	Louisiana Clams
Mahi	Louisiana Hakes
Oysters	Louisiana Stone Crabs
Pink Shrimp	Oyster Drills (Conchs, Bigorneaux)
Pompano	Progys
Sand Seatrout (White Trout)	Rays
Sea Bobs (Shrimp)	River Shrimp
Sheepshead	Rock Shrimp
Snappers	Roughneck Shrimp (Blood Shrimp)
Spanish Mackerel	Royal Red Shrimp
Speckled Trout	Saltwater Catfish
Sword Fish	Saltwater Eels
White Shrimp	Shark
Yellowfin Tuna	Southern King Fish (Channel Mullet)
Tilefish	Squid
Wahoo	Striped Mullet
	Triggerfish





# BENTO COOKERY:



“A bento lunch is a compact, balanced, visually appealing meal packed in a box. ‘Bento’ is Japanese for packed lunch or meal.” The purpose of the bento category is to improve attitudes toward and foster an understanding of healthful foods and increase the willingness to try new nutritional foods. Contest rules state that 4-Hers must bring a prepared healthy box or bento lunch that is representative of “MyPlate” recommendations, which can be found at [www.choosemyplate.gov](http://www.choosemyplate.gov).

