**Area 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 contestant number and dish division – category on the upper right hand corner (see example). Check with your 4-H agent for your number and other information. The copy of the recipe is to be placed under the dish. Recipes must be printed on 8 ½ X 11” paper. Recipes will be evaluated according to the attached Recipe Evaluation (see general rules). Recipes may be used in publicity and printed in publications. Note: Your recipe will be submitted ahead of time so that it may be evaluated and printed for the cookbook.

1. 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.
   1. 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.
2. Only 4-H members are allowed to set up their dish or someone else’s dish who is not present.

**Parish Contest:**

Each parish may have one contestant in each category of every division. However, a parish may select no more than one winner in each category. Creativity and originality should be encouraged. The use of previous year’s winning recipes should be discouraged.

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.**

Last minute preparation should be kept to a minimum as facilities are limited. When last minute preparation

is necessary, agent, parents and teachers should be reminded that this is a 4-H contest and 4-H’ers themselves

should be performing these tasks.

**Awards:**

Parish: 4-H Agents in each parish are responsible for parish contests and awards.

Area: Special awards and medals to 1st, 2nd, and 3rd place winners. All others will receive

certificates.

**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 ¾ 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

**Area Contest** Parish winners will attend area contest. Each parish may have one contestant in each division of the contest. **A contestant may enter** **only one division**.

Dishes must be handled and transported in accordance with the food safety rules and precautions stated or the contestant will be disqualified.

The area contests will be coordinated by the designated Extension agents. Judges should be obtained locally and should include chefs, government officials, media representatives and members of the Louisiana Seafood Promotion and Marketing Board.

**Only contestants will be allowed in the setup area. Agents or parents may help move ice chests in, but must then leave the contest area.**

**Awards- Area:** First, second and third place winners in each division will receive special awards. All others will receive certificates.

#### RECIPE EVALUATION

The recipe should include the following parts:

a. Name of recipe given

* 1. Ingredients listed in order used
  2. Include size and weight of cans, packages, etc. Example: 10 ¾ ounce can of mushroom soup
  3. Clear instructions for combining ingredients given
  4. Size of pan stated
  5. Temperature and cooking time stated
  6. Number of servings given
  7. **Dish meets contest and division requirements**

##### 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