



East Feliciana Parish 4-H Egg, Poultry, & Seafood Cookery Contest

WHEN: April 14, 2022

WHERE: East Feliciana 4-H Office (4419 Idlewild Rd, Clinton, LA 70722)

DISHES MAY BE DROPPED OFF: 7:00 a.m. – 10:00 a.m.

CONTEST BEGINS: 10:30 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 category
2. Dishes must be transported on ice and in an ice chest to the contest.
3. 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 & Categories & Divisions

- **Egg**
 - Appetizer/Salad
 - Main Dish
 - Dessert
- **Poultry**
 - Chicken
 - Processed Poultry Products
 - Other Poultry Meats
- **Seafood**
 - Oyster
 - Crab
 - Shrimp
 - Fish or other seafood (*seafood from Louisiana Seafood List not included in other divisions*)
 - Crawfish

See Commodity Rules Attached
Register Online by Friday, APRIL 1, 2022

Registration Link: <https://forms.office.com/r/kTwFDg4xiE>



The LSU AgCenter and LSU provide equal opportunities in employment and programs. Should you need an ADA accommodation please contact the East Feliciana Parish 4-H Office at 225.683.3101 by April 12, 2021

4-H EGG COOKERY

Rules and Regulations

Purpose: For 4-H club members to have satisfactory learning experiences and acquire knowledge of quality standards, size classifications, nutritional value, storage, cooking principles, versatility, use and economic value of eggs

Division: The contest will be divided into three divisions:

1. Appetizer/Salad
2. Main Dish
3. Dessert

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 one (1) serving.** The egg dish must utilize a **minimum of four (4) eggs.** This can be four (4) whites, four (4) yolks, or four (4) whole eggs. 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. **NO RAW EGGS** will be allowed in the final product. The recipe with 4 eggs must make only one standard size dish.

For example, a recipe with 4 eggs that makes two pies of standard size will not qualify.

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

Put this information on the top right **BACKSIDE** corner of recipe:

Contestant Name: _____

School: _____ Grade: _____

Commodity Type & Division: _____

4-H POULTRY 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 poultry meats and poultry meat products
- Division:** The contest will be divided into three divisions:
1. Chicken
 2. Processed Poultry Products
 3. Other Poultry Meats
- Rules:** Contestants in all four divisions must: **(NO TABLE DECORATIONS ALLOWED)**
1. Bring to the contest a prepared poultry dish. The dish must use the proper quantity as per division definitions on next page. ****This dish must be cold and you should bring only one (1) serving.** The dish may be any type: appetizer, soup, main dish, salad, or snack.
 2. 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.
 3. A contestant may enter as many divisions as he or she wishes, but may enter only one dish per division.

Put this information on the top right **BACKSIDE** corner of recipe:

Contestant Name: _____

School: _____ Grade: _____

Commodity Type & Division: _____

Division Definitions:

1. **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:

Broiler, Baking Hen, Capon, Cornish or Game Hen, Fryer or Roaster

2. **Processed Poultry Products** – a dish, which includes a minimum of **12 ounces** of processed (value-added) poultry, precuts, or any type of turkey. 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:

Canned Chicken, Chicken Franks, Chicken Nuggets, Chicken Strips, Ground Chicken, Smoked Chicken, Rotisserie Chicken, Ground Turkey, Smoked Turkey, Turkey Bacon, Turkey Ham, Turkey Rolls, and Turkey Sausage.

SPECIAL NOTE: All dishes containing any Turkey item (whole, part, or processed) should be entered in this division- Division 2.

3. **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:

Dove, Duck, Emu, Goose, Grouse, Guinea, Ostrich, Pheasant, Pigeon, and Quail

Put this information on the top right **BACKSIDE** corner of recipe:

Contestant Name: _____

School: _____ Grade: _____

Commodity Type & Division: _____

4-H SEAFOOD COOKERY

Rules and Regulations

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.

Division: The contest will be divided into three divisions:

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

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

1. Bring to the contest a prepared seafood dish. **This dish must be cold and you should bring only one (1) serving.** The recipe must contain **at least one (1) cup** of fresh, frozen, pasteurized, or dried seafood. No canned seafood may be used. Surimi or artificial crab made from fish cannot be used. There can be NO RAW seafood in the final dish. Entries in Divisions 1 thru 5 may contain a small amount of a second seafood but not more than $\frac{1}{2}$ of the amount of the primary seafood. For example: a recipe could contain one cup of crab as the primary seafood and $\frac{1}{2}$ cup of shrimp as the secondary seafood. All seafood used in the contest must be listed on the attached Louisiana Seafood List. The dish may be any type: appetizer, soup, main dish, salad, or snack.
2. 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.
3. A contestant may enter as many divisions as he or she wishes, but may enter only one dish per division.

Put this information on the top right BACKSIDE corner of recipe:

Contestant Name: _____

School: _____ Grade: _____

Commodity Type & Division: _____

LOUISIANA SEAFOOD LIST

| FRESHWATER SPECIES | SALTWATER SPECIES |
|--|---|
| Alligator gar* American alligator * American eel Black crappie Blue catfish * Bowfin (choupique) * Bream (bluegill, redear, others) Carp (several species) Channel catfish* Crawfish * Flathead catfish- Freshwater drum (gaspergou) * Frog legs (several species) Largemouth bass Smallmouth bass Spotted gar * White crappie (sac au lait) | Amberjack Atlantic stringray Bearded brotula Bigorneaux (couch, oyster drill) * Black drum Blue crab Blue runner Bluefish Brown shrimp Butterfish Clam Cobia (ling, lemon fish) Crevalle jack Dolphine (mahi mahi, dorado) * Eastern oyster Grouper (several species) * Little tunney (bonita) Mackerel (king and Spanish) * Pompano * Porgy (several species) Red fish River shrimp * Royal red shrimp * Seabob * Shark (several species) * Sheepshead * Snapper (several species) – Southern flounder – Speckled trout (spotted sea trout) Squid * Striped mullet * Swordfish * Tilefish (several species) * Triggerfish * Tuna (blackfin, bluefin, yellowfin) * Wahoo White shrimp * White trout (sand sea trout) |

Note:

- **No canned seafood may be used**
- **Surimi or artificial crab made from fish cannot be used**

***denotes commercially available species**