



4-H St. Mary Commodity Cookery Contest 2025-2026 Rules and Guidelines



Contest Information

Date: Saturday, November 2nd from 9am-noon (*all dishes must be dropped off by 9:15am to participate in the Cookery Contest, we will not accept dishes dropped off after this time)

Location: St. Mary Parish 4-H Office (600 Main St. Franklin, LA 70538). Dishes will be checked in on the 2nd floor in the kitchen.

Registration: There is no registration required for this event. Just show up the day of the Cookery along with your recipe and completed dish.

Contest Day Procedures

A station will be set up in the 4-H office to inspect all ice chests for ice and to make sure dishes are cold. After inspection, 4-H members are to go to the registration table in the hall and register their dish/dishes. Once they are registered, they may go into the 4-H kitchen and set up their dish next to their recipe.

Contest Rules

*All rules will be strictly enforced. If you have a question, please contact the 4-H Office! *

1. Except for the CloverBud category, Grand Champion winners will be invited to compete at the area contest in Assumption Parish in the Spring. If someone wins in more than one category, they will be asked to select only one dish to compete at the Area Cookery (unless they are the only one in a category). This is to give more students to opportunity to attend the Area Cookery Contest.
2. **All dishes are to be prepared the night before, refrigerated over night and brought to the contest cold, on ice, and in an ice chest. NO EXCEPTIONS!**
3. All dishes are to be prepared by the 4-Her. The 4-Her must bring and register their own dish. Parents and/or family members cannot register the dishes.
4. Contestants are limited to one entry in each of the six categories- NO EXCEPTIONS
5. There can be NO raw egg in the final product.
6. Entries must meet ALL division requirements (Example: Sugar entries must contain at least ½ cup of sugar)
7. Contests are to bring half of the dish to the contest. Entries must be in disposable containers as all entries will be disposed at the end of the contest.
8. Recipes must accompany the dishes. Recipes are to be typed or written on an 8 ½ x 11 sheet of paper. The recipe is for the entire dish. Do not put your name on the recipe. Follow the recipe format listed below.
9. Entries will be judged on taste, appearance, dietary guidelines, creativity, and originality. The recipe will also be judged.

*Failure to follow all cookery rules can lead to deduction in points and possibly disqualification from the contest.
Make sure your dish meets the category and division requirements!*

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Recipe Format

Be sure your recipe is written correctly.

The recipe should include the following parts:

- In the top right corner:
 - Category and Division (Ex: Egg-Main Dish)
 - Parish
- Name of recipe
- All ingredients listed in order used in instructions.
- DO NOT use abbreviations or brand names
- Clear instructions for combining ingredients.
- Size of pot and pans used.
- Temperature and cooking time
- Instructions should be paragraph format, no bullet points
- Number of servings given at the bottom

Seafood-Shrimp
St. Mary Parish

Shrimp Fajitas

1 ½ pound jumbo shrimp, peeled and deveined
1 onion, thinly sliced
2 bell peppers, thinly sliced
¼ cup olive oil
1 lime
8 tortillas
½ tablespoon chili powder
½ tablespoon ground cumin
1 teaspoon garlic powder
½ teaspoon oregano
½ teaspoon salt
¼ teaspoon pepper

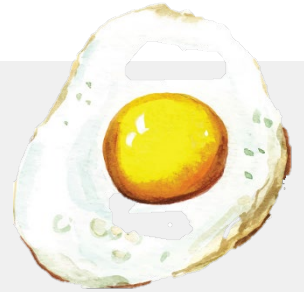
In a small bowl, stir together all seasons which include chili powder, ground cumin, garlic powder, and oregano. In a large bowl, add the shrimp, two tablespoons of olive oil, the juice from half a lime, and the seasoning mixed in step one. Toss it all together until the shrimp is well coated and set it aside to marinate. Heat two tablespoons of olive oil in a large skillet over medium heat. Add the bell peppers and onions, and sauté for 4-5 minutes or until softened and the onions have started to caramelize. Transfer to a plate. In the same skillet, add the shrimp and cook for about 2-3 minutes on each side or until they turn pink. Add the bell peppers and onions back into the skillet, give everything a toss, and squeeze the second half of the lime juice on top. Serve immediately with tortillas and extra toppings of your choosing!

Yield: 4 servings

Contest Categories

Eggs

- 4-Hers must prepare and exhibit a dish which contains a **minimum of 4 eggs**.
 - Can include 4 egg whites, 4 yolks, or 4 entire eggs.
- DO NOT use dishes in which eggs are not cooked.
- The divisions are:
 - Appetizers/salads
 - Main Dishes
 - Desserts.



Poultry

- Poultry division and requirements are as follows:
 - Chicken Dish- must contain a **minimum of 2lbs fresh chicken with bone or 1 pound deboned**. (No processed meat)
 - Processed Poultry Meat- contains a minimum of **12 ounces of processed poultry products**. Examples include: ground turkey, turkey ham, chicken nuggets, canned chicken, ground chicken)
 - Other Poultry Meat- from a bird other than chicken- same rules as Chicken Dish category. (Turkey has been moved to this category)



Sweet Potato

- Sweet Potato dishes must contain at least **one cup of fresh, frozen, or canned sweet potatoes**
- Divisions include:
 - Desserts
 - Other Sweet Potato Dishes



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Rice

- Contestants must prepare dish using at least **one cup of cooked rice**.
- Dishes containing rice products such as rice cereal or rice flour must also contain cooked rice. Example: Rice Krispie treats do not meet requirements.
- Divisions are:
 - Rice Main Dish
 - Rice Side Dish
 - Rice Dessert



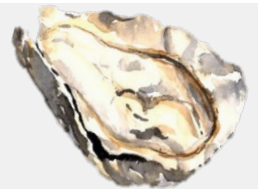
Beef

- Dish must contain at least **one pound of ground beef**.
- Divisions are:
 - Low Calorie Main Dish- **must provide less than 300 calories per serving** (Must state calories in recipe)
 - Quick and Easy Dish- **must be prepared in less than one hour**. You must state the preparation time after each step in the recipe.
 - One Dish Meal- **provides food from three of five food groups**. Must state food groups on recipe.



Seafood

- Dish must contain at least **one cup of seafood**.
- Seafood must be fresh, frozen, pasteurized, or dried (not canned)
Surimi, an artificial crab made from fish can not be used. There can be NO raw seafood in the final dish.
- You can have more than 1 seafood in the dish, but it cannot be more than ½ the amount of the primary seafood.
- Divisions include:
 - Crab
 - Crawfish
 - Shrimp
 - Oyster
 - Fish and Other (includes tuna, catfish, snapper, alligator, turtle, frog legs, garfish, trout, mackerel, shark, squid, bow fin, and Louisiana clams)



Sugar

- Dish must use at least ½ **cup of sugar**. Sugar may be granulated sugar, brown (light or dark) sugar, powdered sugar, or any combination of the listed. Mixes are permitted as long as ½ cup of additional sugar is added to the recipe.
- Divisions are:
 - Cakes
 - Candy
 - Cookies
 - Pies

