



Cameron Cooks Up A Storm!



Registration/ Drop Off- 9 AM

Judging of Dishes- 10 AM

2021 Cookery will be a drop off and go judging. Placings will be announced with December newsletter and club meetings

Divisions:

Elementary: 3rd-6th grade

Junior: 7th-8th grade

Senior: 9th-12th grade

Categories:

Sugar:

- Baked
- Non-Baked

Seafood:

- Oyster
- Crab
- Crawfish
- Shrimp
- Fish or Other Seafood

Beef:

- Low-Calorie Main Dish
- Quick and Easy Main Dish
- One Dish Meal

Rice:

- Main Dish
- Side Dish
- Rice Dessert

Bento Box

General Rules:

All Dishes must be prepared at home and brought to the contest ready for the judges to taste. Please follow the **food safety** guidelines as listed in this packet. **Dishes will be disqualified if they do not arrive at the contest completely cold and packed in ice in an insulated ice chest. This is necessary for food safety!**

- ✓ **Special Note about food transport items such as ice chests:** 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. In the past, state judges have disqualified entries transported in ice chests marked with non-food company logos, so please be careful with this aspect of the contest. If in doubt, contact the 4-H Office at 905-1318.
- ✓ Anything used to enhance the appearance of the dish must be in or on the serving container. Examples of items not allowed: placemats, flowers and table arrangements, figurines, etc.
- ✓ Follow the guidelines for the correct Recipe Format and bring a **typed copy** of the recipe along with the dish. Recipe example can be found at the end of this packet. Handwritten recipes are hard to read and will not be accepted.
- ✓ The highest scoring dish in each category between all divisions exhibited by a Cameron Parish 4-H member will compete in the Area Cookery Contest in March. More information will be provided.

Dietary Guidelines:

Care should be taken that added ingredients and preparation methods do not contribute excessive amounts of fat and sodium. Consider the nutritional aspects of all the ingredients in your recipe. Explain in your recipe any changes you make in your ingredients of preparation methods to modify fat or sodium.

➤ **Tips you might try to lower fat:**

- ✓ Make lower fat food or ingredient choices. For example, you might...

Choose: Low-fat or skim milk Low-fat or nonfat yogurt Reduced calorie margarine Oil Lean ground beef Reduced calorie mayonnaise	Instead of: Whole milk Regular yogurt or sour cream Butter or regular margarine Solid shortening Regular ground beef Regular mayonnaise
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- ✓ Reduce the oil in recipes. Start by reducing it by ¼. For example, if the recipe calls for 1 cup of oil, use ¾ cup.
- ✓ Frying adds extra fat. It is best to choose another method of preparation such as baking, broiling, grilling, or steaming.

➤ **Tips you might try to lower sodium:**

- ✓ Salt is our major source of sodium which is needed for healthy bodies. Too much salt can be harmful. Salt in recipes can be reduced by one-half without affecting the taste. Try reducing the salt in your recipe.
- ✓ Canned vegetables and soups are high in sodium. Choose canned soups labeled “1/3 less salt” or “no salt added.” Choose fresh or frozen vegetables or canned vegetables with reduced salt or sodium.

Food Safety:

Food safety is an important consideration. The risk of food-borne illness 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. **DISHES NOT CHILLED AND TRANSPORTED IN THIS WAY WILL BE DISQUALIFIED BY CONTEST OFFICIALS.** Entries that need to be heated to taste their best will be heated at the time of judging.

RECIPE FORMAT: (Remember, you need 2 copies of your recipe.)

Be sure your recipe is written correctly. The recipe should include the following parts:

- ✓ Name of recipe given
- ✓ Ingredients listed in order used in instructions—No brand names used
- ✓ Clear instruction for combining ingredients given
- ✓ Size of pan stated
- ✓ Temperature and cooking time stated
- ✓ Number of servings given
- ✓ Dish meets contest and division requirements
 - ❖ Special recipe format requirement for contests entering one of the Beef Cookery Contest. In the Beef Cookery Contest, each category requires special items listed on the recipes, i.e., Low – Calorie Main Dish requires special items listed for each ingredient and calories per serving listed. (See rules for each category in the Beef Contest.)
- ✓ Place your name, grade, and school on back of your recipe form. You will be assigned a contestant number at check in to keep the entries anonymous to the judges.

Scoring Factors (50 points total)

1. Recipe - 10 points (Recipe form is on back page, make as many copies as needed)
 - * Does the recipe state the name of the dish?
 - * Does the recipe meet the contest and division requirements?
 - * Does the recipe contain clear instructions?
2. Taste - 40 points
 - * Does the finished dish have flavor that appeals to most people?
 - * Do the flavors blend together?
3. Appearance - 10 points
 - * Does the finished dish look appetizing?
 - * Garnishes and accompaniments will not be considered in scoring.
4. Place your name, grade, and school on back of your recipe. No personal information should appear to the judges on the front of the recipe.

Contests and Categories

Only one entry per category, but as many different categories as you like. For example, you may enter the Sugar category twice, with a baked and non-baked entry. However, you may only go to the District Cookery in one major category. For example, you cannot go to the District Cookery in both a baked and a non-baked Sugar entry.

Sugar Cookery Contest

Purpose:

The purpose of this contest is to promote the use of sugar derived from sugarcane; an agricultural commodity produced in our state. Any marketed form of cane sugar may be used, including powdered, granulated, or brown.

Categories:

The contest will be divided into two categories:

- a. **Baked** (breads, cakes, pies, cookies, etc.)
- b. **Non-Baked** (candies, icebox pies, ice cream, etc.) No part of the dessert can be baked. This category is not to include homemade jams, jellies, preserves, etc.

General Requirements:

1. Bring a prepared dish to the contest. The recipe must contain at least **one (1) cup of sugar** (forms of sugar suggested above).
2. There can be no raw eggs in the final product. No part of the dessert in the non-baked category can be baked.
3. Bring **two** copies of the recipe to the contest. The recipe must contain the name of the dish, how much sugar it contains, and clear preparation instructions. One copy will be turned in with your registration and the other will be placed on the judging table with your dish. Recipes must be printed on 8 ½ X 11" paper. Name, Grade, and School should not be visible to the judges. Recipes will be scored according to the attached Recipe Evaluation and the Dietary Guidelines scoring factors (see general rules). Recipes may be used in publicity and printed in publications by the donors.
4. Please only bring 1-2 servings of the dish. This allows the remainder of the dish to be enjoyed at home.
5. The dish should be exhibited in a **disposable** container, not to exceed 18", to allow adequate space for all entries. No placemats, flower arrangements, or additional decorative items will be allowed.

Seafood Cookery Contest

Purpose:

The purpose of this contest is to give 4-H club members an opportunity 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.

Categories:

Oyster

Crab

Crawfish

Shrimp

Fish or Other Seafood (seafood from Louisiana Seafood List not included in other divisions)

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 Divisions 1 and 5 may contain a small amount of 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 **two** copies of the recipe to the contest. One copy will be turned in with your registration and the other will be placed on the judging table with your dish. Recipes must be printed on 8 ½ X 11" paper. Name, Grade, and School should not be visible to the judges. Recipes will be scored according to the attached Recipe Evaluation and the Dietary Guidelines scoring factors (see general rules). Recipes may be used in publicity and printed in publications by the donors.

3. Please only bring 1-2 servings of the dish. This allows the remainder of the dish to be enjoyed at home.
4. The contestant should have prepared the dish at least twice prior to entering the contest.
5. The food should be exhibited in a **disposable** 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. Non-edible items are not to be used as garnish. No flowers are permitted. Only traditional garnishes i.e., parsley, peppers, lemons, tomatoes, etc. are allowed. No serving utensils will be allowed.

Louisiana Seafood List

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

Beef Cookery Contest

Purpose

For 4-H Club members to have satisfactory learning experiences and acquire knowledge of nutritional value, cooking principles, versatile use and economic value of beef.

Categories:

Low-Calorie Main Dish – a dish which provides less than 300 calories per serving. Calculation of calories must be stated on recipe. Use "Calories and Weight, the USDA Pocket Guide"

Quick & Easy Main Dish – a dish that is ready to serve in less than one hour. The time for each step and for cooking or baking must be stated on recipe.

One-Dish Meal – a dish that provides foods from at least three of the main food groups from "MyPlate". Foods and food groups will be stated on recipe.

General Requirements:

1. Bring to the contest a prepared ground meat dish. A minimum of **one (1) pound of ground beef** must be used. The entire dish must be exhibited at the contest.
2. Bring two copies of the recipe to the contest. The recipe must contain the name of the dish, how much sugar it contains, and clear preparation instructions. One copy will be turned in with your registration and the other will be placed on the judging table with your dish. Recipes must be printed on 8 ½ X 11" paper. Name, Grade, and School should not be visible to the judges. Recipes will be scored according to the attached Recipe Evaluation and the Dietary Guidelines scoring factors (see general rules). Recipes may be used in publicity and printed in publications by the donors.
3. Please only bring 1-2 servings of the dish. This allows the remainder of the dish to be enjoyed at home.
4. The contestant should have prepared the dish at least twice prior to entering the parish contest.
5. The food should be exhibited in a **disposable** 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. Non- edible items are not to be used as garnish. No serving utensils will be allowed.

Rice Cookery Contest

Purpose:

The purpose of this contest is to promote the use of rice, an agricultural commodity produced in our state.

Categories:

- Rice Main Dish**
- Rice Side Dish**
- Rice Dessert**

General Requirements:

1. Bring a prepared rice dish to the contest. The dish must contain at least **one (1) cup of cooked rice**. Wild rice is not a cultivated rice in Louisiana and does not meet the requirement of 1 cup rice. Dishes containing rice products such as rice cereal, rice flour, etc. must also contain cooked rice. Example: Traditional rice krispie treats do not meet the contest requirements.
2. Bring **two** copies of the recipe to the contest. One copy will be turned in with your registration and the other will be placed on the judging table with your dish. Recipes must be printed on 8 ½ X 11" paper. Name, Grade, and School should not be visible to the judges. Recipes will be scored according to the attached Recipe Evaluation and the Dietary Guidelines scoring factors (see general rules). Recipes may be used in publicity and printed in publications by the donors.
3. Please only bring 1-2 servings of the dish. This allows the remainder of the dish to be enjoyed at home.
4. The contestant should have prepared the dish at least twice prior to entering the parish contest.
5. The food should be exhibited in a disposable 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. Non- edible items are not to be used as garnish. No serving utensils will be allowed.

Bento Box

Purpose:

The purpose of this contest is to increase the knowledge of the use of a bento box. A bento lunch is a compact, balanced, visually appealing meal packed in a box. "Bento" is Japanese for packed lunch or meal. Each competitor will create a lunch to be eaten at school by a student age 9 to 12. The beverage to accompany the meal will be water (do not need to include).

General Requirements:

1. Bring a prepared healthy box or Bento lunch to the contest. It should be representative of "MyPlate" recommendations. www.myplate.gov
2. Bring **two** copies of the recipe to the contest. One copy will be turned in with your registration and the other will be placed on the judging table with your dish. Recipes must be printed on 8 ½ X 11" paper. Name, Grade, and School should not be visible to the judges. Recipes will be scored according to the attached Recipe Evaluation and the Dietary Guidelines scoring factors (see general rules). Recipes may be used in publicity and printed in publications by the donors.
3. Each competitor will transport their Healthy Box or "Bento" Lunch to the contest packed in a portable, lock-top, and leak proof container, chilled and on ice. The competitor will present the box to the judges for sampling. The food should be exhibited in a **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. Non-edible items are not to be used as garnish. No serving utensils will be allowed.

Examples found on Pinterest



Scoring Factors

Meal - (100 Points)

- Container – portable, reusable, lock-top, and leak proof (5 points)
- Preparation Techniques – neat, interesting, unique (5 points)
- Appearance – colorful, inviting (5 points)
- Texture - chewiness, juiciness, variety (5 points)
- Taste – pleasing, variety (5 points)
- Affordable - \$5.00 or less per serving (5 point)
- Nutrition – (65 points)
 - Half box is fruits and vegetables
 - Lean protein included
 - Low fat dairy included
 - Fruit for dessert

Recipe Evaluation

1. Name of Recipe Stated
2. Ingredients listed in order used in the instructions
3. Include size and weight of cans, packages, etc. (Examples: 10 ¾ ounce can of cream of mushroom soup, 2 ounce packet of chili seasoning)
4. Clear instructions
 - Do not use abbreviations; Spell out measurements (i.e. use “teaspoon” instead of “tsp.”)
 - Use generic names for ingredients rather than name brands (i.e. “creole seasoning” instead of “Tony Chachere’s”, “can of diced tomatoes and green chilies” instead of “Rotel”)
5. Size of pan stated (i.e. 12-inch skillet, 5-quart pot, 9 X 13 inch baking pan, large mixing bowl)
6. Temperature and cooking time stated (i.e. “350 degrees for 45 minutes” – if using the oven or “medium heat for 10 minutes” if cooking on stove burner)
7. Number of servings given (i.e. Serves 6 – 8)
8. Dish meets contest and division requirements
9. Include Name, Grade, and School on the back of the recipe (should not be visible to judges)

Mae’s Rice Dressing -Title

1 pound ground beef (*protein*) ****for Beef One Dish Meal**

½ pound ground pork

1 package of season blend

1 teaspoon minced garlic

1 10.5 ounce can of cream of mushroom soup *250 calories* ****for Beef Low Calorie**

2 32 ounce cans of chicken broth

4 chicken bouillon cubes

2 beef bouillon cubes

2 cups of cooked rice

2 tablespoons red pepper

Ingredients listed in order of use in recipe

No abbreviations, words spelled out

Do not use name brands (Cajun Seasoning, not Tony’s)

Instructions/Directions. Brown all the meat with season blend and garlic until very brown. (5-10 minutes) **** for Beef Quick and Easy**
Add cream of mushroom soup, chicken broth, chicken bouillon cubes, and beef bouillon cubes. Bring to a hard boil then simmer about 1 hour. Add cooked rice and season to taste.

Number of Servings Yields: 6-8 servings

Total Time- 30 minutes **** Beef Quick and Easy**

Calories per serving ****Beef Low Calorie**