

4-H Chef Contest

How to Enter:

- Email a video or 'picture story' of you (the 4-H member) cooking a dish along with a recipe to lbenoit@agcenter.lsu.edu
 - What is a 'Picture Story'? A picture story is multiple pictures that tell the 'story' of how you made your dish.
 - Videos and 'Picture Stories' should include ingredients, cooking process, and finished products
- Include the following in the subject line: '4-H Chef'
- Include the following within the email:
 - 4-H member's name
 - School/4-H Club and grade
 - Judging Category (Egg Dessert, Any Beef Dish, Pecan Candy/Dessert, Any Rice Dish or Any Sweet Potato Dish)
- Entries are due via email by December 7th at 4:30 P.M.

Categories

- Egg Dessert (Dish must contain at least 4 eggs. Can be 4 yolks, 4 whites or 4 whole eggs. No raw eggs will be allowed in final product.)
- Any Beef Dish (Dish must contain at least one pound of beef meat.)
- Pecan Candy/Dessert (Dish must contain at least one cup of pecans.)
- Any Rice Dish (Dish must contain at least one cup of cooked rice.)
- Any Sweet Potato Dish (Dish must contain at least one cup of sweet potatoes.)

Rules:

1. You may enter one dish in each category.
2. There will be a Junior Division for 4th-6th graders and a Senior Division for 7th-12th graders in each of the five categories (egg, beef, pecan, rice and sweet potato).

Scoring Guidelines:

- Presentation (50 points) – List of ingredients given identifying featured commodity. Documented cooking process. Showcased finished product. Information was clear and easy to understand. Objects in pictures or videos were easy to see and free of distracting backgrounds.
- Recipe Evaluation (20 points) – Name of recipe given. List of ingredients in order used in instructions. No brand names, only common fractions for measurements, no abbreviations, size and weight of cans/packages stated. Clear instructions given including cooking temperature and time, number of servings, size of pans/pots, concise sentences.
- Appearance of Finished Product (10 points) – Visually appealing (coloring, eye appealing, pleasing appearance, symmetry of form). Appropriate use of garnishing.

- Food Safety (20 points) – Cleanliness. Safe practices such as avoiding cross contamination, cooking to the right temperature, keeping food separate until ready to cook or serve, etc. Proper knife and/or utensil usage.
- Total of 100 points – In the event of a tie for 1st place, the recipe score will be used to determine the winner.