

LOUISIANA CHEF DEMONSTRATION - VIRTUAL CONTEST

Contest Description:	Demonstration preparing a dish with one of the following Louisiana Agriculture Commodities –rice, sugar, beef, wheat, poultry, egg, seafood, dairy, and soybeans.
Superintendent(s):	Lanette Hebert and Claire Zak
Award:	Louisiana 4-H Educational Trip
Grade/Age Requirement(s):	Must be enrolled in 8 th to 12 th Grade as of August 1, 2021.
Team or Individual Contest:	Individual or a Team of two (2)
Number of Entries Per Parish:	Two (2) Entries

Contest Rules:

1. Refer to Louisiana 4-H University General Rules and Guidelines for a complete set of event rules and guidelines.
2. Must be a method demonstration, not an illustrated lecture.
3. 4-H members will have an opportunity to use posters or Power Point. Please refer to general guidelines as to uploading your Power Point Presentation for competition. All Power Points should be uploaded to 4-H University site by June 10, 2022.
4. Demonstration should be planned for eight (8) to fifteen (15) minutes. If a presentation is not in the allocated time, one point will be deducted for each minute or fraction thereof up to five minutes. Five points will be deducted for each minute or fraction thereof over five minutes.
5. Present a demonstration preparing a dish with one of the following Louisiana Agriculture Commodities – rice, sugar, beef, wheat, poultry, egg, seafood, dairy, and soybeans. **This does not include horticulture products.**
6. The dish must contain at least 1 cup of the commodity. Each serving of the dish must contain 750 calories or less and cost per serving should not exceed \$4.50. The cost of dish must be included in recipe.
7. Contestants should have the knowledge of roles of commodity in the diet, the importance of the commodity to the economy of Louisiana and the world, varieties of the commodity available, cooking characteristics, nutritional value, cost of dish prepared, food safety practices, and how the dish fits into a healthy lifestyle.
8. Submit a copy of the recipe with nutritional information (servings, cost, serving size, calories) by June 10, 2022 to the 4-H University site.

Contest Resource(s):

- Louisiana Chef Scoresheet, 2022 Edition.
- Publication 2149 “You Can Give a Method Demonstration”
- 4-H Project Books
- LSU AgCenter website
 - Louisiana Agriculture Summary and commodity publications
 - Food & Health
- myplate.gov
- Commodity websites, Example:
 - <https://www.amscl.org/>
 - <https://www.usarice.com/discover-us-rice>
 - <https://www.beefitswhatsfordinner.com>
 - <https://www.louisianaseafood.com>
 - <https://www.incredibleegg.org>
- Recipe Guidelines
 - Name of recipe given

- Ingredients listed in order used in instructions
- Include size and weight of cans, packages, etc. (Example: 10 $\frac{3}{4}$ ounce can of cream of mushroom soup)
- Clear instructions
- Size of pan stated
- Temperature and cooking time stated
- Number of servings given and serving size
- Nutritive Value (calories per serving, nutrients provided)
- Cost per serving provided.