

## NEXT HEALTHY FOOD STAR

<b>Contest Description:</b>	This is a team food preparation/presentation contest using Louisiana Seafood to prepare a dish. The team will also present an informal speech on how the dish was prepared, importance of Louisiana seafood and the nutritional value of the dish.
<b>Superintendent(s):</b>	Ashley Powell and Esther Boe
<b>Award:</b>	Great American Seafood Cook-Off (GASCO): 4-H Edition, New Orleans, (traditionally first weekend in August)
<b>Grade/Age Requirement(s):</b>	Must be enrolled in 9 <sup>th</sup> to 12 <sup>th</sup> Grade as of August 1, 2021. <i>Note: A written consent and agreement signed by the participant, parent or guardian of participant and 4-H agent must be submitted prior to participation in the contest at 4-HU.</i>
<b>Team or Individual Contest:</b>	Team of two (2) to four (4)
<b>Number of Entries Per Parish:</b>	One (1) entry

### Contest Rules:

1. Refer to Louisiana 4-H University General Rules and Guidelines for a complete set of event rules and guidelines.
2. The 1st Place winning team at 4-HU will be required to represent Louisiana in the GASCO: 4-H Edition in New Orleans.
3. The recipe must contain at least 1 pound of Louisiana seafood in the dish and every plate contain 1 serving. A serving should equal 3-4 ounces of seafood.
4. Each serving of the dish must contain 750 calories or less. This includes the seafood in addition to any rice, pasta, sauce, vegetables, fruits, etc. in the dish.
5. Contest written consent and agreement must be submitted on 4-H University contest registration site.
6. Recipes and signed consent forms are to be turned in to Ashley Powell via email (apowell@agcenter.lsu.edu) by the close of business on June 10, 2022, to schedule the teams for 4-HU competition. Please follow recipe format guidelines below. Recipe Format:
  - a. All margins 1 inch all around.
  - b. Put the name of parish in upper right-hand corner in bold.
  - c. Title of recipe must be in Times New Roman font size 24 pt. and bold.
  - d. Double space below title.
  - e. Ingredients and steps of recipe must be in Times New Roman size 12 pt. Ingredients must be listed in the order they are used. No abbreviations will be allowed.
  - f. State the number of servings.
  - g. Recipes should not contain excessive amounts of fat or sodium.
  - h. Include the size of cooking equipment needed to prepare dish. (Example: 9 x 13" baking dish, etc.)
8. Each team must wear black pants and a white shirt OR an approved costume/team dress. Participants must wear closed toe shoes. Props for a particular theme may be included in attire or as accessories.
9. Each competitor must wear a hat or pull their hair back during the food preparation part of the competition. Bangs hanging in the face and/or over the eyes is NOT ACCEPTABLE – hair must be restrained properly and approved by contest officials.
10. All competitors must refrain from having nail polish and jewelry (no jewelry period) that could fall off during food preparation.
11. A safe and sanitary working environment must be maintained. Gloves must be worn by participants.
 

*\* Gloves must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination. Hands should be washed prior to putting on gloves.*

12. Each team is responsible for all ingredients and supplies for 4-H U and GASCO to prepare the dish/recipe; and should be brought to 4-HU and to GASCO in New Orleans. Each team must bring a supply box(es) to 4-HU and to GASCO. Supplies in the box should include but not limited to bowls, dishes, small appliances, knives, cutting boards, utensils, dish soap, cleaning rags, paper towels, etc. to prepare and plate their dish at the competition.
13. A fifth butane burner, oven and sink will be supplied for the contest at 4-HU and GASCO in New Orleans. Refrigerator space will be available at 4-H University and at GASCO.
14. Competitors must use Louisiana seafood in their dish. Failure to do so will result in a disqualification. Louisiana Seafood list may be found in the Next Healthy Food Star Study Guide. No imitation crab, canned crab or shrimp are allowed in the recipes.
15. It is in the best interest of the team to use other Louisiana Agricultural Commodities in their dishes as well. Examples of commodities include rice, sugar, poultry, wheat, dairy, other Louisiana Seafood, Louisiana grown/native fruits and vegetables.
16. No advanced cooking or preparation of the dish will be allowed. Vegetables may be pre-chopped, shrimp peeled and deveined, crawfish tail meat peeled, and fish cuts may be filleted.
17. All members of the team must participate in the preparation and cleanup of the contest equally.
18. Each team will have 60 minutes to prepare the recipe/dish; plate it; and clean up the preparation area.
19. Time allotment for the presentation will be 3-5 minutes in addition to the 60 minutes of contest preparation. All team members must be involved in the oral presentation. All team members should be prepared for judge's questions.
20. Each team participating will prepare (4) four identical plated servings of their entrée, garnished, and served appropriately. One plated serving will be delivered to the 3 judges and 1 for display. The contest involves a presentation of the final product to the judges. The presentation time is not included in the 60 minutes preparation time. This will be in effect for the 4-HU contest.
21. Only participants, judges and contest officials will be allowed in the food prep areas.

**Contest Resource(s):**

- Next Food Star Contest Study Guide, Revised 2022