









Division Definitions:

1. **Chicken** – a dish, which contains a minimum of **2 pounds** bone-in chicken or 1 pound, deboned chicken meat. Contestants should purchase whole chicken or identifiable chicken parts, such as wings, thighs, legs, or breasts. (This dish **SHOULD NOT** include special processed chicken, such as marinated chicken strips, chicken nuggets, chicken franks, smoked chicken, canned chicken, etc.) Chicken includes any of the following:

Broiler, Baking Hen, Capon, Cornish or Game Hen, Fryer or Roaster

2. **Processed Poultry Products** – a dish, which includes a minimum of **12 ounces** of processed (value-added) poultry, precuts, or any type of turkey. Value-added poultry products are poultry meats, which have undergone special processing. Marinated, breaded, seasoned, and reformed products are examples of special processing techniques. Some product examples are listed below:

Canned Chicken, Chicken Franks, Chicken Nuggets, Chicken Strips, Ground Chicken, Smoked Chicken, Ground Turkey, Smoked Turkey, Turkey Bacon, Turkey Ham, Turkey Rolls and Turkey Sausage.

**SPECIAL NOTE: All dishes containing any Turkey item (whole, part, or processed) should be entered in this division- Division 2.**

3. **Other Poultry Meat** – a dish which contains a minimum of **2 pounds** bone-in or 1 pound deboned meat from a bird other than chickens or turkeys. You may choose poultry meat from any of the following:

Dove, Duck, Emu, Goose, Grouse, Guinea, Ostrich, Pheasant, Pigeon , and Quail.

**The use of previous year's winning recipes should be discouraged.**



*Put this information on top right BACKSIDE corner of recipe:*

*Put recipe under the plate.*

**Contestant Name** \_\_\_\_\_

**School** \_\_\_\_\_ **Grade** \_\_\_\_

**Commodity Type / Division** \_\_\_\_\_

# 4-H EGG COOKERY

## Rules and Regulations

**Purpose:** For 4-H club members to have satisfactory learning experiences and acquire knowledge of quality standards, size classifications, nutritional value, storage, cooking principles, versatility, use and economic value of eggs.

**Eligibility:** The contestants must be a 4-H club member. All divisions are open to any age.

A contestant may enter one dish in each division in the cookery contest, but can only win OVERALL in one division.

**Divisions:** The contest will be divided into three divisions:

1. **Appetizer / Salad**
2. **Main Dish**
3. **Dessert**

**Rules:** Contestants in all three divisions must:

1. Bring to the contest a prepared egg dish. **This dish must be cold and you should bring one (1) serving.** The egg dish must utilize a minimum of **four (4)** eggs. This can be four (4) whites, four (4) yolks, or four (4) whole eggs. For instance: If a recipe contained 2 whole eggs in the custard and 2 egg whites in the topping, it would be allowed because the recipe contained a total of four (4) eggs. **NO RAW EGGS** will be allowed in the final product. The recipe with 4 eggs **must make only one standard size dish**.  
For example, **a recipe with 4 eggs that makes two pies of standard size will not qualify.**
2. Bring a copy of the recipe with the dish. This must be written in recipe form on an 8 ½ x 11 sheet and placed under the dish. Recipes may be used in publicity and printed on publications.
3. A contestant may enter as many divisions as he or she wishes, but may enter only one dish per division and can win overall in only one division.
4. **Scoring Factors:**
  1. Recipe - correct format and requirements - 15 points
  2. Appearance / Presentation - 35 points
  3. Taste - 50 points

**Put this information on top right BACKSIDE corner of recipe:**

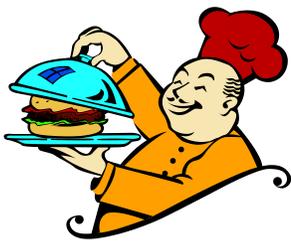
**Put recipe under the plate.**

**Contestant Name** \_\_\_\_\_

**School** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Commodity Type / Division** \_\_\_\_\_





## 4-H BEEF COOKERY

### Rules and Regulations

**Purpose:** For 4-H club members to have satisfactory learning experiences and acquire knowledge concerning the nutritional value, cooking principles, versatility, use and economic value of beef.

**Eligibility:** The contestants must be a 4-H club member. All divisions are open to any age.

A contestant may enter one dish in each division in the cookery contest, but can only win OVERALL in one division.

**Divisions:** **The contest will be divided into three divisions:**

- 1. Low-Calorie Main Dish** – a dish which provides less than 300 calories per serving. Calculation of calories will be stated on recipe. Use “Calories and Weight, the USDA Pocket Guide” and the attached calorie counter.
- 2. 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 will be stated on recipe.
- 3. One-Dish Meal** – a dish that provides foods from at least three of the main food groups. Foods and food groups will be stated on recipe. Use “Food Guide Pyramid.”

**Rules:** Contestants in all three divisions must:

1. Bring to the contest a prepared beef dish. **This dish must be cold and you should bring one (1) serving.**  
The dish may be any type: appetizer, soup, main dish, salad, or snack.  
The prepared dish must use **one (1)** pound of beef.
2. Bring a copy of the recipe with the dish. This must be written in recipe form on an 8 ½ x 11 sheet and placed under the dish. Recipes may be used in publicity and printed on publications.
3. A contestant may enter as many divisions as he or she wishes, but may enter only one dish per division and can win overall in only one division.
4. **Scoring Factors:**
  1. Recipe - correct format and requirements - 15 points
  2. Appearance / Presentation - 35 points
  3. Taste - 50 points

**Put this information on top right BACKSIDE corner of recipe:**

**Put recipe under the plate.**

**Contestant Name** \_\_\_\_\_

**School** \_\_\_\_\_ **Grade** \_\_\_\_

**Commodity Type / Division** \_\_\_\_\_

**LOW-CALORIE  
MAIN DISH DIVISION**

1. Your dish should provide less than 300 calories per serving. Find a recipe that uses mostly low-fat ingredients like vegetables, skim milk, etc. Or use low-fat substitutes. Or cut down on the amount of the high-calorie ingredient in a recipe.
2. Use the Calorie Counter to find the number of calories in each ingredient. For the one pound of ground beef, use 1200 calories if the recipe is like a meatloaf or casserole when you mix the raw meat with the other ingredients and then bake it. Use 1000 calories if you brown the meat first and drain off the fat.  
If you cannot find the ingredient listed in the Calorie Counter, find something close to it and use those calories. The judges will not be judging that hard. For example, you could use the calories listed for tomato sauce if your recipe uses something like taco sauce. Or use the calories listed for corn chips if your recipe uses nacho chips. Do you get the idea?
3. List each ingredient on the recipe and write the number of calories beside it. Then add.  
Example:

1 pound of ground beef	1200
1 cup of chopped onions	50
1 cup of low fat cottage cheese	220
1 cup tomato sauce	<u>74</u>
Total calories	1544
4. Divide the total number of calories by the number of servings.  
Example: 1544 divided by 6 servings = 257 calories per serving  
Do not use a larger number of servings to get less calories per serving.  
For example, do not divide by 10 when the dish only serves 6 or 8. The judges will take off points for that. Eight is the maximum number of servings allowed per pound of ground beef.
5. Make sure your recipe lists the ingredients, the calories, the calculation of number of calories per servings and instructions for preparing the dish. Nutritionist IV Analysis for Calories, Fat and Sodium must be on ALL recipes.

**Put this information on top right BACKSIDE corner of recipe:**

**Put recipe under the plate.**

**Contestant Name** \_\_\_\_\_

**School** \_\_\_\_\_ **Grade** \_\_\_\_

**Commodity Type / Division** \_\_\_\_\_

**Beef Division 2****QUICK & EASY- MAIN DISH DIVISION**

1. The dish should take less than one hour to prepare, including cooking or baking time. Find a recipe that has a small number of ingredients and just a few steps in preparation.
2. List the ingredients on the recipe. Estimate the time each step in preparation takes. List each step separately and write the preparation time beside it.

Example:

1. Brown ground beef in large saucepan	10 minutes
2. Drain in colander	5 minutes
3. Chop onions and cook until golden	5 minutes
4. Add ground beef and tomato sauce	2 minutes
5. Layer mixture and casserole with cottage cheese	5 minutes
6. Top with cheese slices	2 minutes
7. Bake in 350 degree oven	<u>30 minutes</u>
Total Preparation Time	59 minutes

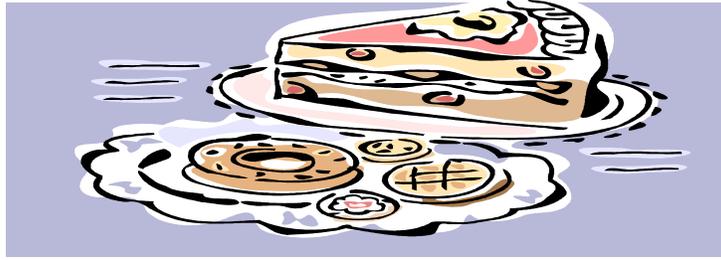
3. Make sure your recipe lists:
  - a. The ingredients
  - b. Each step in preparation
  - c. The estimated time for each step, including cooking or baking
  - d. The total preparation time

**Beef Division 3****ONE-DISH MEAL DIVISION**

1. Your dish should provide foods from three of the five main food groups. The ground beef will represent the Protein Group, so you will just need to provide foods from two of the other five groups. The following examples may give you some ideas.

FRUIT GROUP	Watermelon, berries, grapes, apples, orange juice, peaches
VEGETABLE GROUP	Turnip greens, carrots, potatoes, celery, peas, green beans, onions, broccoli, bell pepper, cabbage, lettuce
GRAINS GROUP	Waffles, oatmeal, crackers, spaghetti, English muffins, cornbread, macaroni, rice, biscuits, grits, taco shells, buns, rolls
DAIRY GROUP	Yogurt, cheese, ice cream, skim milk, cottage cheese, buttermilk, low fat milk
PROTEIN GROUP	Navy beans, eggs, shrimp, peanuts, fish, hamburger, chicken, sunflower seeds, pork chops, peanut butter, kidney beans

2. You do not have to have a certain amount of food from each group, but it should be enough to provide some nutrients. For example: a few tablespoons of chopped onions would really not be enough from the Vegetable Group. But if you added some chopped green pepper and some tomatoes or tomato sauce, you would have plenty from that group.
3. List each ingredient on the recipe and write the food group beside it. (You do not have to write the food group beside spices)  
 For example: 1 pound of ground beef – Protein group  
                   1 cup of chopped onions – Vegetable group  
                   1 cup of low fat cottage cheese – Dairy group
4. Make sure your recipe list the ingredients, the food group represented by each ingredient and the instructions from preparing the dish.



## 4-H SUGAR COOKERY

### Rules and Regulations

**Purpose:** For 4-H club members to become aware of the economic value of the sugar industry to the state of Louisiana, to understand current research-based dietary information and to use recommended buying, storing, and cooking principles.

**Eligibility:** The contestants must be a 4-H club member. All divisions are open to any age.

A contestant may enter one dish in each division in the cookery contest, but can only win OVERALL in one division.

**Divisions:** The contest will be divided into four divisions:

1. Cakes
2. Candy
3. Cookies
4. Pies

**Rules:** Contestants in all four divisions must:

1. Bring a prepared sugar dish to the contest. **This dish must be cold and you should bring one (1) serving** unless more is needed for presentation reasons. The dish must use at least one-half (1/2) cup of sugar. The sugar used in the recipe may be granulated sugar, brown (light or dark) sugar, powdered sugar, or any combination of the above. Mixes are permitted as long as 1/2 cup of additional sugar is added to the recipe. There can be **NO raw eggs** in the final product.
2. Bring a copy of the recipe with the dish. This must be written in recipe form on an 8 1/2 x 11 sheet and placed under the dish. Recipes may be used in publicity and/or printed on publications.
3. A contestant may enter as many divisions as he or she wishes, but may only enter one dish per division and can win overall in only one division.
4. Sugar Scoring Factors:
  1. Recipe – 15 points
  2. Appearance of Dish/Presentation – 35 points
  3. Taste – 50 points

**Put this information on top right BACKSIDE corner of recipe:**

**Put recipe under the plate.**

**Contestant Name** \_\_\_\_\_

**School** \_\_\_\_\_ **Grade** \_\_\_\_

**Commodity Type / Division** \_\_\_\_\_

# Healthy Boxed Lunch or “Bento” Contest

**Purpose:** The Eat4-Health grant supported by National 4-H and UnitedHealthcare strives to achieve project outcomes of improved dietary choices; improved attitude toward and understanding of healthful foods; increased willingness to try new nutritional foods; and, increased community promotion of healthier food choices. One of the educational efforts offered through the Louisiana 4-H program to achieve these outcomes is a cookery contest.

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).

Examples found on Pinterest



**Eligibility:** The contestant must be a 4-H club member. Open to any age/grade.

**A contestant may enter only ONE entry.**

**Food Safety:** After preparation, the dish must be chilled to refrigerator temperature. Dishes must be transported on ice in an ice chest to the contest. **DISHES NOT CHILLED AND TRANSPORTED IN THIS MANNER WILL BE DISQUALIFIED BY CONTEST OFFICIALS.** Plastic containers, insulated cardboard boxes, etc. are not acceptable containers to transport food (**NO EXCEPTIONS**). 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. **No recipe containing raw eggs will be accepted.**

*Put this information on top right BACKSIDE corner of recipe:*

*Put recipe under the plate.*

**Contestant Name** \_\_\_\_\_

**School** \_\_\_\_\_ **Grade** \_\_\_\_

**Commodity Type / Division** \_\_\_\_\_

## General Requirements:

1. Bring a prepared Bento to the contest. It should be representative of “MyPlate” recommendations. [www.myplate.gov](http://www.myplate.gov)
2. There can be no raw eggs in the final product.
3. Bring one copy of the recipe/instructions to the contest. This recipe must have your contestant name, dish division-category, and school on the upper right hand BACK corner. The copy of the recipe is to be placed under the dish. **Recipes must be typed on a sheet of 8 ½ X 11” paper.** Recipes will be scored according to the attached Recipe Evaluation (see general rules below). Recipes may be used in publicity and printed in publications.
4. 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. Baskets or metal containers in which casserole/serving dishes fit exactly will be allowed but must be disposable. Non-edible items are not to be used as garnish. No serving utensils will be allowed. Food is to be dropped off chilled and will be disposed of after judging.

## Scoring Factors:

Meal - (100 Points)

- Theme – suitable for age group, creative (5 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
  - Portions correct size

## Parish Contest:

**THE DISH MUST BE CHILLED TO REFRIGERATOR TEMPERATURE AND TRANSPORTED ON ICE IN AN ICE CHEST TO THE CONTEST.**

Last minute preparation should be kept to a minimum as facilities are limited. When last minute preparations are necessary, agent, parents, and teachers should be reminded that this is a 4-H contest and 4-H'ers themselves should be performing these tasks.

## \* RULES USED FOR JUDGING\*

### Tangipahoa Recipe Guidelines

Please follow these guidelines when writing/typing your recipe.

- ⊙ Name of recipe
- ⊙ List of Ingredients (listed in the order they are used in the instructions)
  - Measurements are given in common fractions (1/2, 3/4, 1 cup)
  - No abbreviations are used (tablespoons, not tbsp.)
  - No brand names are used  
(Sweetened condensed milk, not Eagle Brand milk)
- ⊙ Directions for combining ingredients
  - Clear instructions for every step in combining and cooking the ingredients
  - Short, clear concise sentences
  - Correct food preparation terms to describe combining and cooking process
  - Size of pan stated
  - Temperature and cooking time stated
- ⊙ Yield of Recipe: Number of Servings (and calories per serving, if possible)

Dishes must be transported on ice and in an ice chest to the contest for Food Safety reasons.

**For all cookeries, put this information on top right BACK corner of recipe (which should be on an 8 1/2 x 11 size sheet) Put recipe under the plate.**

Contestant Name \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Commodity Type / Division \_\_\_\_\_





The recipes for the District Cookery will have only the contestant numbers and commodity category / division. This recipe is placed next to the dish. Recipes will be scored according to the attached Recipe Evaluation (see below). All recipes should be on an 8 ½ x 11 sheet only. Recipes may be used in publicity and printed in publications.

### **Recipe Evaluation Example**

**The recipe should include the following parts:**      **(on an 8 ½ x 11 sheet only)**

**TOTAL POSSIBLE POINTS**                      **15**

	<b><u>Points Scored</u></b>
<b>A) Name of recipe stated</b>	<b>1_____</b>
<b>B) Ingredients listed in order used in recipe instructions</b>	<b>2_____</b>
<b>C) Clear instructions for combining ingredients given</b>	<b>2_____</b>
<b>D) NO Abbreviations used for ingredient measures</b>	<b>2_____</b>
<b>E) Temperature and cooking time stated</b>	<b>2_____</b>
<b>F) Number of servings given</b>	<b>2_____</b>
<b>G) Size of pan stated</b>	<b>2_____</b>
<b>H) Dish meets all contest and division requirements</b>	<b>2_____</b>
<b>TOTAL POSSIBLE EARNED</b>	<b>_____</b>