



East Feliciana Parish 4-H Egg, Poultry, & Seafood Cookery Contest

WHEN: April 19, 2021

WHERE: East Feliciana 4-H Office (4419 Idlewild Rd, Clinton, LA 70722)

DISHES MAY BE DROPPED OFF: 7:00 a.m. – 10:00 a.m.

CONTEST BEGINS: 10:30 a.m. – until last dish is judged

The Parish Cookery Contest is opened to all 4-H Members and Cloverbud Members

Cookery Contest General Rules

1. 4-H'er can only submit one dish per category
2. Dishes must be transported on ice and in an ice chest to the contest.
3. NON-edible items are **NOT** to be presented as part of your dish or as garnish. Only edible items can be used as garnish.

Commodities & Categories & Divisions

- **Egg**
 - Appetizer/Salad
 - Main Dish
 - Dessert
- **Poultry**
 - Chicken
 - Processed Poultry Products
 - Other Poultry Meats
- **Seafood**
 - Oyster
 - Crab
 - Shrimp
 - Fish or other seafood (*seafood from Louisiana Seafood List not included in other divisions*)
 - Crawfish

See Commodity Rules Attached

Register Online by Monday, **APRIL 12, 2021**

Registration Link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=mFBLgAiZ30ucBrPfd3Vjquo7bgQRRpdPn-NcsDmptilU0EhXMDlFRkEyOFdCMUUxV0kyUlG3S1pGRy4u>



The LSU AgCenter and LSU provide equal opportunities in employment and programs. Should you need an ADA accommodation please contact the East Feliciana Parish 4-H Office at 225.683.3101 by April 12, 2021

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

Division: The contest will be divided into three divisions:

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

Rules: Contestants in all three divisions must: **(NO TABLE DECORATIONS ALLOWED)**

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. **Recipes must be typed or handwritten on a sheet no bigger than of 8 ½ X 11”.** 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.

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

Contestant Name: _____

School: _____ Grade: _____

Commodity Type & Division: _____

4-H POULTRY 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 poultry meats and poultry meat products

Division: The contest will be divided into three divisions:

1. Chicken
2. Processed Poultry Products
3. Other Poultry Meats

Rules: Contestants in all four divisions must: (NO TABLE DECORATIONS ALLOWED)

1. Bring to the contest a prepared poultry dish. The dish must use the proper quantity as per division definitions on next page. ****This dish must be cold and you should bring only one (1) serving.** The dish may be any type: appetizer, soup, main dish, salad, or snack.
2. Bring a copy of the recipe with the dish. **Recipes must be typed or handwritten on a sheet no bigger than of 8 ½ X 11”.** 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.

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

Contestant Name: _____

School: _____ Grade: _____

Commodity Type & Division: _____

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, Rotisserie 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

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

Contestant Name: _____

School: _____ Grade: _____

Commodity Type & Division: _____

4-H SEAFOOD COOKERY

Rules and Regulations

Purpose: For 4-H club members 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.

Division: The contest will be divided into three divisions:

1. Oyster
2. Crab
3. Shrimp
4. Fish or other seafood (seafood from Louisiana Seafood List not included in other divisions)
5. Crawfish

Rules: Contestants in all five divisions must: (NO TABLE DECORATIONS ALLOWED)

1. Bring to the contest a prepared seafood dish. **This dish must be cold and you should bring only one (1) serving.** The recipe must contain **at least one (1) cup** of fresh, frozen, pasteurized, or dried seafood. No canned seafood may be used. Surimi or artificial crab made from fish cannot be used. There can be **NO RAW** seafood in the final dish. Entries in Divisions 1 thru 5 may contain a small amount of a second seafood but not more than $\frac{1}{2}$ of the amount of the primary seafood. For example: a recipe could contain one cup of crab as the primary seafood and $\frac{1}{2}$ cup of shrimp as the secondary seafood. All seafood used in the contest must be listed on the attached Louisiana Seafood List. The dish may be any type: appetizer, soup, main dish, salad, or snack.
2. Bring a copy of the recipe with the dish. **Recipes must be typed or handwritten on a sheet no bigger than of 8 ½ X 11”.** 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.

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

Contestant Name: _____

School: _____ Grade: _____

Commodity Type & Division: _____

LOUISIANA SEAFOOD LIST

FRESHWATER SPECIES	SALTWATER SPECIES
Alligator gar*	Amberjack
American alligator *	Atlantic stringray
American eel	Bearded brotula
Black crappie	Bigorneaux (couch, oyster drill) *
Blue catfish *	Black drum
Bowfin (choupique) *	Blue crab
Bream (bluegill, redear, others)	Blue runner
Carp (several species)	Bluefish
Channel catfish*	Brown shrimp
Crawfish *	Butterfish
Flathead catfish-	Clam
Freshwater drum (gaspergou) *	Cobia (ling, lemon fish)
Frog legs (several species)	Crevalle jack
Largemouth bass	Dolphine (mahi mahi, dorado) *
Smallmouth bass	Eastern oyster
Spotted gar *	Grouper (several species) *
White crappie (sac au lait)	Little tunney (bonita)
	Mackerel (king and Spanish) *
Note:	Pompano *
• <u>No canned seafood may be used</u>	Porgy (several species)
• <u>Surimi or artificial crab made from fish cannot be used</u>	Red fish
	River shrimp *
	Royal red shrimp *
*denotes commercially available species	Seabob *
	Shark (several species) *
	Sheepshead *
	Snapper (several species) -
	Southern flounder -
	Speckled trout (spotted sea trout)
	Squid *
	Striped mullet *
	Swordfish *
	Tilefish (several species) *
	Triggerfish *
	Tuna (blackfin, bluefin, yellowfin) *
	Wahoo
	White shrimp *
	White trout (sand sea trout)