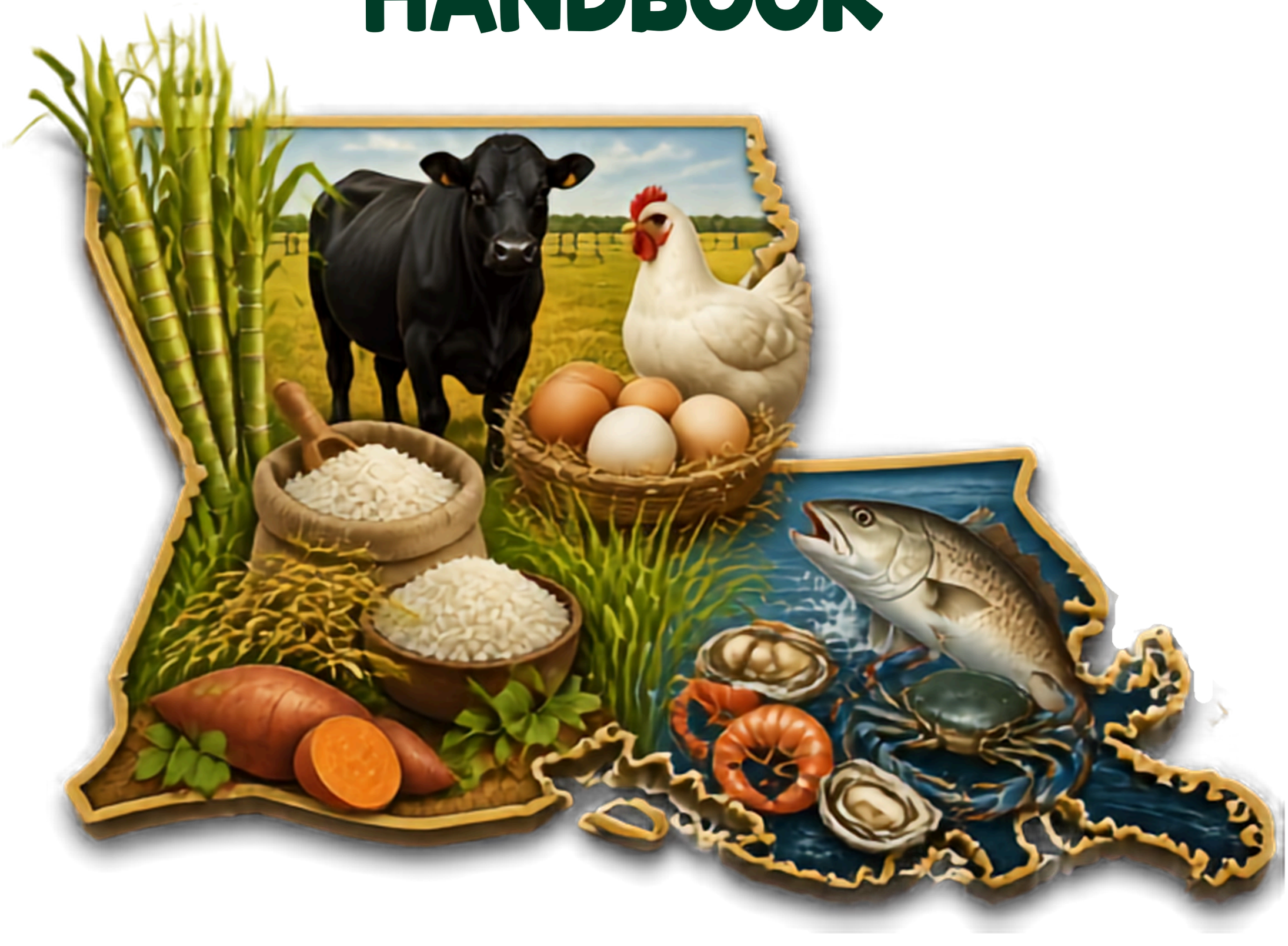
4-H AREA COMMODITY

Cookery Contest

HANDBOOK



MAY 6, 2027

ASSUMPTION 4-H OFFICE
119 ROBIN STREET
NAPOLEONVILLE, LA. 70390

Contest Superintendent: Cherie Roger, Terrebonne Parish

PARISH ASSIGNMENTS FOR AREA CONTEST

Assumption
Iberville
Lafourche
St. Mary
Terrebonne
West Baton Rouge

Special Procedures

- Contestants will bring only half of their dish. Keep the remainder at home for family to enjoy.
- Please keep in mind that appearance is still being considered so make your dish as attractive as possible.
- Contestants will bring dish in a **disposable container**.
- For food safety purposes, the remaining portions of the dish and disposable container will be disposed of at the contest.
- Printed recipe will reflect the full amount of the recipe and the full amount of the commodity (egg, beef, poultry, rice, sweet potato, seafood, sugar) used.

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GENERAL 4-H COOKERY CONTEST
Rules and Regulations

Purpose

All cookery contests are designed for the education and enhancement of 4-H club members. Each contest emphasizes specific agricultural commodities.

Eligibility

Bona fide 4-H club member.

> Participants must attend the contest. Contestants may enter only one division in each commodity cookery contest. Example: one seafood, one beef, one poultry, one rice dish, one sweet potato dish, one egg dish, and one sugar dish. Contestants may enter more than one commodity.

**Refer to specific contest rules for restrictions on previous winners. **

Format

Each contest has three primary components.

(1) Dish
(2) Education Activity- must stay to receive this score
(3) Recipe

Scoring

All contests will be scored using the same methods, scoring factors and values, but with criteria specific to each contest. Scoring factors and values will include:

Dish Evaluation		70 points
Taste	60	
Appearance	5	
Educational Activity	5	
Recipe Evaluation		10 points
Total		*80 points*

NOTE: **The food should be exhibited in a disposable 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, large soup tureens, etc. For food safety purposes, the portions of the dish remaining after judging will be disposed of at the contest.**

Ties In case of a tie, the tie will be broken by the following, in order listed:

a. The contestant with the highest "taste" score will win
b. A method determined by the contest officials.

RECIPE EVALUATION

The recipe will be evaluated based on the following information:

(a.) Name of recipe given

(b.) Ingredients listed in order used in instructions.

(c.) Include size and weight of cans, packages, etc. (Ex: 10 ¾ ounce can cream of mushroom soup)

(d.) Clear instructions

(e.) No abbreviations. Please use complete spelling of ingredient measures (Ex: cup, teaspoon, tablespoon, etc. This makes the recipe clearer to understand.)

(f.) Size of pan stated.

(g.) Temperature and cooking time stated.

(h.) Number of servings given

(i.) Dish meets contest and division requirements.

(j.) Recipe does not have excessive amounts of fat and sodium.

Dietary Guidelines – Care should be taken that added ingredients and preparation methods do not contribute excessive amounts of fat and sodium. Also, consider all the nutritional aspects of the ingredients in your recipe. Explain in your recipe any changes you made in your ingredients or preparation methods to modify fat or sodium to add important nutrients. Tips you might try:

1. Make lower fat food or ingredient choices. For example, you might

Choose……	**Instead of…….**
evaporated skim or low-fat milk	Half and Half cream
low fat or skim milk	whole milk
low fat or nonfat yogurt	regular yogurt or sour cream
light or nonfat cream cheese	cream cheese
reduced calorie margarine	butter or regular margarine
oil	solid shortening
lean ground beef	regular ground beef
"light" or "fat-free" mayonnaise	regular mayonnaise

2. Reduce the oil, shortening or margarine in recipes. Start by reducing it by ¼. For example, if the recipe calls for 1 cup of oil, use ¾ cup. **Diet margarine and nonfat cream cheese are not recommended for baked products.**

3. Frying adds extra fat. It is best to choose another method of preparation such as baking, broiling, grilling, or steaming.

To lower salt or sodium…

1. Salt is a major source of sodium which is needed for healthy bodies. But too much salt can be harmful. Salt in recipes can be reduced by one-half without affecting the taste. Try reducing the salt in the recipe.

2. Canned vegetables and soups are high in sodium. Choose canned soups labeled "1/3 less salt" or "no salt added." Choose fresh or frozen vegetables or canned vegetables with reduced salt or sodium.

    - To add fiber…add fruits, vegetables, bran (wheat, oat, or rice).
    - To add Vitamin A…add fruits, vegetables, cheese, or eggs.
    - To add Vitamin C…add citrus fruits, cabbage, potatoes, or tomatoes.
    - To add iron…add dried beans, raisins, meat, poultry, eggs, oysters, or cereal.
    - To add calcium…add milk, yogurt, or cheese.

Food Safety – Food safety is an important consideration. **The risk of food-borne illness is greatly increased when foods are held at room temperature for extended periods.** Therefore, the dish should be prepared and chilled to refrigerator temperature and transported on ice in an ice chest to the contest. **DISHES NOT CHILLED AND TRANSPORTED IN THIS WAY WILL BE DISQUALIFIED BY CONTEST OFFICIALS**.

Contestants: Please do not arrive at the contest prior to 12:30 p.m.
Food will be inspected at 12:30p.m.

CONTEST DAY PROCEDURE

1. Register – You have been assigned a registration number according to your parish. Your agent can tell you your number. Find the right registration form for your division at the registration table and check in. The number beside your name is your registration number. One copy of your recipe will be provided by the contest superintendent. This recipe will have only your contestant number with division and any other division requirements. Find this copy on the table and place your dish next to it. Half of the dish will be displayed at the contest. (*See procedure at the beginning of the handbook.)

2. At 12:30 p.m., present your dish (pre-chilled and packed on ice in an insulated ice chest) to contest officials for food safety inspection. Your dish will be disqualified if it is not completely cold and packed on ice in an insulated ice chest at the time of inspection **(NO EXCEPTIONS)**. After your dish is inspected, remove from the ice chest and place in front of the registration number on the table. Place the recipe next to your dish.

3. **You, 4-H member, alone should make any last minute preparations, including garnishing to your dish, and you should make them as quickly as possible.** Parents and friends are not permitted past the inspection point. You may store any extra supplies under the division table out of sight.

4. Do not bring any serving utensils, knives, or plates for judges. This will be supplied by the contest superintendent.

5. Gather for opening announcements at **1:00 p.m**.

5. After opening announcements, report immediately to the area announced to participate in the education activity.

FOODBORNE ILLNESS:

How To Keep From Getting Sick

"It must have been something I ate" is often the explanation for what some people call the "stomach flu." Scientists, however, have a different name for this problem. They call it foodborne illness and estimate that each year between 6.5 million and 33 million people suffer from its consequences.

But you don't have to be one of the unlucky ones. Most cases of foodborne illness can be prevented through some simple food handling and storage steps. All it takes is a little know-how and such everyday weapons as soap and water, a refrigerator and a food thermometer to check the temperature.

What is a Foodborne Illness?

Foodborne illness is the sickness that results from eating foods that are contaminated with harmful bacteria and other microorganisms. Although you may not see, smell or taste these "bugs," under the right conditions, they may be present on the food when they are purchased or get into food preparation, cooking, serving or storage.

Common symptoms of foodborne illness include diarrhea, abdominal cramps, fever, headaches and vomiting. These symptoms may come on as early as a half-hour after eating contaminated food or may not develop for up to two weeks. They usually last only a day or two, but in some cases can persist a week or more. For most healthy people, foodborne illnesses are neither long-lasting nor life-threatening. However, the consequences can be several and may require hospitalization and even lead to death in the very young, the very old and those with weakened immune systems.

How to Keep Food Safe?

Because bacteria can survive on raw foods despite aggressive controls at the processing and retail levels, food safety experts urge consumers to think about food safety at each step in the food handling process --- from shopping or bringing takeout foods home to storing leftovers. This means that consumers should always follow these four simple steps:

- Clean – Wash hands, utensils, and surfaces with hot soapy water before and after food preparation and especially after preparing meat, poultry, eggs or seafood to protect adequately against bacteria.

- Separate – Keep raw meat, poultry, eggs and seafood and their juices away from ready-to-eat foods; never place cooked food on an unwashed plate that previously held raw meat, poultry, eggs or seafood.

- Cook – Cook food to the proper internal temperature (this varies from different cuts and types of meat and poultry) and check for doneness with a food thermometer. Cook eggs until both the yolk and the white are firm.

- Chill – Refrigerate or freeze perishables, prepare food and leftovers within two hours, and make sure the refrigerator is set no higher than 40 degrees F and the freezer unit is set at 0 degrees F.

You can Fight Bac!...

Bacteria are invisible enemies. But you have four powerful weapons to Fight Bac! So, be a

BAC Fighter and make the meals and snacks you serve as safe as possible.

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.

Sponsors The Louisiana 4-H Foundation and the Louisiana Cooperative Extension Service.

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

> A contestant may enter only one division in the seafood cookery contest.

Divisions The contest will be divided into five divisions:

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

Food Safety After preparation, the dish must be chilled to refrigerator temperature.

Dishes must be transported on ice and in an ice chest to the contest. DISHES NOT CHILLED AND TRANSPORTED IN THIS MANNER WILL BE DISQUALIFIED BY CONTEST OFFICIALS.

General Requirements

Contestants in all five divisions must:

1. Bring a prepared seafood dish to the contest. The dish must use at least one (1) cup of seafood. The seafood must be fresh, frozen, pasteurized, or dried. Canned seafood is not acceptable. Surimi, an artificial crab made from fish, cannot be used. **There can be no raw seafood in the final dish.** Entries in Divisions 1 and 5 may contain a small amount of a second seafood but not more than ½ the amount of the primary seafood. For example, a recipe could contain one cup of crab as the primary seafood and ½ cup of shrimp as the secondary seafood. **All seafood used in the contest must be listed on the attached Louisiana Seafood List.**

2. One copy of your recipe will be provided by the contest Superintendent. This recipe will have only your contestant number, dish division and any other special division requirements. Check with your 4-H agent for your number and other information. This recipe is placed next to the dish. Recipes will be scored according to the attached Recipe Evaluation (see general rules). Recipes may be used in publicity and printed in publications by the donors. **Note**: Your recipe will be submitted ahead of time so that it may be scored and printed for the cookbook. You **do not** have to bring copies of the recipe.

3. Half of the entire dish must be displayed at the contest.

4. **The food should be exhibited in a disposable 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, large soup tureens, etc. For food safety purposes, the portions of the dish remaining after judging will be disposed of at the contest.**

Parish Contest Each parish may determine the manner in which their contestants are selected. The use of the previous year's winning recipes should be discouraged.

Area Contest Parish winners will attend area contests. Each parish may have one contestant in each division of the contest. The contestant must attend the area contest.

Dishes must be handled and transported in accordance with the food safety rules and precautions stated or the contestant will be disqualified.

The area contests will be coordinated by the designated Extension agents. Judges should be obtained locally.

Only contestants will be allowed in the setup area. Agents or parents may help move ice chests in, but must then leave the contest area.

Area Awards First, second, and third place winners in each division will receive special awards and/or ribbons. All others will receive ribbons or certificates.

SEAFOOD SCORING FACTORS

(for a total of 80 points)

1. Recipe – 10 points
   Does the recipe meet the contest and division requirements?
   Does the recipe follow the recipe format as suggested by the recipe check sheet?

2. Taste – 60 points
   Does the finished dish have flavor which appeals to most people?
   Do the flavors blend together?
   Try not to let personal preferences enter into decisions of rating.

3. Appearance of Dish – 5 points
   Does the finished dish look appetizing?
   Garnishes and accompaniments should not enter into scoring.

4. Educational Activity – 5 points

In case of a tie, the tie will be broken by the following method in the order listed:

1. The contestant with the highest "taste" score will win.
2. A method determined by the contest officials.

NOTE: Failure to follow contest rules will result in the contestant being placed in last place.

For example: (1) Failure to use the proper amount of meat
(2) Failure to display the half of entire dish
(3) Failure to meet division requirements

LOUISIANA SEAFOOD LIST

Amberjack
Black Drum
Blue Crab
Bluefin Tuna
Brown Shrimp
Buffalo Fish
Crawfish
Cobia (Lemonfish)
Flounder (Croaker)
Freshwater Catfish
Gamefish (Bass, Bream, etc.) are acceptable, but the more "commercial" fish above are preferred
Garfish
Gaspergou
Grouper
King Mackerel
Mahi
Oysters
Pink Shrimp
Pompano
Sand Seatrout (White Trout)
Sea Bobs (Shrimp)
Sheepshead
Snappers
Spanish Mackerel
Speckled Trout
Sword Fish
White Shrimp
Yellowfin Tuna
Tilefish
Wahoo

Alligator
Bearded Brotulas
Blackfin Tuna
Blue Runners
Bluefish
Bowfish (Choupique)
Butterfish
Carp
Chub Mackerel
Crevalle, Jack
Freshwater Eels
Freshwater Turtle
Frog Legs (Bullfrog)
Little Tunny (Bonita)
Louisiana Clams
Louisiana Hakes
Louisiana Stone Crabs
Oyster Drills (Conchs, Bigorneaux)
Progys
Rays
River Shrimp
Rock Shrimp
Roughneck Shrimp (Blood Shrimp)
Royal Red Shrimp
Saltwater Catfish
Saltwater Eels
Shark
Southern King Fish (Channel Mullet)
Squid
Striped Mullet
Triggerfish

4-H SEAFOOD COOKERY CONTEST
CONTESTANT NUMBERS

Parish	Division				
	Oysters	Crab	Shrimp	Fish & Other Seafood	Crawfish
Assumption	1	7	13	19	25
Iberville	2	8	14	20	26
Lafourche	3	9	15	21	27
St. Mary	4	10	16	22	28
Terrebonne	5	11	17	23	29
West Baton Rouge	6	12	18	24	30

Louisiana Seafood

Louisiana usually ranks second in the nation in the total amount or volume of fisheries products landed.

Almost every year, the state will be first in shrimp, oysters, blue crabs, crawfish, red snapper, and menhaden. More recently, Louisiana has also been first in yellow fin tuna, black drum and alligator meat.

It's second to wild freshwater, finfish, and its catfish farming industry is expanding rapidly to make the state among the top 4 products.

Natural Fisheries vs. Aquaculture

In natural fisheries the seafood is caught where it grows in nature, its natural environment. In most cases, all fishermen can harvest seafood from any and all of those areas in accordance with state and federal laws.

In aquaculture, seafood is grown and harvested under controlled conditions, generally on provide property. "Farmers" control such things as the type and amount of feed, the water quality and level, and harvesting times.

The farms, then, are the only ones who can harvest that seafood. Being able to predict the number of pounds of seafood that can be harvested per acre is a major benefit.

Some types of seafood that are found both in nature and aquaculture operations in Louisiana include crawfish, catfish, oysters and alligators.

Finfish vs. Shellfish

Just as the names suggest, finfish are fish that have fins and shellfish have shells. Some shellfish, like shrimp, have thin shells. Some, like oysters, have very thick shells.

There are hundreds of types of finfish. There are commercially important species found in both fresh water and salt water. Catfish are the most valuable freshwater species. Some common saltwater finfish include sheepshead, black drum, yellow fin tuna and red snapper.

There are eight types of seafood known as shellfish. They are crawfish, lobsters, clams, scallops, shrimp, oysters, squid, and crab. Lobsters, scallops, clams, and squid are not harvested commercially from Louisiana waters.

Seasons

Unlike many other types of red meat products, seafood are generally seasonal and may be available for fresh consumption for only a short period of time. For example, fresh crawfish are most available from February through June. Consequently, processing plants may freeze seafood for yearlong availability.

Nutrition

Fish and Shellfish are

- Rich in high-quality protein
- Low in calories
- Low in fat, particularly saturated fat, the kind that contributes to heart disease
- Excellent sources of omega-3 fatty acids, a certain kind of fat that can actually help to lower the risk of heart attacks and strokes
- Good sources of B-Vitamins
- Good sources of iron, phosphorous and potassium. In addition, oysters are an excellent source of iron, copper, and zinc.

Market Forms

- Finfish can be purchased fresh or frozen
- Shellfish are available live, fresh, frozen, pasteurized, or cooked
- Fresh seafood should not have a strong odor.

Buying the Right Amount

An average serving of cooked fish is three ounces. To provide that amount you need to buy:

- Whole fish – ¾ pound per person
- Cleaned or dressed fish – ½ pound per person
- Fillets or steaks – ¼ to ⅓ pound per person

The average serving of shellfish is three or more ounces of cooked meat. For each person, buy:

- Crabs, cooked meat – ¼ pound
- Crabs, live – 1 to 2 pounds
- Oysters and clams, shucked – ¼ pound
- Oysters and clams, in shell – ½ dozen
- Shrimp, cooked and peeled – ¼ pound
- Shrimp, in shell, whole – 1 pound
- Shrimp, in shells, tails – ½ pound
- Shrimp, breaded – 4 to 6 pieces

KEEP SEAFOOD COLD

- All fresh seafood should be well iced or refrigerated to a temperature as close to freezing (32 degrees F) as possible. This will give you the longest shelf-life.
- Seafood that die quickly, such as fish or shrimp, must be well iced at the time of landing.
- Seafood such as crawfish and crabs that can stay alive for longer, should be boxed or sacked in containers that allow plenty of air circulation and kept in a cool spot. They should be alive when cooked.
- Never place crawfish or crabs in containers full of water. This will cause them to drown.
- Fish fillets should be placed in clean plastic bags before storing on ice.
- Shrimp, whole fish and dressed fish should be mixed directly in ice using a clean sanitized container.
- Drain the water as the ice melts. Use from one to two pounds of ice for each pound of seafood. Replenish ice often.
- Packages of processed seafood such as packaged crawfish meat, crabmeat and shucked oysters should be placed on ice and placed in the refrigerator.

SHELF LIFE OF SEAFOOD

Fresh

Live crawfish and crabs, when kept cool, moist and with plenty of fresh air, can be kept two or three days.

Finfish, crawfish meat, crabmeat, shrimp and shucked oysters kept in waterproof containers submerged in ice can be kept for about two to five days with excellent results.

Frozen

Most seafood can be kept in the freezer for several months with excellent quality.

Crawfish tails should be rinsed of "fat" before freezing to prevent rancidity. Lemon juice in the final rinse will prevent them from turning blue in the freezing process.

COOKING SEAFOOD

Timing

Timing is everything. Perfectly cooked fish is moist and has a delicate flavor. Overcooked fish is dry and tasteless. Fish is done when the flesh has just begun to turn from translucent (see-through) to opaque (dense) or white. It should be firm, but still moist and it should be just ready to flake. Use moderate heat and just the right amount of time.

This 10-minute Rule Works Best:

- Measure fish at its thickest point.
- Cook fish 10 minutes per inch of thickness, turning it over halfway through the cooking time. For example, a 1-inch-thick fish fillet or steak should be cooked 5 minutes on each side for a total of 10 minutes. Pieces of fish that are less than ½ inch thick do not have to be turned over.
- Add 5 minutes to the total cooking time if you are cooking the fish in foil or in a sauce.
- Double the time for frozen fish that has not been defrosted.
- When microwaving, the 10-minute rule does not apply. Put the fish in a shallow dish. Cover with plastic wrap with one corner turned back to vent the steam.
- Place in the microwave to cook at high (100 percent power) for 3 minutes per pound of boneless fish. Rotate dish once during cooking to ensure even cooking.
- Remove from microwave when the edges of the fish are firm and opaque, and the center is slightly translucent. Let the fish stand, still covered, for 3 to 5 minutes. It will continue to cook by retained heat.

SHELLFISH

If cooked too long, shellfish become tough and dry and loses much of the flavor. Use a simmering temperature, not a hard boil. You can see when it is done.

Raw shrimp turn pink and firm. The time depends on the size of the shrimp. It takes about 5 minutes to boil or steam 1 pound of medium-sized shrimp in the shell.

Shucked shellfish, such as clams, scallops and oysters, become plump and opaque. The edges of oysters start to curl.

Dr. Michael W. Moody
Department Head (Food Science)

4-H BEEF COOKERY PROGRAM

Rules and Regulations

Purpose For 4-H Club members to have satisfactory learning experiences and acquire knowledge of nutritional value, cooking principles, versatile use and economic value of beef.

Sponsors Cattlemen's Association.

Eligibility The contestant must be a bona fide 4-H Club member. All divisions are open to any age.

A contestant may enter only one division in the beef cookery contest.

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.**

NOTE: All ground beef should be cooked until gray in color; not pink; and juices run clear.

The contest will be divided into three divisions:

I. **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, or any other resource to determine calories. Please list resources used.

II. **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.

III. **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 "My Plate."

BEEF COOKERY CONTEST GENERAL REQUIREMENTS

Contestants in the Low-Calorie, Quick and Easy Main Dish and One Dish Meal divisions must meet the following requirements.

1. Bring to the contest a prepared ground meat dish. A minimum of one pound of ground beef must be used. Half of the entire dish must be exhibited at the contest.

2. One copy of your recipe will be provided by the contest superintendent. This recipe will have your contestant number, dish division and any other special division requirements. Check with your 4-H agent for your number and other information. The copy of the recipe is to be placed next to the dish. Recipes will be scored according to the attached Recipe Evaluation and the Dietary Guidelines scoring factors (see general rules). Recipes may be used in publicity and printed in publications by the donors. **Note: Your recipe will be submitted ahead of time so that it may be scored and added to the cookbook CD. <u>You do not have to bring copies of the recipe.</u>**

3. **The food should be exhibited in a disposable 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, large soup tureens, etc. For food safety purposes, the portions of the dish remaining after judging will be disposed of at the contest.**

Parish Contest Each parish may determine the manner in which their contestants are selected. The use of the previous year's winning recipes should be discouraged.

Area Contest Parish winners will attend area contests. Each parish may have one contestant in each division of the contest. The contestant must attend the area contest.

Dishes must be handled and transported in accordance with the food safety rules and precautions stated or the contestant will be disqualified.

The area contests will be coordinated by the designated Extension agents. Judges should be obtained locally.

Only contestants will be allowed in the setup area. Agents or parents may help move ice chests in but must then leave the contest area.

Area Awards First, second and third place winners in each division will receive special awards and/or ribbons. All others will receive ribbons or certificates.

EQUAL MEASUREMENTS

1 tablespoon (½ ounce)	=	3 teaspoons
1 cup (8 ounces)	=	16 tablespoons
⅛ cup	=	2 tablespoons
¼ cup	=	4 tablespoons
⅓ cup	=	5 tablespoons plus 1 teaspoon
⅞ cup	=	1 cup minus 2 tablespoons
1 pint (16 ounces)	=	2 cups
1 quart (32 ounces)	=	2 pints or 4 cups
1 gallon (128 ounces)	=	4 quarts

BEEF SCORING FACTORS

1. Educational Activity – 5 points

2. Recipe – 10 points
   - Does the recipe contain a minimum of one pound ground beef?
   - Does the recipe follow the recipe format as suggested by the recipe check sheet?
   - Does the recipe meet the Division Requirements?

   Division Requirements:

   Division I – **Low Calorie Main Dish**
   - Does the dish provide less than 300 calories per serving?
   - Is the calculation of calories written on the recipe?
   - Does it correctly list the calories for each ingredient, add the number and divide the total by the number of servings in the dish?
   - Eight is the maximum number of servings allowed per pound of ground beef.

   Division II – **Quick and Easy Main Dish**
   - Does the dish take less than one hour to prepare, including any cooking or baking time?
   - There should be a fairly small number of ingredients and steps in preparation.
   - Is the time for steps in preparation as well as cooking or baking time written on the recipe?

   Division III – **One Dish Meal**
   - Does the dish provide food from at least three of the five main Food Groups from My Plate?
   - Are the foods and food groups listed on the recipe?

3. Taste – 60 Points
   - Does the finished dish have a flavor which appeals to most people?
   - Do the flavors blend together?

- Try not to let personal preferences enter into decision of rating.

4. Appearance of Dish – 5 points
   - Does the finished dish look appetizing?
   - Garnishes and accompaniments should not enter in scoring.

In case of a tie, the tie will be broken by the following, in order listed.

a. The contestant with the highest "taste" score will win.
b. A method determined by the contest officials.

NOTE: Failure to follow contest rules will result in the contestant being placed in last place.

For example: (1) Failure to use the proper amount of meat
(2) Failure to display the half of entire dish
(3) Failure to meet division requirements

CALORIE COUNTER

MILK-CHEESE GROUP

	Amount	Approximate Calories
Skim milk	1 cup	80
Nonfat dry, reconstituted	1 cup	80
Canned, evaporated skim milk	½ cup	80
1% Low fat milk	1 cup	100
2% Low fat milk	1 cup	120
Low fat yogurt	1 cup	120
Low fat cottage cheese	½ cup	110
Creamed cottage cheese	½ cup	160
Whole milk (3.25%)	1 cup	150
Canned, evaporated whole milk	½ cup	170
Mozzarella or Farmer's Cheese	1 ounce	80
Cheddar or American	1 ounce	100
Parmesan	3 tablespoons	80

VEGETABLE-FRUIT GROUP

	Amount	Approximate Calories
Apple	1	70
Banana	1	80
Cantaloupe, 5"	½	60
Cherries	½ cup	40
Grapefruit	½	60
Grapefruit juice	½ cup	50
Grapes	½ cup	50
Orange	1	75
Orange juice	½ cup	60
Pear	1	100
Peaches, canned in juice	½ cup	50
Pineapple, canned in juice	2 slices	50
Strawberries	½ cup	30
Most water-crisp vegetables such as broccoli cabbage, carrots, green peppers, greens, green beans, onion, tomatoes, summer or zucchini squash, eggplant, cauliflower	½ cup	25
Starch vegetables such as: corn, lima beans green peas, potatoes, or winter squash	½ cup	70
Sweet potatoes	½ cup	120
French fries, 3"	8	115

Tomato paste	½ cup	110
Tomato sauce	½ cup	37

BREAD-CEREAL GROUP

	Amount	Approximate Calories
White, whole wheat or rye bread	1 slice	70
English muffin, small	½	70
Plain dinner roll	1	70
Hot dog or hamburger bun	1	140
Biscuit, 2”	1	115
Cornbread or corn muffin, 2”	1	115
Dried bread crumbs	3 tablespoons	70
Tortillas, 6”	1	70
Ready-to-eat unsweetened cereal	1 cup	110
Puffed cereal	1 cup	70
Cooked Cereal	1 cup	140
Rice, cooked	1 cup	140
Spaghetti, noodles or macaroni	1 cup	140
Cornmeal	2 tablespoons	70
Flour	½ cup	110
Saltine crackers	6 squares	70
Pancake or waffle, 5”	1	115

MEAT-POULTRY-FISH-BEAN GROUPS

	Amount	Approximate Calories
Ground beef (lean)		
1 pound (if meat is mixed with other ingredients before cooking or baking)		1200
1 pound (if meat is browned and drained before adding other ingredients)		1000
Bacon, fried crisp	1 strip	45
Egg	1	80
Peanut butter	2 tablespoons	190
Dried beans or peas	½ cup	115
Nuts	2 tablespoons	100

FATS-SWEETS GROUP

	Amount	Approximate Calories
Butter or margarine	1 tablespoon	100
Reduced-calorie margarine	1 tablespoon	50-90
Oil	1 tablespoon	125
Mayonnaise	1 tablespoon	100
Reduced-calorie mayonnaise	1 tablespoon	12-50
French salad dressing	1 tablespoon	60
Potato chips or corn chips	15	150
Cream Cheese	1 tablespoon	45
Sugar	1 tablespoon	50

Check nutritional labels of food products for specific calorie counts.

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 high-calorie ingredients 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	74
	Total Calories	1544

4. Divide the total number of calories by the number of servings.

   Example: 1544 ÷ 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 serving and instructions for preparing the dish.

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 oven	30 minutes
Total Preparation Time	59 minutes

3. Make sure your recipe lists:

   - The ingredients
   - Each step-in preparation
   - The estimated time for each step, including cooking or baking
   - The total preparation time

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	DAIRY GROUP	yogurt, cheese, ice cream, skim milk, cottage cheese, buttermilk, low fat milk
VEGETABLE GROUP	turnip greens, carrots, potatoes, celery, peas, green beans, onions, broccoli, bell pepper, cabbage, lettuce		
GRAIN GROUP	waffles, oatmeal, crackers, spaghetti, English muffins, cornbread, macaroni, rice, biscuits, grits, taco shells, buns, rolls	PROTIEN 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 not really 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)

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 lists the ingredients, the food group represented by each ingredient and the instructions from preparing the dish.

4-H BEEF COOKERY CONTEST
CONTESTANT NUMBERS

PARISH	DIVISION		
	LOW CALORIE	ONE DISH MEAL	QUICK & EASY
ASSUMPTION	1	7	13
IBERVILLE	2	8	14
LAFOURCHE	3	9	15
ST. MARY	4	10	16
TERREBONNE	5	11	17
WEST BATON ROUGE	6	12	18

POULTRY COOKERY CONTEST
Rules and Regulations

Purpose To provide 4-H Club member with learning experience and knowledge concerning the nutritional value, cooking principles, versatile use and economic value of poultry meats and poultry meat products.

Sponsor The 4-H Poultry Cookery Contest is sponsored by the Louisiana 4-H Foundation and the Louisiana Cooperative Extension Service.

Eligibility The contestant will be a bona fide 4-H Club member.

> Contestants may enter one division in the Poultry Cookery Contest.

Division The contest will include three divisions:

- **Chicken**
- **Processed Poultry Products**
- **Other Poultry Meats**

Food Safety The dish should be prepared and chilled to refrigerator temperature and transported to the contest on ice and in an ice chest. **DISHES NOT CHILLED AND TRANSPORTED IN THIS MANNER WILL BE DISQUALIFIED BY THE CONTEST OFFICIALS.**

General Requirements

Contestants in all division must meet the following:

1. Bring to the contest a prepared poultry dish. The dish may be any type: appetizer, soup, main dish, salad or snack. Half of the entire dish must be exhibited at the contest.

2. One copy of your recipe will be provided by the contest superintendent. This recipe will have only your contest number, dish division and any other special division requirements. Check with you 4-H agent for your number and other information. The copy of your recipe is to be placed next to the dish. Recipes will be scored according to the attached Recipe Evaluation sheet and the Dietary Guidelines scoring factors (see general rules). Recipes may be used in publicity and printed on publications by the donors. **NOTE: Your recipe will be submitted ahead of time so that it may be scored and printed for the cookbook. You do not have to bring copies of the recipe**.

3. **The food should be exhibited in a disposable 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, large soup tureens, etc. For food safety purposes, the portions of the dish remaining after judging will be disposed of at the contest.**

DIVISION DEFINITIONS

I. **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:

Fryer	Broiler
Capon	Baking Hen
Roaster	Cornish or Game Hen

II. **Processed Poultry Products** – a dish which includes a minimum of 12 ounces of processed (value-added) poultry products. 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:

Ground Chicken	Smoked Chicken
Chicken Nuggets	Chicken Strips
Chicken Franks	Canned Chicken

III. **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. You may choose poultry meat from any of the following:

Duck	Goose
Quail	Grouse
Pheasant	Ostrich
Pigeon	Emu
Guinea	Dove
Turkey	

Parish Contest Each parish may determine the manner in which their contestants are selected. The use of the previous year's winning recipes should be discouraged.

Area Contest Parish winners will attend area contests. Each parish may have one contestant in each division of the contest. The contestant must attend the area contest.

Dishes must be handled and transported in accordance with the food safety rules and precautions stated or the contestant will be disqualified.

The area contests will be coordinated by the designated Extension agents. Judges should be obtained locally.

Only contestants will be allowed in the setup area. Agents or parents may help move ice chests in but must then leave the contest area.

Area Awards First, second and third place winners in each division will receive special awards and/or ribbons. All others will receive ribbons or certificates.

POULTRY SCORING FACTORS

1. Recipe – 10 points
   - Does the recipe meet the Division Requirements?
   - Does the recipe follow the recipe format as suggested by the recipe check sheet?

2. Taste – 60 points
   - Does the finished dish have a flavor which appeals to most people?
   - Do the flavors blend together?
   - Try not to let personal preferences enter into the decision of rating.

3. Appearance of dish – 5 points
   - Does the finished dish look appetizing?
   - Garnishes and accompaniments should not enter in scoring.

4. Educational Activity – 5 points

In case of a tie, the tie will be broken by the following, in order listed.

a. The contestant with the highest "taste" score will win.
b. A method determined by the contest officials.

NOTE: Failure to follow contest rules will result in the contestant being placed in last place.

For example: (1) Failure to use the proper amount of meat
(2) Failure to display the half of entire dish
(3) Failure to meet division requirements

4-H POULTRY COOKERY CONTEST
CONTESTANT NUMBERS

PARISH	DIVISION		
	CHICKEN	PROCESSED POULTRY PRODUCTS	OTHER POULTRY MEATS
ASSUMPTION	1	7	13
IBERVILLE	2	8	14
LAFOURCHE	3	9	15
ST. MARY	4	10	16
TERREBONNE	5	11	17
WEST BATON ROUGE	6	12	18

POULTRY FACT SHEET

- The term "poultry" refers to any species of bird produced for its meat.

- Greater quantities of chicken and turkey are eaten in the U.S.; however, duck, geese, quail, pigeons, emu and ostrich also are produced for meat.

- Poultry meat is a member of the Protein Group of the MY PLATE GROUP.

- 5 ½ oz. of meat from this MY PLATE Group are needed daily.

- Poultry meat is primarily protein. This is complete protein which supplies all the building blocks (amino acids) necessary for building and repairing body tissues.

- Poultry is a good source of thiamine, riboflavin and niacin.

- Dark meat of poultry is usually higher in iron, fat and riboflavin than white meat.

- Poultry meat from young birds contains less fat, but content varies based on type of poultry. Duck is higher in fat than other types of poultry.

- A serving of chicken or turkey contains fewer calories than an average serving of most other meats.

- The label on a poultry product must include the product's common name, net weight, name and address of packer or distributor, official plant number, inspection mark and a list of ingredients in order of their amount.

- Value-added or further processed poultry products have had special processing or treatment before packaging. Some value-added poultry products include chicken nuggets, turkey ham, marinated chicken strips, ground turkey, turkey bologna, and turkey bacon. Nutrition labeling is required.

- All poultry and poultry products processed in poultry processing plants must be inspected. The USDA inspection mark or stamp tells that the bird came from a healthy flock, was processed under rigid sanitary conditions, contains no harmful chemicals or additives, is correctly packaged and truthfully labeled.

- It is not mandatory for poultry to be graded. Grading takes into account conformation, fleshing, pin feathers, cuts, tears, exposed flesh, skin blemishes, disjointed or broken bones. Grade A carcasses are sold as whole or special products. Grade B carcasses are usually cut up or deboned.

- Roast large, whole poultry in an open pan at 325° F. Remove from oven 20 minutes before carving. Remove stuffing.

- Poultry should be cooked to an internal temperature of 185 degrees F. To be safe, use a meat thermometer. Insert into the thigh or breast muscle.

- Poultry meat may be contaminated with the bacteria Salmonella if improperly handled. Salmonella can cause food poisoning with symptoms such as nausea, vomiting and diarrhea.

- Food poisoning symptoms usually last less than 24 hours, but it can be fatal in the elderly, ill or infants.

- All cutting board, counters, dishes and knives should be washed with hot, soapy water after contact with raw poultry.

- Refrigerate leftovers within two hours of cooking.

- Chilled, raw poultry can be refrigerated for 1-2 days before cooking.

- Hard, frozen poultry may be stored at 0° F for up to 12 months.

- Thaw frozen poultry in the refrigerator, in cold water, or in the microwave. Never thaw at room temperature. Once defrosted, poultry should never be refrozen.

4-H EGG COOKERY CONTEST
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.

Sponsor The 4-H Egg Cookery Contest is sponsored the Louisiana 4-H Foundation and the Louisiana Cooperative Extension Service.

Eligibility The contestant must be a bona fide 4-H club member.

> A contestant may enter only one division in the egg cookery contest.

Divisions The contest will include 3 divisions:
- Appetizer/Salad
- Main Dish
- Dessert

Food Safety The dish should be prepared and chilled to refrigerator temperature and transported on ice in an ice chest to the contest. **DISHES NOT CHILLED AND TRANSPORTED IN THIS MANNER WILL BE DISQUALIFIED BY CONTEST OFFICIALS.**

General Requirements

Contestants in **all divisions** must meet the following requirements.

1. Bring to the contest a prepared egg dish.
   (a.) 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.**

   (b) 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.

   (c) Half of the entire dish must be exhibited at the contest. For example, if an appetizer recipe stipulates serving in small bite size pieces, half of all pieces must be exhibited.

2. One copy of your recipe will be provided by the contest superintendent. This recipe should have only your contestant number, dish division and any other special division requirements. Check with your 4-H agent for your number and other information. The copy of your recipe is to be placed next to the dish.

   Recipes will be scored according to the attached Recipe Evaluation and the Dietary Guidelines Scoring Factors (see general rules). Recipes may be used in publicity and printed in publication by the donors. **Note: Your recipe will be submitted**

ahead of time so that it may be scored and added to the cookbook. You do not have to bring copies of the recipe.

3. **The food should be exhibited in a disposable 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, large soup tureens, etc. For food safety purposes, the portions of the dish remaining after judging will be disposed of at the contest.**

Parish Contest Each parish may determine the manner in which their contestants are selected. The use of the previous year's winning recipes should be discouraged.

Area Contest Parish winners will attend area contests. Each parish may have one contestant in each division of the contest. The contestant must attend the area contest.

Dishes must be handled and transported in accordance with the food safety rules and precautions stated or the contestant will be disqualified.

The area contests will be coordinated by the designated Extension agents. Judges should be obtained locally.

Only contestants will be allowed in the setup area. Agents or parents may help move ice chests in, but must then leave the contest area.

Area Awards First, second and third place winners in each division will receive special awards and/or ribbons. All others will receive ribbons or certificates.

EGG SCORING FACTORS

(for a total of 80 points)

1. Recipe – 10 points
   - Does the recipe contain a minimum of four eggs?
   - Does the recipe follow the recipe format as suggested by the recipe check sheet?
   - Does the recipe meet the division requirements?

2. Taste – 60 points
   - Does the finished dish have a flavor which appeals to most people?
     - (Keep in mind that eggs have a mild delicate flavor and should not be overpowered in seasoning.)
   - Do the flavors blend together?
   - Try not to let personal preferences enter into decision of rating.

3. Appearance of Dish – 5 points
   - Does the finished dish look appetizing?
   - Garnishes and accompaniments should not enter in scoring.
   - You are judging the egg dish; not how good the radish roses are prepared.

4. Educational Activity – 5 points
   - Dish does not contain excessive amounts of fat, saturated fat, sodium, or calories.
   - Nutritional aspects of all ingredients and method of preparation have been considered.

In case of a tie, the tie will be broken by the following, in order listed.

a. The contestant with the highest "taste" score will win.
b. A method determined by the contest officials.

***NOTE:** Failure to follow contest rules will result in the contestant being placed in last place.
For example: (1) failure to use a minimum of four eggs
(2) failure to display half of the entire dish
(3) final product contains raw eggs

4-H EGG COOKERY CONTEST
CONTESTANT NUMBERS

PARISH	DIVISION		
	APPETIZER/SALAD	MAIN DISH	DESSERT
ASSUMPTION	1	7	13
IBERVILLE	2	8	14
LAFOURCHE	3	9	15
ST. MARY	4	10	16
TERREBONNE	5	11	17
WEST BATON ROUGE	6	12	18

EGG COOKERY FACT SHEET

- Eggs hold symbolic significance for many cultures.
- Today's mass production of eggs is highly scientific and almost totally automated. Eggs reach retail stores within 24-48 hours after they are laid.
- The egg is one of nature's most nutritious foods.
- An egg is made up of yolk, albumen, and shell.
- Shell color is not related to food value, quality, or cookery performance of an egg.
- All eggs offered for sale in retail stores are graded by a process called "candling."
- The grade depends on the size of the area covered by the broken-out raw egg, the height of the yolk and the amount of thick white. Example: Grand AA eggs cover the smallest area, have a high yolk and mostly a thick white.
- Grade and size are independent factors. Grade A eggs have the same qualities whether they are small or large.
- Egg size is based on minimum weight per dozen. Large eggs weigh 24 ounces a dozen.
- The cost of a dozen large eggs at 87 cents would be 58 cents a pound – a good protein buy.
- Eggs are an excellent source of complete protein (contain the essential amino acids). Egg yolks are an important source of iron. Eggs are easily digested.
- One egg contains 215 mg of cholesterol, a fat-like substance found in the yolk. For healthy people, dietary cholesterol does not raise blood cholesterol levels.
- One large egg contains about 70 calories.
- One egg counts as one ounce of lean protein on MY PLATE.
- If a recipe calls for 5 large eggs, you can use 4 extra large or 6 medium eggs instead.
- The best way to store eggs is in the closed carton on the refrigerator shelf.
- Cook eggs and egg mixtures at low to moderate temperatures. High cooking temperatures result in rubbery eggs.
- Eggs can be used in a recipe to thicken, bind, leaven, coat, emulsify, clarify and garnish.
- Eggs cooked in the shell should not be boiled. Bring eggs and water to a boil, remove from heat, cover and let stand for 15 minutes. Cool rapidly under cold water. High boiling temperatures toughen and cause a green ring to form between the yolk and the white. Note: the fresher the egg, the harder it is to peel.

- Eggs may contain the bacteria Salmonella, which can cause food poisoning. Use only clean, uncracked eggs for any dish. Do NOT serve any dishes containing raw eggs. Cook food containing eggs above 165 degrees F to destroy Salmonella. Cook fried eggs until whites are set and the yolks are thick, but not hard.

- Hot foods should be kept about 140 degrees F until served. Cold foods should be kept below 40 degrees F until served.

- Leftover egg whites or yolks can be stored in a tightly covered jar in the refrigerator for up to ten days. Or stir well and store in freezer. Thaw in refrigerator.

- Egg whites beat up higher when brought to room temperature (but no longer than 30 minutes before use).

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.

Sponsors The Louisiana 4-H Foundation and the Louisiana Cooperative Extension Service.

Eligibility The contestants must be a 4-H club member.

> A contestant may enter only one division in the sugar cookery contest.

Divisions The contest will be divided into five divisions:

1. Cakes
2. Candy
3. Cookies
4. Pies
5. Any Other

Food Safety After preparation, the dish must be chilled to refrigerator temperature.

Dishes must be transported on ice and in an ice chest to the contest. DISHES NOT CHILLED AND TRANSPORTED IN THIS MANNER WILL BE DISQUALIFIED BY CONTEST OFFICIALS.

General Requirements

Contestants in all five divisions must:

1. Bring a prepared sugar dish to the contest. 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.

2. One copy of your recipe will be provided by the contest Superintendent. This recipe will have only your contestant number, dish division and any other special division requirements. Check with your 4-H agent for your number and other information. This recipe is placed next to the dish. Recipes will be scored according to the attached Recipe Evaluation (see general rules). Recipes may be used in publicity and printed in publications by the donors. **Note: Your recipe will be submitted ahead of time so that it may be**

scored and added to the cookbook. You do not have to bring copies of the recipe.

3. Half of the entire dish must be displayed at the contest.

4. **The food should be exhibited in a disposable 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, large soup tureens, etc. For food safety purposes, the portions of the dish remaining after judging will be disposed of at the contest.**

Parish Contest Each parish may determine the manner in which their contestants are selected. The use of the previous year's winning recipes should be discouraged.

Area Contest Parish winners will attend area contests. Each parish may have one contestant in each division of the contest. The contestant must attend the area contest.

Dishes must be handled and transported in accordance with the food safety rules and precautions stated or the contestant will be disqualified.

The area contests will be coordinated by the designated Extension agents. Judges should be obtained locally.

Only contestants will be allowed in the setup area. Agents or parents may help move ice chests in but must then leave the contest area.

Area Awards First, second and third place winners in each division will receive special awards and/or ribbons. All others will receive ribbons or certificates.

SUGAR SCORING FACTORS

(for a total of 80 points)

1. Recipe – 10 points
   Does the recipe meet the contest and division requirements?
   Does the recipe follow the recipe format as suggested by the recipe check sheet?

2. Taste – 60 points
   Does the finished dish have flavor which appeals to most people?
   Do the flavors blend together?
   Try not to let personal preferences enter into decisions of rating.

3. Appearance of Dish – 5 points
   Does the finished dish look appetizing?
   Garnishes and accompaniments should not enter into scoring.

4. Educational Activity – 5 points

In case of a tie, the tie will be broken by the following method in the order listed:

1. The contestant with the highest "taste" score will win.
2. A method determined by the contest officials.

***NOTE:** Failure to follow contest rules will result in the contestant being placed in last place.
For example: (1) failure to use a ½ a cup of sugar
(2) failure to display half of the entire dish

4-H SUGAR COOKERY CONTEST
CONTESTANT NUMBERS

Parish	Division				
	Cakes	Candy	Cookies	Pie	Any other
Assumption	1	7	13	19	25
Iberville	2	8	14	20	26
Lafourche	3	9	15	21	27
St. Mary	4	10	16	22	28
Terrebonne	5	11	17	23	29
West Baton Rouge	6	12	18	24	30

FROM LOUISIANA SUGAR CANE FIELDS TO YOUR SUGAR BOWL

Sugar is pure, contains no manmade chemicals or warning labels, is 100% natural, and contains less than 16 calories per teaspoon.

Unlike artificial sweeteners, sugar has been declared safe by the Food & Drug Administration (GRAS list). Sugar, or sucrose, is produced most commonly from sugarcane or sugar beets when the energy of sunlight along with chlorophyll in the leaves transforms water and nutrients into sugar. Sugarcane and sugar beets are produced in approximately 16 states and provide more than 9 million short tons of sugar annually in the United States. In Louisiana, sugarcane is grown on approximately 532,000 acres in 25 parishes. During the 2023 crop year, Louisiana mills processed nearly 15.8 million tons of sugarcane and produced 1.84 million short tons of sugar. Louisiana accounts for about 20% of the nation's sugar production, and the state's sugarcane industry supports approximately 16,000-17,000 jobs while contributing billions of dollars to the state's economy.

Sugarcane is planted vegetatively, using whole stalks of cane rather than true seed. Each stalk consists of several joints which each have a bud. Cane stalks are planted in rows during the fall of each year and the buds produce shoots of cane the following spring. After maturing into stalks during the late summer, the cane crop is first harvested that fall and is called the plant cane crop. Sugarcane is a grass and more than one cutting can be harvested from each planting. In Louisiana, two to four additional annual cuttings (called ratoon crops) are made before the land must be fallowed and replanted.

All Louisiana sugarcane is mechanically harvested using either soldier or combine type harvesters. Soldier harvesters cut off the cane tops, cut the stalks from their attachment to the row, and lay them on heaps behind the machine. The cane heaps may or may not be burned (depending on local ordinances) to remove excess trash and are loaded in large wagons or transport trucks for transport to the raw sugar factories. Combine harvesters cut the stalks into short pieces or billets, while extractor fans remove a portion of the leaf trash. Billets are then transported to the factories.

At the raw sugar factories, cane is washed and crushed, with the juice being boiled down to a thick syrup. The cane by product is bagasse which is used as a fuel to power the factories. The thick syrup is separated into sugar crystals (“raw sugar”) and molasses (used in livestock feed). The raw sugar is sold to refiners who melt the raw sugar crystals, remove the remaining impurities, and color, and produce white or “refined” sugar.

Prepared and distributed by the American Sugar Cane League of the USA, Inc.

The mission of the American Sugar Cane League is to sustain success through effective research, positive legislation, public relations/promotion, and education.

4-H RICE 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.

Sponsors The Louisiana 4-H Foundation and the Louisiana Cooperative Extension Service.

Eligibility The contestants must be a 4-H club member.

> A contestant may enter only one division in the rice cookery contest.

Divisions The contest will be divided into three divisions:

1. Rice Main Dish
2. Rice Side Dish
3. Rice Dessert

Food Safety After preparation, the dish must be chilled to refrigerator temperature.

Dishes must be transported on ice and in an ice chest to the contest. DISHES NOT CHILLED AND TRANSPORTED IN THIS MANNER WILL BE DISQUALIFIED BY CONTEST OFFICIALS.

General Requirements

Contestants in all three divisions must:

1. Bring a prepared rice dish to the contest. The dish must use at least one cup of rice. Wild rice is not a cultivated rice in Louisiana and does not meet the requirement of 1 cup rice. Dishes containing rice products such as rice cereal, rice flour, etc. must also contain cooked rice. Example: Traditional rice krispie treats do not meet the contest requirements.

1. One copy of your recipe will be provided by the contest Superintendent. This recipe will have only your contestant number, dish division and any other special division requirements. Check with your 4-H agent for your number and other information. This recipe is placed next to the dish. Recipes will be scored according to the attached Recipe Evaluation (see general rules). Recipes may be used in publicity and printed in publications by the donors. **Note: Your recipe will be submitted ahead of time so that it may be scored and added to the cookbook. You do not have to bring copies of the recipe.**

2. Half of the entire dish must be displayed at the contest.

3. **The food should be exhibited in a disposable 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, large soup tureens, etc. For food safety purposes, the portions of the dish remaining after judging will be disposed of at the contest.**

Parish Contest Each parish may determine the manner in which their contestants are selected. The use of the previous year's winning recipes should be discouraged.

Area Contest Parish winners will attend area contests. Each parish may have one contestant in each division of the contest. The contestant must attend the area contest.

Dishes must be handled and transported in accordance with the food safety rules and precautions stated or the contestant will be disqualified.

The area contests will be coordinated by the designated Extension agents. Judges should be obtained locally.

Only contestants will be allowed in the setup area. Agents or parents may help move ice chests in but must then leave the contest area.

Area Awards First, second and third place winners in each division will receive special awards and/or ribbons. All others will receive ribbons or certificates.

RICE SCORING FACTORS

(for a total of 80 points)

1. Recipe – 10 points
   Does the recipe meet the contest and division requirements?
   Does the recipe follow the recipe format as suggested by the recipe check sheet?

2. Taste – 60 points
   Does the finished dish have flavor which appeals to most people?
   Do the flavors blend together?
   Try not to let personal preferences enter into decisions of rating.

3. Appearance of Dish – 5 points
   Does the finished dish look appetizing?
   Garnishes and accompaniments should not enter into scoring.

4. Educational Activity – 5 points

In case of a tie, the tie will be broken by the following method in the order listed:

1. The contestant with the highest "taste" score will win.
2. A method determined by the contest officials.

***NOTE:** Failure to follow contest rules will result in the contestant being placed in last place.
For example: (1) failure to use a cup of rice
(2) failure to display half of the entire dish

4-H RICE COOKERY CONTEST
CONTESTANT NUMBERS

PARISH	DIVISION		
	MAIN DISH	SIDE DISH	DESSERT
ASSUMPTION	1	7	13
IBERVILLE	2	8	14
LAFOURCHE	3	9	15
ST. MARY	4	10	16
TERREBONNE	5	11	17
WEST BATON ROUGE	6	12	18

4-H SWEET POTATO 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.

Sponsors The Louisiana 4-H Foundation and the Louisiana Cooperative Extension Service.

Eligibility The contestants must be a 4-H club member.

A contestant may enter only one division in the sweet potato cookery

Divisions The contest will be divided into two divisions:
1. Sweet Potato Other
2. Sweet Potato Dessert

Food Safety After preparation, the dish must be chilled to refrigerator temperature.

Dishes must be transported on ice and in an ice chest to the contest. DISHES NOT CHILLED AND TRANSPORTED IN THIS MANNER WILL BE DISQUALIFIED BY CONTEST OFFICIALS.

General Requirements

Contestants in all two divisions must:

1. Bring a prepared sweet potato dish to the contest. The dish must use at least one cup of fresh, canned or frozen sweet potatoes.

2. One copy of your recipe will be provided by the contest Superintendent. This recipe will have only your contestant number, dish division and any other special division requirements. Check with your 4-H agent for your number and other information. This recipe is placed next to the dish. Recipes will be scored according to the attached Recipe Evaluation (see general rules). Recipes may be used in publicity and printed in publications by the donors**. Note: Your recipe will be submitted ahead of time so that it may be scored and added to the cookbook. You do not have to bring copies of the recipe.**

3. Half of the entire dish must be displayed at the contest.

4. **The food should be exhibited in a disposable 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, large soup tureens, etc. For food safety purposes, the portions of the dish remaining after judging will be disposed of at the contest.**

Parish Contest Each parish may determine the manner in which their contestants are selected.

Area Contest Parish winners will attend area contests. Each parish may have one contestant in each division of the contest. The contestant must attend the area contest.

Dishes must be handled and transported in accordance with the food safety rules and precautions stated or the contestant will be disqualified.

The area contests will be coordinated by the designated Extension agents. Judges should be obtained locally.

Only contestants will be allowed in the setup area. Agents or parents may help move ice chests in but must then leave the contest area.

Area Awards First, second and third place winners in each division will receive special awards and/or ribbons. All others will receive ribbons or certificates.

SWEET POTATO SCORING FACTORS

(for a total of 80 points)

1. Recipe – 10 points
   Does the recipe meet the contest and division requirements?
   Does the recipe follow the recipe format as suggested by the recipe check sheet?

2. Taste – 60 points
   Does the finished dish have flavor which appeals to most people?
   Do the flavors blend together?
   Try not to let personal preferences enter into decisions of rating.

3. Appearance of Dish – 5 points
   Does the finished dish look appetizing?
   Garnishes and accompaniments should not enter into scoring.

4. Educational Activity – 5 points

In case of a tie, the tie will be broken by the following method in the order listed:

1. The contestant with the highest "taste" score will win.
2. A method determined by the contest officials.

***NOTE:** Failure to follow contest rules will result in the contestant being placed in last place.
For example: (1) failure to use a cup of fresh, frozen, or canned sweet potatoes
(2) failure to display half of the entire dish

4-H SWEET POTATO COOKERY CONTEST
CONTESTANT NUMBERS

PARISH	DIVISION	
	OTHER SWEET POTATO DISHES	DESSERT
ASSUMPTION	1	7
IBERVILLE	2	8
LAFOURCHE	3	9
ST. MARY	4	10
TERREBONNE	5	11
WEST BATON ROUGE	6	12