4-H Commodity Contest Rules & Guidelines

When: Saturday, November 7th from 9am-12pm
(*all dishes must be dropped off by 9:15am to participate in the Cookery Contest, we will not accept dishes dropped off after this time)

Where: St. Mary Parish 4-H Office (600 Main St. Franklin, LA 70538). Dishes will be checked in at the Blevins Building Garage when walk upstairs.

Registration: We are asking members to pre-register if allow us a head count of the number of dishes. *Walk up entries are still welcome*

Registration QR Code

Contest Day Procedures

A station will be set up in the 4-H office to inspect all ice chests for ice and to make sure dishes are cold. After inspection, 4-H members are to go to the registration table in the hall and register their dish/dishes. Once they are registered, they may go into the 4-H kitchen and set up their dish next to their recipe.

Contest at a Glance

- ✓ Follow all category and division requirements.
- ✓ Prepare dishes the night before, refrigerate overnight, and bring cold on ice in an ice chest.
- ✓ Entries must be prepared and registered by the 4-H member.
- ✓ One entry per category.
- ✓ No raw eggs allowed in the final product.
- ✓ Bring half of the dish in a disposable container.
- ✓ Include a recipe on typical printer paper with no name listed.
- ✓ Judging is based on taste, appearance, nutrition, creativity, originality, and recipe quality.
- ✓ Grand Champions (excluding CloverBuds) may advance to the Area Cookery Contest.

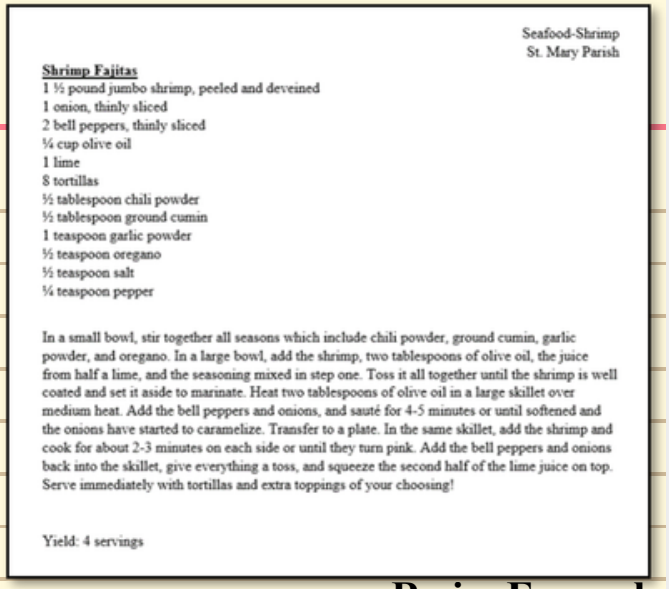
Recipe Format

Be sure your recipe is written correctly.

The recipe should include the following parts:

In the top right corner:

- 1.Category and Division (Ex: Egg-Main Dish)
- 2.Parish
- Name of recipe
- All ingredients listed in order used in instructions.
- DO NOT use abbreviations or brand names
- Clear instructions for combining ingredients.
- Size of pot and pans used.
- Temperature and cooking time
- Instructions should be paragraph format, no bullet points
- Number of servings given at the bottom



Seafood-Shrimp
St. Mary Parish

Shrimp Fajitas

1 ½ pound jumbo shrimp, peeled and deveined
1 onion, thinly sliced
2 bell peppers, thinly sliced
¼ cup olive oil
1 lime
8 tortillas
½ tablespoon chili powder
½ tablespoon ground cumin
1 teaspoon garlic powder
½ teaspoon oregano
½ teaspoon salt
¼ teaspoon pepper

In a small bowl, stir together all seasons which include chili powder, ground cumin, garlic powder, and oregano. In a large bowl, add the shrimp, two tablespoons of olive oil, the juice from half a lime, and the seasoning mixed in step one. Toss it all together until the shrimp is well coated and set it aside to marinate. Heat two tablespoons of olive oil in a large skillet over medium heat. Add the bell peppers and onions, and sauté for 4-5 minutes or until softened and the onions have started to caramelize. Transfer to a plate. In the same skillet, add the shrimp and cook for about 2-3 minutes on each side or until they turn pink. Add the bell peppers and onions back into the skillet, give everything a toss, and squeeze the second half of the lime juice on top. Serve immediately with tortillas and extra toppings of your choosing!

Yield: 4 servings

Recipe Example

Eggs

·4-Hers must prepare and exhibit a dish which contains a minimum of 4 eggs.

- Can include 4 egg whites, 4 yolks, or 4 entire eggs.
- DO NOT use dishes in which eggs are not cooked.

Divison

- Appetizers/salads
- Main Dishes
- Desserts

Beef

·Dish must contain **at least one** pound of ground beef.

·*Divisions*

- Low Calorie Main Dish- must provide less than 300 calories per serving (Must state calories in recipe)
- Quick and Easy Dish- must be prepared in less than one hour.
  (You must state the preparation time after each step in the recipe)
- One Dish Meal- provides food from three of five food groups.
  (Must state food groups on recipe)

Poultry

·*Division*

- Chicken Dish: Must contain at least 2 lbs. of fresh chicken with bone or 1 lb. deboned chicken. Processed chicken is not allowed.
- Processed Poultry Meat: Must contain at least 12 oz. of processed poultry. Turkey is included in this division. Examples: ground turkey, turkey ham, chicken nuggets, canned chicken, and ground chicken.
- Other Poultry Meat: Must be made from a bird other than chicken or turkey and follow the same requirements as the Chicken Dish division.

Sweet Potato

·Sweet Potato dishes must contain **at least one cup** of fresh, frozen, or canned sweet potatoes

·*Divisions*

- Desserts
- Other Sweet Potato Dishes

Rice

·Contestants must prepare dish using **at least one** cup of cooked rice.

·Dishes containing rice products such as rice cereal or rice flour must also contain cooked rice. (Example: Rice Krispie treats do not meet requirements)

·*Divisions*

- Rice Main Dish
- Rice Side Dish
- Rice Dessert

Sugar

·Dish must use **at least ½ cup of sugar**. Sugar may be granulated sugar, brown (light or dark) sugar, powdered sugar, or any combination of the listed. Mixes are permitted as long as ½ cup of additional sugar is added to the recipe.

·*Divisions*

- Cakes
- Candy
- Cookies
- Pies

Seafood

·Dish must contain **at least one cup** of seafood.

·Seafood must be fresh, frozen, pasteurized, or dried (not canned) Surimi, an artificial crab made from fish can not be used. There can be NO raw seafood in the final dish.

·You can have more than 1 seafood in the dish, but it cannot be more than ½ the amount of the primary seafood.

·*Divisions*

- Crab
- Crawfish
- Shrimp
- Oyster
- Fish and Other (includes tuna, catfish, snapper, alligator, turtle, frog legs, garfish, trout, mackerel, shark, squid, bow fin, and Louisiana clams)