

4-H Cook-off Contest Divisions!

Rice Main Dish – Dish must contain at least one cup of uncooked rice or two cups of cooked rice (white or brown rice). If contestant is using rice bran instead of rice, the recipe must contain at least $\frac{1}{4}$ cup of rice bran. Wild rice is acceptable as long as there are two cups of cooked white or brown rice also included in the dish. Dish must contain a plant or animal protein. (Excludes Protein Powder)

Rice Any Other – Dish must contain at least one cup of uncooked rice or two cups of cooked rice (white or brown rice). If contestant is using rice bran instead of rice, the recipe must contain at least $\frac{1}{4}$ cup of rice bran. Wild rice is acceptable as long as there are two cups of cooked white or brown rice also included in the dish. Any type rice dish other than a main dish may be entered. Dish could be salad, dessert, and/or side dish. Egg is the only allowable protein in the dish.

Sweet Potato – Any type sweet potato dish may be entered. Dish must contain a minimum of one cup of fresh, canned, or frozen sweet potatoes.

Pecan – Dish must contain at least one cup of pecans. Any type pecan dish may be entered.

Chicken – Dish must contain a minimum of two (2) pounds bone-in or one (1) pound deboned chicken meat. Any type chicken dish may be entered.

Egg – Dish must utilize a minimum of four (4) eggs. This can be four whites, four yolks or four whole eggs. No raw eggs will be allowed in final product. The recipe with four eggs must make only one standard size dish. For example, a recipe with four eggs that makes two pies of standard size will not qualify. Any type egg dish may be entered.

Don't forget! All entries must arrive **cold, on ice, in an insulated ice chest.**



Corn – Dish must contain a minimum of one cup (8 oz.) of corn products such as corn meal, grits, hominy corn, fresh, frozen, or canned corn. Any type of corn dish may be entered.

Quick-N-Easy Ground Beef – The dish must contain a minimum of one (1) pound ground beef. All beef should be cooked until gray in color, not pink, and juices run clear. Any type ground beef dish may be entered. Dish must be prepared and cooked within 30 minutes or less.

Main Dish Beef – The dish must contain a minimum of one (1) pound beef. All beef should be cooked until gray in color, not pink, and juices run clear. Any type beef dish may be entered.