

LOUISIANA CATTLE FESTIVAL

**ALICE LANCON  
MEMORIAL COOKING CONTEST**

FRIDAY, SEPTEMBER 30, 2005  
LOUISIANA COOPERATIVE EXTENSION  
SERVICE OFFICE  
MEETING ROOM  
1105 WEST PORT ST.  
ABBEVILLE, LA 70510

2005 CONTEST RULES

1. Dairy Food recipes must include a minimum of: 1 cup dairy product. Examples: milk (any form), cream, sour cream, yogurt, ice cream, cream cheese, cottage cheese, cheese (4 oz. grated or cubed = 1 cup).  
**\*Please Note:** Imitation dairy products **should not be used** in the Dairy Foods Division. Read the label to be sure.
2. Beef recipes must contain at least one pound beef meat exclusively in any cut, any form.
3. Combination Beef and Dairy recipes must have at least 1 cup dairy and 1 pound beef together in dish.
4. Heart Healthy entries must follow guidelines on reverse side. Caloric value per serving must be included on recipe. Recipes that do not have calorie value listed will be disqualified.  
**\*Note: New Heart Healthy Guidelines!**
5. Recipes of each entry must be included: Printed or typed on 8½ x 11 sheet of paper (form provided). Above recipe, state which category the entry is to be entered in and name of recipe.  
Ex.: Group I - Beef Main Dish - Favorite Meat Loaf.
- \*\*6. For food safety concerns, all dishes must be chilled thoroughly and brought to the contest chilled. If dish will need heating, please check box on recipe. Dishes brought not chilled will be disqualified.**
7. Recipe submitted needs to be for entire amount. You may exhibit 4-6 servings of the recipe due to space limitations.
8. Write name, complete address and school on the backside of the recipe sheet.
9. Entries will be accepted from **8:00 a.m.- 9:30 a.m. only**. Entries

**will not** be accepted after 9:30 a.m.; please plan to arrive in plenty of time to have dish entered.

10. Entries must remain on exhibit through the end of the contest (12:30 p.m.). (If you are unable to pick up at that time, please make arrangements to have someone pick up for you.)
11. All recipes will become the property of the Festival officials.
12. Only 1 entry per contestant in each category.

**SPECIAL NOTES:**

- ... Exhibits must be entered between 8:00 a.m. and 9:30 a.m. Judging will begin at 10:00 a.m. Please arrive in enough time to enter dishes.
- ... Entries that serve 4-6 individuals will be accepted even though the recipe itself serves more.
- ... Entries should be exhibited in appropriate containers, not to exceed 18" to allow space for all entries.
- ... Spectators will not be admitted during the judging period, only contest assistants and festival officials.
- ... Viewing and pick up of exhibits will be from 12:30 - 1:30 p.m. Please make arrangements if you are unable to pick up dish at that time.
- ... **REMINDER: DISHES SHOULD BE CHILLED THOROUGHLY FOR FOOD SAFETY CONCERNS. PLEASE OBSERVE - USE RECIPE SHEET PROVIDED, IF POSSIBLE.**

**GUIDELINES FOR HEART HEALTHY ENTRIES:**

1. Select a recipe that is naturally low in fat, cholesterol and sodium or one that can be modified.
2. For main dish, select lean cuts of meat, such as loin and round cuts for beef. One serving of the dish should provide 3 oz. or less of cooked meat.
3. Use low fat preparation methods (Ex.: bake, broil, steam, poach - no fried foods).
4. Substitute low fat, low cholesterol, low sodium foods for high fat (Ex.: low fat cottage cheese).
5. Eliminate completely any foods that are not necessary to the success of the recipe (Ex.: rich sauces, gravies, olives, capers, salt, those that are high fat, high sodium, high cholesterol)
6. Trim excess fat from meat before cooking or skim fat once chilled.
7. Read nutrition information on labels when selecting ingredients.
8. Fat-free, low-fat, reduced-fat, lite or 1/3 less products may be used in recipes.
9. For further reference, refer to "Modify Recipes...For the Health of It" available from the Vermilion Parish Extension Service Office, 1105 West Port Street, Abbeville. Phone number is 898-4335.

**GROUPS AND CATEGORIES**

*(Note: See Above Guidelines for Heart Healthy Entries)*

<u>GROUP I</u> <u>GRADES (4-6)</u>	<u>GROUP II</u> <u>GRADES (7-8)</u>	<u>GROUP III</u> <u>GRADES (9-12)</u>
<u>BEEF FOODS</u>	<u>BEEF FOODS</u>	<u>BEEF FOODS</u>
A. Beef Main Dish B. <b>Heart Healthy</b> Main Dish	A. Beef Main Dish B. <b>Heart Healthy</b> Main Dish	A. Beef Main Dish B. <b>Heart Healthy</b> Main Dish
<u>DAIRY FOODS</u>	<u>DAIRY FOODS</u>	<u>DAIRY FOODS</u>
A. Dairy Vegetable Dish or Salad B. <b>Heart Healthy</b> Dairy Desserts	A. Dairy Vegetable Dish or Salad B. <b>Heart Healthy</b> Dairy Desserts	A. Dairy Vegetable Dish or Salad B. <b>Heart Healthy</b> Dairy Desserts
<u>COMBINATION FOODS</u>	<u>COMBINATION FOODS</u>	<u>COMBINATION FOODS</u>
A. Main Dish (Beef & Dairy)	A. Main Dish (Beef & Dairy)	A. Main Dish (Beef & Dairy)

**AWARDS :**

- 1st - \$10.00 and ribbon
- 2nd - \$ 8.00 and ribbon
- 3rd - \$ 6.00 and ribbon
- 4th - \$ 4.00 and ribbon
- 5th - \$ 2.00 and ribbon
- Honorable Mention - \$1.00 and ribbon

A Grand Champion Rosette Ribbon and \$15.00 will be awarded to the outstanding entry in each group. (Grand Champion award is selected from all first place winners in each category.)

FOR FURTHER INFORMATION, CALL THE VERMILION PARISH COOPERATIVE EXTENSION SERVICE OFFICE IN ABBEVILLE AT 898-4335.

**LOUISIANA CATTLE FESTIVAL  
ALICE LANCON MEMORIAL COOKING CONTEST**

PLACING \_\_\_\_\_  
(CONTESTANTS DO NOT WRITE HERE)

CIRCLE ONE

- GROUP I (GRADES 4-6)
- GROUP II (GRADES 7-8)
- GROUP III (GRADES 9-12)

NEEDS TO BE HEATED BEFORE TASTING

CATEGORY \_\_\_\_\_

NAME OF RECIPE \_\_\_\_\_

RECIPE

INGREDIENTS:

---

---

---

---

---

---

---

---

---

---

FOLD HERE -----

DIRECTIONS:

YIELD \_\_\_\_\_ TEMP \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

PLEASE RECORD NAME, ADDRESS AND SCHOOL ON BACK SIDE (THIS FORM MAY BE COPIED) - EXTRA FORMS AVAILABLE THROUGH LOUISIANA COOPERATIVE EXTENSION SERVICE OFFICE, 1105 W. PORT STREET, ABBEVILLE, OR CALL 898-4335.

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

GRADE \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_