

Frost 4-H's 1st Annual
Chicken and Sausage Gumbo
Cook-Off



January 28, 2012



12:30 pm –until at the Colyell Ballpark

Admission \$3.00 Kids 3 and under Free

\$20.00 per team to enter - must pre
register

For more information or to register Call
Frost School at 225-698-3780



Frost 4-H 1st Annual Chicken and Sausage Gumbo Cook-Off

Rules:

1. A minimum of 5 gallons of gumbo must be cooked on site. Only chicken and sausage of your choice may be used as meat for judging. A separate pot may be cooked as you would like not to be judged, but is not required.
2. EVERYTHING MUST BE COOKED ON SITE, ROUX INCLUDED!! Meats and vegetables may be cut up prior to but MAY NOT be cooked.
3. Your team must provide EVERYTHING you will need, including water. If you would need it tailgating or camping, bring it. If you think you might need it bring it. Rice, serving bowls, and spoons will be provided, however you will need to provide a serving spoon.

The entry fee is \$20.00 per team. Teams must have 2-4 people.

-Gates will open at 6:00 a.m.

-All participants must be set up and ready for 6:45 a.m. This does not include booths for judging.

-Burners will be lit at 7:00 a.m.

-All gumbo must be ready and turned into the judges booth at 12:00 p.m. Any gumbo brought to the judges booth after 12:00 p.m. WILL NOT BE JUDGED!

- Booths must be ready for judging at 8:00 a.m. and MUST BE completed by team members ONLY.

There will be 3 plaques awarded, and also a plaque for best decorated/most original booth.

Admission for public is \$3.00 and kids 3 and under are free. Gumbo will not be served until 12:30.

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