# Gumbo Cookoff

For the 33rd annual Natchitoches-NSU Folk Festival

**Friday, July 20, 2012**

Northwestern State University, Prather Coliseum

Natchitoches, Louisiana

<table>
<thead>
<tr>
<th>Entry</th>
<th>No entry fee</th>
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<tbody>
<tr>
<td></td>
<td>2 gallons (minimum) gumbo for competition and tasting</td>
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<tr>
<td></td>
<td><strong>all cooking must be done with fuel (propane gas)</strong></td>
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</tbody>
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<table>
<thead>
<tr>
<th>Schedule</th>
<th>by 9:00 a.m.: registration at Prather Coliseum</th>
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<tbody>
<tr>
<td></td>
<td>9:30 a.m.: Cooks’ meeting, N-Club Room</td>
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<td></td>
<td>9:45 a.m.: cooking officially begins</td>
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<td>4:30 p.m.: festival opens to public and “Buck-a-Cup” for gumbo</td>
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<td></td>
<td>6:00 p.m.: judging begins by contest judges and public (a buck a cup)</td>
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<td></td>
<td>7:30 p.m.: announcement of winners begins, Main Stage</td>
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<table>
<thead>
<tr>
<th>Categories</th>
<th>Seafood</th>
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<tbody>
<tr>
<td></td>
<td>Poultry plus (chicken, duck, turkey, wild game, sausage, etc.)</td>
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<tr>
<td></td>
<td>Showmanship</td>
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<tr>
<td></td>
<td>People’s choice</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Divisions</th>
<th>Professional Chef (restaurant)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Amateur Chef</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Awards</th>
<th>Professional: Seafood – first, second, third places</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Professional: Poultry – first, second, third places</td>
</tr>
<tr>
<td></td>
<td>Amateur: Seafood – first, second, third places</td>
</tr>
<tr>
<td></td>
<td>Amateur: Poultry – first, second, third places</td>
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<tr>
<td></td>
<td>Grand Champion for Seafood</td>
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<tr>
<td></td>
<td>Grand Champion for Poultry</td>
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<tr>
<td></td>
<td>Showmanship: Grand Champion, second, third places</td>
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<tr>
<td></td>
<td>People’s Choice: Grand Champion, second, third places</td>
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</tbody>
</table>
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rules for the gumbo cookoff

No alcoholic beverages on the premises.

All spaces for each entry are a 10’ x 20’ space.

All Head Cooks are responsible for ALL of their own supplies and setup. Running water is available on the premises.

Showmanship means the biggest entertainer, the most fun to watch, the decoration of the tent area, appropriate music, etc.

Gumbo must be cooked on site.
- Gumbo must be cooked on site the day of the cookoff, beginning after the Cooks’ meeting.
- Roux must be cooked “from scratch” on site – no commercial roux mixes allowed.
- No roux is to be cooked until after the Cooks’ meeting.
- Poultry, meat, or seafood ingredients for gumbo may be prepared in advance.
- Broth or stock may be prepared in advance, or canned broth may be used.
- Rice may be prepared in advance or on site.

Sanitation is required.
- Gumbo must be prepared in as sanitary a manner as possible.
- All food for consumption must be heated to a boil at site.
- Cooking conditions are subject to inspection by cookoff officials.
- Gumbo cooks may be required to taste their gumbo at the request of cookoff officials.
- Participants must bring their own trash receptacles and trash bags.

Cooking facilities are limited.
- All entries must be cooked using propane gas.
- All entries must be cooked outside of Prather Coliseum, as directed by cookoff officials on the day of the cookoff.
- All entries will be given a specific, assigned space outside for use during the cookoff.
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Each Head Cook may submit one gumbo entry per category.
- Each Head Cook is responsible for preparing a minimum of 2 GALLONS of gumbo to be judged in a specific category and for preparing 16 ounces for judging from that same 2 GALLONS.
- Each entry requires a separate registration form.
- The two categories are seafood or poultry plus (meat that is not seafood).

Attending the Cooks’ meeting is mandatory.
- All people participating as Head Cooks or other cooks must attend the cooks’ meeting to receive materials for the organization and judging of the competition, including a signed, number identification slip.
- All Head Cooks must sign their confidential identification slips in ink, with the first and last name, at the same time as the materials for the organization and judging of the competition are given, including a signed, number identification slip.
- All Head Cooks must present a signed, number identification slip to be eligible as a winner. (note: please keep the signed, numbered identification slip in a safe place until the winners are announced.)

Gumbo judging will have several criteria.
- At 5 p.m., contest officials will begin collecting the 16 ounce sample for judging.
  - All judges will have numerically labeled containers that will match up to the numerically labeled cooking booth/Head Cook entry.
  - Proportion of rice to other ingredients in the cup is at the discretion of the Head Cook.
  - Filé or other last-minute ingredients and seasonings are at the discretion of the Head Cook. (judges will not be allowed to add anything to any entry).
- At 7 p.m., all judging will end and all judges will meet in the N-Club room to deliberate the winners. If a second round of judging is needed, judges will request another sample of the entries needed.
- All entries will be judged on the following criteria on a scale of 0 to 10, with 10 being the highest score for each criterium:
  - appearance: looks like a good gumbo – colors of roux and other food items in gumbo
  - aroma: smells appetizing
  - consistency: stirs like a good gumbo
  - texture: a balance of quantity of ingredients
  - flavor: tastes like a good gumbo
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Registration Form

Head cook: ____________________________ Phone: __________________

Address: __________________________________________________________

City: __________________________ State: ____ Zip: ______

Gumbo name: __________________________________________________________________

  ___Seafood       ___Poultry plus

Competition category:  ___Professional     ___Amateur

Competing in showmanship:  ___Yes       ___No

Fax form to:
318-357-4331

Mail form to:
Louisiana Folklife Center
P.O. Box 3663, NSU
Natchitoches, LA  71497

For more information, contact Angela Kimbrough at:
awatkins002@student.nsula.edu

Or
318-357-4332