Arkansas Preliminary—Great American Seafood Cook-off: 4-H Edition
RULES

1. All participants must be 4-H members in 9th through 12th grade.
2. Teams will consist of 2-4 members.
3. Each county may enter one (1) team only.
4. The winning team will be eligible to attend the Great American Seafood Cook-Off: 4-H Edition in New Orleans, Louisiana (Sponsored by the LSU AgCenter, Louisiana Seafood Promotion & Marketing Board, and the Louisiana 4-H Foundation). The 2015 competition is the first weekend in August.
5. Recipes for dishes must contain no more than 750 calories per serving (serving size 3-4 oz.) and should be submitted to contest coordinator by email (Lwashburn@uaex.edu) no later than April 15, 2015.
6. Recipes should be submitted in Microsoft Word using the following format:
   a. Margins should be 1 inch around
   b. State and County should be listed in upper right hand corner in **BOLD**.
   c. Title of recipe must be in *Times New Roman* font size 24 pt., **BOLD** and centered
   d. Double space below title.
   e. Ingredients and steps of recipe must be in *Times New Roman* font size 12 pt.
   f. Ingredients must be listed in the order they are used and no abbreviations are allowed.
   g. Please make sure the recipe states the number of servings.
   h. Recipe should not contain excessive amounts of fat and sodium.
   i. Nutritional information should be included at the end of the recipe steps. Include serving size, calories per serving, total fat grams per serving and sodium per serving in milligrams.
7. At the Great American Seafood Cook-off: 4-H Edition in New Orleans, recipes must be prepared, start to finish, in 60 minutes or less. Make sure the recipe submitted meets this time requirement.
8. Competitors must use domestic seafood, preferably Gulf Seafood, in their dish.
9. It is in the best interest of the teams to use other agricultural commodities in their dishes.
10. Teams should prepare a Power Point presentation (10 slides or less) containing pictures of the recipe finished product and pictures of team members preparing the dish. Credit for photos should be listed. All photos must be original. The Power Point file should be submitted by email to the contest coordinator (Lwashburn@uaex.edu), along with the recipe in a Word document, by April 15, 2015.
11. The winning team will be selected and announced on or before May 15, 2015.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin.
Helpful Guidelines for Recipe Modifications

Dietary Guidelines – Care should be taken that added ingredients and preparation methods do not contribute excessive amounts of fat and sodium. Also, consider all of the nutritional aspects of the ingredients in your recipe. Explain in your recipe any changes you made in your ingredients or preparation methods to modify fat or sodium to add important nutrients. Tips you might try:

1. **Make lower fat food or ingredient choices.**
   - Choose………
   - evaporated skim or low fat milk
   - low fat or skim milk
   - low fat or nonfat yogurt
   - light or nonfat cream cheese
   - reduced calorie margarine
   - oil
   - lean ground beef
   - “light” or “fat-free” mayonnaise
   
   For example, you might
   - Instead of…………..
   - Half and Half cream
   - whole milk
   - regular yogurt or sour cream
   - cream cheese
   - butter or regular margarine
   - solid shortening
   - regular ground beef
   - regular mayonnaise

2. Reduce the oil, shortening or margarine in recipes. Start by reducing it by ¼. For example, if the recipe calls for 1 cup of oil, use ¾ cup. Diet margarine and nonfat cream cheese are not recommended for baked products.

3. Frying adds extra fat. It is best to choose another method of preparation such as baking, broiling, grilling or steaming.

**To lower salt or sodium…**

1. Salt is a major source of sodium which is needed for healthy bodies, but too much salt can be harmful. Salt in recipes can be reduced by one-half without affecting taste. Try reducing the salt in the recipe.

2. Canned vegetables and soups are high in sodium. Choose canned soups labeled “1/3 less salt” or “no salt added.” Choose fresh or frozen vegetables or canned vegetables with reduced salt or sodium.
   - To add fiber…add fruits, vegetables, bran (wheat, oat or rice).
   - To add Vitamin A…add fruits, vegetables, cheese or eggs.
   - To add Vitamin C…add citrus fruits, cabbage, potatoes or tomatoes.
   - To add iron…add dried beans, raisins, meat, poultry, eggs, oysters or cereal.
   - To add calcium…add milk, yogurt or cheese.
Approved List of USA Domestic Seafood

**Crabs:**
Blue Crab

**Crawfish**
Red Swamp Crawfish
White River Crawfish

**Oysters**
Eastern Oyster

**Shrimp**
White Shrimp
Brown Shrimp

*less common shrimp types*
Pink Shrimp
River Shrimp
Roughneck
Shrimp

**Other species**
Alligator Snapping Turtle
Snapping Turtle
Red-eared Turtle
American Alligator
Bullfrog
Southern Hard Clam

**Fish**
Albacore
Alligator Gar
Longnose Gar
Shortnose Gar
Spotted Gar
Almaco Jack
American Eel
Atlantic Croaker
Atlantic Spadefish
Bearded Brotula
Bigeye Tuna
Bigmouth Buffalo

Smallmouth Buffalo
Black Driftfish
Black Drum
Blackfin Tuna
Blue Catfish
Blue Runner
Bluefin Tuna
Blue Fish
Bowfin
Channel Catfish
Chub Mackerel
Cobia
Common Carp
Cownose Ray
Crevalle Jack
Escolar
Flathead catfish
Florida Pompano
Freshwater Drum
Gafftopsail Catfish

Gray Snapper
Gray Triggerfish
Greater Amberjack
Gulf Butterfish
Gulf Hake
Southern Hake
Hardhead Catfish
King Mackerel
King Snake Eel
Lane Snapper
Marbled Grouper
Oilfish
Queen Snapper
Red Drum
Red Hind
Rock Hind
Sand Seatrout
Silver Sandtrout
Scamp
Bull Shark
Shortfin Mako Shark

Silky Shark
Blacktip Shark
Sandbar Shark
Spinner Shark
Dusky Shark
Thresher Shark
Sheepshead
Skipjack Herring
Snowy Grouper
Southern Flounder
Southern Kingfish
Gulf Kingfish
Spotted Seatrout
Striped Mullet
Swordfish
Tilefish
Vermillion Snapper
Wahoo
Warsaw Grouper
Yellow Bullhead
Black Bullhead
Yellowedge Grouper
Yellowfin Tuna
Lesser Amberjack