

2023 4-H CORNBREAD COOK-OFF

Contest Rules:

Contest is open to all 4-H members, grades 4-6.

All recipes **MUST** be cooked in Lodge Cast Iron. All preparation must be done by the student at the live cook-off (chopping and mixing ingredients, etc.). Students will have one hour total to complete their recipe.

No mixes other than corn meal are allowed. Judging will be based on creativity, as well as flavor, texture, and appearance. Parents are encouraged to review recipes prior to submission. No changes can be made after initial recipe submission.

Your recipe **MUST** include: U.S. standard measurements, complete preparation instructions, cooking times and temperatures, number of servings, size of pans or cookware, and any special utensils required for preparation.

If you are selected as one of the Top 10 Finalists, you will be expected to compete at the National Cornbread Festival on Sunday, April 30, 2023 in South Pittsburg, TN.

(All ingredients and cookware needed for the live cook-off will be the responsibility of the contestant. Stoves/ovens are provided for use by participants).

First Prize: \$500 Cash & Special Gifts from Lodge Cast Iron
Second Prize: \$250 Cash & Special Gifts from Lodge Cast Iron
Third Prize: \$100 Cash & Special Gifts from Lodge Cast Iron

Honorable Mention Prizes: \$50 and Special Gifts from Lodge Cast Iron

**4-H Youth traveling more than 100 miles to the competition will receive \$100 in travel allowance.*

All prizes will be awarded LIVE at the National Cornbread 4-H Cookoff on April 30, 2023. Contest void where prohibited by law. All federal, state, and local laws apply. Contestants agree to be quoted and/or photographed and to the use of their names and photographs in any form of publicity, advertising, and/or trade purposes by UT Extension, Lodge Manufacturing, The National Cornbread Festival, or any affiliates. Lodge Manufacturing is the owner of the recipe with all accompanying rights and may alter or amend it to meet company recipe standards.

**To enter, please return the completed entry form to wbrewer9@utk.edu or mail to:
Wesley Brewer, 302 Betsy Pack Drive Jasper, TN 37347
All entries must be received by February 28, 2023.**



2023 4-H CORNBREAD COOK-OFF

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Parent's E-mail: _____ Phone: _____

School: _____ Grade: _____

4-H Agent: _____ County: _____

Recipe Name: _____

Ingredients (in order of use):

Method of Perparation:

Cooking Temperature: _____ Cook Time: _____ Number of Servings: _____