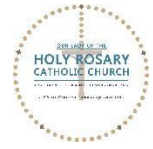




Our Lady of the Holy Rosary



Church Festival

www.geauxlafete.com

geauxlafete@gmail.com

•••2023 Gumbo Cook-off Rules •••

Thursday, October 26, 2023

2:00 p.m.-5:00 p.m. | Entry Fee \$25.00 Per Team

***Cooks' Meeting: Tuesday, October 10th, 6:30 pm
Steps at Our Lady of the Holy Rosary Catholic Church***

1. Cooking teams will consist of one (1) or two (2) persons.
2. A 10 x 10 cooking space will be provided for each team. NEW- Each team must supply all ingredients, along with all tables, pots, utensils, and portable burners for cooking.
3. The following ingredients will be allowed to:
 - a. 10 pounds of de-boned chicken thigh meat
 - b. 2 pounds of sausage
 - c. 4 onions
 - d. Dry seasonings
4. Homemade stock boiled from a chicken or hen or store-bought stock may be used; okra is not allowed but any other seasonings are allowed.
5. Although cooking must be from scratch and on-site, an exception is made to allow for each team's roux to be prepared prior to the event. However, ingredients may not be cut up or chopped prior to the cook-off and must be done on-site.
6. Each team shall prepare 4 gallons of gumbo.
7. Gumbo should have no bones for safety purpose.
8. Gumbo must be ready by 4:30 pm.
9. Champion will be announced at 6:45 pm.

Gumbo Cook-Off Contact: Aaron "Goat" Gautreaux 225-210-8774

2023 Gumbo Cook-Off Entry Form

Please mail entry form and registration fee to *Our Lady of the Holy Rosary Catholic Church, Attn: Becky Shillings, La Fête des Bayous, 44450 Hwy 429, St. Amant, LA 70774* by October 20, 2023.

Checks made payable to La Fête des Bayous. Entries will NOT be accepted the day of the event.

Cook's Name: _____

Helper's Name: _____

Phone: _____ Email: _____

Mailing Address: _____

OFFICIAL USE ONLY Entry fee paid: Cash Check