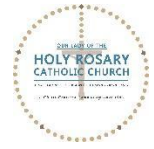




Our Lady of the Holy Rosary



Church Festival

[www.geauxlafete.com](http://www.geauxlafete.com)

[geauxlafete@gmail.com](mailto: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 10<sup>th</sup>, 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:
  - 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. Store bought roux is allowed. Ingredients may be cut up or chopped prior to the cook-off.
6. Each team shall prepare 5 gallons of gumbo.
7. Gumbo should have no bones for safety purposes.
8. Gumbo must be ready by 5:00 pm.
9. Champion will be announced at 6:45 pm.

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

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## **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