



## Gumbo Cook-Off Entry Form

Thursday, October 30, 2025 | 2:00 p.m.-5:00 p.m. | Entry Fee \$25.00 Per Team |

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:
  - 10 pounds of de-boned chicken thigh meat
  - 2 pounds of sausage
  - 4 onions
  - 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 purpose.
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

**Cook's Name \***

<input type="text"/>	<input type="text"/>
First Name	Last Name

**Helper's Name**

<input type="text"/>	<input type="text"/>
First Name	Last Name

**Cook's Phone Number \***

<input type="text"/>	-	<input type="text"/>
Area Code		Phone Number

**Cook's E-mail \***

**Cook's Address \***

Street Address

Street Address Line 2

City

State / Province

Postal / Zip Code

Please submit entry form and registration fee by October 19, 2025.

Entries will NOT be accepted the day of the event.

**My Products**☐ Gumbo Cook-Off Entry Fee \$25.00**Total:****\$0.00****Payment Methods**☐  Debit or Credit Card☐  **PayPal**[Submit Form](#)

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