

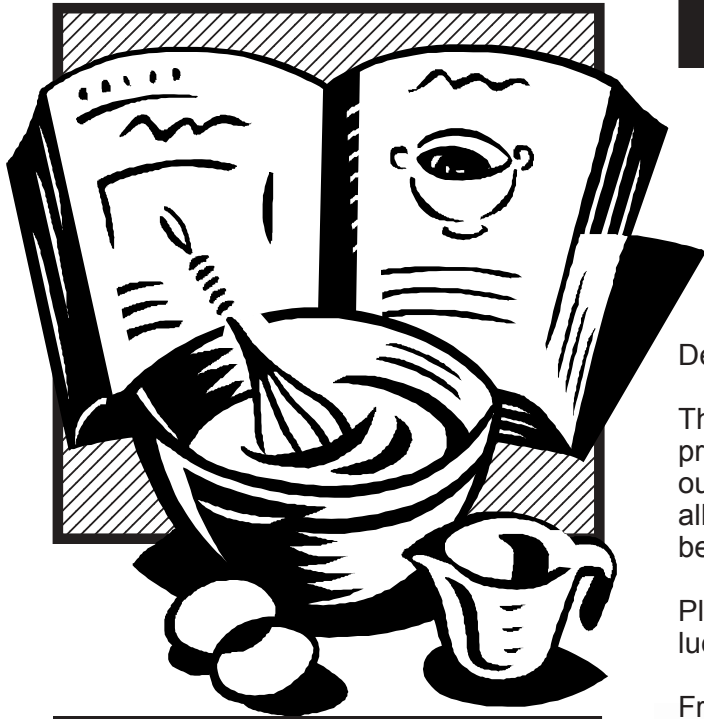
Knights of Columbus State Cook-Off



Chicken & Sausage Gumbo

Sunday, January 31, 2010
Teurlings Catholic High School
Lafayette, Louisiana

Knights of Columbus State Cook-Off



Chicken & Sausage Gumbo

January 31, 2010

Finals @ GRAND KNIGHTS DAY

Dear Brother Knights:

This year's K.C. Cook-Off will offer Knights the opportunity to prepare their best **CHICKEN & SAUSAGE GUMBO**. A continuous change of main entree has been enjoyed and certainly has allowed many to share their favorite recipes. And 2009-2010 will be no different.

Please take note below of the sausage selections allowed. Good luck to all!!

Fraternally,

A handwritten signature in cursive script that reads "Ralph Comeaux, Jr."

Ralph Comeaux
State Council Director



RULES

Listed below are the rules for the State K.C. Cook-Off. The rules apply to District, Area and State Competition with the exception of Quantity of gumbo.

1. Cooking team will consist of not less than two (2) and not more than four (4) members.
2. Each team must supply ALL ingredients, utensils, and portable burners for cooking. Don't forget your tables.
3. Each team will prepare a minimum of five (5) gallons of gumbo.
4. Each team will prepare necessary quantity of rice.
5. Gumbo must be cooked from scratch within three (3) hours, on site. Roux may be pre-cooked. In the State Competition, cooking will begin at 7:30 a.m., and must be ready for judging by 10:30 a.m.
6. Sausage allowed will be any ingredients in a casing.
7. No limitations on seasonings
8. Each team will participate in their respective district and/or area competition.

IMPORTANT!! Although cooking must be from scratch, on site, an exception is made to allow greens, onions, and garlic to be chopped prior to cook-off.

There is NO council competition, so a council can enter as many teams as desired into their respective district competition. No entry fee is required at District, Area or State levels. Also, the 2008-2009 Defending Champions will have an invitation to participate in the 2009-2010 Cook-Off.

Please NOTE that all food prepared in the State Competition will be the property of the State Council. A lunch of gumbo, salad and bread will be offered for a charge at Grand Knights Day.

DISTRICT LEVEL COMPETITION

Each District will determine one (1) winner. Each District determines amount of gumbo to be cooked. **The winners ENTRY FORM must be submitted to AREA COORDINATOR by NOVEMBER 15, 2009, and a list of ALL councils participating at the District level must be submitted to the State Office by November 22, 2009.**

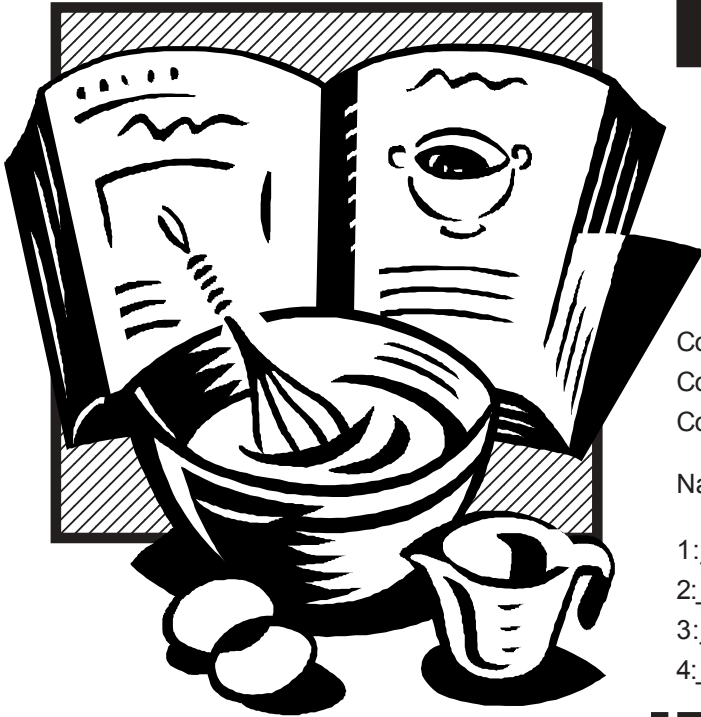
AREA LEVEL COMPETITION

Each Area will determine one (1) winner. Each area determines amount of gumbo to be cooked. Competition deadline is December 15, 2009. The winners entry form must be submitted to the STATE OFFICE, P.O. Box 51166, Lafayette, LA 70505, by December 22, 2009.

STATE COMPETITION AWARDS

Awards will be presented to the winner and all finalists.

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Council Name: _____

Council Number: _____

Council Location: _____

Names of Council Team Members (at least 2 but not more than 4):

1: _____

2: _____

3: _____

4: _____

Team Captain: _____

Address: _____

City & Zip Code: _____

Grand Knight's Signature

Council Activity Director's Signature

NOTE WELL THESE PROCEDURES:

1. Councils may enter as many teams as desired into their respective district cook-off. If extra entry blanks are needed, please make copies.

2. District winner must be chosen by November 15, 2009, and THIS ENTRY FORM, if a winner, is to be sent to the Area Coordinator by this date.

3. Area Winner must be chosen by December 15, 2009, and entry form must be sent to State Office in Lafayette. Deadline to be received by State Office is **December 22, 2009**.

4. State Cook-off will be held on January 31, 2010, the date for Grand Knights Day. All Area winners will be sent a letter from the State Office at least one week before Grand Knights Day regarding cooking arrangements and other details.