

# 2025 Gumbo Cook-off Rules

1. This event defines “Gumbo” as a Cajun soup containing a roux. It usually contains a variety of meats and/or seafood, vegetables, seasonings and is served over rice.
2. Gumbo may be seafood or non-seafood or combination of both. Please register in the appropriate category. Each team may only register under one category. Cooks must prepare no less than five gallons of gumbo for judging and public tasting and have a minimum of two gallons of rice for serving. Rice may be made in advance.
3. The event requires that the Gumbo must be cooked on site. Gumbo must be prepared from scratch, no box mixes, etc. allowed. Vegetables, meats and seafood may be cleaned and cut-up in advance, but must be in raw state prior to being checked in the day of the event. Roux may be prepared ahead of time. Teams are allowed to bring in grills/smokers for onsite meat preparation. Cooks will have access to tap water from the Cultural Center prep-kitchen.
4. All coolers will be inspected by 10AM. Teams are NOT allowed to begin cooking until their coolers have been inspected and signed off on. Any additional supplies brought in after 10AM **must** be brought to the attention of the Event Coordinator and approved entry.
5. Each team will consist of one head cook and three team members. Any additional team members are \$5 each. Maximum amount of members a team is allowed is 10 people.
6. Each team will be provided a 10x10 site. Cookers are responsible for providing tables, chairs, pop-up tent or tarp structure, cook stove (propane), cooking supplies, ingredients, extension cord, trash bag for your site equipment. No electricity will be provided for cooking, but access to one 110 volt outlet will be available for each tent to use for work lights or decorative lights. Cooker must provide lights.
7. You are encouraged to decorate your table, tent and cooking area; an award will be given to best decorated site. Your booth must be staffed with a minimum of two people during the public tasting time.
8. Serving bowls and spoons will be provided for the judging and public tasting.
9. Teams are allowed 1-2 coolers of alcohol when checked in at 10AM – no excessive amounts. All coolers/personal beverages must be put away no later than 4PM, and additional beverages must be purchased from the event’s bar. All coolers/personal beverages must be put up and out of site from the public!! Teams are not allowed to give their personal alcoholic beverages to anyone that is not registered on their team.
10. Judging will be double blind and will be based on the following criteria: flavor (taste), appearance, aroma and texture.
11. All entries agree to use safe food handling practices. Cooking conditions are subject to inspection for sanitary conditions. A hand washing station will be set-up in the cooking area and food handling gloves will be provided.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_