

Knights of Columbus State Cook-Off



CHICKEN & SAUSAGE GUMBO

Saturday, December 3, 2022

St. Joseph Abbey

St. Benedict, LA

Knights of Columbus State Cook-Off



Chicken & Sausage Gumbo

**Saturday, December 3, 2022
Finals @ STATE FAMILY MEETING**

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 2022-2023 will be no different.

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

Fraternally,

Robert Boudreaux
State Council Activity Director



There is NO council competition, so a council can enter as many teams as desired into their respective DIOCESAN competition. No entry fee is required at Diocesan or State levels. Also, the 2021 Defending Champions will have an invitation to participate in the 2022 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 to seminarians and state family members.

DIOCESAN LEVEL COMPETITION (No District Competition)

Each Diocese will determine two (2) winners. Each diocese determines amount of gumbo to be cooked. Competition deadline is November 20, 2022. The winners entry form must be submitted to the STATE OFFICE, P.O. Box 51166, Lafayette, LA 70505, by November 24, 2022.

STATE COMPETITION AWARDS

Awards will be presented to the winner and all finalists.

RULES

Listed below are the rules for the State K.C. Cook-Off. The rules apply to Diocesan 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 FOUR (4) gallons of gumbo. NEW AMOUNT!!!
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. Chicken MUST be boneless.
7. Sausage allowed will be any ingredients in a casing.
8. No limitations on seasonings
9. Each team will participate in their respective diocesan 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.

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Entry Form



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 DIOCESAN cook-off. If extra entry blanks are needed, please make copies.

2. Diocesan Winner must be chosen by November 20, 2022, and entry form must be sent to State Office in Lafayette. Deadline to be received by State Office is **November 24, 2022**.

3. State Cook-off will be held on December 3, 2022, the date for State Family Meeting. All Diocesan winners will be sent a letter from the State Office at least one week before State Family Meeting regarding cooking arrangements and other details.