



GUMBO COOK-OFF RULES

- Cooking team **must have at least two (2) members** and **no more than four (4) members**.
- Each team **must supply all ingredients, utensils, and portable burners** for cooking outdoors, and don't forget your **tables**!
- Each team **should bring a tent to set up under** because covered areas will be limited.
- Each team **must prepare a minimum of four (4) gallons** of gumbo.
- The local host committee will prepare rice.
- Teams **have three (3) hours to cook** the gumbo, which must be **cooked completely on-site from scratch**.^{*} Cooking can begin at **7:30 AM** and must be ready for judging at **10:30 AM**.

^{}Exceptions: You can bring a pre-cooked roux and your greens already chopped.*

- Chicken must be boneless.
- The term **sausage** refers to anything in a casing, so you decide which type of **sausage** you want to include!
- There are no limitations on seasonings.
- Bring serving utensils to serve your gumbo to Brother Knights and attendees.
- Your team must participate in your diocesan competition to be invited to the State Finals.

Questions?

Contact **State Program Director, Lenny Glynn**, at programs@louisianakc.org or (985) 276-0509.



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