

# **Avocado Cooking Contest Rules and Instructions**

Saturday, April 5<sup>th</sup>, 2014

(See below for dish drop-off time)

Bay Side Front Garden - Sheraton Kona Resort & Spa – Keauhou, Kona

**General Rules and Instructions – Please read carefully.**

## **CATEGORIES**

Appetizer – Includes Guacamole

Entrée – Includes Soups or Salads served as a Main Dish

Dessert

Vegan – Includes Appetizers, Entrées and Desserts

You may enter only one (1) recipe per category.

**Please note that avocado MUST be the MAIN ingredient.**

Contest entrants must submit an entry form with recipe(s). Pre-registration is appreciated, but not required.

Recipes must be neatly typed listing all ingredients and the method of preparation. Use Recipe Form attached. If you're entering more than one recipe please run copies of the Recipe Form page and use one per recipe. Please follow the proper format as shown in forms.

Your name will not be seen by the judges. A number will be assigned to each recipe when entry forms and recipes are received by the cooking contest committee.

**Dish must be dropped off at the contest site (\* see bottom of Entry Form Page) between 8:00 am – 10:00 am** on the morning of the event. Any entries that arrive after 10:00 am will not be accepted. **Each contestant should have their name and cell phone number taped to the bottom of each dish. Entrants are responsible for pick-up of their dishes and serving ware after the contest.**

Judging will be held from 10:00 am – 11:00 am. Entrants will not be allowed in cooking contest tent during judging. Public Tasting starts at 12:00 noon. Winners will be announced at 1 pm from the entertainment stage.

It is the entrants' responsibility to pick up his/her property by 1:00 pm; i.e., empty dishes, serving utensils and any props brought.

Entries must be brought two ways: a plated 10" to 12" dish for presentation and judges to taste and a larger dish or platter (approximately 9" x 13" sizes) with enough food for general public tastings.

**Bring whatever serving ware will be needed to serve your dish.**

**JUDGING** – Each dish will be judged for:

Best use of avocado

Taste

Appearance/Presentation

Originality of Recipe

## **PRIZES**

Four First Prizes – One per each category

One First Prize Winner will be selected as 'Best of Show'

If you have any questions please contact Sonia R. Martinez via phone or e-mail 963-6860  
[cubanwahine@hawaii.rr.com](mailto:cubanwahine@hawaii.rr.com)

# Avocado Festival – Cooking Contest Entry Form – Submit one per recipe entered

## **Appetizer**

Recipe title: \_\_\_\_\_

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## **Entrée**

Recipe title: \_\_\_\_\_

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## **Dessert**

Recipe title: \_\_\_\_\_

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## **Vegan**

Recipe title: \_\_\_\_\_

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Read and write your initials before each statement, agreeing to the following for each dish you want to be considered for the contest.

\_\_\_\_\_ I understand that the decisions of the cooking contest judges is final.

\_\_\_\_\_ I have attached a typewritten recipe for each category I have entered above.

\_\_\_\_\_ I confirm that each recipe is developed by me and has not been taken from a cookbook or any other published material (including but not limited to printed materials and websites), regardless of whether the source is copyrighted or uncopyrighted.

\_\_\_\_\_ I confirm that each final prepared dish will exactly follow the recipe submitted and that the ***MAIN ingredient is avocado.***

\_\_\_\_\_ I understand that I am expected to source my own avocado for use in this/these recipe(s).

\_\_\_\_\_ As described in the announcement materials, I agree to arrive at the designated time (see below) and location, with my prepared dish(es) in the designated amount, with appropriate serving utensil(s), and to remain at the event through breakdown time.

\_\_\_\_\_ I agree that Avocado Festival organizers (Sanctuary of Mana Ke'a, Avocado Festivals, Dr. Randy Rupar, Sheraton Kona Resort & Spa or any of our media outlets) may publish or may distribute this/these recipe(s) to others (including members of the media), and that they will provide the appropriate credit to the author.

\_\_\_\_\_ I agree for me and my dish(es) to be photographed, videotaped and used in any publication by that Avocado Festival organizers (as mention above) and that they may distribute these to the media. Contact information will only be used by Avocado Festival organizers and will not be distributed to others, including the media, unless given verbal or written permission by me.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**DEADLINE:** Contest entrants must submit an entry form with a separate entry for each recipe submitted. Pre-registration is appreciated, but not required. To pre-register, print, complete, and attach recipe(s), and submit via USPS to *AvocadoCooking Contest*, P.O. Box 190, Honomu, HI 96728 **or e-mail to** [cubanwahine@hawaii.rr.com](mailto:cubanwahine@hawaii.rr.com). T.

**\*Contest Location** – Bay Side Front Lawn, Sheraton Kona Resort & Spa - Entry dish(es) are to be dropped off at cooking contest tent site (marked with Cooking Contest banner) between 8:00 am – 10:00 am on the morning of the event. Set up to be completed by 10 am. Any set-up for presentation is the responsibility of the entrant.

# **Avocado Cooking Contest Recipe Form**

Saturday, April 5<sup>th</sup>, 2014  
Sheraton Kona Resort & Spa – Keauhou, Kona, HI

**Please print clearly:**

NAME OF ENTRANT \_\_\_\_\_  
MAILING ADDRESS \_\_\_\_\_  
PHONE (Daytime) \_\_\_\_\_ (Cell Phone) \_\_\_\_\_  
E-MAIL ADDRESS \_\_\_\_\_

**CATEGORY:** (circle one) Appetizer; Entrée (includes Soups, Salads); Dessert; Vegan (includes Appetizers, Entrées, Desserts)

Remember avocado **must** be the MAIN ingredient

**Recipe title:** \_\_\_\_\_

**Number of servings:** \_\_\_\_\_

**List of Ingredients: (\* see below)**

**Preparation: (\* see below)**

**Notes:**

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(\*)Your recipe could be used for publication in assorted media and websites; please list all ingredients in the order used and type or write out preparation method in clear and precise language. If you need another page for the preparation instructions, please use the 2<sup>nd</sup> page below.

