

**DEPARTMENT L • COOKING CONTESTS**  
**NORTH CAROLINA AQUACULTURE ASSOCIATION**  
**“NC Mountain Trout Cook-Off”**



**Entry Deadline:** *July 26, 2019* (Received by), recipes due on contest day

**Date of Contest:** Saturday, September 7th

**Time:** by 11:00 am

**Place:** Davis Event Center

**Cash Prizes:** 1st Prize \$200.00    2nd Prize \$150.00    3rd Prize \$100.00    Honorable Mention \$50.00

***Bring us your favorite NC Mountain Trout recipe!***  
***It can be Baked, Fried, or Grilled!***  
***Breakfast, Lunch, Dinner or Snack!***

**CONTEST RULES**

1. Each entry must have at least **4 oz. per serving**. Each recipe must **serve between 4-6 people**.
2. NC trout may be baked, fried, or grilled. Directions for preparing the recipe must be clear; measurements should be in level cups, tablespoons, teaspoons or fractions thereof. Also include pan size, cooking temperature, number of servings and any other pertinent information.
3. Judging will be based on **taste appeal (50%), appearance (20%), originality of recipe (10%), ease of preparation (20%)**.
4. Be creative and submit your best recipe using trout in any main dish, side dish, salad, or appetizer.
5. All recipes become the property of the North Carolina Aquaculture Association and the North Carolina Mountain State Fair. Either have the right to publish or advertise the recipes and the names of the contestants without compensation. Taxes on prizes are the responsibility of the winners.
6. Contestants may enter more than one recipe but only one recipe may win.

**DAY OF CONTEST**

1. Entries will be received from 10 - 11 a.m. in the Competitive Exhibits Area in the Davis Event Center. **No entries will be received after 11 am.**
2. Judging will begin at 11 a.m.
3. Prizes will be awarded at 12:30 pm (or when judging is completed).
4. Contestant **ONLY** will be admitted free of charge **WITH DISH** through the Gate 5 entrance. Park in lot at Gate 5.
5. Entries should be brought in a disposable container. It will not be the responsibility of the Fair to return any dishes or plates.
6. **Each recipe must be typed or legibly written on Recipe Format sheet and brought to the fair along with the entry. Recipe must include phone number or contestant will be disqualified.**