

2022
**RICE IS NICE YOUTH COOKING
CONTEST**



Rice is Nice Youth Cooking Contest
Official Rules

1. The Rice is Nice Youth Cooking Contest is sponsored by the Arkansas Farm Bureau Federation.
2. The contest will be divided into two categories: Main Dish and Party Ideas
3. Each Arkansas county may enter one recipe in each category.
4. Each entrant must be:
 - A. 9-18 and in the 4th-12th grade as of January 1, 2022. Homeschooled students are eligible to participate.
 - B. Certified by the county Farm Bureau or by the county Extension agent.
 - C. Willing to participate in the state cook-off if their recipe is selected for the finals.
 - D. In future years, former first place winners in a category will not be eligible for competition in that category, but may enter the other category.
5. County winners may be selected in a manner deemed most suitable to each county.
6. State contest entries will be judged on the following categories according to the rubric included in the booklet. Counties can use the rubric for the selection of county winners or may use their own criteria.
 - A. The importance of rice in the dish—entrants may use long or medium grain white or brown U.S. grown rice, or U.S. grown aromatic rice. Riced vegetables and other rice pretenders will not be accepted.
 - B. The ready availability of the ingredients.
 - C. Accuracy of the recipe (including exact measurements, preparation instructions, ingredient list in order of usage, correct temperature and cooking time, including their preferred method of cooking the rice in the dish)
 - D. Correct preparation and craftsmanship-correct basic preparation of food, practical preparation methods, and punctual delivery of each entry at the appointed time is required.
 - E. Presentation of the Dish-Tell the judges what you cooked, why you like it, how it features rice and how rice improves the dish.
 - F. Enhancement of dish by rice—is rice the highlight or main ingredient of the dish?
 - G. Degree of difficulty and creativity-Technique and creativity involved in the production of the dish.
7. The top 3 winners in each category will submit a 5-7 minute video showcasing their recipe and their knowledge of cooking rice and preparing their dish. A rubric is included here for use in preparing videos.
8. Each contestant must follow the recipe they entered in the contest.
9. Finalists will be notified of their selection no later than July 15, 2022.
10. Prizes will be awarded in each category as follows: First place, \$150; Second place, \$100; Third place \$50.
11. All recipes and entries become the property of Arkansas Farm Bureau and may be used by them in any manner.
12. The decision of the judges is final.

****OFFICIAL 2022 ENTRY FORM-ARKANSAS RICE IS NICE CONTEST****

PLEASE PRINT ALL INFORMATION CLEARLY

Name: _____
Age: _____ County: _____
Address: _____
City: _____ State: _____ Zip: _____
Parent's Names: _____

School/Group: _____
Address: _____
City: _____ State: _____ Zip: _____
Contact Name: _____
Phone Number: _____

Date: _____
CONTEST DIVISION: _____ Main Dish
_____ Party Idea

*****DO NOT FORGET*****
PLEASE ATTACH A COPY OF YOUR RECIPE (WRITTEN OR TYPED) ON A SINGLE SHEET OF PAPER WITH YOUR NAME AND ADDRESS AT THE TOP.

DEADLINE FOR ENTRY: **JUNE 24, 2022**

Name of Recipe: _____
Have you prepared the recipe before? _____
If so, for how many people? _____
What were some of the groups? _____

Source of Recipe: _____

CERTIFICATION
(By County Rice Committee or Extension Agent)
I certify on behalf of

(Contestant)
that this is the official entry of
_____ **County in the**
_____ **Division for the**
2022 Rice is Nice Cooking Contest
Print Name: _____
Signed: _____
Address: _____

Phone: _____
Email: _____

Please answer the following with 50 words or less:
Why I like my recipe: _____

Describe the occasion and other menu items you would serve with this recipe: _____

Note: Certification must be completed on entries submitted for the State Rice is Nice Cooking Contest.
Mail Entry to: Arkansas Farm Bureau, Attn: Brandy Carroll, PO Box 31, Little Rock, AR 72203.
Email Entry to: brandy.carroll@arfb.com
DEADLINE FOR ENTRY IS: JUNE 24, 2022

Arkansas Rice is Nice Score Sheet

Contestant: _____

Judge: _____

RECIPE	Possible	Score
Ready availability of ingredients	10	
Clearness and accuracy of recipe	10	
Enhancement of recipe by use of rice	20	
Degree of difficulty	5	
Creative use of ingredients	5	
Total	50	

Video		
Overall communication skills	20	
Displayed knowledge of cooking rice	10	
Displayed knowledge of preparing their recipe	10	
Dish presentation-is the dish showcased in an appetizing way	5	
Does the dish presented seem to accurately portray their recipe	5	
Total	50	

Recipe Score _____

Video Score _____

Total Score _____

ORDER FORM
RICE IS NICE COUNTY PRIZES

To receive two prizes for your county contest, please mail this page or email the following information to:

Amber Woodall

Arkansas Farm Bureau Federation

P.O. Box 31

Little Rock, AR 72203

Amber.woodall@arfb.com

501-228-1268

_____ Yes, my county will conduct a Rice is Nice Youth Cooking Contest!
Please send two county prizes.

Name: _____

Title: _____

Street: _____

City: _____ County: _____

ZIP: _____ Signature: _____

For additional information about the contest, please contact Brandy Carroll at 501.228.1268 or brandy.carroll@arfb.com.