

2023  
**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 years old and in the 4<sup>th</sup>-12<sup>th</sup> grade as of January 1, 2023. Homeschooled students are eligible to participate.
  - B. Certified by their county Farm Bureau or county Extension agent.
  - C. Willing to participate in the state cook-off if their recipe is selected for the finals.
  - D. Former first place winners in a category are not eligible for competition in the same category but may enter the other category.
5. County winners may be selected in a manner deemed most suitable for each county.
6. County winner entries to the state contest are due by May 26, 2023. Finalists will be notified by June 2, 2023.
7. An adult chaperone must accompany each contestant to the state cook-off. County sponsors are responsible for contestant and adult chaperone transportation to and from the state cook-off in Little Rock.
8. Entries will be judged on the following categories according to the rubric included in the booklet.
  - 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. Neatness and tidiness of work area-it is your responsibility to clean up after yourself and to take or dispose of any leftovers from your cooking.
  - E. Correct preparation and craftsmanship-correct basic preparation of food, practical preparation methods, punctual delivery of each entry at the appointed time is required.
  - F. Presentation of the Dish-Tell the judges what you cooked, why you like it, how it features rice and how rice improves the dish.
  - G. Taste-dish should have appropriate taste, seasoning, quality, flavor, and serving temperature. Rice should be well-prepared.
  - H. Enhancement of dish by rice—is rice the highlight or main ingredient of the dish?
  - I. Degree of difficulty and creativity-Technique and creativity involved in the production of the dish.
  - J. Serving methods and portions-Simple, clean and careful serving. Plate and platter arrangement that makes for practical serving are considered for bonus points.
9. The top three winners in each category will prepare and serve their recipe at the state contest June 27, 2023, in Little Rock.
10. Each contestant must follow the recipe they entered in the contest.
11. Each contestant is responsible for the ingredients and equipment necessary for preparing and serving the recipe. If you will have leftovers, please bring travel containers to take them with you when you leave or be prepared to dispose of them. No food is to be left by any contestant. Stoves and ovens will be provided. Students may cook rice on a stove top or may bring a rice cooker.
12. Prizes will be awarded in each category as follows: First place, \$150; Second place, \$125; Third place \$100.
13. All recipes and entries become the property of Arkansas Farm Bureau and may be used by them in any manner.
14. The decision of the judges is final.

**\*\*OFFICIAL 2023 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: May 26, 2023**

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

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:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**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**  
**2023 Rice is Nice Cooking Contest**  
**Print Name:** \_\_\_\_\_  
**Signed:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
\_\_\_\_\_  
**Phone:** \_\_\_\_\_  
**Email:** \_\_\_\_\_

**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: May 26, 2023**

**ARKANSAS RICE IS NICE SCORE SHEET**

DATE: \_\_\_\_\_ ENTRY NO.: \_\_\_\_\_

JUDGE: \_\_\_\_\_

<b>SCORING POINTS</b>	<b>POSSIBLE SCORE</b>	<b>SCORE</b>
Ready availability of ingredients	10	
Clearness and accuracy of recipe	10	
Neatness & Tidiness of Work Area	10	
Correct Preparation & Craftsmanship	10	
Presentation of Dish	20	
Taste	10	
Enhancement of recipe by use of rice	20	
Degree of Difficulty & Creativity	10	
<b>TOTAL SCORE</b>	<b>100</b>	
BONUS: Serving Technique	5	

**GENERAL COMMENTS:**

**ORDER FORM**  
**RICE IS NICE COUNTY PRIZES**

Please mail this page, or email the following information to:

**LaTosha White**

Arkansas Farm Bureau Federation

P.O. Box 31

Little Rock, AR 72203

Latosha.whate@arfb.com

501-228-1300

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

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ County: \_\_\_\_\_

ZIP code: \_\_\_\_\_ Signature: \_\_\_\_\_