

L • North Carolina Egg Association



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Entry Deadline: August 11, 2023 **by 11:55pm**, Online Entries Only, recipes due on contest day

Contest Date: Tuesday, September 12th

Time: by 7:00 pm

Place: Davis Event Center

Cash Prizes: 1st Place \$200.00 2nd Place \$150.00 3rd Place \$100.00

~ Frittata Recipe Contest ~

Frittata is an Italian open-faced omelet that features **a mixture of eggs and dairy and highlights a variety of other ingredients like meat, cheese, and vegetables**. Think of frittata as a crustless, low-carb quiche. Get creative for this egg-cellent themed Frittata contest because the possibilities are endless.

Flavor and creativity can help you win the blue ribbon!

CONTEST RULES

- Recipe must include **at least SIX eggs but more is better. Bring 4-6 servings.**
- Judging will be based on: **Creativity (40%), Taste (40%), Ease of Preparation (10%), Appearance/Presentation (10%).**
- Recipe directions must be clear and contain the following: name of recipe, number of servings, list of ingredients with specific quantities (standard U.S. measurements), and complete preparation directions including pan size, cooking temperature and time.
- Use ingredients that are readily available in grocery stores. **(No homemade ingredients which cannot be replicated - unless you include the recipe for that ingredient as well.)**
- Recipe must be typed or legibly written on Recipe Format Sheet.
- Contestants may enter more than one recipe, but only one recipe can win.
- This contest is open to all ages and for amateurs only. No team entries; this contest is for individual competition.
- Entries must be prepared at home and presented at the Fair ready for judging. Please bring enough to serve at least 4 judges. Insulated containers are encouraged for transportation to keep foods hot or cold.
- Upon submission, recipes become the property of the North Carolina Egg Association and the North Carolina Mountain State Fair, which reserve the right to edit, adapt, copyright, publish and use for publicity, promotion or advertising without compensation.
- The cooking contest coordinator and/or contest sponsor reserve the right to make any changes or decisions prior to or during the contest as deemed necessary. Their decision will be final.

DAY OF CONTEST

- Entries will be received from 6:00-7:00 p.m. in the Davis Event Center at the NC Mountain State Fair.
- Judging will begin at 7:00 p.m. **No entries will be accepted after 7:00 p.m.** Prizes will be awarded at 8:30 p.m. (or when judging is completed).
- You will be admitted into the fair with your prepared entry on the day of the contest through Gate 5. One parking pass will be issued per contestant for Gate 5 parking.
- Entries should be brought in any type of container, but it will not be the responsibility of the Fair to return any dishes or containers.
- The entry must be prepared at home and brought to the fair on the day and time of the contest along with the completed Recipe Format sheet.

DELIVERY TIME OF DISHES WILL BE ENFORCED