

# L • NORTH CAROLINA SWEETPOTATO COMMISSION

**“QUICK AND EASY MEALS FOR PEOPLE ON THE GO”**

[www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com)



**Entry Deadline:** August 9, 2024, by 11:55pm, Online Entries Only, recipes due on contest day

**Contest Date:** Sunday, September 15th

**Time:** by 4:00pm

**Place:** Davis Event Center

**CASH PRIZES:** 1st Place: \$250.00 2nd Place: \$175.00 3rd Place: \$125.00 Honorable Mention: \$75.00

Bring us your best **“Budget Friendly Quick and Easy Meal for People on the Go”** this recipe, could be breakfast, lunch, dinner or even snacks using North Carolina Sweetpotatoes.

These recipes could include beverages, grilling, instant pot, crock pot, air fryer, or any creative way to create tasty sweetpotato recipes in **30 minutes or LESS**.

## CONTEST RULES

- Recipe must include at least 2 cups of fresh sweetpotatoes. Entry needs to serve 4 to 6 judges.
- Entrants cannot be employees of the NCDA&CS or the NC Sweetpotato Commission; their immediate family or household members are not eligible to enter.
- Judging will be based on: **Taste (45 )**, **Creative Use of Sweetpotatoes (30 )**, **Preparation/Cooking Time (20 )**, **Presentation (5 )**.
- 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, preparation time, cooking time and number of servings.
- Use ingredients that are readily available in grocery stores.
- This contest is open to all ages and for amateurs only. Culinary professionals may not enter the contest.
- Contestants may enter more than one recipe, but only the top scoring recipe will be eligible for the cash prize per participant.
- Entries must be prepared at home and presented at the Fair ready for judging. Insulated containers are encouraged for transportation to keep foods hot or cold.
- Upon submission, recipes become the property of the North Carolina Sweetpotato Commission 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.
- **Each night the winners will be announced at 5:15 pm.**

## DAY OF CONTEST

- Entries must be received from 3:00 to 4:00 pm in the Davis Event Center. NO ENTRIES ACCEPTED AFTER 4:00pm.
- Judging will begin at 4:00 pm
- Prizes will be awarded at 5:15 pm.
- Contestants will ONLY be admitted to the Fair free of charge WITH ENTRY through the Gate 5 entrance. Park in lot at Gate 5.
- Entries may be brought in any type of container (preferably disposable), 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.
- . **NO** recipes printed from the internet will be accepted.
- **Each original recipe must be typed or legibly written on Recipe Format sheet and presented with the dish. Information must contain the contestant’s telephone number, address, county and email address (if available).**

**DELIVERY TIME OF DISHES WILL BE ENFORCED**