

**L • COOKING CONTESTS**  
**NORTH CAROLINA SWEETPOTATO COMMISSION**  
**Beat The Heat With Recipes For A Cool Kitchen**  
**www.ncsweetpotatoes.com**



**Entry Deadline:** August 12, 2022, by 11:55pm, Online Entries Only, recipes due on contest day

**Contest Date:** Sunday, September 18th

**Time:** by 3:00pm

**Place:** Davis Event Center

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

These recipes could include beverages, grilling, instant pot, crock pot, airfryer, or any creative way to create tasty sweetpotato recipes without heating up your kitchen.

Bring us your best **“Beat the Heat”** recipe be it breakfast, lunch, dinner or even desert recipe using North Carolina SweetPotatoes.

#### CONTEST RULES

1. Recipe must include at least 1 ½ cups of fresh sweetpotatoes. Entry needs to serve 4 to 6 judges.
2. Entrants cannot be employees of the NCDA&CS or the NC SweetPotato Commission; their immediate family or household members are not eligible to enter.
3. Judging will be based on: **Taste (45%), Creative Use of Sweetpotatoes (30%), Preparation/Cooking Time (20%), Presentation (5%).**
4. 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.
5. Use ingredients that are readily available in grocery stores.
6. Type or legibly write recipe on Recipe Format sheet, with contest name, your name, address, daytime and evening telephone number and email address (if available).
7. This contest is open to all ages and for amateurs only. Culinary professionals may not enter contest.
8. Contestants may enter more than one recipe, but only the top scoring recipe will be eligible for the cash prize per participant.
9. 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.
10. 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.

#### DAY OF CONTEST

1. Entries must be received by 3:00 pm in the Davis Event Center. NO ENTRIES ACCEPTED AFTER 3:00pm.
2. Judging will begin at 3:00 pm
3. Prizes will be awarded at 4:30 pm (or when contest is completed).
4. Contestants ONLY will be admitted to the Fair free of charge WITH ENTRY through the Gate 5 entrance. Park in lot at Gate 5.
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.
6. Recipes must be typed or legibly written on Recipe Format sheet, with name, address, daytime, and evening telephone numbers and presented with the dish. The entry must be prepared at home and brought to the fair on the day and time of the contest.