



2008 Maine Lobster Festival Seafood Cooking Contest Contestant Information

When: Friday, Aug. 1, 2008. Setup starts at 9 a.m.; judging starts 11:30 a.m.

Where: Maine Lobster Festival grounds in the North Entertainment Tent at Rockland Public Landing.

Awards: The contest is sponsored by The Courier-Gazette.

First: \$200

Second: \$175

Third: \$150

Eligibility: The contest is open to amateur cooks only, 18 years or older. Maine Lobster Festival Officials, employees of Courier Publications, and professional food experts are not eligible.

Requirements: Recipes must be original, not copied from any source. Recipes must contain seafood found in Maine waters (can be fresh, frozen or canned). Contestant must bring his or her recipe in triplicate (for judges), their own utensils, and all ingredients necessary to make recipe, a table setting/décor for presentation, and a cooler, if needed. Contestants will be reimbursed up to \$50 for ingredients. Receipts must be provided for reimbursement. Stoves and preparation space will be provided for contestant's use.

Selection Process: Five contestants will be chosen from all submissions. Multiple recipes per contestant may be submitted. However, only one recipe per contestant will be selected. Each recipe must be typed on a separate sheet of paper, listing all ingredients and amounts. Recipe must include a full explanation of preparation, cooking requirements, and time necessary to make recipe from start to finish. All submissions must be mailed. No e-mail submissions will be accepted. In the event of similar recipes, the earliest postmarked entry will be considered. Deadline for submitting recipes is July 11. Selected contestants will be notified by July 18. A panel of three food experts will select the final five recipes based on creativity, suitability of the seafood to the recipe, appearance, eye appeal, simplicity, and taste.

Contest: Selected contestants will prepare their recipes on the Festival grounds, Friday, Aug. 1, 2008. Setup and preparation starting time is 9 a.m. Judging begins at 11:30 a.m. Prizes will be announced and awarded around 12:30 p.m. The contest audience will have an opportunity to sample the prepared recipes in the cooking area after awards have been presented. As many recipes as desired can be submitted. However, each recipe must be accompanied by a separate application form. (They can be mailed in the same envelope.)

More information: E-mail Kelly Woods at kwoods@courierpub.com or call 207-594-4401 ext. 281.



2008 Maine Lobster Festival Seafood Cooking Contest Contestant Application

Name: _____

Address: _____

City, State, Zip: _____

Phone#: _____

E-mail Address: _____

Recipe Name: _____

Preparation/Cooking requirements: _____

I state that I am an amateur cook and the recipe submitted is an original recipe. In consideration of acceptance of the entry, I hereby waive and release any and all rights and claims for damages I may have against the sponsors and officials of the Maine Lobster Festival for any and all injuries suffered by me in the cooking contest.

Signature: _____

Mail application to:
Seafood Cooking Contest Application
Maine Lobster Festival
P.O. Box 552
Rockland, ME 04841