

# 2019 MUMBO JUMBO GUMBO COOK-OFF

Saturday, March 2, 2019 - Soda Springs Park

## OFFICIAL RULES AND REGULATIONS FOR AMATEUR ENTRIES

1. "Gumbo" is defined as a Cajun soup containing roux or gumbo file (dried sassafras leaves). It usually contains a variety of meats and or seafood, okra and other ingredients & seasonings and is generally served over rice.
2. The only ingredients that **must be precooked** are the roux, rice and any meat, poultry or shellfish. (rice is optional). Canned and bottled products are NOT considered precooked. Each team is expected to make a minimum of 5 gallons of gumbo. Vegetables may be pre-chopped. Cooking time is 8:00am - 10:45am.
3. Judging will begin at 10:45am. Public tasting will begin immediately following the judging.
4. Contestants must provide their own gas grill, fuel, cooking utensil, chairs, booth decor, etc. Access to electricity is limited. You will be provided with one 8 foot covered table and tasting cups. All patrons will receive a tasting spoon, napkins, and a Popsicle stick for "Peoples Choice" voting purposes. This is an outdoor event, so come prepared.
5. Contestants are asked to have a minimum of 2 assistants in their cooking area during the tasting.
6. The judges' decision shall be final and binding. The first place winner will be awarded \$100.00 (one hundred dollars) and a trophy. Second place will receive an award of \$50.00 (fifty dollars) and a trophy. Third place will receive an award of \$25.00 (twenty-five dollars) and a trophy. Winner of the "Best Showmanship" will receive \$50 (fifty dollars) in Manitou Money, and Peoples Choice winner receives a trophy.
7. Due to space limitations only the first 20 contestants, combining professional and amateur, who return their applications by the deadline date to the Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development (354 Manitou Avenue, Manitou Springs, CO 80829) will be allowed to compete. Applications may be mailed or dropped off at the Chamber office, or email to [jenna@manitouchamber.com](mailto:jenna@manitouchamber.com).
8. Thank you for participating in the 2019 Gumbo Cook-off. By signing the application to participate in the 2019 Mumbo Jumbo Cook-off, you irrevocably consent to the use of your likeness, including voice and image, for the purposes of advertising or promoting, in any media, throughout the world in perpetuity the Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development, its affiliates, successors or licensees and others acting on behalf of the Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development.