Black Pot Cook off Rules

The Southwest Louisiana Association of REALTORS® Community Involvement Committee

1. The 2026 Southwest Louisiana Association of REALTORS® Community Involvement Committee Black Pot Cook-Off will be open to all registered entries. Entry fees must be collected by the day of the cook-off.

2. Participants will compete in the preparation and completion of a dish. All dishes must be cooked in a Cast Iron pot.

3. Cooking stove and fuel, (Coleman type or similar) propane or white gas recommended for use in preparation of your entry. If you are cooking over a burner, you must bring a fire extinguisher.

4. Cooking onsite the day of the cook-off: All cooking must be done in open view, and nothing pre-cooked will be allowed. Only ingredients may be prepared prior to the cook-off (e.g., marinating, smoking, chopping, seasoning). No fully or partially cooked food items are permitted before the event begins.

***If you are preparing a dish that typically includes side items (such as rice for gumbo, potato salad, or similar), you may pre-cook these side items. However, **only the main dish** will be judged, and side items will not be considered in the judging process.

2. There may be access to electricity, please bring your own extension cord.

3. Any beef, poultry, or pork, along with dairy products must be maintained at the proper storage temperatures until prep time begins.

4. All food preparations and cooking will be completed in the designated “pit area.” This will be lined off to accommodate the cooking teams.

5. Black Pot is mandatory.

6. You must bring your own tables and chairs for cooking, prep, and seating if needed. You generally have a 10' x 10' cooking area. One 10x10 canopy is allowed per team.

7. Promotional items are welcome but are optional.

8. There will be 1 box provided to you with a number on each cup symbolizing identification of your entry. Please verify this number when your booth is visited (very important).

9. Teams can marinate, smoke, season, and cut food items beforehand. You do not have to prepare the meat for cooking at the cooking site.

10. Cooking time will begin at 5:00 AM. Pick-up for judging will be at 11AM. You must have all cooking done no later than 11 AM. Judging will be announced at approximately 12 PM, subject to change depending on the number of participants.

11. ALL AREAS MUST BE KEPT CLEAN AT ALL TIMES.

Food Judging

1. All judges will be provided by the Southwest Louisiana Association of REALTORS® Community Involvement Committee. The judging will take place in three categories:

    2. Best Taste

    3. Most Creative

    4. People's Choice

b. We will also have one more winning category:

    o We will also have a **People's Choice Award** this year. We will sell wristbands for $10.00. Those with wristbands will be allowed to sample dishes at your station and will vote for their favorite dish. The contestant with the most votes will win People's Choice.

3. The following areas will be used to judge the finished dish:

    4. **Overall Appeal**: Originality, creative ingredients,
    (5) Five Points

    5. **Appearance and Presentation**: Visually appealing, pleasing aroma, appropriate garnish.
    (5) Five Points

    6. **Execution**: Cooked just right (not overcooked/undercooked), color, volume, too moist or dry (per recipe).
    (5) Five Points

    7. **Taste**: Good flavor combination, appropriate seasoning, spices and herbs balanced for best flavor, texture is tender, moist, or crunchy as appropriate.
    (5) Five Points

    8. **Difficulty Bonus**: An extra point will be added for innovation and difficulty.

The total possible points to be awarded for this category are twenty-one (21). Each entry must fill the judging cup ¾ full. It is suggested that each team should prepare at least 3 to 5 lbs. of protein to ensure all guests can taste the wonderful food that has been prepared for this event. We are expecting at least 100 people in attendance. Ticket revenue will be donated to the Real Estate Foundation of Southwest Louisiana.

Good luck to all teams and participants. Be safe and have fun