



JULY 3, 2026

Outstanding Seafood

KING OF THE CATCH COOK-OFF

Entry Deadline: June 19

Fourchon Pavilion

275 Flotation Canal Rd, Fourchon, LA

Visit our website for event details, rules & registration:

www.fourchontarpon.com



King of the Catch

Cook-Off Rules



1. Entry fee will be \$50.00 per team and must be turned in along with registration by June 19, 2026.
2. Contestants may compete as individuals or on teams.
3. Each team must be able to provide at least 300 2oz. (5 gallons) samples of food of its entry dish and 3 presentation dishes for the judges. (Remember, the more you cook, the more people will be able to sample your dish and vote for you for the People's Choice Award!)
4. Each entry dish must contain at least one of the following Louisiana seafood items as a main ingredient: Crawfish, Shrimp, Crabs, Fish, Oyster, Bigarno (Snails), Alligator, Frog Legs or Turtle.
5. Types of dishes allowed to be entered are as followed: Fricassee, Etouffee, Gumbo, Courtbouillon, Sauce Picante, Jamabalaya, or anything Fried, Stuffed, or Grilled.
6. If the dish you choose to cook is usually served over rice, you will be allowed to bring your white rice pre-cooked. Plan to cook everything else on site.
7. Contestants will be allowed to start cooking on site at noon. Each team will have a 10x10 area. Contestants must provide their own table, and chairs for preparation/cooking area, which will be adjacent to the tent where the food will be served. A 6 foot table will be provided in the serving area. Contestants will be provided with bowls/plates to serve food.
8. Entry dishes must be ready to serve to the judges and to the public at 5:00 p.m. Contestants must prepare three "presentation plates" for judges. Food booths will be open for the public from 6:00 p.m. until 9:00 p.m. or the food runs out!
9. People's Choice voting begins at 6:00 p.m. and ends at 8:30 p.m.

10. Awards will be presented at 9:00 p.m. Prizes will be as follows:
 - a. **King of the Catch Award - \$250.00 gift card (to be decided by our judges)**
 - b. **King's Presentation Award - \$250.00 gift card (to be decided by our judges)**
 - c. **People's Choice Award - \$250.00 gift card (to be decided by the public.) There will be buckets in the front of each table for donations. The team that collects the most donations will win People's Choice.**

King of the Catch

Cook-Off Registration Form



Send completed registration form and \$50 entry fee to:
Golden Meadow-Fourchon Tarpon Rodeo
P.O. Box 1165
Larose, LA 70373

Team Name: _____

Team Members: a) _____
b) _____
c) _____

Contact Person: _____

Phone Number: _____

Mailing Address: _____

Email Address: _____

Name of Dish Being Prepared: _____

Registration is due on June 19, 2026

I understand that my team must cook at least 300, two oz. serving cups to meet the cook-off contest requirements.

Contact Person Signature: X _____

**For Questions about King of the Catch Cook-Off
Call Lin Kiger - 985-693-6700 or email lin@lafourchechamber.com
DO NOT WRITE IN THIS BOX. OFFICIAL USE ONLY.**

\$50.00 ENTRY FEE PAID YES OR NO

REGISTRATION COMPLETE YES OR NO

DISH SPECIFICATIONS MET YES OR NO

COMMENTS: _____