



2023 Official Cooking Contest Rules
Contest Date - Friday, September 1, 2023

- 1. Recipes must be original and never published in any public forum.**
- 2. Maryland Blue Crab Meat must be the predominant ingredient in the recipe. Additional components such as seasoning, vegetables, or cheese should enhance rather than obscure the flavor and texture of the crab meat.**
- 3. The recipe's title must not contain a person's name or other identifying information.**
- 4. Entrants must provide all recipe ingredients as well as mixing bowls and cooking utensils. The National Hard Crab Derby will supply 1 pound of fresh special grade Maryland Blue Crab Meat.**
- 5. An entrant may submit a recipe in two of the four divisions: Main Dish, Crab Cakes, Appetizers, and Soup/Salad. If space permits, the contestant will be allowed to prepare both recipes.**
- 6. Each round of cooking begins on the hour. Entrants will have one hour to prepare and cook their dish and clean-up their area. If entrants go over the hour limit, they risk disqualification.**
- 7. Entrants are encouraged to prep the ingredients at home. Prepping may include washing, chopping, slicing, measuring, etc. However, the recipe must be prepared and cooked on site.**
- 8. An entrant may have a helper to assist in setting up the work area and cleaning up after cooking.**
- 9. A copy of the recipe, including a complete list of ingredients and detailed instructions, must be submitted along with the application. Please include your name and the appropriate cooking division on the recipe.**
- 10. Entrants must submit applications and recipes on or before Friday, August 25, 2023. If there are more entries in each category than can be**

accommodated, entrants will be chosen according to the date of their applications. Please send in applications early.

- 11. Participants will be notified via phone or email that their recipes were selected. Entrants can pay the entry fee of \$25.00 per recipe by mail or at the registration table on the morning of the contest.**
- 12. Entries are judged on the following: appropriate use of crab meat, appearance, flavor, originality, texture, clear directions, and ease of preparation for a home cook. Entrants should also consider how to best present their dish.**
- 13. Recipe entries constitute permission to edit, modify, adapt, publish, promote, and otherwise use the recipe in any way without additional compensation.**