

Roux for a Reason Gumbo Cook Off

March 7, 2026 Southdown Plantation, Houma, LA

Team Name: _____ Email Address: _____
Phone: _____ Team Captain: _____
Entry (\$250) paid via: _____ Check _____ Cash _____

Team Members' names:

Proceeds for the Roux for a Reason Gumbo Cook-off will be donated to the Mary Byrd Perkins. Please read the Rules and Regulations. The Team captain is responsible for ensuring that all team members read and adhere to all the guidelines during the Roux for a Reason Gumbo Cook-off. By signing below, the team captain agrees that all team members have read and understand the rules and regulations for the cook-off. The Roux for a Reason Gumbo Cook-off, its officers and other representatives shall not be held liable for, and they are hereby released from liability for, any damages, loss, harm or injury to the person or property of the cook-off, any of its officers, agents, volunteers or other representatives, resulting from theft, fire, water, weather, accident or other cause. Cook-off participants hold The Roux for a Reason Gumbo Cook-Off harmless from any claims, demands, suits, liability, damages, loss costs, attorney fees and expenses of whatever kind or nature, which might result from or arise from any action or failure to act on the part of the cook-off participant or any of its officers, agents, employees or other representatives.

Team Captain Name (print): _____
Signature: _____
Date: _____

Official Rules and Regulations

Team Captain: Each team will designate a team captain, who is responsible for seeing that each assigned area is kept clean, that a judging sample is taken to the judging table and that all team members have read and understand these rules and regulations.

Check-in: Check in from 6 - 8AM. A Gumbo Cook-off representative will be at the appropriate gate to show teams to their cooking area.

Space: Each team will have a 10' x 10' space. A garbage & 1 table will be provided for serving gumbo. All teams must bring all supplies necessary for cooking.

Quantity: A minimum of around 5 gallons is recommended to be cooked. This should allow for guests to taste your product and give each team an opportunity to win the People's Choice Trophy.

Supplied Serving Items: Roux for a Reason will provide sampling cups, utensils, napkins and judges' sampling cups.

Cooking conditions: are subject to inspection. Failure to follow these rules will be grounds for disqualification. Any changes to these official rules and regulations will be communicated to Teams in advance of the event.

Judging: Containers will be provided to each team n at approximately 12:30PM. A team captain is required to deliver the numbered sample to the judging area by 1:30pm. The winners of the cook-off will be announced at approximately 2:30pm. All decisions by the judges are final.

The judges will give each gumbo a score between 1 and 5. The judging criteria are as follows:

· Appearance · Flavor · Texture · Consistency · Aroma

Awards will be given in the following categories:

· People's Choice Champion – Trophy · Judges Awards – 1st, 2nd & 3rd place trophies.

Sportsmanship: This event is a charitable event to raise money for a good cause. We ask that you have a fun time and we thank you for your support of this event!

*****All checks shall be made payable to Roux for a Reason, Inc. *****

Roux for a Reason, Inc.

Mail Checks to: 310 Keystone Loop
Houma, LA 70360

Please Submit Questions to
Rouxforareason@gmail.com