



GASTEC EXPO DAY GUMBO COOKOFF



Come to GasTEC Expo event and pass a good time cher!!!

Questions? Contact Pat McInerney (Gumbo Cookoff Leader) for additional information!

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Gumbo Cookoff Agenda

- ✓ Cookoff set-up begins at 7:00am.
- ✓ Teams will have a designated cookoff area.
- ✓ Plenty of space onsite to set up any size cooking area you need, bring a canopy if desired.
- ✓ Goal is to feed attendees with gumbo from teams.
- ✓ Attendees will include LGA members, vendors, associates, BRAMAS first responders.
- ✓ We will prepare rice and sides to go with gumbo (teams cook gumbo only).

Gumbo Cookoff Rules

- ✓ Start gumbo cooking any time after 7:30am but no later than 9:30am.
- ✓ Complete cooking by 11:30am.
- ✓ The judging will be at 12:00pm.
- ✓ Minimum 5-gallon pot; encourage 10-gallon if you have one.
- ✓ Gumbo meat ingredients must be chicken & sausage.
- ✓ **Each team is responsible for providing rice to serve with their gumbo at lunch**
- ✓ Have fun & network with Expo participants!!!