

# 2023 MUMBO JUMBO GUMBO COOK-OFF

Saturday, February 18, 2023 - Soda Springs Park

## OFFICIAL RULES & REGULATIONS FOR AMATEUR ENTRIES

1. "Gumbo" is defined as a Cajun soup containing roux or gumbo file (dried sassafras leaves). It usually contains a variety of meats and/or seafood, okra and other ingredients & seasonings, and is generally served over rice.
2. The only ingredients that **must be precooked** are the roux and any meat, poultry, or shellfish (rice is optional). Canned and bottled products are NOT considered precooked. Each team is expected to make a minimum of 5 gallons of gumbo. Vegetables may be pre-chopped. Cooking time is 8:00am - 10:30am.
3. Judging will begin at 10:45am. Public tasting will begin immediately following the judging.
4. Contestants must provide their own gas grill, cooking/serving utensils, chairs, booth decor, etc. Access to electricity is limited. Please request and we will confirm availability. You will be provided with one 8-foot covered table and tasting cups. All patrons will receive a tasting spoon, napkins, and a Popsicle stick for "People's Choice" voting purposes. This is an outdoor event, so come prepared.
5. The judges' decision shall be final and binding. The first place winner will be awarded \$100.00 (one hundred dollars) and a trophy. Second place will receive an award of \$50.00 (fifty dollars) and a trophy. Third place will receive an award of \$25.00 (twenty-five dollars) and a trophy. Winner of the Best Showmanship will receive \$50 (fifty dollars) in Manitou Money, and People's Choice winner will receive a trophy.
6. Due to space limitations only the first 20 contestants, combining professional and amateur, who fill out their applications by the deadline date to the Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development (354 Manitou Avenue, Manitou Springs, CO 80829) will be allowed to compete. Applications available at <https://manitousprings.org/gumbo-application/>
7. Thank you for participating in the 2023 Gumbo Cook-off. By signing the application to participate in the 2023 Mumbo Jumbo Gumbo Cook-Off, you irrevocably consent to the use of your likeness, including voice and image, for the purposes of advertising or promoting, in any media, throughout the world in perpetuity, the Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development, its affiliates, successors or licensees and other acting on behalf of the Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development.

*Have any questions? Email Jenna Gallas at [jenna@manitouchamber.com](mailto:jenna@manitouchamber.com).*