

2026 MUMBO JUMBO GUMBO COOK-OFF

Saturday, February 14, 2026 / Bud Ford Pavilion in Soda Springs Park / 11 AM-1 PM

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 pre-cooked** (at your house/restaurant beforehand, does not mean store bought) are the roux and any meat, poultry, or shellfish (rice is optional). Canned and bottled products are **NOT** considered pre-cooked. Each team is expected to make a minimum of 5 gallons of gumbo. Vegetables may be pre-chopped. **Cooking time is 8:00 AM - 10:45 AM.**
3. Judging will begin at 10:45 AM. 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 (1) 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 1st Place winner will be awarded \$100.00 and a trophy. 2nd Place will receive an award of \$50.00 and a trophy. 3rd Place will receive an award of \$25.00 and a trophy. Winner of the Best Showmanship award will receive \$50.00 in Manitou Money, and the People's Choice winner will receive a trophy.
6. Due to space limitations, only the first 20 contestants (combining Professional and Amateur Chefs) who fill out their applications by the deadline date to Visit Manitou Springs (354 Manitou Avenue, Manitou Springs, CO 80829) will be allowed to compete. Applications available at <https://tinyurl.com/2026gumboamateur>
7. Thank you for participating in our 2026 Gumbo Cook-Off. By signing the application to participate in the 2026 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, Visit Manitou Springs, its affiliates, successors or licensees and other acting on behalf of Visit Manitou Springs.

Have any questions? Email Hallie Gurba at events@manitouchamber.com