

Gumbo Cook-Off Contest - January 18, 2026

Hosted by LaSalette Council 5755 of the Knights of Columbus

Event will be at the Columbian Club (KC Hall)

1515 Garfield St. Westlake, LA.

There is NO FEE to enter. All teams are welcome!

RULES:

1. Cooking begins at 8am and will be ready for judging at 11am.
2. Cooking teams will consist of not less than 2 and not more than 4 people.
3. Each team must supply ALL ingredients, utensils, pots, and portable burners for cooking. Don't forget your tables!
4. Each team will prepare a minimum of 3 gallons of gumbo.
5. Council 5755 will provide cooked rice and potato salad.
6. Gumbo must be cooked from scratch within 3 hours, on site. Roux may be pre-cooked.
7. Chicken **MUST** be boneless.
8. Sausage allowed will be any ingredients in a casing.
9. No limitations on seasonings. (Please remember that most elderly people can't handle a large amount of **HEAT**.)
10. Although cooking must be from scratch, on site, an exception is made to allow greens, onions, and garlic to be chopped prior to cook-off.

Please NOTE that all food prepared during this competition will become the property of LaSalette Council 5755.

Please contact **Ed English at 337-802-9886** or **Roland Buller at 337-526-9466** to enter.

Entry must be completed no later than January 14, 2026.