



Waikoloa Beach Resort & Hawai'i Island Festivals
Presents

Hawaiian Cultural Weekend

10th Annual Great Waikoloa Poke
Contest Saturday ~ September 9, 2017 ~
11:00 am

Contest Rules

The first **40** registered contestants will be able to receive the require six pounds of fish for use in their recipe. Specific fish type is unknown and will be provided at a later date. The pick-up time will be on Friday, September 8, 2017 between 12:00pm and 4:00pm, pick-up location to be determined at a later date. Participants may also elect to provide their own fish, if preferred.

1. Entry Fee: \$20 per entry (per recipe entered). This fee includes one Hawai'i Island Festival button. Payment must be mailed with the recipe and entry form. Contestants may enter as many times as they choose. However, a separate entry fee and form must accompany each recipe.
2. Contestants must be at least 18 years of age.
3. Entries must be received no later than Thursday, August 31, 2017. Email entries will not be accepted.
4. Illegible entries will be disqualified. Hawai'i Island Festival and Waikoloa Beach Resort are not responsible for lost, illegible, incomplete, misaddressed, postage due, or otherwise misdirected entries or transactions that are processed late or incorrectly.
5. Hawai'i residency is not required. Subject to applicable Federal, State, and local laws and regulations.
6. Recipes must include Hawaiian fish, or seafood from the following: Ahi, Ono, Marlin, Snapper, Octopus, Squid, Opihi (limpet), fresh or salt water Tilapia, Lobster, Crab, Surimi (imitation crab), Prawns or pond-raised Crawfish. The only exception is Hokkigai (clams). Fish or seafood may be raw or cooked.
7. We encourage creative use of Ogo or other seaweed, seeds, herbs, spices, nuts, marinades, Tofu, fruits, vegetables, and seasonings.
8. Recipes must be submitted in one of the following categories:

- Best Traditional Poke*
- Poke with Soy Sauce/Limu (seaweed, all varieties)
- Poke Fusion (Anything goes)





* Ingredients allowed in “Best Traditional Poke” include:

- ✚ Limu (seaweed, all varieties)
- ✚ Native fish (all varieties)
- ✚ Pa‘akai and Alaea (Hawaiian sea salts)
- ✚ Inamona (Kukui nut)
- ✚ He‘e (squid)
- ✚ Opihi (limpet)
- ✚ Lobster
- ✚ Wana and Ha‘uke‘uke (sea urchin)
- ✚ Opae (shrimp)
- ✚ Kowau (fish eggs)
- ✚ Ho‘i‘o (fern shoots)
- ✚ Native crab (all varieties)
- ✚ Pala (fern)
- ✚ Niu (coconut)

* Ingredients **NOT ALLOWED** in “Best Traditional Poke” include:

- ✚ Onion
- ✚ Peppers
- ✚ Salmon
- ✚ Soy Sauce
- ✚ Oil
- ✚ SesameSeed
- ✚ Sauces

9. Recipes must be written in English.
10. No recipe changes are allowed once the recipe has been submitted.
11. Entries will be judged 100% on taste. However, contestants are encouraged to be creative in the presentation display (table décor, presentation vessel, etc.) as there will be a separate award for presentation. Contestants will be provided with a 3x3 area to display their entry. Presentation décor must have relevance to your Poke dish.
12. Six (6) pounds of prepared Poke must be brought to the contest. The Waikoloa Beach Marriott will provide uniform skirting, tablecloths, tasting cups, silverware, and ice. Contestants are responsible for replenishing their Poke displays during public tasting segment. Only **ONE** assistant is permitted and will be required to have a Hawai‘i Island Festival ribbon. Ribbons will be available for purchase at the door.



There is no preparation area provided. Poke must be prepared prior to contest.