

Youth Cast Iron Cook Off

EQUIPMENT:

May use Skillet and/ or Dutch Oven:

- a. May be a single course, complete meal, or combination of courses.
- b. Multiple Dutch ovens or skillets may be used during cooking time frame, as well as multiple heat sources.

Will be judged on:

- i. Taste
- ii. Presentation
- iii. Uniqueness of dish

PREPARATION:

- b. Team setup (times will be determined)
- c. All foods served for judging must be cooked on-site. Food entries may not be pre-cooked, sauced or marinated in any way prior to the contest.
- d. The only thing provided to the contestants will be a regulation cooking area and a trash bag.
- e. All meat must be kept cold prior to cooking.
- f. Cleanliness of the cook, assistants, and contest area is required. Each contestant must have hand cleaning capabilities. Soap and water and waterless hand sanitizers are accepted. Food service gloves or tongs are required for handling finished food.

COOKING:

- g. ALL FOODS served for judging must have been cooked in cast iron cookware during the contest.
- h. ANY HEAT SOURCE may be used provided it is safe for contestants, judges, and other participants. Fuel sources may include open campfire, charcoal grills, electric grills, fire pits, gas grills, gas burners, camp stoves, and rocket stoves.
- i. ACCESSORIES ALLOWED are toothpicks, aluminum foil, and skewers.
- j. DONENESS OF ENTRY is subject to judge's discretion and may refuse to eat raw food.

SERVING:

- k. Prepared food must be kept in covered container and maintained at a safe temperature until submitted to the judges.
- l. Decorations and/or garnish to be presented with any dish **must be prepared in cast iron.**

Contestants will be responsible for cleaning up their site after the competition.

The team's captain is responsible for the conduct of his/her team and its guests.

Fire Extinguishing- Please use a bucket of water to put out your campfire. Please have large enough lids to cover any pan grease fire.