

## Cast Iron Chef

The Dutch Oven Contest will be similar to many cooking competition shows where you will have to work with secret ingredients. In this contest, bring the following ingredients, and at the time of the judging some of the ingredients will be removed. Some other ingredients may be required. Teams may have at most five youth members.

You must make at least 3 servings to be provided to the judges, but following will be open tasting so that the other teams may taste your creation. So make more, and share with everyone! The winner will take home a very nice prize this year!

### Food to Bring:

- 1-2 lbs of cooked meat
- 1 Block of Cheese
- 1 two-liter bottle of any type of Soda
- 1 can fruit salad
- 1 box of Taco Shells or 1 pizza shell or 1 loaf of bread (any type)
- 1 can of beans
- 1 can of vegetables
- 1 box of noodles
- 1 can of tomato sauce
- 3 cups of powdered milk
- 1 bottle of asian style/stir fry sauce – either sweet and sour, soy sauce, oyster, or teriyaki sauce
- 3 eggs
- 1 jar of peanuts
- 1 box crackers (saltines, cheez-its, your choice)
- 2 item of your choice (your item may be any of the items not above, but if you use water this will count as one of your items)
- One item of our choice, that we will provide and is required to be in your recipe
- You may use any spices or seasoning you like.

### Equipment:

- any cast Iron cooking pot/pan, including dutch ovens or fry pans. The cooking must be done in this item
- Charcoal, which will be the only allowed fuel source and something to light the charcoal
- Serving and cooking utensils and prep dishes
- Presentation items (your choice—plates, silverware, table cloth, etc)

### Rules:

- Only the items listed above will be able to be used in the contest
- Teams will be judged on taste (60%), originality (20%), and presentation (20%).
- Presentation includes the setting and the serving of the judges.
- Teams must consist fully of youth team members, adults participating will lead to deductions or even disqualifications.
- Plan on cooking for up to 5 judges and your team.

### Schedule:

10:30 Teams gather

10:45 Cooking begins

11:45 Cooking stops, judging begins.

## **Advisor Dessert Dutch Oven Cooking Competition**

In this competition, adults show off their cooking skills. Bring enough to share with the judges and with the others following. There will be a very nice prize for competing in this competition!

### Rules:

- Cooking should be done solely in a dutch oven on charcoal
- Adults (21 and over) are the only ones to participate.
- Should be a quantity of at least 15 to share.

### Schedule:

10:30 Teams gather

10:45 Cooking begins

11:45 Cooking stops, judging begins.