

Cast Iron Chef Dutch Oven Cook-Off Cooking Team Guide

CATEGORIES: Teams enter in one of 4 categories

Youth Dessert Category – all cooks must be under the age of 18.

Adult Dessert Category – all cooks must be over the age of 18.

Youth Soup or Stew Category – all cooks must be under the age of 18.

Adult Soup or Stew Category – all cooks must be over the age of 18.

Cooking teams can have no more than 4 cooks per team.

If cooking teams could register on the website at www.genesiscamp.ca click on the program tab and choose cook off from the list

Cooking spaces will be assigned on a first come first serve basis. The cooking area will be located at the main fire pit by the building.

Cooking will start at 11 am and complete at 4:00 pm. Dishes must be presented to the Judges at 4:30pm in the building mess hall.

Your dish will need to be able to accommodate tasting for 4-5 judges.

Your cooking team will be responsible to bring all utensils cooking gear (we do have a few dutch ovens for use if you do not have one – you must reserve ahead of time)

Items you **may** need are:

Cooler(s) w/ice	Table cloth	bowls & covers
Folding Table(s)	Aprons	hand sanitizer
Charcoal	Fire extinguisher	Cooking Utensils/Tools
Cooking fire platform	Metal Ash bucket	Whisks / Spatulas
Trash Can / Bags	Buckets for dirty dishes	Mixing spoons
First aid kit	Dish soap	Measuring cups/spoons
Water bucket/carrier	Paper towels	Knives
Cutting board(s)	Hand towels	Cooking spray
Disinfecting wipes	Tongs	Dough scraper
Thermometer	Matches/Lighter	Grater
Timer	bowls & covers	peeler/slicer
Scrubbing pads	hand sanitizer	Plasticware for tasting
small metal ash shovel	Cooking Utensils/Tools	Plastic gloves
	Whisks / Spatulas	Food chopper
	Mixing spoons	Hand wash station
		Folding camp chairs
		parchment paper

ziploc bags

Coffee and drinking water will be available at the dining hall throughout the day on Saturday. Please bring your mug.

Rules:

In the event of any discrepancy or contest within this event, the CIC event planning committee and judge panel shall carefully consider all sides of the issue and determine a final outcome.

Each Cooking team must check in to the judges between 10am and 10:50am on the Saturday of the cooking so that the judges know how many groups will actually be in the cooking area.

Each team must provide all of their own supplies including cooking equipment, dutch ovens, raw food ingredients, spices, tools, and optional shelter.

Judges will light the fires at 9:30 am.

Each team may submit only one entry in each applicable category: Adult / Youth Dessert Adult / Youth Soup or Stew. Teams may elect one category or both categories.

Judges will count down the last 15 minutes of the cooking time. Ie 15 minutes left, 10 minutes left etc.

Each team is limited to the use of 3 (3) dutch ovens. The dutch ovens may be of any size. Cooking any part of the recipe in anything other than a dutch oven will disqualify the team from the competition. Containers for mixing ingredients are restricted to plastic or metal bowls, plastic bags, or dutch ovens – **no glass**.

Teams are encouraged to share and demonstrate cooking techniques and recipes with spectators, and other cooking teams and generally share their enthusiasm for dutch oven cooking.

All foods must be presented in the dutch oven or on the lid.

Tasting judges will judge on the quality, appearance, authenticity, and taste of the dishes.

Awards will be presented at the closing of camp

Decisions made by the judging panel are final.

At least one cooking team member must remain in the cooking area at all times after cooking has started and throughout the day until the official cooking period has ended

and all their fires and charcoal are extinguished.

Teams must take special care to maintain clean cooking areas.

Ingredients cannot be pre-cooked or pre-prepared before cooking begins at 11am; they must be combined, chopped, sliced, or diced **on-site during the competition**, including garnishes and marinating.

All cooking must be done in an approved (factory-made) Dutch oven and everything **MUST** be presented to the judges with the exception of excess gravies and sauces. No griddles, grills, roasters, sauce pots, spring form pans or skillets are allowed to be used. Only Dutch Ovens are allowed.

What the Judges will be looking for:

- Food that is raw, undercooked, burned, off-color, or tough.
- Pleasant aroma, uniform color, evenness of cooking, consistent texture, and completeness of the cooking process.
- Taste is, of course, the most important factor in judging.
- Team members should be willing to share cooking techniques and tips with spectators.
Excellent interaction with spectators will be rewarded.
- Use coolers with ice to keep all perishables cold. Uncooked meat and other perishables should not be left sitting out.
- Dutch ovens will be checked for cleanliness prior to the start of cooking. (At check in)
- Proper use of dutch ovens, heat source, tools, and utensils will be considered.

We look forward to seeing all the creative dishes that are possible.