**RULES**

**Youth Cast Iron Cookoff**

**Senior Division (14-18 yrs)**

**Equipment:**

Will use Skillet and/or Dutch Oven

1. Must present 2 dishes. A main dish and a side or dessert. One must be done in a skillet. The second may be done in a skillet or dutch oven.
2. Multiple skillets and/or Dutch Oven may be used during cooking, as well as heat sources.

Will be judged

1. Taste
2. Presentation
3. Uniqueness of dish (regional recipe, local ingredients etc.)

**Preparation:**

Set up times will be determined at time of competition

1. 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 competition.
2. Regulation cooking area and trash bags will be provided to contestants.
3. All meat should be cut to cooking size at home to help prevent cross contamination at event. All meat must be kept chilled prior to cooking.
4. Cleanliness of the cook, assistants, and contest area is required. Each contestant must have hand cleaning capabilities. Soap and water and waterless hand sanitizers followed by rinsing with running water.
5. Food service gloves or tongs are required for handling finished foods.

**Cooking:**

1. ALL FOODS served for judging must be cooked in cast iron cookware.
2. 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.
3. ACCESSORIES ALLOWED are toothpicks, aluminum foil and skewers.
4. DONENESS OF ENTRY is subject to judge’s discretion and may refuse to eat raw food.

**Serving:**

1. Prepared food must be kept in covered container and maintained at a safe temperature until submitted to the judges.
2. 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.

Adult supervisor or coach is responsible for the conduct of his/her contestants and 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.