Regional Cast Iron Youth Competition

Supply List & Set Up

**Suggested Format:**

* Cast iron skillets for the trainings will be provided by area sponsors. We can get them through Webstaurant.
* A chef and coach will be at each competition
* A regional dish will be cooked by each participant & ingredient list will be provided
* Plan for around 3 hours for the actual competition. Food prep, cooking & presentation.
* Up to 3 youth will be able to go to the state competition on November 2nd at Dogwood Hills Guest Farm. These need to send in their entry forms by October 1st.

**Supplies required for event:**

* **10 1/2 in cast iron skillet per entrant**
* Work table or countertop
* Heat Source (stove, grill, fire, etc.)
* 2 cutting boards for each skillet used
* Hot mitts
* Food service gloves
* Sanitizing wipes and hand sanitizer
* paper towels, paper plates
* cutting knives, Tongs, spatulas
* hot pads (for skillet placement)
* aluminum foil
* Oil, appropriate seasonings
* ingredients for the dish
* Trash can and bags

Note: Dollar tree has most or all of this stuff for pretty cheap.