**Cast Iron Youth Competition**

**Regional**

Supply List & Set Up

**Format:**

* A chef, coach or adult supervisor will be at each competition
* A regional dish will be cooked & ingredient list will be provided
* Plan for around 3 hours for the competition. (Food prep, cooking & presentation)
* Up to 6 individuals ( 3 junior and 3 senior)will be eligible to compete at the state competition held at Dogwood Hills Guest Farm on Nov 2, 2019. Entry forms for state need to be received by October 15, 2019

**Supplies required for event:**

* **10 ½ inch cast iron skillets- minimum size**
* Worktable or countertop
* Heat source (stove, grill, fire, etc.) **Please note source on entry form**
* 2 cutting boards for each skillet used
* Hot mitts
* Food service gloves
* Sanitizing wipes and hand sanitizer
* Paper towels, paper plates or bowls
* Cutting knives, Tongs, Spatulas
* Hot pads (for skillet placement)
* Aluminum foil
* Oil, appropriate seasonings
* Ingredients for dish
* Trash can and bags
* **ICE CHEST AND ICE to keep your food cold**