

Iron Chef Competition Rules

The Iron Chef competition will be similar to the one on the Food Network show with a twist. Our Iron Chef competition will be done in Dutch ovens.

Each patrol will be given a maximum of 3 hours to complete 2 dishes; a main dish and a dessert. Both dishes must incorporate the “Secret Ingredient.” (*Alternative option: Patrols are provided an identical cache of food whose contents and quantities they have been given ahead of time, except for the “Secret Ingredient.” They may research recipes and prepare their own recipe cards. All ingredients must be used in the preparation of the dishes.*) The challenge is to outdo the other patrols in creativity and taste.

Each patrol will be allowed to bring:

- 3 vegetables, 1 meat, and 1 fruit
- Garnishes that will enhance the presentation of their dish/dishes. (Garnish is to be used during presentation of the plate only. It may not be incorporated into the cooked dish.)
- Seasonings and spices.
- Flours
- Sugars
- Vegetable oil

You will present your patrol and your ingredients to the judges before the “Secret Ingredient” will be handed out. Please, follow the approved list of ingredients. The judges have the right to disallow the use of an ingredient if it doesn't meet the approved list. Competition will start at 3:00 PM and finish at 6:00 PM. You will prepare your presentation plate of food and get it to the judging area no later than 6:00 PM. Plan accordingly as dishes must be served to judges at a temperature appropriate for eating. Any dish not ready on time may be disqualified from the judging.

The following items will be provided to each team:

- Water
- Utensils, pots, stoves, serving dishes
- Dutch ovens
- Charcoal, lighter fluid, and matches
- Metal charcoal stands.

There will be a panel of 3 judges. Each judge can award up to 20 points per entry. The patrol will be required to tell the judges how they incorporated the “Secret Ingredient” into both of their dishes.

- 8 points for taste
- 6 points for best use of “Secret Ingredient”
- 4 points for patrol teamwork and member participation
- 2 points for presentation

Safety and cleanliness are a must. Keep your prep area clean! Failure to properly clean all cooking utensils, surfaces, pots, and Dutch ovens will result in disqualification.

Remember, this is supposed to be a fun competition where the demonstration of outdoor cooking skills is the main focus. However, scouting spirit and teamwork are important ingredients too. Costuming (i.e. hats, aprons, etc.) and flair may be used by the judges in the event that a tie-breaker is needed. Each member of the winning patrol will receive a prize.

IRON CHEF

**TROOP 344
PEMBERVILLE
OHIO**

**BOY SCOUT
VS
BOY SCOUT**

