

4-H Iron Chef Competition

The 4-H Iron Chef Competition is a new opportunity for members to show their food preparation skills and creativity by working as a team of 2 to 3 members in a State Fair competition. Members will prepare at least two dishes that incorporate a mystery ingredient provided at the contest. A panel of judges will evaluate the final product for taste, plating (appearance of presentation) and originality/food safety. Teams may be made up of any intermediate or senior members who have participated in any county food contest.

Contestant Selection and Scheduling

The 2009 contest will be held on Wednesday, September 2 at the Oregon State Fair. The initial contest has room for 8 teams. Counties may submit one or more teams made up of members who have participated in any of their county food contests.

Pre-registration must be received no later than Monday, August 24, 2009 through the contest scheduling process. Each team will consist of 2 or 3 members who are intermediates or seniors. Intermediates and seniors may be mixed on a team and come from more than one county if a county has too few participants to register.

If more than 8 teams are submitted, the State Fair 4-H Staff will use a lottery to select those teams who will participate. Alternate teams will be named at that time so they may be prepared to compete if another team cancels.

Selected teams will be contacted by phone and email to receive details on times, 2 possible mystery ingredients and to be sure the team is still available to participate.

Iron Chef Competition Rules

1. Participants will have a total of 2 hours for the entire contest. Suggested time allotments are:
 - 10 minutes – receive mystery food, move into kitchen, set-up
 - 60 minutes – prepare the foods
 - 30 minutes – serve the 3 judges
 - 20 minutes – clean kitchen and move out
2. The contest kitchen will provide the mystery ingredient, range, microwave oven and refrigerator. Participants must provide all other ingredients, recipes, individual serving dishes for judges and equipment. For food safety reasons finished dishes prepared at home may not be brought and served at fair. The challenge of this competition is to select recipes to prepare 2 foods in 1 hour.
3. Each team will prepare two plated courses (i.e. appetizer, soup, salad, main entrée, dessert). If a team has time to prepare a third food item it will be given bonus points. Foods will be served when the timer rings for 60 minutes of preparation time.
4. Each course must use the mystery ingredient.
5. Team should prepare at least 3 servings of each food. Samples will not be served to the public unless there is extra.
6. The use of alcoholic beverages that would be unlawful for a minor to possess is not permitted.

7. The names of possible mystery ingredients will be given to the team prior to September 2 when contacted by the State Fair Staff for scheduling time. The mystery ingredient will be announced to the judges and team just prior to entering the kitchen.
8. The food prepared must be plated for the 3 judges and served to each at the same time. The second food must be served on a separate plate for each judge.
9. Each of the three judges will award up to a maximum of 20 points to each team
 - 10 points maximum for taste
 - 5 points maximum for plating (appearance of presentation)
 - 5 points maximum for originality/food safety

Divisions

Each county or combined county team may enter a team of 2-3 members. The initial year up to 8 teams total will be selected.

511 603 012 Intermediate/Senior Iron Chef Competition