

## FAQ's for Oregon State Fair 2013 4-H Iron Chef

The Iron Chef contest is a fun cooking event for Intermediate and Senior aged members and will be held on August 28, 2013 in the 4-H Exhibit Building at the Oregon State Fair. Teams of 2-4 youth “cook off” against another team and are given feedback by a panel of judges.

### **How do I participate?**

Talk to your county agent and tell them you want to form a team. You do not have to be in the Foods project in order to participate. Anyone who likes to cook and is ready for the challenge is invited. Each county can send one team and an additional team if there are available openings at the registration deadline.

**How does the event work?** Two weeks before the event teams are given two practice ingredients determined by the Iron Chef committee (ingredients are items like bell peppers, corn, cheese, fruits, etc...) and on the day of the contest they bring all the ingredients that they would need to prepare dishes. At the contest one of the two ingredients is revealed to the competing teams.

Each team prepares two dishes using the secret ingredient and the dishes are plated for the three members of the judging panel.

### **What is the team allowed to have prepared ahead of time?**

Youth should do all of their preparations for their two dishes within the 60 minute time frame. The ingredients cannot be pre-cut or pre-made? They cannot be premeasured but bring enough for what you will be preparing, just measure it out at the event.

**Is there an expectation of restaurant level kitchen etiquette?** There is 10 points dedicated to food safety/kitchen clean up. It does not need to be at professional restaurant level kitchen etiquette, but general food safety etiquette is very important and should be followed.

**Do I need to bring my own plates and silverware?** Yes you need to bring plates, bowls or whatever type of dish you will be using to plate your two dishes for the 3 judges. You also need the silverware that is appropriate for your dishes.

**Do I need to bring a beverage?** No water is supplied by the committee

**Should I bring decorative items for the place settings?** Extra decorative items for the place setting are not necessary. Members are judged on their presentation of the food on the plate/dish so a decorative, attractive presentation of the food is the focus of the event.

**How is it determined who serves the judges first? And how long must the second typically wait before serving their items?** The team that is ready first plates first and it typically takes judges around 10 minutes to sample and judge the first group.