

# IRON CHEF

## UWGB Iron Chef

March 3 to March 5  
Leona Cloud Commons, University Union

### **Objectives**

The competition allows students to:

- Show off their culinary talent
- Prove their organizational and planning skills
- Prove their ability to cope in demanding situations
- Enjoy the thrill of competition and the joy of cooking

### **Who can participate?**

Any student enrolled at UW Green Bay. Teams will consist of two members. Teams are encouraged to select an alternate member in case of illness or other emergency situations on the day of the competition.

### **How to Enter?**

Each student team will need to complete the application form and submit an original chicken recipe that takes no longer than 30 minutes to prepare. The dish must be able to be made on an induction burner and must serve at least 4 people.

### **Team Selection**

Teams will be selected based on the creativity/originality of their submitted recipe and the response to the questions on the application. Applications will be reviewed by the contest committee. Submitted recipes will not be used in the cook-off competition. Each selected team will have access to a culinary expert for assistance with menu planning, food safety training and general food questions.

### **Cook –off Competition**

Each student team will be asked to prepare a three-course meal for 4 people (starter, main course and dessert). Each team will be presented with a list of ingredients that they must use in their meal. Selected teams will be notified of the ingredients list prior to the cook off, so there is enough time to start menu development. On the day of the cook off, two mystery ingredients will be revealed that also must be incorporated into the menu.

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Teams will have access to a full pantry of dairy, spices and vegetables to use in addition to the mandatory ingredients. No outside ingredients may be brought in to the competition.

Three meals will be presented to the judges for tasting and the 4<sup>th</sup> meal will be used for photography purposes.

## **Timing**

- Set Up Time: 15 minutes
- Cooking Time: 60 minutes

## **Competition Day**

### *Arrival and Briefing*

All students and spectators will gather together for a welcome and initial briefing.

Contestants will then draw for a cooking area. Cooking areas will have identical equipment.

### *Set Up*

The set up period will allow students to gather all necessary utensils, plates, platters, cutlery and ingredients from the pantry. No chopping, dicing or other food prep can occur during this period. Students may also consult with the culinary expert at this time.

### *Cooking Time*

During the cooking time period, students will prepare, cook and serve their meals at the correct temperature. Students have use of the refrigerator and freezer facilities available in University Union.

Dishes will be served at the conclusion of the 60 minute period. One of the serving dishes will be displayed in the serving area and used for photographs. The rest of the dishes will be used for tasting by the judges.

Station clean-up can occur after the 60 minute cooking period and judging. However, students are encouraged to "clean as they go".

At all times students must consider personal hygiene, correct handling of food, food hygiene and neat working conditions.

## **Judging**

The organizational committee will select the judges for the event. Judges will consider the following categories while scoring contestants. A perfect score equals 60 points.

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- A) **Menu Selection/Creativity:** This evaluates the creativity employed by the candidate with limited set of ingredients. High score dishes will be sufficiently unique, and have components that demonstrate a range of food knowledge. Category total: 15 points
- B) **Proper Cooking Techniques:** This is meant to evaluate the way the candidate cooks and or prepares the ingredients. High score dishes will be made using sanitary cooking procedures, served at the correct temperature and within the time limit. Category Total: 10 points
- C) **Taste and Presentation of Starter:** This is the evaluation of the starter. High score dishes will be eye appealing through use of colors and textures, and it will have an appropriate level of seasoning and a balance of flavors. Category Total: 10 points
- D) **Taste and Presentation of Main Course:** This is the evaluation of the main course. High score dishes will be eye appealing through use of colors and textures, and it will have an appropriate level of seasoning and a balance of flavors. Candidates will also be judged on how well the side dishes complement the main protein source. Category Total: 10 Points
- E) **Taste and Presentation of Dessert:** This is the evaluation of the dessert. High score dishes will be eye appealing through use of colors and textures, and it will have a recognizable balance of flavors. Category Total: 10 Points
- F) **Explanation of the menu to judges:** This section evaluates how the candidate presents and explains the dishes to the judges. Candidates seeking a high score should show confidence, a depth of culinary knowledge and personality. Category Total: 5 points

After scoring the dishes, the judges will comment on the presentations and announce the results. The decision of the judges is final. The student team with the highest score will advance to the UWGB's Iron Chef Showdown Round. The winner of the showdown will be crowned UWGB Iron Chef.

## **Awards**

All participants will receive a certificate of participation. Additional prizes will also be featured.