

## **Troop 110 Gourmet Cook-Off Official Rules for March 5<sup>th</sup>, 2005**

You must be a current member of Troop 110, or a visiting troop Boy Scout to compete in this competition. There will be no entry fee to enter this competition.

Adults may not assist the Scouts in food preparation or cooking.

Each team will consist of two or three scouts. The team members will plan, prepare, cook and present their contest entry. Each team will need to have a team name.

Each team will cook a dish containing hamburger (or ground beef). You will be responsible for providing your own ingredients, including the hamburger. You will need to cook enough for the contest turn in container and your team's dinner. Dinner on Saturday evening will not be provided by the troop.

All hamburger will be inspected at 1:00 pm on Saturday, March 5th. The meat will need to be **raw and not seasoned** at inspection. It will also need to be **cold** (40 degrees or lower). Turn in time for the contest will be 4:55 to 5:05 pm on Saturday, March 5th.

You may cook your hamburger meat any way you want! All cooking will be done on site. Scouts must bring their own cooking utensils, pots, pans, seasonings, sauces and secrets. Camping stoves, grills, smokers or cookers are allowed. There are some grills at the camp site, but not many. You must provide your own charcoal, wood, or cooking fuel.

The judges will be instructed to judge the entries based on these two criteria:

Taste (75% weight)

Appearance (25% weight)

Each entry will receive a score from 1 to 9 on each of the two criteria, by each judge. The highest score wins. A trophy will be awarded to the first place team. Certificates will be given to top 10 teams.

Any ties are settled in the following manner. The entry with the highest score in "Taste" will be the winner. If they still tie, a simple one time coin toss will decide the winner.

Rules for "Turn In."

You must turn in your entry in the 9" x 9" container provided.

You may garnish your entry any way you want.

You must write down your recipe and turn it in with your food.

You may turn in your entry as early as 4:55 pm, but not later than 5:05 pm.

You may not mark your container in any manner. It will be identified only by a secret number. This is a "blind" cook-off. The judges won't know who cooked what.

## **Helpful Hints:**

**Food poisoning is a serious issue.** We will provide Clorox water for hands, utensils and clean up. Bacteria is growing at temperatures between 40 degrees and 140 degrees. So, either keep your hamburger cold (we will have some ice & coolers available) or keep your hamburger hot. We don't want anybody getting sick.

**Safety is a serious issue.** Be careful with fire, stoves, hot pans, hot grease, hot food, steam, knives, forks, and sharp utensils. We don't want anybody getting hurt.

**Timing is everything.** Figure out how long it will take to cook your dish to perfection and adjust your schedule to the 5:00 pm turn in time. Be sure to figure in time to marinate if you plan to do so. Meat inspection will begin at 1:00 pm.

**Plan your recipe. Practice your recipe.** Plan some more. Practice some more. It's just like school, the more prepared you are, the better you will do.

**Write down exactly what to do and when.** If you do a good job, you will know what you did and you can do it again some day. You will be required to turn in a written recipe with your entry. The recipes will be in unmarked envelopes, except for a secret number.

**Keep it simple.** You don't have to try to be Emeril to cook a great dish. Some of the best recipes in the world are quite simple.

**Cook low and slow.** Tender meat is usually cooked at a low temperature for a long time. A good BBQ brisket usually takes 12 hours or more. It's easy to burn the outside of a dish while the inside is still raw. You don't have to cook with a high heat to get the middle done.

**Food that looks good usually tastes good.** Don't forget that 25% of your final score will be based on how your entry looks. Turn in your best looking entry and make it look as nice as you can. You can garnish your entry with anything you want. You will need to provide your own garnish.

**Pre Packaged meals not allowed!** Hamburger Helper and other brands of pre packaged meals are not legal. You must cook your dish from scratch ... or home made.

**Have fun!** You don't have to win first place to have fun. Enjoy the opportunity to learn more about cooking ... because we all love to eat.

If the chiefs want to compete against each other, that would be great! But the boys will not compete against the adults. We don't want to embarrass the adults.