

***COOK IT UP* GUIDELINES**

1. PURPOSE:

a. The purpose of the event is to offer a fun and innovative contest highlighting the baking/cooking skills of the community. The event is intended to draw participants from the entire community, highlight culinary skills, and provide possible opportunities to partner with other community activities such as the commissary, clubs, and other community service organizations.

b. Collect recipes for a *Cook It Up* cookbook.

2. **ELIGIBILITY:** All persons eligible to use Community Centers and installation facilities may participate in *Cook It Up*.

3. RESPONSIBILITIES:

a. Community Centers or other installation recreation programs will provide:

- (1) A project officer to coordinate and conduct the event.
- (2) Coordination with the marketing staff for multimedia promotion and publicity.
- (3) Coordination with the local commissary and AAFES for partnering/sponsoring activities.
- (4) A site for the contest and awards ceremony.
- (5) Leadership representation at the awards ceremony.

4. Revised COOKIE CHALLENGE RULES:

a. Guidelines should be established by each installation to accommodate their resources and generate the maximum participation from the entire community.

b. Each recipe may only be submitted in one category. Participants may submit more than one recipe but each recipe may only be submitted once in each category.

c. Entries may be submitted for judging in the following categories:

- ◆ No Bake Cookies (no oven needed)
- ◆ Cookie Makers Special (something unique)

d. Entries will be judged on the following:

- ◆ Taste
- ◆ Appearance
- ◆ Creativity

5. FAMILY PLUS “IRON CHEF” COOK OFF RULES:

a. Guidelines should be established by each installation to accommodate their resources and generate the maximum participation from the entire community.

b. Each recipe may only be submitted in one category. Participants may submit more than one recipe but each recipe may only be submitted once in each category.

c. If installations hold the Family PLUS “Iron Chef” Cook Off and modify the event to meet their needs and resources, the Boys and Girls Clubs logo should be removed.

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Family PLUS
“Iron Chef” Cook-Off

Official Rules

d. Basic Rules

- (1) Teams must consist of at least three people.
- (2) All three teams will cook at the same time.
- (3) The families and other team members must work together to complete the competition.
- (4) All dishes must reasonably contain all supplied ingredients. (i.e., Simply putting it on the side does not count.)
- (5) All dishes must be presented *on time* (1 hour after start) to the Judges table
- (6) Each team will be required to prepare a meal for three people.
- (7) The secret ingredient will be revealed 15 minutes after the competition has started.
- (8) Each team has 1 hour to complete their three identical dishes.
- (9) Each team will have to create a name for their dish before presenting to the judges.

e. Each team will be supplied with equal supplies of the following items:

- Red potatoes
- 3 large boneless chicken breasts
- Red onion
- Chicken broth
- Frozen mixed vegetables (corn, limas, green beans)
- carrots
- Cream of mushroom soup
- crushed red pepper
- Rosemary

- basil
- oregano
- chives
- thyme
- “Secret Ingredient” to be determined by installation POC

f. **Cookware and serving dishes will be provided for the teams.**

g. **Scoring:** Judges will make a decision for each dish presented by a team for the following:

- Quality/Flavor
- Aroma
- Texture
- Appearance/Presentation
- Originality

The team accumulating the most points will be named the Family PLUS “Iron Chef” winner. In the cases of ties, the judges will reevaluate all three dishes.

6. MIX IT UP RULES:

a. Guidelines should be established by each installation to accommodate their resources and generate the maximum participation from the entire community.

b. Each recipe may only be submitted in one category. Participants may submit more than one recipe but each recipe may only be submitted once in each category.

c. Only five ingredients may be used to create an entrée. Salt, pepper, and other spices are not counted. List the five ingredients used and the complete preparation guidelines and length of time to prepare.

d. Entries will be judged on the following:

- ◆ Taste
- ◆ Creativity
- ◆ Preparation time
- ◆ Ease of preparation

e. Each contestant must provide a complete recipe with all ingredients, specific measurements, and utensils necessary to prepare the entry. Each recipe must produce enough samples for at least five judges.

7. HAVE FUN!!