

DEPARTMENT L • COOKING CONTESTS
MAST GENERAL STORE & LODGE DUTCH OVEN COOK-OFF



&



Entry Deadline: *July 28, 2017 (Received by)*, recipes due on contest day

Contest Date: Saturday, September 16th

Time: Set-up and check-in 9:30am

Place: Heritage Circle

Prizes: Adult Division: (19 and older)

1st Enamel Dutch Oven + \$100 Mast Store Gift Card

2nd Enamel Dutch Oven + \$75 Mast Store Gift Card

3rd Enamel Dutch Oven + \$50 Mast Store Gift Card

Youth Division: (through age 18)

1st Cast Iron Dutch Oven for Camping + \$75 Mast Store Gift Card

2nd Cast Iron Dutch Oven for Camping + \$50 Mast Store Gift Card

3rd Cast Iron Dutch Oven for Camping + \$25 Mast Store Gift Card

A live Cook-off!

Show off your Dutch Oven Campfire skills!

Adults: Bring us your best soup, stew or chili
with a delicious bread or cornbread!

Youth - Wow us with a unique breakfast casserole!



Southeast Camper Dutch Oven Group, a chapter of IDOS,
will be supervising cook-off and enforcing IDOS rules.

CONTEST RULES

1. International Dutch Oven Society (IDOS) rules will apply.
http://idos.org/Cook-Off_Information/Old_rules/COPSec3.2.pdf. SE Camper Group, a chapter of IDOS, will enforce rules and supervise cook-off. (www.secamper.com)
2. Contest is open to individuals or teams. A team may consist of two to four members, all within the same age division. Only one premium will be awarded per team.
3. Space is limited to 10 Adult Teams and 10 Youth Teams, awarded on a first-come, first-served basis, based upon the date the entry forms are received.
4. Only team members are allowed in the cooking area! One team member must remain in the cooking area at all times, for fire safety reasons. (Youth teams must have one adult in the area to supervise only -- to ensure safety of youth. **Adult may not help with or coach preparation of food or cooking.** The adult's name needs to be listed on entry form and noted as the supervising adult. This person is not counted as one of the possible 4 team members.)
5. All cooking must be done in a Dutch oven and everything cooked **MUST** be presented to the judges with the exception of excess gravies and sauces. Removing burnt or under cooked sections of food will lead to disqualification. Side items such as butter, jam or sauces should not be presented to the judges' table unless specifically listed in the recipe and prepared on site.
6. Cooks will submit a legible copy of their recipe for the judges **at the cooks' meeting** (see Recipe Format Sheet, Page 77). Each recipe must serve at least 4-6 people. All recipes become the property of Mast General Store, the Lodge Company and the North Carolina Mountain State Fair, who have the right to publish or advertise the recipes and the names of the contestants without compensation.
7. Each team may prepare one entry per category. (ex. one main dish, one bread, one dessert)
(cannot prepare two dishes and bring the best to the judges).
8. This competition is about encouraging the skill of using the Dutch oven without the use of additional pans such as bread pans, pie tins, tinfoil, or foil pan inserts. Trivets under meat and parchment paper are acceptable.
9. Cooks are expected to bring and light their own charcoal. No open fires or fires directly on the ground will

be allowed. NO CHARCOAL IS TO BE IGNITED UNTIL INSTRUCTED BY OFFICIALS. Use of lighter fluid is strictly forbidden! Use charcoal chimney.

10. You may not use propane stoves to cook your dishes; however, propane may be used to heat water for cooking or washing dishes.
11. The Fair will provide a 10'x10' space with one table for prep. All of the team's equipment must fit within this space. You will need to supply your own equipment, pop-up tents, pots, dishes
12. Ingredients cannot be precooked and must be combined, chopped, sliced or diced during the competition on site, including garnishes and marinates. Garnishes must be simple and edible. Marinating of meat prior to the start of the competition is not allowed. For safety reasons, no ingredients prepared or processed at home are allowed. All meat should be in store packaging and must be USDA inspected.
13. Dishes must be presented to the judges' table on time – NO EXCEPTIONS! Turning dish in early and not being present for judging may result in a point being deducted for cold food. All foods submitted for judging must be displayed in the pot or on the lid. Note: Dishes presented on a lid usually have a higher presentation appeal, but this is not required. Cooks are required to furnish utensils for serving judges.
14. Please use safe food handling procedures: Teams should start with clean equipment and use clean cooking practices. Good hand washing practices are required, including a separate basin for hand washing. There should be no finger licking. Dishwashing equipment, including washing, rinsing and sanitizing basins, are required of all teams. Tasting utensils must be washed immediately after use. All washing of dishes must be done in your own area. Wash cutting boards with bleach water between meats and vegetables to avoid cross contamination; or if possible, use different cutting boards for meat and vegetables and clearly label each. Food service gloves and some type of hair restraint (hat, hair net, pony tail holder, etc.) should be worn during the cook-off. Coolers are required for all refrigerated items and cold food must be kept below 40 degrees F. Keep hot foods above 140 degrees F.
15. Dishes will be judged on **appearance & presentation** (visually appealing, pleasing aroma, appropriate garnish), **overall appeal** (originality, creative ingredients and suitable recipe), **execution of recipe** (not over or under cooked, color, volume, not too moist or too dry), and **taste** (good flavor combination, appropriate seasoning and texture – tender, moist or crunchy as appropriate). **Teams will also be judged on proper food handling and fire safety, cleanliness of team members & prep area, and sportsmanship** – including abiding by contest rules and interacting with the public.
16. Alcohol consumption and tobacco use are not permitted. There should be no eating in the cooking area; however, drinking to avoid dehydration is permitted and encouraged.
17. Teams should demonstrate good sportsmanship within their own teams as well as with other teams. Members should be courteous and willing to answer questions from the public.
18. Judges decisions are final.
19. Mail completed Entry Form (page 75) to: NC Mountain State Fair Entry Dept., 1301 Fanning Bridge Rd., Fletcher, NC 28732, to be RECEIVED no later than JULY 28, 2017.

DAY OF CONTEST

1. Gates open at 9:00 am. Contestants must be checked in by **and set-up by 9:30 am**. Cooks' meeting will be at 9:30 am. Coolers and Dutch ovens will be inspected to insure proper food handling and temperatures. Charcoal is to be lighted after meeting when permission from officials is given.
2. **All teams must attend the cooks' meeting at 9:30 am** in the competition area for last-minute instructions and questions. **Any team not checked in or not present at this meeting will be disqualified.**
3. Cooks will submit a legible copy of their recipes for the judges at the cooks' meeting. Each recipe must be typed or legibly written on Recipe Format Sheet (page 77) Recipe must include contact phone number or team will be disqualified. All recipes become the property of Mast General Store, the Lodge Company and the North Carolina Mountain State Fair, who have the right to publish or advertise the recipes and the names of the contestants without compensation.
4. No charcoal is to be ignited prior to this meeting, after which the officials will signal time to light the charcoal. Cooking begins at 10:00 am.
5. Judging will begin at 12:00 noon for youth, 12:30 pm for adults main dish and 1:00 pm for bread. Prizes will be awarded following judging.
6. Individual or Team members **ONLY** will be admitted free of charge **as listed on entry form**. **Failure to list a team member will result in that member having to purchase a ticket to enter the fair.** Tickets will be mailed with parking pass for Gate 5 entrance. Park in lot at Gate 5. (See map inside back cover.)
7. Teams are responsible for trash removal and cleanup of their area. Failure to do so could result in disqualification or forfeiture of participation in future events. It will not be the responsibility of the Fair to return any dishes or utensils.