

# Troop 502 Iron Chef Campout

## General Rules:

The Iron Chef Competition centers around the preparation of 3 meals and a dessert. Following are the general rules applicable to all meals:

1. All meals must be safe to consume and prepared according to safe food preparation guidelines and all ingredients must be stored safely as taught in the cooking merit badge requirements.
2. All meals must be prepared by the scouts in a patrol / team and all members of the patrol / team should participate.
3. Unless otherwise stated in the individual meal guidelines, each meal must contain a minimum of one cooked portion in addition to any non-cooked sides, beverages, etc.
4. There is a time window for each meal and a turn in time that must be met or scores will be penalized.
5. All patrols / teams will be supplied with a patrol box with standard cooking equipment including:
  - a. Pots and pans
  - b. Utensils (cooking and eating)
  - c. Camp stove
  - d. Dutch oven
  - e. Charcoal with chimney starters
  - f. Plates and cups
6. All preparation and cooking must be done at the campsite. No prior preparation, pre-cooking, packaged meals, prepared / packaged sauces, etc. will be allowed.
7. Unless otherwise stated for a given meal, each patrol / team are responsible for supplying their ingredients, for the meals. **Note:** *The planning of the meal, ingredients, shopping plans, etc. can be done with the cooking merit badge counselor for completion of part of the cooking merit badge requirements.*
8. One complete and full portion should be plated by each patrol / team and presented to the judges for scoring.
9. The meals must be completed on time. Any meals submitted after the deadline will receive a 10% penalty for every 3 minutes late and fully disqualified at 30 minutes past the turn in deadline.
10. Patrol / team ingredients must be submitted for approval at the scout meeting prior to the campout.
11. Meals will be judged by 3 adult leaders, the SPL and ASPL.
12. The scores for each event and category will be submitted by each judge and the highest and lowest in each category will be discarded and the remaining totaled up to determine that meals base score to which any time penalty will be applied. In the event of a tie, the main category for each event will be the tie breaker.

## Meal Specific Requirements and Rules:

Patrol / team provided permitted ingredients:

- a. Meats
- b. Vegetables
- c. Fruit
- d. Seasonings and Spices
- e. Flours, rices, breads and grains
- f. Sugars and sweeteners
- g. Cooking oils

**Note:** Patrol / team ingredients must be submitted for approval at the scout meeting prior to the campout.

### Breakfast:

For the breakfast meal, all ingredients will be provided to each patrol / team by the troop. The list of ingredients will not be known until the night before the breakfast meal and all teams will be preparing the breakfast meal from the same set of ingredients.

Cooking may begin at any time and turn in time for breakfast is 7:30 AM

### Scoring:

Scoring for the breakfast meal is as follows:

- 10 points for taste
- 8 points for patrol team work and participation
- 6 points for presentation
- 4 points for creativity
- -10% for every 3 minutes past turn-in time with full disqualification at 30 minutes late.

## Lunch:

The focus for the lunch meal is campfire cooking and must be cooked using the campfire as the main cooking medium. No camp stoves will be allowed but other cooking utensils, pots, etc. available to each patrol may be used. The patrol / team is responsible for planning this meal and providing all ingredients for the meal. The meal must consist of a minimum of one protein, one vegetable and one fruit with at least one item being cooked.

Cooking may begin at 11:00 AM and turn in time is 12:30 PM

## Scoring:

Scoring for the lunch meal is as follows:

- 10 points for patrol team work and participation
- 8 points for taste
- 6 points for creativity
- 4 points for presentation
- -10% for every 3 minutes past turn-in time with full disqualification at 30 minutes late.

## Dinner and Dessert:

The focus for the dinner and dessert meal is creativity and the incorporation of a secret ingredient. The patrol / team is responsible for planning this meal and providing all ingredients for the meal. The meal must consist of a minimum of one protein, one vegetable and one fruit with at least one item being cooked. The dessert must be cooked over the open fire or in a dutch oven.

Cooking may begin at 3:30 PM and turn in time is 6:30 PM

## Scoring:

Scoring for the dinner is as follows:

- 10 points for best use of secret ingredient
- 8 points for taste
- 6 points for presentation
- 4 points for patrol team work and participation
- -10% for every 3 minutes past turn-in time with full disqualification at 30 minutes late.

Scoring for the dessert is as follows:

- 10 points for taste
- 8 points for best use of secret ingredient
- 6 points for presentation
- 4 points for patrol team work and participation
- -10% for every 3 minutes past turn-in time with full disqualification at 30 minutes late.