2017 Dutch Oven Cook-Off

Entry Form

Saturday, October 23, 2017

*To be completed by **ALL** contestants- please **PRINT** legibly*

Exhibitors Name: (include ages for youth under 18)

1. _____ 2. _____ 3. _____

Individual/Team contact information

Contact person: _____ Address: _____

Phone: _____ _____

Please read all the rules and regulations where applicable.

Release of Liability: (Note, you must sign this release of liability to participate)

I, the undersigned, acknowledge all rules and regulations and hereby release the Blaine County Cruisers, Blaine County Extension, and the Blaine County Fairgrounds from any liability from loss or damage to articles while said article is displayed at the Dutch Oven Cook-Off. Any infraction of the rules will cause exhibitor to lose all prize money and/or awards for said exhibit.

1. Exhibitors Signature: _____ Date: _____

Parent/Guardian Signature if youth entry: _____

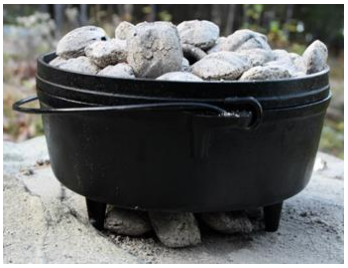
2. Exhibitors Signature: _____ Date: _____

Parent/Guardian Signature if youth entry: _____

3. Exhibitors Signature: _____ Date: _____

Parent/Guardian Signature if youth entry: _____

****This page (Page 1) is the entry form and the <u>only page needed to submit</u>.** Pages 2-4 are the rules and guidelines (it's your responsibility to read and follow the rules), and pages 5-7 have additional food safety guidelines/information which is useful for general food handling (at home, community functions, etc.) **



2017 Dutch Oven Cook-Off

General Information and Rules

Saturday, October 23, 2017

Eligibility: The contest is open to all youth (12-17) and adults (18 and above)
*individuals do **not** need reside in Chinook and/or Blaine County- this is open to anyone willing to enter

Entry fee: $0- just the cost of your ingredients/supplies

Date & Schedule: The cook-off will be held on October 23rd, 2017

Check-in and set-up time: Beginning at 11:30 AM- 1 PM
You may begin cooking once set-up is complete to meet time limits, depending on required prep/cooking times of dishes
Judging/Taste-testing starts: Judging starts at 4 PM, public taste-testing to follow
Awards: announced approximately 6:30 PM (after public taste-testing)

Location: Blaine County Fairgrounds

Individuals & Teams: People may enter as individuals or as teams of 2-3 people, in the youth or adult divisions. Teams may consist of a mix of adult and youth participants, but if there is at least one adult, they will compete in their own youth/adult division.

Judging: Entries will be judged on aroma, appearance, taste, quality of entry, cooking technique, and presentation. There will be a panel of judges, along with

General Information on Dishes

Participants are allowed unlimited entries in the following 4 categories:

Categories:

Main Course/Meat,
Vegetable/Side Dish,
Dessert
Bread

- Bread include corn bread*, biscuit-type bread*, sour dough bread, sweet rolls, or yeast bread/rolls.
- Stuffed breads are defined as bread filled with meat, cheese or vegetables. Stuffed breads may be judged separately in their own sub-category, depending on entries.
- Cheese, herbs, spices, or fats/oils may be added on top as a garnish.

*Corn breads and biscuits may not be scored as high as a yeast or sour dough bread since cornbread or biscuits may be considered easier recipes, but that would be of the discretion of the judges.

General Rules

1. Each team/cook is required to bring their own equipment, including your own charcoal, potable water, utensils, and cooking table if desired. Entrants are also responsible for cleanup of their immediate area after cooking. This competition simulates a real-life "camping" scenario where one would need to provide all the necessary items to be able to successfully cook and serve a meal.
2. Please follow safe food handling procedures:
    a. Start with clean equipment and use clean/safe cooking practices throughout.
    b. Prepare raw meats separately from cooked or ready to eat foods. 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 them.
    c. Good handwashing practices are required. There should be no finger licking.
    d. Food service gloves and/or serving utensils (such as tongs) must be worn/used when handling all ready-to-eat foods, foods that will not be cooked further.
    e. Cook all foods to the required minimum internal temperatures
    See the included ***Food Safety pages* for proper cooking time and temperatures, and other important food safety information**
    f. Once foods reach the minimum internal temperatures, keep all hot foods at a temperature of at least **135° F** until served.
    g. Use a metal stem-type thermometer that goes from 0° F to 220° F to determine temperatures. Thermometer should be tested and calibrated, and temperatures should be taken often and correctly.
    h. Hot food must be kept about 135° F.
    i. Some type of hair restraint (hat, hair net, pony trail holder, etc) should be worn during the cook off.
    j. Coolers are required for all refrigerated items and cold food must be kept below 41° F.
    k. Entries may NOT contain wild game meat. Montana law prohibits serving wild game to the public.
3. Be prompt; set-up and cooking needs to begin early so items are ready to serve by the judging/taste-testing time. Understand the amount of time each item needs to be completed, and adjust your start time accordingly.
4. Only members of the team should be in the cooking area and one team member must remain in the cooking area at all times.
5. All individuals and teams participating will be required to have a list of ingredients to display (can either bring this list to the event, or use one of the blank ingredient forms- which will be provided). If the dish is especially spicy or contains foods that many people are allergic to (such as peanuts) that information should also be included on the sign. Participants are encouraged to have copies of the recipe(s) available for spectators.
6. Ingredients cannot be precooked and must be combined, chopped, sliced or diced during the competition – on site – including garnishes and marinating. For safety reasons, no ingredients prepared or processed at home are allowed. All meat must be purchased from a USDA inspected supplier.
7. 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. Cooking must be done in a Dutch Oven. No griddles, grills, roasters, sauce pots, spring form pans or skillets are allowed to be used. ONLY DUTCH OVENS's are allowed.

8. Everything MUST be presented to the judges with the exception of excess gravies and sauces.
9. Side items such as butter, jam or sauces can be included, but are not required, and would only qualify for "points" in the presentation portion. Dishes must be presented to the judges on time. If a dish is late it may be subject to point deductions or disqualification.
10. No battery operated or electrical devices are allowed in the preparation of food with the exception of scales or temperature probes.
11. Teams should demonstrate good sportsmanship within their own teams as well as with the other teams. Good interaction within the team, with other competing teams, with staff and helpers, as well as with the public, is an important part of the cooking contest. Teams should be courteous and willing to answer questions. Remember, this is a FRIENDLY competition.
12. No Alcoholic consumption is permitted throughout the entire competition, including up to the announcing of the winners by all participants, judges, or anyone else helping with the cook-off.
13. Smoking is not allowed. Contestants may take a "Smoke break" in designated areas (at least 50 yards from cooking area), and MUST wash hands before returning to the prep/cooking areas.
14. All judging decisions are final.
15. The important thing is to have fun and spread the love and joy of Dutch Oven Cooking with everyone you come in contact with.

AWARDS PROCESS: Awards will be given to the top dishes in each of the four categories. Winning dishes will be decided upon by a panel of judges.

While this is a judged competition, everyone's goal should be to have fun and learn some new recipes and techniques!

Entry forms may be submitted one of <u>four ways</u>:

By Email:
Please send completed entry forms to Kendra.seilstad@montana.edu, subject line: Dutch Oven

Entry forms may be dropped off at:
Blaine County Extension
400 Ohio (Courthouse Annex)

Via mail:
Blaine County Extension
PO Box 519
Chinook, MT 59523

Entry forms may also be submitted with Registration:
October 23rd, Blaine County Fairgrounds

Cooking Requirements for Specific Types of Food	
Minimum Internal Temperature	**Type of food**
165°F -held for 15 seconds	• Poultry- including whole or ground chicken, turkey, or duck • Stuffing made with fish, meat, or poultry • Stuffed meat, seafood, poultry, or pasta • Dishes that include previously cooked TCS ingredients (raw ingredients should be cooked to their minimum internal temperatures)
155°F -held for 15 seconds	• Ground meat & seafood- including beef, pork, fish, shellfish, and other meats • Injected Meat- including brined ham and flavor-injected roasts • Mechanically tenderized meat • Ratites- including ostrich and emu • Shell eggs that will be hot-held for service
145°F -held for 15 seconds	• Whole cuts of Seafood- including fish, shellfish, and crustaceans • Whole cuts of meat- steaks/chops of pork, beef, veal, and lamb • Commercially raised game • Shell eggs that will be served immediately
145°F -held for 4 minutes	• Roasts of pork, beef, veal, and lamb • Roasts may be cooked to these alternate cooking times and temperatures depending on the type of roast and oven used: 130°F – held for 112 minutes 131°F – held for 89 minutes 133°F – held for 56 minutes 135°F – held for 36 minutes 136°F – held for 28 minutes 138°F – held for 18 minutes 140°F – held for 12 minutes 142°F – held for 8 minutes 144°F – held for 5 minutes
135°F -held for 15 seconds	• Fruit, vegetables, grains (rice, pasta), and legumes (beans, refried beans) that will be hot-held for service • Any food (already cooked to minimum internal temperature) being hot-held for service
*All minimum temperatures need to be reached and maintained (held) for the time listed to be considered "cooked to the correct temperature." The only way to be sure such a temperature was reached is to use a proper calibrated thermometer.	

Food Safety Terms:

Cross-Contamination- the transfer of pathogens from one surface or food to another. *Example:* cutting raw chicken, then using the same knife or cutting board to cut up lettuce.

Foodborne Illness- an illness caused by a pathogen in food. The symptoms of foodborne illness vary depending on which illness, how much is consumed, and the health and immune system of the individual. The onset of symptoms also varies depending on the illness and the person. This can range from 30 minutes to as long as 6 weeks, and can vary from mild diarrhea to even death.

Holding Food- This is referring to any time food is being kept, or held, below 135°F and above 41°F. When holding food without temperature control (meaning without a way to keep hot food **at** 135°F or above- such as a steam table, and cold food at 41°F or below- such as on ice), you must follow the guidelines for the time in which you can safely hold food. To ensure food is meeting these requirements, frequent temperature readings should be taken every 1-2 hours.

Pathogens- Harmful Microorganisms that can cause illness. Some pathogens make you sick when you eat them, while others go on to produce toxins, which then make you sick.

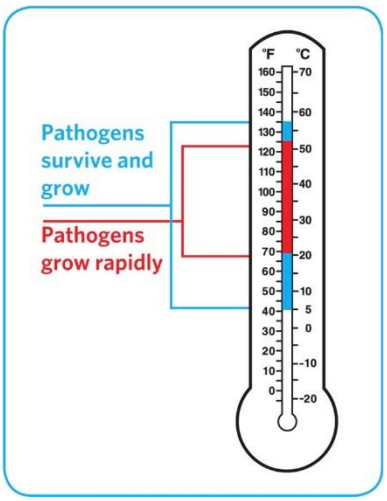
It's important to understand that while some pathogens can be "cooked out" (which is why it is important to follow the minimum internal cooking guidelines), other pathogens, such as viruses, **cannot be "cooked out" through regular cooking processes (meaning you can't just cook it longer or to a higher temperature to get rid of the pathogen). That is why it is important to practice good personal hygiene when handling food and food-contact surfaces- Prevention.

Ready-to-Eat Foods- exactly like it sounds- food that can be eaten without any further preparation, washing, or cooking. This includes washed fruit, deli meat, bakery items, seasonings, and fully cooked items (i.e. hamburger, soup, etc.)

TCS Foods: Foods most likely to become unsafe are TCS foods, or foods that require time and temperature control for safety.

Temperature Danger Zone- temperatures between 135°F and 41°F. Pathogens grow and survive in this range. Most pathogens grow at an accelerated speed between 70°F and 125°F. The longer food spends in these temperatures, the higher the risk of a foodborne illness.

Time-Temperature Abuse occurs when food is cooked to the wrong internal temperature, held at the wrong temperature, and/or cooled or reheated incorrectly. Food that has been time-temperature abused must be thrown out.



Cold Food Storage- Temperature Requirements	
Refrigeration	The FDA recommends **between 32°F and 40°F (0°C to 4°C)**. Energy Star recommends **between 35°F and 38°F (2°C to 3°C)** to reduce energy use.
Freezer	Ideal temperature for a freezer is **at least 0°F**. Although this temperature keeps food safe in a freezer, food quality sometimes benefits when the freezer is lower, between to -**10** or -**20 °F**.
Cold Holding	All cold foods should be kept at 41**°F or lower.**

Proper Food Holding Times for Food Being Held <u>Without</u> Temperature Control		
Type of Holding	**When it's used**	**Time Frame**
Holding Food for Service	For food that will either be consumed during this time OR thrown out after	• **<u>Cold Food</u>** - can be held up to **6 hours** (as long as it does not exceed **70** °F • **<u>Hot Food</u>** - can be held up to **4 hours**
Holding food for re-serving	For food that will then be stored in the fridge or freezer, and then re-served at a later date.	Food can be out of temperature control no more than **<u>2 hours</u>**. Food held longer than 2 hours (and up to 6 hours for cold food or 4 hours for hot food) needs to be immediately consumed or thrown out. If food is sitting out where the environment is over 90°F, the USDA advised that it not be left out more than **<u>1 hour</u>**, so keep an eye on the clock if you are holding/serving food on a hot day!

Relating to real-life: Perhaps you are having a tailgate party. You are serving a few salads, dips, and hot dishes, along with other non-TCS foods. You want to be able to keep what is left over to eat on for the rest of the week, this means you need to make sure all the TCS food is packed up and stored properly in the fridge within **<u>2 hours</u>**. However, if you don't care about saving the leftovers, and just want people to enjoy all the food during the game, then the hot foods can be left out up to 4 hours and the cold foods can be left out up to 6 hours. Then, when these times are up, you will THROW OUT the remaining food.

Foods most likely to become unsafe are TCS foods, or foods that require time and temperature control for safety.

TCS foods include:	
• Milk and dairy products	• Meet: beef, pork, and lamb
• Fish	• Shellfish, and crustaceans
• Poultry	• Shell eggs
• Baked potatoes	• Heat-treated plant foods such as cooked rice, beans, and vegetables
• Tofu or other soy proteins	• Sprouts or sprout seeds
• Sliced melons, cut tomatoes, cut leafy greens	• Untreated garlic-and-oil mixtures