

CAST IRON CHEF

DUTCH OVEN COOK-OFF RULES

Mt Tahoma and Duwamish DISTRICT SPRING CAMPOREE

“Cast Iron Chef” rules: Each troop may enter **one** patrol to compete in the cook-off. Troops or Stakes should hold a *Unit* Cook-off to determine the best patrol to submit for the Camporee Cook-off. Patrols **must register intent to compete** and turn in a recipe **at Troop Check-in**.

GOAL: Provide a competition using tools and methods easily employed on outdoor Scout outings.

- Each Patrol will cook both a main dish, bread and a dessert. Bread item maybe dumplings, rolls, cornbread, etc.
- The main dish **requires** that you **must** include in it the following ingredients: **Meat (ground or cubed); either chicken, beef, pork, rabbit, or mutton (lamb). And Onion but not green Onions.**
- The Dessert **must include** a **fresh** fruit.
- Each Patrol is limited to the use of four (4) Dutch ovens. The Dutch Ovens may be of any size. Cooking any part of the recipe in anything other than a Dutch oven will disqualify the Patrol from the competition.
- The choice of the recipe and seasonings using the required ingredients is the Patrol’s decision. The ingredients may be cooked together or they may be combined at the end of the cooking period for submission to the judge’s panel.
- The desert may be of any cooked recipe. Note: extra points may be earned by using fresh fruit and scratch recipes.

Registration:

- Pre-registration is recommended. See registration form in Leaders guide.
- Three (3) copies of each recipe that is used are required.
 - ❖ One copy of the recipe must be provided to the **Cast Iron Staff In charge**.
 - ❖ Copy two will be provided to the judge at the beginning of the contest. Changes to the copy will be given to the judge (in a sheet protector) at the beginning of the contest.
 - ❖ The patrol is to retain one in a sheet protector.
- Each copy must have the recipe title, Unit #, Patrol name. Recipes must be typed on the official recipe form provided with this guide, or follow the form criteria, and match it’s info on 8-1/2” x 11” paper. **Use of a plastic sheet protector is required for the two copies provided at the competition.**

Need to know:

- Each Patrols cooking, preparation, and cleanup space should fit into an area 10-foot square, or less.
- The meal should be planned to be **ready to eat at 4:15 PM**. Judging will take place from 4:15 to 4:30 PM.
- All members of the unit must be in, and remain in, full Scout uniforms at all times. Use of protective aprons is suggested.
- No electronics, musical instruments, electrical appliances, or motorized devices will be permitted.
- A “dinner” will not be served to the patrol as part of the competition.

Teams, Patrols:

- Each unit (patrol, team or crew) must have a minimum of three members. No person over 18 years of age will be allowed to assist the unit in any way.

Adult Leadership:

- **Each participating patrol is required to provide an adult that will assist the head judge.** The meeting will be held at 1:45 Saturday at the cook off area.
- Adult intervention during the cook-off will result in loss of points for each occurrence. Judges are permitted to ask questions or may be asked questions to resolve safety issues or clarify a printed rule.

Judging:

- A judge will be assigned to each Patrol to score the preparation phase of the competition.
- Everything that is cooked will be presented to the judging panel for taste evaluation. Individual marked sample cups will be provided for submission of the main dish and dessert to the judge’s panel.
- Cooking will be performed between 2:00 PM and 4:15 PM. Patrols may begin setting up their cooking site at 1:30 PM, briquettes may be started at 1:45. All teams need to be checked in at this time **BUT NO PREPARATION OF FOOD MAY BEGIN UNTIL 2:00 PM**. All Dutch ovens will remain closed for the last 15 minutes of the cooking period to ensure adequate cooking temperature. Food with temperatures that are not in the safe range when the ovens are opened will be disqualified. Minimum temperature of Ground Beef and/or Ground Chicken is 155 degrees.
- Contestants will be judged on manner of cooking, cleanliness, preparedness, final food appearance and taste.
- The patrol’s judge will make the final decision on if the food has cooked adequately.
- The dish will then be portioned out for submission to the judge’s panel.

- **The decisions of the judges are FINAL.**

Setup:

- Because of the site there will not be a covered area provided. Each patrol will have to provide protection from the weather. Reminder: each Patrol needs to provide something to carry their garbage off site.
- **Each unit shall protect the environment, taking care not to contaminate the ground.** No fires are allowed on the ground at Camporee, this is a site specific requirement. All fires, charcoal briquettes and all cooking must, in every case must be suspended **12 inches** above the ground. Each unit must bring their own bricks, rocks, or other heat-proof suspension medium. A metal surface such as a garbage can lid, a drum lid, or other plate of steel, must be provided by each patrol to cook on.
- Patrols should have an adequate array of cooking tools and utensils appropriate for Dutch oven cooking. The minimum list should include a cutting board, sharp knives, stirring spoons or spatulas, briquette tongs, lid lifter, leather gloves, a charcoal chimney or fire starter, a second surface to preheat and keep hot briquettes. 4 Dutch ovens maximum. **One table and Patrol Box maximum.** One (1) single burner fuel stove is required for the heating of cleanup water. A “Coleman” style 2 burner stove may be used but only one burner may be lit. Clean wash-water and a hand washing station are required.
- The **required hand-washing and dish cleanup station must be set up so it is off the ground or on a tarp.** Any food item hitting the ground must be placed in the garbage & NOT USED!
- **A first aid kit is required.**
- Each unit is to have a duty roster posted, and endeavor to follow it.

Recipes:

- Each recipe shall list all the ingredients, their amounts, and complete instructions for preparation, all in detail. Do not forget to indicate the number of briquettes, their placements (how many on top, bottom, etc..), and the time of cooking.
- Ingredients cannot be of a pre-cooked nature (such as wieners, Spam, etc.) and must be chopped, diced, or prepared on site from whole, fresh (if possible), and non-processed foods.
- Usage of pre-packaged, store-bought foods should be avoided. For example, in making a pasta sauce, the use of canned tomato sauce permitted, but spaghetti sauce in a jar is not. Use of canned red beans is permitted; a canned chili is not.
- Canned fruit and packaged cake mixes are acceptable as a base for a dessert, but fresh fruit or scratch cake will earn more points.
- After cooking is completed please give the judge the actual number of briquettes used on top and bottom for each recipe. (coal number may be different than originally posted due to weather conditions).

Cooking:

- Each unit will provide its own Dutch ovens, cooking surfaces, charcoal, recipes, and cooking tools.
- Each unit must prepare enough food to provide individual sample portions for the judging panel. Any food that is left over may be eaten by the Patrol. NOTE: Patrols may need to have additional dinner items cooked for them at their Troop campsite.
- All ingredients must be cooked in Dutch ovens or on Dutch oven lids. The only heat source allowed is briquette coals. If the recipe calls for melting or warming a sauce, it must be completed in the Dutch oven or lid, over the coals. (no foil pans)
- All Dutch ovens will remain closed for the last 15 minutes of the cooking period to ensure adequate cooking temperature. Unless recipe states otherwise, example: dumplings

Cleanup:

- A one burner camp-stove is allowed for heating water. If a two burner stove is used only one burner is allowed to be lit.
- Dishwashing will be done using the 3-pan wash method, Wash, Rinse, Sanitize.
- Wastewater is to be strained to remove all solid items prior to disposal.
- Each site must be free of debris and should be left cleaner than when the unit arrived before the contest. Area will be clear of all equipment by 7:00 p.m.
- Reminder: each Patrol needs to provide something to carry garbage off site.
- Dishes used for food preparation should be washed prior to leaving the site.

JUDGE'S SCORING SHEET 2022

PATROL _____ UNIT # _____

FOOD PREPARATION Scoring is by either Yes or No (Yes is 1 point, No is 0 point, Unless noted).

| | NO (0 pt) | Some (1 pt) | All/Yes (2 pt) | Comments |
|---|--------------|----------------|-------------------|----------|
| Is there warm wash water & soap at a hand wash station? Replenished as needed | | | | |
| Is a first aid kit available? | | | | |
| Is the food prep area and food cooking area being kept clean? | | | | |
| Are patrol members' hands being kept clean? Hand washed or gloves used? | | | | |
| Is a duty roster posted and is it being followed? | | | | |
| Are the minimum cooking utensils present? | | | | |
| Are two fire buckets (3 lb cans ok), full of water, present (or fire extinguisher)? | | | | |
| Are coals and Dutch ovens not directly on the ground? A metal surface such as a metal table, garbage can lid, a drum lid, or other plate of steel, must be provided by each patrol to cook on. Is it 12 inches above the ground? Ash container available? | | | | |
| | | | 16 | |
| Are food scraps being disposed of in proper waste container? | | | | |
| Is water heated for dishwashing during cooking? 1 burner? | | | | |
| Are cooking utensils and preparation dishes being soaked for cleanup? | | | | |
| | | | 6 | |
| Are all patrol members actively participating? | | | | |
| Is a patrol member in charge of water replenishment? | | | | |
| Are all the units' members in a proper Scout uniform? | | | | |
| Are there any adults giving verbal, written, or un-written instructions? minus 1 point for each occurrence | | | | |
| | | | 6 | |
| Total | | | | |

Total Score Possible 28 Points

CLEAN UP:

| Note: CLEAN AS YOU GO | NO (0 pt) | Some (1 pt) | All/Yes (2 pt) | Comments |
|--|--------------|----------------|-------------------|----------|
| Was a 3-pot method of dishwashing properly set up (Hot, soapy wash water 1 st) | | | | |
| Was a 3-pot method of dishwashing properly set up using hot water rinse 2 nd ? | | | | |
| Was a 3-pot method of dishwashing properly set up using cold water sanitizing with 3-5 drops of chlorine last? (1 tsp chlorine to 1 gallon of water) | | | | |
| Are cooking utensils and other dishes clean? | | | | |
| Was prep area properly cleaned and disinfected? | | | | |
| Was ground area left clean, without evidence of food, liter, or dirty wash water? | | | | |
| Were cooking coals properly disposed of and no trace left on ground? | | | | |
| Was dish and rinse water properly disposed of? | | | | |
| Was garbage bundled up properly and taken away? (Unit takes home with them)? | | | | |
| Was proper care given to the Dutch ovens? (No soap, clean, oiled and dried afterward)? | | | | |
| Was the left-over food stored properly? In a cooler? | | | | |
| | | | | |
| TOTAL | | | | |

Total Score Possible 22 Points

JUDGE'S SCORING SHEET FOR MAIN DISH 2022

PATROL _____ UNIT # _____

RECIPE NAME: _____

NUMBER OF BRIQUETTES ACUATLY USED: Top: _____ Bottom: _____

FOOD PREPARATION Scoring is by either Yes or No (Yes is 1 point, No is 0 point, Unless noted.

| | NO (0 pt) | Some (1 pt) | All/Yes (2 pt) | Comments |
|--|--------------|----------------|-------------------|----------|
| Was recipe typed & submitted to the judges & available for the cooks? | | | | |
| Does the recipe include the quantity of each item? | | | | |
| Does the recipe include the time to be cooked | | | | |
| Does the recipe include the number of briquettes to be placed on top and bottom? | | | | |
| | | | 8 | |
| Was main dish prepared from scratch rather from pre-packaged items? | | | | |
| Meat (ground or cubed); either chicken, beef, pork, rabbit, or mutton (lamb). and Onion but not green Onion? | | | | |
| Was bread item prepared from scratch rather from pre-packaged items? | | | | |
| Are ingredients cooked in a Dutch oven or Dutch oven lid? (Melting or warming a sauce, it must be completed in the Dutch oven or lid, over the coals.) | | | | |
| | | | 8 | |
| Was the main dish properly cooked? (Not under-cooked or burned)? | | | | |
| Is the main dish cooked in accordance with the recipe submitted? | | | | |
| | | | 4 | |
| Total | | | | |

Total Score Possible 20 Points

JUDGES SCORING SHEET FOR DESSERT 2022

RECIPE NAME: _____

NUMBER OF BRIQUETTES ACUATLY USED: Top: _____ Bottom: _____

FOOD PREPARATION Scoring is by either Yes or No (Yes is 1 point, No is 0 point, Unless noted.)

| | NO (0 pt) | Some (1 pt) | All/Yes (2 pt) | Comments |
|--|--------------|----------------|-------------------|----------|
| Was recipe typed and submitted to the judges and available for the cooks? | | | | |
| Does the recipe include the quantity of each item? | | | | |
| Does the recipe include the time to be cooked | | | | |
| Does the recipe include the number of briquettes to be placed on top and bottom? | | | | |
| | | | 8 | |
| Was dessert prepared from scratch rather from pre-packaged items? | | | | |
| Are ingredients cooked in a Dutch oven or Dutch oven lid? (Melting or warming a sauce, it must be completed in the Dutch oven or lid, over the coals.) | | | | |
| Fresh Fruit used? | | | | |
| | | | 6 | |
| Was the dessert properly cooked? (Not under-cooked or burned)? | | | | |
| Is the main dish cooked in accordance with the recipe submitted? | | | | |
| | | | 4 | |
| TOTAL | | | | |

Total Score Possible 18 Points

JUDGE'S SCORING SHEET FOR BREAD 2020

PATROL _____ UNIT # _____

RECIPE NAME: _____

NUMBER OF BRIQUETTES ACUATLY USED: Top: _____ Bottom: _____

FOOD PREPARATION Scoring is by either Yes or No (Yes is 1 point, No is 0 point, Unless noted.)

| | NO (0 pt) | Some (1 pt) | All/Yes (2 pt) | Comments |
|--|--------------|----------------|-------------------|----------|
| Was recipe typed & submitted to the judges & available for the cooks? | | | | |
| Does the recipe include the quantity of each item? | | | | |
| Does the recipe include the time to be cooked | | | | |
| Does the recipe include the number of briquettes to be placed on top and bottom? | | | | |
| | | | 8 | |
| Was bread item prepared from scratch rather from pre-packaged items? | | | | |
| Are ingredients cooked in a Dutch oven or Dutch oven lid? (Melting or warming a sauce, it must be completed in the Dutch oven or lid, over the coals.) | | | | |
| | | | 4 | |
| Was the bread item properly cooked? (Not under-cooked or burned)? | | | | |
| Is the bread item cooked in accordance with the recipe submitted? | | | | |
| | | | 2 | |
| Total | | | | |

Total Score Possible 14 Points

**CAST IRON CHEF DUTCH OVEN COOK-OFF
RECIPE SHEET**

PATROL NAME _____ UNIT _____

CONTACT NAME _____ PHONE# _____

Please type / only one recipe per sheet

Please use the following abbreviations:

| | | | | |
|--------------|--------------|---------------|------------|------------------|
| Btl.- bottle | Gal.- gallon | Pkg.- package | Lb.-pound | Tbs.- tablespoon |
| Ctn.- carton | Lg.- large | Pkt.- packet | Qt.- quart | tsp.- teaspoon |
| Doz.- dozen | Oz.- ounce | Pt.- pint | Sm.- small | |

Recipe Title: _____

Number of Briquettes used: Top _____ Bottom _____

Ingredients:

Preparation:

If more space is needed, please use back of this page.