

Jr. Cast Iron Cook-Off: Official Rules & Guidelines

Welcome to the Jr. Cast Iron Cook-Off! This competition showcases the culinary skills of young chefs using traditional cast iron cookware and open-hearth or camp stove methods.

1. General Event & Eligibility

- **Participant Age:** Open to youth ages 8 to 17.
- **Equipment Requirement:** All cooking **must** take place in cast iron cookware (skillets, Dutch ovens, griddles). Participants must bring their own gear, utensils, ingredients, and fuel source (charcoal, wood, only).
- **Time Limits:** Teams/cooks will check-in at 8am turn-in schedule for 1pm for each dish.
- **Steaks and Potato's** will be provided by the Event

2. Mandatory Menu Requirements

Every entry must include one or all four of the following items prepared completely on-site:

- **The Meat (Chuck-Eye Steaks):** Must be cooked to desired doneness in a cast iron skillet. Pre-marinating or pre-seasoning is allowed, but all actual cooking must happen during the event window.
- **The Potatoes:** Must start as completely Raw Potatoes (no canned potatoes allowed). All Frying, cooking, and flavoring must occur during the competition.
- **The Bread (Cornbread):** Must be baked in a cast iron skillet or Dutch oven. Mixes or scratch recipes are both accepted, but the bake must be performed on-site.
- **The Dessert (Fruit Cobbler):** Must feature real fruit and be baked in a cast iron Dutch oven or skillet, complete with a crust, biscuit, or batter topping.

3. Turn-In & Presentation

- **Turn-In Times:** Entries will be presented at the cooking location typically: Potatoes first, followed by Steaks, Cornbread, and finally Cobbler).
- **Containers:** Event will provide official turn-in containers or may present directly in their cast iron if specified by judges.
- **Portions:** Provide enough of each dish for a panel of at least 3 judges to sample adequately.

4. Scoring Criteria

Judges will evaluate entries on a scale of 1 to 10 for each category, focusing on:

- **Taste & Flavor:** Seasoning, balance, tenderness of the steak, and overall deliciousness.
- **Texture & Doneness:** Correct steak temperature, proper potato tenderness without being mushy, moist cornbread, and a well-baked cobbler crust.
- **Appearance & Presentation:** Visual appeal of the food and cleanliness of the cooking area.
- **Cast Iron Technique:** Proper heat management, seasoning maintenance, and traditional cooking skill.

5. Prizes

- 1st prize will be \$100, 2nd \$50, and 3rd \$25