

ENOCH
— CITY —

**IRON DAYS 2016
DUTCH OVEN COOK-
OFF**



COOK OFF INFORMATION

Where: Enoch Elementary School, 4701 Wagon Wheel Dr, Enoch, UT

When: Saturday, September 17, 2016

Time: Set-up: 10:00 am to 11:00 pm. Cooks Meeting 11am

Judging: 12:30 pm for
Dessert, Breads,
and Main Dish

Final Scores announced and Awards presented at 1:30 pm.

DIVISIONS

Youth – Open to Youth 8-18 yrs old

Amateur/Backyard Cooks – Open to anyone

Expert (IDOS Qualifier) – Open to anyone, IDOS membership encouraged (idos.org)

GUIDELINES

1. Youth will prepare: Main Dish and Dessert.
2. Amateurs and Backyard cooks will prepare a Main Dish and Dessert.
3. Experts will prepare: Main dish, Bread and Dessert. The Enoch City Iron Days Cook-Off is sanctioned by the International Dutch Oven Society (idos.org).
4. Contestants will provide all food, pots, cooking utensils, shade, tables and a platform to keep Dutch Ovens up off of the ground. The “Iron Days” will provide a 12’ x 12’ cooking area.
5. Applications with a complete set of rules may be obtained by looking at:
www.cityofenoch.org/iron-days-festival.html



RULES

1. Teams of one or two people may compete. Only team members are allowed in cooking area. **NO EXCEPTIONS!** All contestants under the age of 18 must be supervised by an adult.
2. **Contestants must provide a copy of recipes used.** They may be typed or printed plainly on an 8 ½" x 11" sheet of paper. The recipes should include all the ingredients used; complete cooking instructions; Dutch Oven size; and number served. Please be as clear and detailed as possible. You may also email digital versions to: robd@cityofenoch.org
3. Contestants are expected to provide their own Dutch Ovens, ingredients, cooking utensils, prep tables and chairs as needed and preparation items. Cooking tables must be at least 18" off the ground and charcoal must be used in an appropriate container so as to protect grounds and facilitate clean up. Gas or propane stoves are not allowed for expert division cooking, but may be used to start charcoal and heat water for clean-up.
4. Contestants will present their dishes in the Dutch Oven or on the lid. Garnishes should be simple, relevant and organic. (No doilies, decorations made of paper or foil, cardboard plates etc.)
5. Ingredients may **not** be pre-cooked or prepared for cooking prior to the beginning of the cook-off. All preparation must take place during the competition and cooking only in Dutch Ovens. All judged dishes must be presented in a Dutch Oven or on a Dutch Oven lid to the judges with the exception of excess gravies and sauces. Removing burnt or undercooked sections of food will lead to disqualification. Only competing recipes shall be cooked in the cook off area by contestants. Please do not cook other foods during the cook off.
6. **Bread for experts and qualifiers is defined as yeast or sour dough bread.** Experts may not use a quick bread or sweet bread to qualify.
 - a. Stuffed breads are not allowed. Stuffed breads are defined as bread filled with meat, cheese or vegetables.
 - b. Any amendments to the dough must be integrated.
 - c. Sweet breads such as orange rolls, monkey bread, etc. will be considered as desserts.
 - d. Cheese, herbs, spices, or fats/oils may be added on top as a garnish.
7. Please wear clothing appropriate for activity. The use of an apron and hair net or hats is encouraged.
8. Contestants will not consume alcoholic beverages or eat in the food preparation area during the cook-off.
9. **Interaction with the public is highly encouraged.** Registration is considered a release statement for all photographs and recipes that are used during the competition.
10. Cooking area must be left clean. All charcoal, food, and garbage must be removed at the end of the event.
11. At least one person must remain in your assigned area at all times.
12. All contestants are expected to read and abide by the foregoing rules and agree to abide by the decisions of the judges.



13. SOUTHWEST UTAH PUBLIC HEALTH DEPT. HEALTH REQUIREMENTS:

- a. Meat must be purchased from a source that carries inspected meat.
- e. If wild game or home processed meat is used in your recipe (which is permitted), please let committee member know as samples of such meat cannot be given to the public.
- f. Use cooler for all perishables. (Cooler must keep food below 41° F)
- g. Be sure to use separate containers of water for washing, rinsing and sanitizing equipment and utensils.
- h. Keep preparation area and all utensils clean.
- i. Only foods in a state of preparation may be out on the table.
- j. Internal temperature of meats must reach the USDA recommendation. Field judges will check the internal temperature of meat prior to judging.
- k. Use disposable gloves when handling raw meat and “ready to eat” foods.

This Dutch Oven Cook-Off and its sponsors are not responsible for accidents or damage incurred during the Cook-Off.

The Enoch City Iron Days Festival
September 17, 2016
The Dutch Oven Cook-Off will be held at the Enoch Elementary School
4701 Wagonwheel Drive



ENOCH CITY IRON DAYS DUTCH OVEN COOK-OFF APPLICATION

Name(s) _____

Mailing Address: (Team Leader) _____

City _____ Zip _____ E-Mail _____

Home Phone _____ Cell Phone _____

***Registration will be accepted on a first come basis. However, all registrations must be returned no later than Monday Sept. 12, 2016.**

Division (Please select one):

_____ **Youth:** will prepare one Main Dish and one Dessert. Ages 8-18,

_____ **Amateur or Backyard:** will prepare one Main Dish and one Dessert.

_____ **Expert:** will prepare one Main Dish, Bread dish, and one Dessert. (IDOS Expectations)

Dishes to be prepared:

1) Dessert: _____

2) Bread (if applicable): _____

3) Main Dish: _____

IMPORTANT: There is no electricity for contestant use. Contestants must provide their own tables and chairs and shade for the cooking area.

Each team will be assigned a cooking space and work area about 12'x12'. Each team should keep all equipment within the designated space.

The owner hereby releases Enoch City Corporation from all liability of every kind and character due to the loss, damage or injury to property, which said owner might have on the Elementary property.

Signature _____ Date _____

Mail Applications to:
Enoch City Iron Days
c/o Rob Dotson
900 East Midvalley
Road Enoch, UT 84721
or
robd@cityofenoch.org