



Long Island Junior Iron Chef Information Packet

Calling all aspiring young chefs! 2016 will be the fourth annual Junior Iron Chef on Long Island. This event will be coordinated by Cornell Cooperative Extension of Suffolk County and Lake Grove Whole Foods Market and is inspired by the amazing Junior Iron Chef events taking place in Vermont and upstate NY. This year we are welcoming our youngest chefs in an elementary school exhibition cooking demonstration! This educational event hopes to:

- Encourage youth to learn new skills in cooking to lead a healthier lifestyle
- Promote the use of local food to support our local farmers and environment
- Create new healthy vegetarian or vegan based recipes that use local ingredients and can be easily implemented into school cafeteria menus.

Long Island Junior Iron Chef 2016

March 12th

at Whole Foods Market in Lake Grove

10am – 5pm

Registration Due by February 12th

\$25 registration fee per team to cover supplies, equipment and support
(Scholarships may be available please contact us for more information.)

PLEASE READ ALL INFORMATION CAREFULLY

Why Participate?

- Be a part of an exciting event with other students throughout Long Island.
- Gain first-hand experience and knowledge in sustainable food systems and cooking.

Team Information:

- Teams consist of 2 members in grades 2nd-5th
- Team members can be in school groups or outside school groups, as long as all members are in the same age group.
- Teams are allowed one (optional) alternate. This alternate must be listed on registration form and must fill out the required paperwork even if they do not end up competing.
- Teams are required to have an adult team supervisor.
- Teams will be required to have a risk waiver form signed by a parent in order to compete.
- Please send your Cornell risk waiver forms for all team members to:
Vicki Fleming
Suffolk County Farm and Education Center
350 Yaphank Ave
Yaphank NY 11980
- Failure to turn in required paperwork in a timely manner MAY result in your team being disqualified.

Adult Team Supervisor Information:

- Adult supervisor must be at least 25 years old.
- Adult supervisor can be any parent, teacher, or other member of community.
- Adult supervisor must be present at the team's station, but will not be allowed to touch anything during the exhibition. The team should be well prepared and should not need their supervisor's help. Failure to follow this rule may result in your team being disqualified.

Recipe Information:

- Teams will have to submit their recipes using the recipe submission forms on the website and in the team info packet. **Recipes must be submitted to Kelly Franke-Scott by March 1st. Failure to submit your recipe MAY result in your disqualification.**
- Your recipe will be limited to 5 main ingredients. These 5 **DO NOT** include spices, oils, water, or vinegar and other basic ingredients. There is a separate list of ingredients provided in the 'pantry' included with your team packet.
- Your recipe **MUST** be a cold dish.
- Your 5 ingredients indicated in your recipe will be purchased by Whole Foods Market and on the day of competition teams will be provided those ingredients in bags labeled with team name
- Teams are encouraged to include local ingredients in their recipes. There is a statement attached to your recipe form. Recipes are prepared year-round so seasonal/local may not always be *seasonal/local*. Please have students fill out the statement indicating when their ingredients might be seasonal and local. During the presentation of your dish to the judges, one member of your team will be required to give a verbal presentation about the dish, including what ingredients are/can be local and when they are in season.
- Recipes can not be desserts or include meat, fish or nuts.
- Remember you are preparing one recipe and will need to provide ten tasting portions. The recipe is a **single** dish, no main and side combinations (dips not included in this rule).
- **NO** foods can be prepared before the event. All veggies provided will be prewashed, but nothing can be prepped (chopped, peeled, etc.) before your competition time
- Cooking utensils and containers such as pots, spoons, measuring cups etc. are to be brought by the team.

Exhibition Day:

- Teams will be set up around the Whole Foods Market store, and are allowed to start setting up at 11am. Cooking will begin at 11:30am. Please be prepared to have at least one team member remain at the event until completion at 2pm to receive recognition.

- As part of food safety long hair needs to be tied back, aprons must be worn and will be provided to the teams the day of the event, shoes must be closed toe, no rings or bracelets, no nail polish or false/acrylic nails. No gum chewing.
- Show your team spirit and create a poster to label your team on the day of the event.
- There is **NO** outside electrical equipment allowed. You are responsible for bringing all cooking tools, pan/pots, and utensils. If your recipe requires some type of electrical equipment (blender, food processor, etc.) consider the mechanical options (hand mashers, graders, mandolin slicer). Due to power limitations, this rule is strictly enforced
- Dry beans, rice, and pasta will be provided **PRECOOKED**.
- You have one hour to cook your dish. However, we understand that it may not take a full hour to cook. Therefore, please try and make your cooking demonstration last at least 30 minutes.
- All items needed for plating will be provided. **NO** outside plating items allowed.
- One judge will be on the floor while you are cooking, they will be looking for proper cooking and sanitation skills.



Cornell University
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