

Tucson Meet Yourself

October 8 - 10, 2010

TMY Iron Chef Competition Guidelines

Tucson Meet Yourself presents the TMY Iron Chef Competition featuring healthy ethnic foods on Friday, October 8th and Saturday October 9th, 2010 from 4pm – 9pm. This fun competition is inspired by the love of nutritious foods from diverse ethnicities will follow the format of the famous Japanese “Iron Chef” culinary game show.

Our version will pit Iron Chef Teams from local high schools and culinary institutes against one another, judged by chefs, celebrities and dietitians. Teams will have 60 minutes to prepare a two course meal of one salad or appetizer and one entrée including a starch or vegetable. Teams will be assigned an ethnic or cultural culinary theme. Menus will be judged on presentation, nutrition value, taste, texture and reflection of cultural heritage theme.

Eligibility:

- Culinary students from high school or college culinary programs are eligible to enter
- One team per high school or culinary program only please
- Space is limited to the first eight teams who apply / qualify
- All teams must be available either Friday or Saturday October 8th or 9th from 3pm – 10pm
- A lottery drawing on September 15th will determine which date your team will compete

Location:

Kitchen Stadium in the Key Ingredients Pavilion of Tucson Meet Yourself Festival 2010
El Presidio Park, 160 W. Alameda Street in Downtown Tucson

Dates/Times of TMY Iron Chef:

October 8 and 9, 2010

Schedule (both days)

3:00pm – Teams arrive at TMY Kitchen Stadium: Briefing & choose ingredients

4:00pm – 1st Competition Round

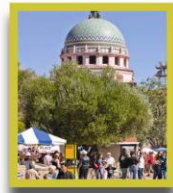
5:00pm – Judging / Clean up

6:00pm – 2nd Competition

7:00pm – Judging / Clean up

7:30pm – Professional Iron Chef Competition

9:00pm – Participants are required to clean-up the Kitchen Stadium



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Awards / Prizes:

Prizes will be awarded to the winning and runner-up teams School programs. Winning Teams will be featured on website and in publicity for Tucson Meet Yourself

Contest Rules:

- All applications with names of team members must be submitted by September 10, 2010.
- Teams will be notified of competition time slot and their assigned ethnic theme by the TMY staff two weeks prior to the contest.
- Teams are limited to six (6): three (3) cooking team members, plus three (3) servers/dish washers.
- A "Market Basket" list of ingredients and an ethnic or cultural theme (for example: Latin, European, Native American, Asian) will be presented to the Teams no later than two weeks prior to the competition for rough planning.
- A "Secret ingredient" will be revealed on the spot at TMY Festival before the competition begins and must be incorporated into the presentation.
- All ingredients, cooking tools and equipment will be organized by Tucson Meet Yourself
- Teams may bring their own spices from their ethnic tradition.
- Teams will have 60 minutes to prepare and serve one salad or appetizer and one entrée including a starch and a vegetable. All menu items prepared must conform to the ethnic theme the team represents and be nutritionally sound.
- A team of chefs, celebrities and dieticians will judge the competition.

Questions? Call Elizabeth Mikesell (520) 573-9936 elizabeth.mikesell@pima.edu
or Mia Hansen 520-370-0588 mia@tucsonmeetyourself.org

Iron Chef Competition Application
DEADLINE: September 10, 2010