

October 14 - 16, 2011

TUCSON meet
YOURSELF
a folklife festival



Tucson Meet Yourself Folklife Festival TMY Iron Chef Competition Guidelines

Tucson Meet Yourself presents the TMY Iron Chef High school and College student Competition featuring healthy ethnic foods. The high school matches will be on Friday, October 14th and Sunday October 16th, 2011. The college match will be on Saturday October 15th, 2011. 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 school and college culinary programs against one another, judged by local chefs, celebrities and dieticians. Teams will have 60 minutes to prepare and serve eight portions of a first course salad composed in a 3 inch by 2 ½ inch ring mold and eight portions of a second course using a 6 oz. chicken breast with 4 oz. of starch, 2 oz. of sauce and a 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 representing high school and college culinary programs are eligible to enter
- One team per high school or college program only please
- Space is limited to the first eight teams who apply for the high school programs and two teams for the college programs
- All high school teams must be available either Friday evening October 14th or Sunday afternoon October 16th. College teams will compete on Saturday, October 15th. High School teams may request a heat but there is not a guarantee of that time. Teams will be notified of their heat time after their paperwork is received.
- A lottery drawing on September 13th will determine which date your team will compete.

Location:

Kitchen Stadium Pavilion of Tucson Meet Yourself Festival 2011 in Downtown Tucson (outdoors on the Tucson Convention Center Plaza, near the southeast corner of Hotel Arizona)

Dates/Times of TMY Iron Chef High School and College competitions:

October 14, 15 and 16, 2011

Schedule for Friday

3:00pm – Teams arrive at Tucson Meet Yourself Kitchen Stadium: Briefing & market basket

4:00pm – 1st Competition Round

5:00pm – Judging / Clean up

6:00pm – 2nd Competition
7:00pm – Judging / Clean up
7:30pm – Professional Women’s Iron Chef Competition
9:00pm –Participants are required to clean-up the Kitchen Stadium

Schedule for Saturday

3:00pm – College teams arrive at Tucson Meet Yourself Kitchen Stadium: Briefing & market basket
4:00pm –College Competition Round
5:00pm – Judging / Clean up
6:00pm- Master Chef Walter Leible and Master Chef Bill Sy present East Meets West
7:30pm – Defending Iron Chef Ryan Clark defends his title against Chef Albert Hall
8:30pm-Judging and clean up

Schedule for Sunday

1:30pm – Teams arrive at Tucson Meet Yourself Kitchen Stadium: Briefing & Market basket
2:30pm – 1st Competition Round
3:30pm – Judging / Clean up
4:00pm – 2nd Competition
5:00pm – Judging / Clean up
6:00pm –Participants are required to clean-up the Kitchen Stadium

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:

1. All applications with names of team members must be submitted by September 9th
2. Teams will be notified of competition time slot and their assigned ethnic theme by the TMY staff two weeks prior to the contest.
3. Teams are limited to six (6): three (3) cooking team members, plus three (3) servers/dish washers.
4. A “Market Basket” list of ingredients and an ethnic theme will be presented to the Teams no later than two weeks prior to the competition for planning. The themes will be Latino, Asian, French, and Italian
5. A “Secret ingredient” will be revealed on the spot at TMY Festival before the competition begins and must be incorporated into the presentation.
6. All ingredients, cooking tools and equipment will be organized by Tucson Meet Yourself
7. Teams may bring their own spices from their ethnic tradition.
8. Teams will have 60 minutes to prepare and serve eight portions of a first course salad composed in a 3 inch by 2 ½ inch ring mold to showcase the team’s knife skills and eight portions of a second course using a 6 oz. chicken breast with 4 oz. of starch, 2 oz. of sauce and a vegetable. All menu items prepared must conform to the ethnic theme the team represents and be nutritionally sound.
9. A team of chefs, celebrities and dieticians will judge the competition.

**Questions? Call Elizabeth Mikesell (520) 573-9936 elizabeth.mikesell@pima.edu
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