



4-H Dutch Oven Cooking Contest Rules

General Guidelines

1. Know and practice safe food handling procedures. For more information on safe food handling procedures, refer to the Educational Resources section of the Food Showdown website.
<https://4h.okstate.edu/events/food-showdown/index.html>
2. Good hand washing practices are recommended. Best practice is to use 3 separate basins: one for washing, one for rinsing, and one for hand washing.
3. Keep all refrigerated items in coolers.
4. Teams should start with clean equipment and use clean cooking practices.
5. The committee will do their best to provide a 10 x 10 foot space for each team. All of your equipment must fit within this space.
6. **All cooking must be done in a Dutch Oven** and everything cooked must be presented to the judges in the Dutch oven with the exception of excess gravies and sauces. Removing burnt or undercooked sections of food may result in point deductions or disqualification. Team members will serve the judges a small sample of their dish. Plates, bowls, eating utensils, and napkins will be provided for the judges.
7. The principle of "Leave No Trace" should be practiced. For basic information on this concept, please refer to <http://www.lnt.org/programs/principles.php>

Contest Rules

1. Contest will be held on **Thursday, October 3, 2024** beginning at 3:30 p.m. Registration will begin at 3:00 p.m. in the Explorer Barn.
2. Contest will be held in the Explorer Barn. Credentials (passes) for the fair will be mailed to the county extension office for the team(s).
3. Registration due by September 13, 2024 by Microsoft Form.
4. Teams for the Dutch Oven Contest will consist of 3 youth, grades 3rd-12th. There are no age divisions for this contest.

5. Each group must have **ONE** Educator/leader that can assist youth with lighting charcoal, transporting hot ovens, and ensuring safety. Educators/leaders are not allowed to do any prep, wash dishes, etc. unless a safety issue arises. Verbal instruction is encouraged.
6. Teams are to choose a main dish, side dish and dessert. **NOTE: This year teams must prepare a DISH of your choosing using Beef and the DESSERT must include Strawberries.**
7. All ingredients must be combined, chopped, sliced, diced and cooked on site including garnishes and marinades. For safety reasons, no ingredients prepared or processed at home are allowed. All meat must be inspected by USDA. **HOWEVER**, if the food can be purchased already sliced, diced, cooked, marinated, etc. you may use it. Here are a few examples: chopped onion, grated cheese, canned chicken, etc.
8. Teams will have 3 hours from start to finish (lighting fire to completing clean up) to prepare their dish.
9. Teams will work on their presentation worksheet as they prepare their dishes. They can use those notes to give their team presentation. The worksheet includes details about their recipe and how they prepared it and why they chose their recipes. Judge may ask them questions following their presentation and will also be evaluating the teams throughout the competition.
10. Teams will be judged on the following criteria: Etiquette and appropriate team dress, cleanliness, food temperature control, presentation, team presentation/speaking skills and overall preparedness. See the attached score sheet for more details.
11. No garnishing of dishes allowed. Nothing should be included on dish or on serving plate except the dish itself.
12. Recipes will be provided for each dish and displayed on the table with dishes for judges to view.
13. Judging Process: Teams will prepare dishes from 3:30-6:30. Judges will be staggered at team's stations. Judges will judge main dish, side dish, desserts, and presentation. Judges will taste the dish at the display table. Teams may keep dishes warm on the display table with a maximum of six coals per dish. This process will allow for food to stay warmer for tasting.
14. No table decorations are required however they are encouraged as table decorations will be included in presentation score.
15. There will be a large, designated area for lighting coals and cooking. No cooking or lighting coals will be allowed in your 10 x 10 prep area.
16. Awards to be presented at the contest include:
 - a. Overall Team Awards – 1st, 2nd, 3rd



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Recommended Equipment List

- 3 Camp Ovens
- 12"X12" Plywood to set hot ovens on
- Aluminum Foil
- Can Opener
- Charcoal
- Charcoal Lighter Fluid
- Charcoal Chimney
- Charcoal containment (Metal Pan, Plow Disc, Fire Blanket etc.)
- Cutting Boards – 2 – one labeled for meat and one labeled for vegetables
- Dish Towels/Paper Towels
- Food Thermometer
- Food Service Gloves
- Heavy Duty Utensils – wooden or plastic (metal can be use but can damage ovens)
- Heavy heat resistant glove (Welding gloves works well)
- Knives
- Lid Lifter
- Lid Stand
- Lighter
- Measuring Cups – Liquid
- Measuring Cups – Dry
- Measuring Spoons
- Metal Tongs
- Mixing Bowls
- Peeler
- Plastic silverware for tasting during preparation
- Soap
- Wash basins (one for washing, one for rinsing, one for hand washing)
- Shade canopy (optional)
- Trash Bags
- Wisk Broom



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Dish Score Sheet



Team #:

Team Name:

Name of Dishes:

Main Dish

Side Dish

Dessert

Point Value	Judging Criteria	Judge's Comments	Main Dish	Side Dish	Dessert Dish
20	Appearance in Oven: <ul style="list-style-type: none"> Dish appearance was appropriate for recipe and uniform. Temperature is appropriate for the type of dish/meat Wow factor 				
20	Food Quality: <ul style="list-style-type: none"> Uniformity of doneness. Taste Not Burned (top or bottom) 				
10	Difficulty of Recipe: <ul style="list-style-type: none"> Preparation techniques 				
Individual Dish Score					
Total Dish Score					

Additional Comments:

Judge's Initials:



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Camp Organization and Presentation Score Sheet

Team #:

Team Name:

Point Value	Judging Criteria	Judge's Comments	Actual Score
50	Team Presentation / Public Speaking Skills: <ul style="list-style-type: none"> All team members participated in presentation Team members used good eye contact when speaking Speakers were easy to understand and hear Team provided complete information on recipe, preparation of recipe, why they chose recipe 		
25	Etiquette & Team Dress: <ul style="list-style-type: none"> Only team members and coach in cooking area No eating other than tasting in cooking area Dressed appropriate for event – No flip flops, sandals, shorts, etc. 		
25	Cleanliness & Food Safety: <ul style="list-style-type: none"> Personal cleanliness of all team members Appropriate food handling Clean prep area and ovens 		
50	Overall Preparedness: <ul style="list-style-type: none"> Cook site was well organized Team members worked together (all participated) Team members were knowledgeable and efficient Recipes provided 		
Total Score			

Additional Comments:



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Team Work Sheet

Teams may use this worksheet to make notes for their team presentation to the judges. Make sure that each team member presents part of the information!

Main Dish Recipe:

- Name
- Preparation Steps

- Why recipe was chosen

Side Dish Recipe:

- Name
- Preparation Steps

- Why recipe was chosen

Dessert Recipe:

- Name
- Preparation Steps

- Why recipe was chosen

Add any other information about your dishes you would like to share with the judges below!