



**Soldotna**  
ALASKA'S KENAI RIVER CITY  
**Alaska State Championship**  
**Junior & Junior Mini**  
**Dutch Oven Contest**

## Registration

**Junior Ages 12-17**

**Junior Mini Ages 6-11 (Must also have an Adult on the team)**

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**PROGRESS DAYS Dutch Oven Cooking Contest (Junior & Junior Mini)**  
**2 Pot Competition (1 main dish, 1 dessert)**  
**July 25, 2015, 1:00 pm – 4:00pm**  
**1st, 2nd, 3rd place awards for each age group category**

Cook off will be at Soldotna Creek Park, 44149 Sterling Hwy, site of Progress Days  
Cooking begins at **1:00 PM**, winners announced at **4:30 PM**

**Entry Fee: FREE!**

**Registration forms due by July 13, 2015**

I accept and assume full liability for any injury or loss to me or my property, agents or employees at any time, and from any cause on the premises of the festival. I expressly release the management from any liability for such loss or injury. Soldotna Chamber of Commerce and the City of Soldotna assume no liability.

Signature \_\_\_\_\_ Date \_\_\_\_\_

***Challengers MUST provide recipes and payments with registration form to be eligible to participate!***  
***Challengers MUST also PROVIDE OWN Shelter!!!!***

**Mail or drop off entry forms to:**

Andrew Rash

44790 Sterling Hwy.

Soldotna, AK 99669

For more information, contact Andrew Rash, 907-262-9814

## Cook Off Information Packet

Mailing Address - IDOS:  
41 East 400 North #210  
Logan, UT 84321

# Sanctioned Cook Off Rules and Regulations

1. A team may consist of one or more members. It is suggested that an adult should accompany any contestant under the age of 18, and this is a requirement at the World Championships.
2. **ONLY TEAM MEMBERS** should be allowed in the cooking area! One team member should remain in the cooking area at all times for fire safety reasons.
3. At the World Championships, alcohol consumption is not allowed, and tobacco is allowed only in a designated area due to Health Department and safety concerns. Local cook offs need to check with their local Health Department to check on their guidelines in regards to this.
4. Ingredients cannot be precooked and must be combined, chopped, sliced, or diced during the competition--on site including garnishes. Marinating of meat is not allowed at the World Championships, but the local cook off chair may choose to allow this. For safety reasons, no ingredients prepared or processed at home are allowed, except where health codes deem this acceptable. All meat must be USDA inspected.
5. All cooking must be done in a Dutch oven and everything cooked **MUST** be presented to the judges with the exception of excess gravies and sauces, and/or cooked garnishes not specified in the recipe. Removing burnt or undercooked sections of food will lead to disqualification. Side items such as butter, jam or sauces should not be presented to the judges' table unless specifically listed in the recipe and prepared on site. Dishes must be presented to the judges' table on time—**NO EXCEPTIONS**. All foods submitted for judging should be displayed in the pot or on the lid. For sanitation concerns, please do not display foods on fabric. Field Judges will give time warnings periodically throughout the cook off.
6. Only competition recipes can be cooked during the cook off, unless otherwise specified. There should be no eating in the cooking area, but all teams should be aware that they need to stay hydrated during the cook off.
7. Use good fire safety practices. Keep yourself and the public safe. You may not use propane stoves to cook your dishes. If fire code allows, propane may be used to start coals. Otherwise, other arrangements will need to be made.
8. Know and practice safe food handling procedures. Food service gloves and some type of hair restraint (hat, hairnet, etc.) should be worn when handling food, except where health codes do not require this. The teams should provide dishwashing facilities and sanitation supplies, unless facilities are provided by the cook off location. Coolers should be provided for all refrigerated items. Keep hot foods above 140° and cold foods below 40°. Field Judges will check cooked meat temperatures prior to judging. There should be no finger licking. Tasting utensils must be washed immediately after use. Wash cutting boards between meats and vegetables to avoid cross-contamination. The local cook off

chair may want to expound on this issue to comply with any local Health Department concerns or rules.

9. We encourage each team to have a current food handler's permit from their local county to compete in the IDOS World Championships. Beginning in 2006 this will be required of all teams. You may choose if your contest requires this or not.

10. Garnishing should be SIMPLE and complement the dish being presented. This is not a garnishing contest. Garnishes should be edible. Any flowers used in garnishing should be pesticide free and edible. Field judges have the right to request proof from place of purchase that the flowers comply with this rule.

11. Interaction with the public is encouraged. Please be courteous in sharing cooking information.

12. All judging decisions are final.

**THIS DUTCH OVEN COOK OFF AND IT'S SPONSORS ARE NOT RESPONSIBLE FOR ACCIDENTS OR DAMAGE INCURRED DURING THE COOKOFF.**

PLEASE KEEP THIS LIST OF REGULATIONS FOR YOUR INFORMATION

**\*Recipes must be provided with registration, so that they can be part of the Competition Cookbook!!!** Each contestant will receive a copy of this.