

Pioneer Iron Chef

Thursday, August 10, 2023
Yucca Building, Lea County Fairgrounds

Youth Contest: 4 pm *** Adult Contest: 6 pm

REGISTRATION FOR CONTEST
FRIDAY, August 4, 2023 9 AM TO 11 AM YUCCA BUILDING
Or Online Entry at www.leacountyfair.net

CONTEST FEE: \$10

PRIZES: YOUTH: \$50 plus Iron Skillet Adult: \$50 plus Iron Skillet

The competition and rules are similar to the Iron Chef program on Food Network TV. A "Secret Ingredient" will be chosen for the competition and revealed on Thursday, August 10, 2023 at the beginning of the competition. The contest is open to youth and adults of Lea County. Youth competitors must be able to prepare the food without help from an adult. Anyone (Youth or Adult) needing assistance to participate in the contest is asked to contact the Lea County Extension Office at (575) 396-2819.

Contestants will be given a list of food items, with which to prepare an appetizer, entrée or dessert. These food items will be the main ingredients in their dish. Spices, herbs, or other seasonings may be added at the contestants choosing, however, these items count as an ingredient in the dish.

- The Youth will be given 2 items to purchase and a 3rd item of their choosing to add to the dish. A secret ingredient will be given to all contestants at the beginning of the contest. Each contestant will have 4 ingredients to make their dish. All 4 ingredients must be incorporated into the dish, and not used as the garnish. The item of their choosing, must be an item that can be purchased. No homemade additions will be allowed including premade spice blends.
- The adults will be given 3 items to purchase and a 4th item of their choosing to add to the dish. A secret ingredient will be given to all contestants at the beginning of the contest. Each contestant will have 5 ingredients to make their dish. All 5 ingredients must be incorporated into the dish, and not used as the garnish. The item of their choosing, must be an item that can be purchased. No homemade additions will be allowed, including premade spice blends.

A "Secret Ingredient" will be provided by the Lea County Fair. The ingredient will be announced at the beginning of the Youth and Adult Contest.

Any cooking or food preparation equipment will be supplied by the Lea County Extension Service. The equipment will be basic measuring cups, spoons, bowls, spatulas, cutting boards and knives; can opener, grader, wooden spoons, etc. Cooking equipment will include electric skillets, kettles, griddles, Microwave, etc. Ovens will not be available for the contest. Some

small appliances will be available during the contest like blender, food processor, etc. Contestants will not be allowed to bring any cooking equipment with them to the contest.

Contest Registration:

Contestants will sign up for the competition between 9 am and 11 am, Friday, August 4, 2023, in the Yucca Building on the Lea County Fairgrounds or online at www.leacountyfair.net. At the time of sign up, contestants will pay a \$10 entry fee and receive an ingredient list. Each contest is limited to only 10 competitors (10 Youth and 10 Adults). For those signing up online, an ingredient list will be emailed.

Contestants will be responsible for purchasing all ingredients to make one recipe. Any garnishes for plating the recipe; or other items the contestant deems necessary for final presentation of the recipe will also be the responsibility of the contestant (this includes any serving dishes, platters, etc.)

Contest Rules:

The contestants will receive the “Secret Ingredient” to incorporate into their recipe, at 4 pm and 6 pm on Thursday, August 10, 2023 at the beginning of the competition. The Lea County Fair will furnish the “Secret Ingredient” for each competitor. The “Secret Ingredient” must be incorporated into the recipe. It may not be the garnish or part of the garnish. The contestant will be asked how they incorporated the ingredient into their recipe.

Contestants will have one (1) hour to prepare, cook and plate the recipe for the judge(s). Any recipe not complete or under cooked will be disqualified. Recipe substitutions are not permitted. NO ALCHOLIC BEVERAGES may be used in cooking the recipe on the fairgrounds.

All cooking and preparation of the recipe will be done on site. Contestants are allowed one (1) fat (i.e. butter, oil, lard, etc.) for cooking and salt and pepper in addition to their named ingredients. The ingredients may not be pre-cooked or pre-chopped, unless stated on the ingredient list. Any ingredients found to be prepared ahead of the competition will be disqualified. Fresh ingredients for the recipes are strongly encouraged.

Contestants are asked to keep their work stations clean, and adhere to food safety while cooking. All meats must be cooked to proper temperatures, food brought to the fairgrounds, must be kept in a cooler with ice to remain cold. Once the contest is over, contestants are asked to clean up their work stations and equipment.

Each plate will be judged on the following criteria:

- Taste and Appearance—40 points
- Use of Secret Ingredient—30 points
- Presentation—30 points.

2022 Pioneer Iron Chef winners

Youth Division

Julia Astudillo

Adult Division

Karen Russell