

IRON CHEF

PROCEDURES & TIME REQUIREMENTS*

1. Participants will report to the culinary room at the beginning of the block wearing appropriate, clean attire.
2. 20 minutes will be scheduled for reading of the rules, presenting the “secret ingredient,” and gathering ingredients. All food will be provided. Identical food items will be available to each student. *No food may be brought to the competition.*
3. Students will have 45 minutes to prepare a dish according to Iron Chef *Theme*, and to clean up their workstations and return unused food to the central station.
4. After 45 minutes, students will present one plate for evaluation of appearance, taste, and temperature.
5. Judges will use the rubric to score and write comments for each participant throughout the session by observing their work habits, techniques, development and use of planning sheet, product presentation, appearance, taste, and creativity. Then, evaluators will meet with each other to discuss participants’ strengths and suggestions for improvement.
6. Participants will be asked to present their dish for the judges describing how they made it, what is in it, as well as how much they would sell it for in a restaurant. Participants will receive scores on their culinary professionalism, and food production. Judges will give one Iron Chef Award to each class, based on the participant receiving the most points from the judges. Judges also may give a Most Unique award and Safest Most Sanitary Chef award if they so choose.

*Based on FCCLA Star Competitions

Judging Criterion

- 1: Unsatisfactory, deficient
- 2: Mediocre, Lacking Something
- 3: Satisfactory, Adequate
- 4: Good, Fine, Above Average
- 5: Exemplary, Professional

Yes: 1 point

No: 0 points