MINNESOTA 4-H SHOOTING SPORTS & WILDLIFE INVITATIONAL

Cast Iron Cook Off

WHAT: “Cast Iron Cook-off”, a great way to show your culinary talents cooking with cast iron cookware.

WHO: Open to all Ages *anyone under 16 must have an ADULT present at ALL times*.

WHERE: Martin County Fairgrounds - please see designated area.

WHEN: Sunday, September 10 - cooking starts at 10:00 am for presentation and audience taste test prior to the award ceremonies.

RULES
There will be 3 categories:

• Main Meal- Stews, Soup, etc.
• Desserts and Breads -Flop Cakes, Corn Bread, etc.
• Traditional Foods - foods that were traditionally cooked and prepared in Pioneer times around the 1800’s. No “box” mixes allowed.

Contestant must supply all their cookware, ingredients, charcoal, and method to contain fire/heat. NO open fires. Safety is a must!!!!

The contestant must be present at all times to watch food and to manage heat source.

All food must be fully cooked and ready for the Audience taste test at 12:00pm, with all fire/heat sources fully extinguished and cleaned up before leaving site.

Winners of each category will win something to proudly display and.... “BRAGGING -Rights” for next years’ Cast Iron Cook-off!!!

QUESTIONS OR COMMENTS?
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