-**General Instructions and Food Specifics**

Iron Chef Cook Offs:

* Each Kitchen will choose from available ingredients from the Bountiful Basket of fruits and vegetables.
* You must use all of the ingredients that you choose and all fruits and vegetables need to be used by the kitchens.
* Each Kitchen will get ½ to 1 loaf of sourdough bread. It must also be used in either your dish or creatively using the fruits or vegetables.
* You may use a maximum of two ingredients that you purchase or bring from home.
* Dish could be based on one of the following:
	+ Appetizers/finger foods
	+ Main dish
	+ Quickie Desserts
	+ Main dish or side salad
* Non cooking kitchens will be the judges.
* We will do 1-2 kitchens- each day rotating jobs, etc.
* All cooking will be done in Kitchens 6 and7 for optimal viewing and judging.

**Pre Iron Chef Activities-**

* Using recipe books or online sources find a recipe for your set of ingredients that you could possibly make in a 50 minute period, including tasting and cleanup.
* Assume you will have assigned list of ingredients and you may use a maximum of two ingredients that you purchase or bring from home.
* Indicate if you will need hamburger, cooked chicken or diced ham
* Print 3 copies of your recipe, 1 for Dr. Baglien and 2 for you. Give to two responsible members of your kitchen.

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| **Iron Chefs** |  **Kitchen** |

**Ingredients for your Iron Chef experience: Select and tell Dr. Baglien**

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| **Recipe\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Source: Cookbook page, etc.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Serves\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?** |
| **Ingredients** |  |  |
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