**Second Annual PCF Cast Iron Cook-Off**

**Sunday, May 5, 2013**

**9AM – 3PM**

**Mothers Beach, Marina Del Rey**

Beach Volleyball: **9AM – 12:15PM**

Check-In/Set-Up: **10:00AM – 11:00AM**

Cooking/Food Prep: **10:00AM – 11:45AM**

Food Judging: **11:50AM – 12:15PM**

Food Service: **12:15PM – 3PM**

Clean Up: **3PM**

**Five Categories:**

1. Best Appetizer/Side
2. Best Soup/Chili
3. Best Salsa
4. Best Entree
5. Best Dessert

**RULES**

* All contestants must register by Wednesday, April 24.
* Competition is open to active PCF members only.
	+ Guests/friends/family of competitors are invited to attend.
* Competition is open to Paleo recipes only.
	+ No processed foods, gluten-free, no sugar, no artificial sweeteners, no grains, no beans, no dairy, etc.
	+ Honey, agave nectar, and fruits are allowed as natural sweeteners.
	+ High quality chocolate will be allowed.
* There is a $10 entry fee per entry.
* Participants can compete in up to 2 categories.
	+ Competitors are limited to one entry per category.
* Competitors can prepare dishes prior to the competition and bring to the event – or they can make them on-site.
	+ No pre-made/prepared store-bought foods. Please create your own sauces, salads, etc.
	+ Please make enough for 30 - 40 appetizer-sized portions.
* All entrees must be labeled and numbered before judging.
* A complete list of all ingredients used must be provided before judging.
* No live animals are allowed in the cooking area.
* All contestants are responsible for their own food, pot/pan, and serving dish.
* This is a celebration of cast iron and healthy foods that taste great! While it is not required, contestants are encouraged to cook/prepare all dishes using glazed or unglazed cast iron pans, pots, and/or baking dishes.
* PCF cannot be held liable for theft, damage of personal property, hurt feelings, or injury to any contestants, or to any contestant’s family members or guests.

**PRIZES**

* Cash! The winner of each category will win the pot for the category. The more people who enter, the bigger the prize.
	+ Example: If 20 people enter the dessert category, there is a $200 prize. Winner-takes-all.
* The “Judges’ Overall Favorite” entry will win a $100 gift card to Sur La Table.

**JUDGING**

* All entrees will be judged on a scale of 1 – 5 based on 3 criteria:
	+ **Taste**
	+ **Presentation**
	+ **Originality**
		- TIP: Think outside the box! Fish, fresh/seasonal ingredients, burgers, ethnic/cultural dishes, breakfast items, California-inspired, vegetarian dishes, hot wings, etc. are all welcomed and encouraged.
* All judges’ decisions are FINAL.
* Prior to judging, the contestants’ names will not be known to judges.
* During judging, the contestants will not be allowed in the judging area.
* After the event ends, all contestants will be responsible for removing dishes/items used, cleaning up their area, and disposing of trash and other items.

**ATTENDEES ARE ENCOURAGED TO PROVIDE MONETARY DONATIONS OF $5 - $10 IN ORDER TO HELP COVER COSTS FOR EVENT SET UP & ORGANIZATION**

Needed items:

* Trash bags
* Serving utensils (ladles, thongs, forks)
* Serving dishes
* Plates, bowls
* Cups
* Ice, coolers
* Forks, knives, spoons
* Napkins, paper towels
* Fire extinguisher
* Matches, lighters
* Charcoal
* Markers/3x5 note cards for labeling dishes

Remember to K.I.P! (*Keep it Paleo!*)

**IDEAS FOR OTHER FUN PRIZES/RAFFLE:**

1. Kitchen aprons
2. Reusable grocery bags
3. T-shirts
4. Volleyball
5. Sunblock
6. Cast iron skillet
7. Beach towel
8. Kitchen knives/utensils
9. Gym bag
10. Wrist wraps
11. Fish oil
12. Protein powder