



Reality TV comes to MTHS
IRON HAWK
2009



Annual MTHS Premier Chef Cook Off
7 chefs battling for the title of Iron Hawk

- Have you taken one of the 3 cooking classes at MTHS? (Chef I, or Chef II, Chef III)
- Do you consider yourself a chef extraordinaire?

Enter the Iron Hawk contest to be held on **April 16th**

Deadline for entry **April 9th**

The entries will be judged by the cooking teachers to determine the 7 contestants.
Contestant's names will be posted **April 10th**

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To enter you must:

- ✓ Submit the following information (must be legibly written):
 1. Menu with descriptions for a **two** course meal including one of the following: appetizer, soup or salad, and a main course that includes a starch and one of the following: sauce, garnish, and/or vegetable.
 2. A detailed recipe for each course.
 3. A cost analysis for the meal (to serve 4) – meal cannot exceed \$25.00
 4. All food for the meal will be provided. You may bring any special spices, unusual ingredients or equipment from home to enhance your presentation.

Once Chosen:

- ✓ You must select 1 chef helper to assist you at the cook off.
- ✓ Submit a detailed grocery list.
- ✓ You will have a 2 ½ hour time 2:00 p.m. – 4:30 p.m. period to prepare, serve and clean up. Meal to be ready at 3:45 p.m.
- ✓ **2:00-2:15 set up time**
- ✓ **2:15-3:45 prep time**
- ✓ **3:45-4:15 serving and judging**
- ✓ **4:15-4:30 winners announced**
- ✓ Contest will be judged by area chefs.

The contest entries will be judged on

- Taste quality
- Menu Originality
- Food Presentation

Food Sanitation



Iron Hawk Application
due April 9, 2009



Chef Name _____

Helper Name _____

Menu

1. Appetizer, soup or salad:

2. Main course that includes a starch and one of the following;
sauce, garnish and/or vegetables:

--Staples and basic condiments will be supplied

