



MASTER CHEF CONTEST



When: July 16th

**Time: 9:00 AM with the Special Foods
Competition**

Where: De Smet High School

Do you like cooking but the special food contest has a lot of parts or not sure what its about? The master chef program will be for you. During the same time as the county special foods contest, the master chef competition will take place. youth may choose any recipe in the topic of breakfast, lunch, or dinner. Then youth will draw for a “special” ingredient to add to their dish. more information can be found in the rules or call the extension office for more information.

Topic of: Breakfast, Lunch, or Supper

Between June 1 and July 11 participants may stop at the
Extension Office to draw for their type of secret
ingredient

- Cloverbuds and Beginners will draw for a fruit or vegetable
- Juniors will draw for a protein, a vegetable, and a spice.
- Seniors will draw for a protein, a spice, and two vegetables or fruit.
- Example of ingredient list- uncooked chicken breast, sweet potato, basil.




**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

SDSU EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER IN ACCORDANCE WITH THE NONDISCRIMINATION POLICIES OF SOUTH DAKOTA STATE UNIVERSITY, THE SOUTH DAKOTA BOARD OF REGENTS AND THE UNITED STATES DEPARTMENT OF AGRICULTURE



MASTER CHEF CONTEST

RULES:

- Contestants will be judged on presentation, taste, recipe, and knowledge of their dish: its contents and preparation
 - Registration due by July 11 with the sign up sheet below to the extension office or via email
 - Between June 1 and July 11 participants may stop at the Extension Office to draw for their type of secret ingredient
 - Cloverbuds and Beginners will draw for a fruit or vegetable
 - Juniors will draw for a protein, a vegetable, and a spice.
 - Seniors will draw for a protein, a spice, and two vegetables or fruit.
 - Example of ingredient list- uncooked chicken breast, sweet potato, basil.
 - For cloverbuds to participate, they must be able to complete 75% of the work themselves to learn about the process of cooking. A parent must be with them to help when needed.
 - Recommended for cloverbuds to do a simple recipe ex- smoothie, salad
 - The judge will informally interview each contestant during the contest.
 - all recipes must serve a minimum of 4.
 - One serving is for the judge and the rest will be for the spectators to sample.
 - Plating and proper serving is encouraged So bring an extra plate for serving the judge
 - Complete the dish in 90 minutes
 - Oven and stove top available but if using other appliances bring your own Ex. Blender, pan, measuring spoons, mixing spoons
 - Must bring own apron, hair tied back/hat
 - Place setting and nutrition will not be judged but learn about it the day of the contest.
 - Rules and challenge are subject to change since this is our first year. All changes will be communicated
- 

MASTER CHEF CONTEST

INGREDIENTS LIST TO BE DRAWN FROM AT THE EXTENSION OFFICE

FRUIT/VEGETABLES

- APPLE
- ASPARAGUS
- BANANA
- CANTALOUPE
- CARROTS
- CELERY
- CHERRY
- CORN
- GRAPE
- GREEN BEANS
- LEMON
- LIME
- ONION
- ORANGE
- PEACH
- PEAR
- PEAS
- PEPPERS
- PINEAPPLE
- POTATO
- SPINACH
- SQUASH (ANY VARIETY)
- SWEET POTATO
- WATERMELON
- ZUCCHINI

HERBS/ SPICES

- BASIL
- BLACK PEPPER
- CAYENNE
- CHILI POWDER
- CLOVES
- GARLIC
- GARLIC POWDER
- LAWRY'S
- OREGANO
- ONION POWDER
- PAPRIKA
- PARSLEY
- RED PEPPER FLAKES
- ROSEMARY

PROTEIN

- CHICKEN BREAST
- TURKEY
- GROUND BEEF
- SALMON
- PORK LOIN
- BACON
- CHICKEN THIGH
- CHICKEN WING
- CHICKEN
DRUMSTICK
- BEEF SIRLOIN
- BEEF SKIRT STEAK
- BEEF STEW MEAT
- PORK RIBS
- BEEF CUBED
STEAK
- PORK SAUSAGE
(ANY SEASONING)
- FISH
- EGGS