Junior Chefs Rockfish Cook-Off

Calling all Seafood Chefs (7-17 years of age)

Help Us Celebrate Maryland Rockfish

East Coast Junior Watermen's Program

January 29, 2011
Ocean City Convention Center
Ocean City, MD

Time: Starts at 10:30 am
Winners announced at 2:15 pm

Sponsored By:

Delaware Sea Grant College Program
University of Maryland Sea Grant Extension Program
Maryland Seafood Marketing Program

www.marylandseafood.org

2011 Junior Chefs Rockfish Cook-Off

Official Rules and Entry Form

Entries for the fourth annual Junior Chefs Rockfish Cook-Off are due on Monday, **December 13, 2010**. Five finalists in 2 age groups will be selected from these entries to compete for cash prizes ($200 for first place, $100 for second place, and $50 for third place) and plaques. The two age groups are 7 – 12* and 13 – 17*. In addition, all finalists will receive Rockfish pins, aprons and certificates.

The recipe should be an entrée or main dish. Each finalist will receive two pounds of rockfish fillets to use the day of the competition. All other ingredients and cooking utensils are the contestant's responsibility. Judging will be based on taste, originality, appearance (or attractiveness), and predominance of rockfish. Parental permission and supervision must be provided.

**Based on your age the day of the contest (January 29, 2011).*

Junior Rockfish Chefs Cook-Off Guidelines

1. One entry per person. Each recipe must be an original creation of the contestant.
2. Two pounds of rockfish fillets will be provided to each contestant by the Cook-Off sponsors.
3. It is the responsibility of each contestant to bring all other ingredients.
4. All cooking appliances and utensils used in the Cook-Off must be provided by the contestants.
5. A 110-volt electricity source and back-up equipment will be available at the Cook-Off.
6. Judging will be based on taste, originality, appearance (or attractiveness), and predominance of rockfish.
7. Ten (5 in each age group) finalists will be selected from all entries by a panel of 4 seafood experts. These finalists will be eligible to compete in the final competition at the East Coast Junior Watermen's Program on January 29, 2011. If one or more finalists are unable to attend the finals, the cooks with the next highest scores will be invited to participate.
8. All recipes entered become the property of the University of Delaware Sea Grant College Program and College of Earth, Ocean, and Environment. Recipes may be duplicated for the Junior Watermen's Program audience and used in The East Coast Watermen's Expo publicity.
9. The deadline for entries is Monday, December 13, 2010.
10. Contestants must register for the Cook-Off via the official entry form or a photocopy, or include all the requested information on a separate piece of paper and mail to the address below.
11. All finalists will receive confirmation of their entry, directions to the site, and additional instructions for the Cook-Off by mail. Each will be assigned a time slot on January 29, 2011 and will have one hour to prepare their recipe.
12. Only one entry per person is allowed.

Finalists will be notified by January 7, 2011 – please provide a daytime phone number on the entry for notification.

Mail entry forms to:

Junior Chefs Rockfish Cook-Off
University of Delaware
College of Earth, Ocean, and Environment
Sea Grant Marine Advisory Service
700 Pilottown Road
Lewes, DE 19958–1298

Entry forms also can be e-mailed to dhicks@udel.edu or faxed to 302-645-4213.

Junior Chefs Rockfish Cook-Off

Official Entry Form

Cook's Name: _____

Address: _____

Daytime Phone: _____

Age (as of 1/29/11): _____

E-mail: _____

Title of Rockfish Recipe: _____

List of Ingredients:

Preparation Instructions:

GOOD LUCK!

If needed, additional pages can be attached.