



Three-Pot Cook-Off

Rules for Participants

This is an IDOS-sanctioned cook-off. Winners of this cook-off can become eligible for participation in the annual IDOS World Championship Cook-Off.

This cook-off is a three-pot cook-off consisting of a Main Entrée, Dessert, and Bread, where the bread must be of sourdough or yeast.

Cooking begins at 9:00 am. You may start your fire/charcoal prior to 9:00 am.

Judging starts at 1:00 PM. You will need to provide 3 copies of your recipe for each dish turned in. You will be notified when to pick-up your dishes.

The Rules:

- Entrants may not be professional cooks, chefs, culinary instructors, employees of contest sponsors, their affiliates, subsidiaries, advertising or promotional agencies.
- Know and practice safe food handling procedures.
- All ingredients must be combined, chopped, sliced, diced, and cooked onsite including garnishes and marinades. For safety reasons, no ingredients prepared or processed at home are allowed. All meat must be USDA inspected.
- All cooking must be done in an approved (factory made) Dutch Oven and everything cooked must be presented to the judges with the exception of excess gravies and sauces. Removing burnt or undercooked sections of food may result in point deductions or disqualification. Side items such as butter, jam, or sauces should not be presented to the judges' table unless specifically listed in the recipe and prepared onsite.
- Battery operated or electrical devices, such as mixers or blenders, are not allowed in the preparation of food. Digital thermometers and digital scales are allowed.
- All dishes must be presented to the Food Judges' table on time. Points will be deducted accordingly for any late presentations by the Field Judges.
- Garnishing should be simple, complement the dish being presented, and not distract from it. This is not a garnishing contest. Garnishes should be edible. Any flowers used in garnishing should be pesticide free and edible. Judges may request proof from place of purchase that the flowers comply with this rule.
- Use good fire safety practices. Keep yourself and the public safe. All cooking must be done at least 18 inches above the ground.
- Interaction with the public is encouraged. Please be courteous in sharing cooking information. Do not advertise for personal gain.
- No camp stoves, smokers, propane burners or barbeque grills are allowed.
- All judging decisions are final.