

Cast Iron Cook-off 2014

Bradbury Mountain State Park
528 Hallowell Road, Pownal, Maine 04069
www.maine.gov/bradburymountain
(207) 688-4712

Agenda / Event Schedule

September 12:

Contestants are strongly encouraged to arrive on Friday afternoon/evening to get set up, relax and enjoy the camaraderie

September 13:

Morning hours:

Local Girl Scout troops practice outdoor cooking to earn merit badges

Visit and observe the cooking contestants in the campground

Noon:

Remaining contestants arrive and get set up in the campground to begin cooking

12:30PM:

Cast iron cooking demonstration by Freeport resident, Louisa Picard at the day use shelter

1:40PM:

Cast iron identification, cleaning, use and care by Fritz Appleby, Park Manager at the day use shelter

2:50PM:

Cast iron skillet toss in the park field. Prizes for the longest toss in each category!

Categories- Men over 15, Women over 15,
children 10-14, children under 10

4:00PM:

Cast iron cooking competition judging at the day use shelter.



Maine Department of Agriculture, Conservation and Forestry

Bureau of Parks and Lands

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RULES

Categories:

- 1) Entrée (Main dish)
- 2) Bread
- 3) Dessert

Judging:

Entries will be tasted and ranked by our esteemed panel of judges. The panel will be comprised of members of the Pownal Fire and Rescue unit, and others if needed. There will be between 4 and 6 judges. All decisions of the judges will be impartial and final.

Rules:

- 1) Contestants must be registered to camp at Bradbury Mountain State Park on the night of September 13, 2014 and may not be able to check in until after noon. Contestants will be limited to the number of campsites available on September 13, 2014. Unless reserved in advance for the competition, campsites will be "first come, first served". Contestants are encouraged to reserve space to camp both September 12 and 13 to allow enough time to set up and cook, as well as to enjoy the camaraderie of the fellow cast iron chefs. Those camping must follow all park rules. Call Bradbury Mountain State Park at (207) 688-4712 to register and reserve your spot.
- 2) Contestants may compete in any and all of the 3 categories of cooking.
- 3) Entries to the contest must be cooked in the cast iron of your choice over a wood fire at your campsite. There will be no digging of pits for bean-hole beans, etc.
- 4) Food entered into the competition must include AT LEAST one or more ingredient(s) produced in Maine.
- 5) Contestants must supply all their own supplies and materials. Firewood may be purchased locally, or brought in if it is from Maine. Firewood may also be purchased at the park.
- 6) Contestants should be receptive to allowing the public to visit and view their method of cooking.
- 7) Entries must be brought to the day use shelter area and be ready for taste-testing by 4PM on September 13, 2014. Recipes may be kept secret, but truthful answers must be given concerning any allergic reactions that may be of concern to anyone who is allowed to taste the entry. The Maine-produced ingredient(s) must be made known.
- 8) The winners in each category will be awarded the prizes noted for that category.
- 9) There shall be no whining! ☺



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