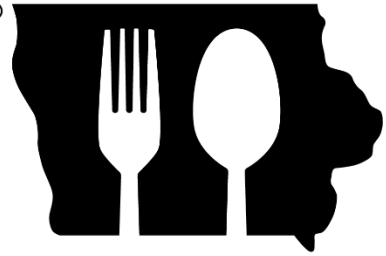


IOWAEATS®

food & drink festival



Presents
The Second Annual
Jim Walsh
FIREFIGHTER COOK-OFF
Saturday, April 5, 2025
11am-2 pm, Waterloo Convention Center

The Iowa Eats Food & Drink Festival Jim Walsh Firefighter Cook-off is to showcase great cooks who keep firefighters fed during their shifts. All contestants must be currently employed/volunteer as a firefighter at a county or community firehouse. The contest is meant to be in good faith, for fun, and in recognition of the good work firefighters do everyday.

REGISTRATION: To register email cmiller@silosandsmokestacks.org with your name and the items you plan to cook . You are not fully registered until you receive an email back stating that you are included in the contest. You will hear within one week of your email registration if you are accepted into the competition. **REGISTRATION IS NOW OPEN. The deadline to register is March 14, 2025.**

PRIZES: One \$500 cash award will be given to the winner who will be determined by a panel of judges. The winner will also have a \$500 contribution made in their name to the Firefighter Special Project of his/her choice. In addition winners will receive the Jim Walsh Trophy.

GENERAL INFORMATION: Each contestant will prepare a meal of their choosing **using the vegetable corn and corn products in three different ways** specified under rule 1 below and then serve it to the **four** judges. Contestants must be able to verify the corn products used in their dish.

In order to participate in the cook-off, on the day of the event, a contestant must submit a legibly written recipe which includes the ingredients and method of preparation of their dishes. All recipes for the meal must be turned into the lead judge by 11 am on the day of the contest.

Judges will rate the meal and use of corn products on the following criteria. The contestant with the most points will win the contest.

30 points	Overall Taste – including texture
20 points	Technique and degree of difficulty – the artistry, competence and expertise involved in the preparation
20 points	Creative use of ingredients -- most creative use of corn and corn products.
5 points	Presentation – balanced proportions and aesthetically pleasing appearance

RULES:

1. All contestants must use the vegetable corn and at least two additional products containing corn in their dish. (See the list below for examples). The corn and corn products used, and the dishes prepared are at the choosing of the contestant. All preparation and cooking must be done on the day of the contest in front of the judges.
2. Contestants will need to be able to verify their use of corn products and show judges how they incorporated the corn product into their dish.
3. If a contestant (i.e. Chief Cook) chooses they can have one assistant. All prize money is awarded to the Chief Cook only.
4. Contestants are permitted to bring flavor ingredients of their choosing from home, however, all marinades, and sauces, must be made on site in front of the judges. Basic condiments, oils, vinegars, spices, rubs, blends, salsas, pickles or other such items are allowed as is.
5. Iowa Eats will provide an individual cook top, a refrigerator, electricity, water, ice, a hand washing station and a warming oven. The contest will be held in the concession area of the Waterloo Convention Center.
6. Contestants will be allowed to use the Waterloo Convention Center's kitchen for grilling, broiling, or baking if they choose. All other cooking and meal prep including mixing of ingredients must be done in the cook-off contest staging area which is separate from the kitchen.
7. Contestants may NOT bring alternative cooking sources (grills, etc.)
8. Contestants must bring all needed small equipment, (mixers, blenders, etc.) and all kitchen utensils (cutting boards, knives, pots, pans, bowls, and platters) as well as any other materials needed to cook and serve. Plates and utensils for judging will be provided.
9. Contestants must leave their cooking area clean and orderly following the contest.
10. Contestants will have 2 hours to prepare their dishes (11 am – 1 pm).
11. Judging of the meals will begin promptly at 1 pm. Immediately followed by the awarding of prizes and the trophy.
12. Contestants must adhere to all electrical, fire, food and other safety codes.

SET UP TIME:

Contestants may arrive at 10 am the morning of the contest to set up their work station.

No cooking can begin before 11 am on the day of the contest.

If a contestant would like to view the Waterloo Convention Center kitchen in order to assess how they can use it to prepare their dish please contact Cara Miller at 319-234-4567 to set up a time to do so.

Some examples of corn products:

Baby food, breakfast cereals, certain candies, carbonated beverages, instant coffee and tea, peanut butter, potato chips, certain salad dressing, corn syrup, corn starch, corn flour. These are just examples. You may use other products that contain corn as long as you can verify it to the judges. The judges will ask for you to verify your three uses of corn.

Read labels closely to verify that a products does contain corn or corn products.