

Cook Off Rules and Regulations

1. A team may consist of one or more members. An adult should accompany any contestant under the age of 18, and this is a requirement at the Millard County Fair.
2. ONLY TEAM MEMBERS should be allowed in the cooking area! One team member should remain in the cooking area at all times for fire safety reasons.
3. At Millard County Fair alcohol consumption is not allowed, and tobacco is allowed only in a designated area due to Health Department and safety concerns. Local cook offs need to check with their local Health Department to check on their guidelines in regards to this.
4. A copy of all recipes must be provided for the Judges.(Except mystery) Ingredients cannot be precooked and must be combined, chopped, sliced, or diced during the competition on site including garnishes. Marinating of meat is not allowed at the cook-off. For safety reasons, no ingredients prepared or processed at home are allowed. All meat must be USDA inspected. No wild game.
5. All cooking must be done in a Dutch oven and everything cooked MUST be presented to the judges with the exception of excess gravies and sauces, and/or cooked garnishes not specified in the recipe. Removing burnt or undercooked sections of food will lead to 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 on site. Dishes must be presented to the judges' table on time—NO EXCEPTIONS. All foods submitted for judging should be displayed in the pot or on the lid. For sanitation concerns, please do not display foods on fabric.
Field Judges will give time warnings periodically throughout the cook-off. Judging order will be drawn at random. Teams must present in their order no exceptions.
6. Only submitted recipes can be cooked during the cook off, (except mystery). There should be no eating in the cooking area, but all teams should be aware that they need to stay hydrated during the cook off.
7. Use good fire safety practices. Keep yourself and the public safe. You may not use propane stoves to cook your dishes. Propane may be used to start coals.
8. Know and practice safe food handling procedures. The teams should provide dishwashing facilities and sanitation supplies, unless facilities are provided by the cook off location. Coolers should be provided for all refrigerated items. Keep hot foods above 140° and cold foods below 40°. Field Judges will check cooked meat temperatures prior to judging. There should be no finger licking. Tasting utensils must be washed immediately after use. Wash cutting boards between meats and vegetables to avoid cross-contamination.

9. Garnishing should be SIMPLE and complement the dish being presented. This is not a garnishing contest. Garnishes should be edible. Any flowers used in garnishing should be pesticide free and edible.

Field judges have the right to request proof from place of purchase that the flowers comply with this rule.

10. Interaction with the public is encouraged. Please be courteous in sharing cooking information.

12. All judging decisions are final.