

# Hells Canyon Mule Days

Wallowa County Fairgrounds • Enterprise, Oregon  
**3rd Annual Dutch Oven Cook-Off**  
Sunday • September 12th, 2010 • 9:00 am – 3:00 pm

The Hells Canyon Mule Days committee welcomes you and wishes to thank you for your support of the 3rd Annual Dutch Oven Cook Off. The goal of this event is to have fun, demonstrate Dutch oven cooking skills, and introduce the public to the joys of Dutch oven cooking. This competition is an International Dutch Oven Society (IDOS) event, with rules in keeping with IDOS guidelines. The winning team earns the right to compete at the World Championships in March 2011 provided they pay the \$50.00 entry fee, are members in good standing of IDOS, and cover their own travel expenses.

A panel of *celebrity judges* will use IDOS guidelines to determine the *Hells Canyon Mule Days Cook Off* winners. There will be a first, second, and third place awards with the winners taking home \$200.00, \$150.00 and \$100.00 respectively.

For information or to register contact Sunnie Renshaw: 208-926-4201 e-mail [sunnie.renshaw@gmail.com](mailto:sunnie.renshaw@gmail.com)  
For a complete Hells Canyon Mule Days schedule: [hellscanyonmuledays.com](http://hellscanyonmuledays.com) - toll free: 888-323-3271

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## Sanctioned Cook-Off Rules and Regulations

1. This is a **three pot cook off**, consisting of a **bread**, a **main dish**, and a **dessert**.
2. A team will consist of two members. It is suggested that an adult should accompany any contestant under the age of 18. This is a requirement at the World Cook Off Championships.
3. 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.
4. Contestants will not consume alcoholic beverages during the cook off including the announcement of the winners. Smoking is not allowed on the Fairgrounds.
5. Ingredients cannot be precooked and must be combined, chopped, sliced, or diced during the competition on site including garnishes. Marinating of meat prior to the start of the competition is not allowed. For safety reasons, no ingredients prepared or processed at home are allowed. **All meat must be USDA inspected.**
6. 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.

7. Only competition recipes can be cooked during the cook off. There should be no eating in the cooking area, but all teams should be aware to stay hydrated during the cook off.
8. Use good fire safety practices. Keep yourself and the public safe. You may not use propane stoves to cook your dishes. Charcoal will be started and provided by the cook off committee. Please provide a metal bucket for transporting hot charcoal.
9. Know and practice safe food handling procedures.  
Ref: HCMD Cook Off Etiquette # 3
10. We suggest at least one team member have a current food handlers permit. This is required of all teams at the World Cook Off Championships.
11. Garnishing should be SIMPLE and complement the dish being presented. This is not a garnishing contest. Garnishes should be edible.
12. Interaction with the public is encouraged. Please be courteous in sharing cooking information.
13. All judging decisions are final.

Teams should plan to arrive at the Wallowa County Fairgrounds Sunday morning September 12th. **See event schedule below...**

Please note – The Cook Off will be held outside and you may bring a canopy to shade your cooking area.

Sunday: September 12th

7:30 a.m. Teams may start set-up

8:30 a.m. Team Meeting

9:00 a.m. Cooking Starts – Let the fun and good times begin!

11:00 a.m. Judges Meeting

12:00 p.m. Desserts presented

1:00 p.m. Breads presented

2:00 p.m. Main Dishes presented

3:00 p.m. *Winners announced and raffle drawings...*

## Hells Canyon Mule Days Cook Off Etiquette

1. Charcoal will be provided and the committee will light and supply charcoal for each team during the cook off. Be sure to supply a metal bucket for your team to transport the charcoal.
2. Team Sponsorship: Teams are allowed personal sponsorship, but must keep advertising banners to 2 feet high by 3 feet wide in size, and these banners must be displayed only in front of the team's cooking area. This ensures that HCMD Dutch Oven Cook Off Sponsors will be the most visible of sponsors.
3. Safe food handling Procedures:
  - A. Teams should start with clean equipment and use clean cooking practices.
  - B. Good hand washing practices are required, **including a separate basin for hand washing**. There should be no finger licking.
  - C. Dishwashing facilities: Including washing, rinsing, and sanitizing basins, are **required** of all teams. Tasting utensils must be washed immediately after use. All washing of dishes **MUST BE DONE** in your own area.
  - D. Food service gloves must be worn when handling food that will not be cooked further. Hot foods must be kept above 140 degrees F.
  - E. Some type of hair restraint (hat, hair net, pony tail holder, etc) should be worn during the cook off.
  - F. Wash cutting boards with bleach water between meats and vegetables to avoid cross contamination, or if possible, use different cutting boards for meat and vegetables and clearly label them.
  - G. Coolers are required for all refrigerated items and cold food must be kept below 40 degrees F.
  - H. All reheated food must be taken back up to 165 degrees F for safety purposes if the temperature goes below 135 degrees F. A Field judge must take a temperature before reheating to determine how high to reheat the meat.
  - I. Field judges will be checking cooler temperatures before and during the competition. They will also check the meat temperatures prior to judging.
  - J. If bringing store-bought pre-marinated or pre-injected meat to use in competition, please note this in your recipe. (i.e. Butterball Chicken.)
4. Be prompt; attend the cooks' meeting for last-minute instructions and questions.
5. Prior to the day of the competition, read all of the information in the competitor's cook off packet and come to the cooks' meeting prepared to ask any questions you may have.
6. Teams should demonstrate good sportsmanship within their own team as well as with the other teams. Good interaction within the teams, the judges, with the cook off helpers and committee, and with the public is an important part of the cooking contest. Teams should be courteous and willing to answer questions from the public.
7. Temperature guidelines for cooked meat are as follows: Meats should be cooked to AT LEAST the following temperatures:

• **All temperatures should hold for at least 15 seconds** •

Beef, Pork & Lamb (Roasts, Steaks, Chops) 145 degrees F

Pre-Injected Beef 155 degrees F

Ground Beef, Veal, Lamb, or Pork 155 degrees F

Ground Turkey, Chicken and Stuffing 165 degrees F

Poultry, White or dark meat 165 degrees F

(unless too small to test, then the juices should run clear.)

Pork 145 degrees F

Fin Fish cook until opaque and flakes easily with a fork.

Scallops should turn milky white or opaque and firm.

Clams, mussels, oysters cook until shells open.

Shrimp, lobster, crab should turn red and flesh should be pearly opaque.

8. There should be no cooking in the pit other than competition dishes.
9. As food and drink are provided in the hospitality tent, please eat it there. Drinks are allowed in your pit to keep you hydrated while cooking. No alcoholic consumption is permitted throughout the entire competition.
10. Each team is required to bring all their equipment that is needed to compete with. This includes a Dutch Oven Cooking table. Two 8 foot prep table will be provided for each team.
11. The cook off committee will provide a 10 x 10 foot space for each team and all of your equipment **must** fit within this space.
12. If you need hot water for a recipe, please plan on heating it yourself over briquettes (We will attempt to provide you with all the hot water you need for dishes and clean up.)
13. This competition is about encouraging the skill of using the Dutch oven without the use of additional pans such as bread pans, pie tins, tinfoil or foil pan inserts. Trivets under meat and parchment paper are acceptable.
14. **The most important thing of all is to have Fun and spread the love and joy of Dutch oven cooking with everyone you come in contact with.**

### **Facility Specific Limitations**

1. There will be no washing of dishes in the Wallowa County Fairgrounds kitchen/sink facility.
2. Helpers **must not** do the team's dishes, that is part of your job as a competitor. They will only help with getting and disposing of water and charcoal.
3. All charcoal will be lit outside the cooking area. The charcoal will be provided by the cook off committee and transported in a metal bucket to your cook station. **Please provide this bucket for your team.**

This information will be used throughout the day for our MC to introduce the teams competing. All the information is optional. You are not required to answer any of the questions. However, we would like the MC to be informed about your team and have something to tell the public about you.

Team # \_\_\_\_ (to be assigned by cook off committee)

Where are you from?: City: \_\_\_\_\_ State: \_\_\_\_\_

Cook #1 Name: \_\_\_\_\_ Occupation: \_\_\_\_\_

Hobbies and interests: \_\_\_\_\_

\_\_\_\_\_

Cook #2 Name: \_\_\_\_\_ Occupation: \_\_\_\_\_

Hobbies and interests: \_\_\_\_\_

\_\_\_\_\_

Team Information:

How long have you been cooking in Dutch ovens? \_\_\_\_\_

How long have you been cooking together as a team? \_\_\_\_\_

How did you happen to begin cooking together? \_\_\_\_\_

How long have you been competing? \_\_\_\_\_

Funny or unusual stories about Dutch oven cooking you would like to share?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Recipes that you will be using in the cook-off must be submitted no later than August 10th. I would appreciate them at your earliest convenience.**

**E-mail recipes to [sunnie.reshaw@gmail.com](mailto:sunnie.reshaw@gmail.com) or mail to:  
Sunnie Renshaw, 302 Suttler Creek Rd, Kooskia, ID 83539  
For more information call: 208-926-4201**

**For HCMD show event information and Dutch oven cook off forms  
[www.hellscanyonmuledays.com](http://www.hellscanyonmuledays.com)**

## HELLS CANYON MULE DAYS

Wallowa County Fairgrounds • Enterprise, Oregon  
Sunday • September 12th, 2010 • 9:00 am – 3:00 pm  
**3rd Annual Dutch Oven Cook Off Registration Form**

Please complete this form, sign at the bottom acknowledging you have read the attached rules for this competition, and return the form with **two full sets of recipes** (a bread, a main dish, and a dessert) you will be cooking during the competition.

Registration Fee is \$40.00 per team:

Team Name: \_\_\_\_\_ Team Members: Please list each cook

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_

Phone # (day) \_\_\_\_\_ (evening) \_\_\_\_\_ Email \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_

Phone # (day) \_\_\_\_\_ (evening) \_\_\_\_\_ Email \_\_\_\_\_

I have read the rules and regulations for the Hells Canyon Mule Days Dutch Oven Cook Off and agree to abide by these rules and regulations throughout the competition. I acknowledge that all judge's decisions are final.

THE DUTCH OVEN COOK OFF SPONSORS, HELLS CANYON MULE DAYS, INC.,  
AND/OR THE WALLOWA COUNTY FAIR BOARD ARE NOT RESPONSIBLE FOR  
ACCIDENTS OR DAMAGE INCURRED DURING THE COOK-OFF.

\_\_\_\_\_  
Team Member Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Team Member Signature

\_\_\_\_\_  
Date

For office use only: Team #: \_\_\_\_\_ Fee Paid: \$ \_\_\_\_\_ Check #: \_\_\_\_\_ Date received: \_\_\_\_\_

Please return form, along with copies of your recipes, and registration fee payable to HCMD.

**Sunnie Renshaw, 302 Suttler Creek Road, Kooskia, ID 83539**

**Email: [sunnie.renshaw@gmail.com](mailto:sunnie.renshaw@gmail.com)**

**Home phone # 208-926-4201**

**Plan to be part of the 30th Annual Hells Canyon Mule Days  
September 10-11-12, 2010  
"Always The Weekend After Labor Day"  
VISIT US: [www.hellscanyonmuledays.com](http://www.hellscanyonmuledays.com)**