



**When:** **May 18-20, 2007**  
Registration opens at 5:00pm on Friday at Baden Powell Lodge

**Where:** **Camp Nutter, Acton, ME**

**Registration Due:** **May 14, 2007**  
Send to Pine Tree Council Service Center

**Cost:** **\$6.00 per person with advanced reg.**  
**\$8.00 per person at the door**

**Parking:** **One vehicle** in site at a time with the use of a vehicle pass, **no vehicles** in site overnight. Trailers maybe left in site.  
**Carry in, carry out of your unit's trash.**

**Events may include:** Tug of war, Tomahawk Throw, Spear Throwing (Scout Staves), Egg in a spoon race around Camp Nutter, Matchless Fire Starting, Frying Pan Toss, Pancake Flipping, Best Dressed Chef, Flip and Catch a Carrot in a Chef Hat.

Saturday: Cooking Demonstration from the Culinary Arts Department of Noble High School.

Saturday Night Campfire

**Awards:** Iron Scout Chef Awards will be given for 1<sup>st</sup> – 3<sup>rd</sup> places in both the scout and adult divisions.

Site Inspection: 1<sup>st</sup> – 3<sup>rd</sup> places

**Remember to bring your medical forms for all staying overnight.**

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### **2007 York District Iron Scout Chef Cook-O-Ree Registration Form**

Troop \_\_\_\_\_ Point of Contact \_\_\_\_\_ Phone \_\_\_\_\_

# of Scouts \_\_\_\_\_ # of Adults \_\_\_\_\_ Total Attending \_\_\_\_\_  
Times \$6.00 each  
Total Cost \$ \_\_\_\_\_

Send registration and funds to: Pine Tree Council  
131 Johnson Road  
Portland, ME 04102

**Postmark no later than May 14, 2007 – You can turn it at the May Roundtable**

## 2007 York District Iron Scout Chef Cook-O-Ree

*ROUGHLY BASED ON THE CABLE TV FOOD NETWORK SHOW "IRON CHEF"  
COUPLED WITH COOKING MERIT BADGE*

THE PREMISE OF COOK-O-REE IS TO HIGHLIGHT AND ENHANCE CAMP COOKING AND TO GET SCOUTS TO GIVE MORE THOUGHT AND EFFORT INTO PLANNING AND CREATING BETTER CAMP MEALS.

AT OTHER CAMPOREES AND AT KLONDIKE DERBIES, ALL OF THE OTHER SCOUT SKILLS ARE HIGHLIGHTED IN THE COMPETITIVE EVENTS *EXCEPT FOR CAMP COOKING*, WHICH ONLY OCCURS BETWEEN OR AFTER EVENTS, IF IT OCCURS AT ALL. AT THE COOK-O-REE, THE FOCUS IS ON CAMP COOKING. THE MEALS ARE THE EVENTS THAT WILL BE JUDGED.

- FOR THIS EVENT, THERE WILL BE A **SCOUT DIVISION** AND **ADULT DIVISION**. PLACES FOR FIRST THRU THIRD WILL BE AWARDED AT THE END OF THE COOK-O-REE.
- THE COOKING WILL BE DONE ON A **PATROL BASIS** TO PROVIDE A VARIETY OF MEALS FOR THE WEEKEND. **IDEAL SIZE FOR A PATROL IS 6-8 SCOUTS.**
- THE MEALS TO BE JUDGED WILL BE **SATURDAY LUNCH** AND **SATURDAY SUPPER.**
- EACH MEAL WILL HAVE A COMMON MENU ALL PATROLS MUST ADHERE TO.
- SCOUT CHEFS HAVE **60 MINUTES** FROM THE WORD "GO" TO PREP, COOK, AND PRESENT THEIR LUNCH AND **120 MINUTES TO PREP,** COOK, AND PRESENT THEIR SUPPER.
- **JUDGING WILL BE DONE BY ALL OF THE ADULT LEADERS OF A GIVEN TROOP, AND DISTRICT STAFF, DINING WITH TROOPS OTHER THAN THEIR OWN. NO JUDGE SHOULD DINE AT THE SAME TROOP TWICE.** JUDGING TEAMS WILL BE PROVIDED SCORE SHEETS TO BE FILLED IN, THEN TURNED IN TO COOK-O-REE STAFF WHO WILL COMPILE SCORES AND DETERMINE THE AWARDED OF IRON SCOUT CHEF.

# IRON SCOUT CHEF MENU

## LUNCH

- APPETIZER (PATROL'S CHOICE, MAY BE HOT OR COLD)  
OR
  - SOUP (PATROL'S CHOICE, MAY BE HOT OR COLD, CLEAR BROTH OR CREAM STYLE)
  
  - MAIN COURSE - SANDWICH (THERE ARE SANDWICHES, AND THERE ARE SANDWICHES, KNOW WHAT WE MEAN?)
  
  - SALAD - (LIMITED ONLY BY YOUR IMAGINATION.)
  
  - DESSERT (PATROL'S CHOICE)
  - BEVERAGE (PATROL'S CHOICE)
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## SUPPER

- APPETIZER (PATROL'S CHOICE, MAY BE HOT OR COLD)  
OR
- SOUP (PATROL'S CHOICE, MAY BE HOT OR COLD, CLEAR BROTH OR CREAM STYLE)
  
- MAIN COURSE - **CHICKEN**, PREPARED ANY WAY
  
- CARBOHYDRATE SIDE DISH - MINIMUM ONE OF THE LISTED CARBS, PREPARED ANY WAY
  
- VEGETABLE SIDE DISH - MINIMUM OF ONE OF THE LISTED VEGETABLES, PREPARED ANY WAY
  
- DESSERT (PATROL'S CHOICE)
- BEVERAGE (PATROL'S CHOICE)

# DINNER MAIN COURSE INGREDIENT

- PATROLS MUST USE **CHICKEN** IN THEIR MAIN COURSE. IT MAY BE ANY **CHICKEN** PRODUCT (WHOLE FRYERS OR ROASTERS, WINGS, DRUMS, THIGHS, WHOLE LEGS, QUARTERS, BREASTS.), PREPARED ANY WAY, PATROL'S CHOICE. **PREPARED CHICKEN PRODUCTS ARE NOT ACCEPTABLE**

## VEGETABLES LIST

- **PATROLS MUST SERVE A MINIMUM OF ONE VEGETABLE.** FOR EXAMPLE: CORN, CARROTS, SPINACH, BROCCOLLI, PEAS OR ASPARAGUS. IT MAY BE PREPARED IN ANY WAY.

## CARBOHYDRATE LIST

- **PATROLS MUST SERVE A MINIMUM OF ONE CARBOHYDRATE:** FOR EXAMPLE: YAMS/SWEET POTATOES, PASTA, RICE, POTATO, OR BREAD MADE IN CAMP. IT MAY BE PREPARED IN ANY WAY. NOTE: BREAD FOR THE LUNCH TIME SANDWICHES MAY BE PURCHASED, BUT BREAD AT SUPPER MUST BE MADE IN CAMP.

## WILD CARD INGREDIENTS

- PATROLS MAY USE INGREDIENTS OF THEIR CHOOSING TO ENHANCE THE DISHES THEY PREPARE FROM THE THEME AND SPECIFIED INGREDIENTS LISTS. THE IDEA IS TO TAKE A BASIC DISH AND IMPROVE IT, TAKE IT TO ANOTHER LEVEL. FOR EXAMPLE, IF YOU WERE TOLD YOU HAD TO COOK OATMEAL AND IT WOULD BE EATEN BY JUDGES WHO WILL SCORE YOU ON IT, YOU COULD JAZZ IT UP BY ADDING SUCH WILD CARD INGREDIENTS AS BROWN SUGAR, CINNAMON, RAISINS OR OTHER DRIED FRUIT, MAPLE SYRUP, BUTTER, WHAT HAVE YOU. GET THE PICTURE?

## DESSERTS AND BEVERAGES

- PATROLS MAY CHOOSE WHATEVER DESSERT AND BEVERAGE THEY WOULD LIKE TO SERVE. SURPRISE US....BUT IN A GOOD WAY.

## **FOOD FOR THOUGHT, AS IT WERE**

GIVE SOME THOUGHT AS TO WHAT FOODS WORK WELL WITH OTHER FOODS, OR, CONVERSELY, WHICH FOODS MIGHT CLASH, WHEN SERVED TOGETHER AS A MEAL. KEEP THIS IN MIND WHEN PLANNING YOUR MENU.

GIVE SOME THOUGHT AS TO HOW YOU PLAN TO PREPARE THESE MEALS IN ONLY **60 MINUTES** FOR LUNCH AND **120 MINUTES** FOR DINNER. ON THE TV SHOW IRON CHEF, THERE IS ONE HEAD CHEF WORKING FRANTICALLY WITH THREE ASSISTANT CHEFS. CONSIDER HAVING ONE HEAD CHEF TO PREPARE THE MAIN COURSE, WITH AN ASSISTANT IF NECESSARY AND OTHER PATROL MEMBERS SERVING AS ASSISTANT CHEFS WORKING ON OTHER ELEMENTS OF THE MEAL. IF YOUR COOKING OF THE MEAL REQUIRES A CHARCOAL FIRE, HAVE A DESIGNATED FIRE TENDER WHO WILL BUILD AND LIGHT THE FIRE, AND WORKING CLOSELY WITH THE HEAD CHEF, KEEP IT AT PROPER INTENSITY FOR AS LONG AS NEEDED.

SPEND TIME WITH YOUR JUDGING TEAM, BEFORE THE WORD “GO”, TO INFORM THEM THE NAMES OF THE DISHES YOU WILL PREPARE, HOW YOU PLAN ON PREPARING THE FOOD, HOW YOU WILL COOK IT, AND WHAT YOU EXPECT THE FINISHED DISH TO LOOK LIKE, BE LIKE, AND TASTE LIKE. WHEN YOU SERVE YOUR MEAL TO YOUR JUDGES, REVIEW THESE POINTS WITH THEM ONCE MORE, AND TELL THEM YOU’RE IMPRESSIONS AS TO HOW YOU THINK THE LAST 60 OR 120 MINUTES WENT FOR YOU AND YOUR PATROL.

### **SCOUT CHEF CATEGORIES TO BE JUDGED**

- **TOOL SKILLS:** HOW SKILLFUL WAS THE SCOUT CHEF IN HANDLING HIS KITCHEN UTENSILS, AND DID HE USE THE PROPER UTENSIL FOR THE PROPER JOB? IN PARTICULAR, HOW SAFELY DID HE HANDLE THE KNIFE WHEN CUTTING OR CHOPPING? WHEN TURNING MEAT OVER, DID HE USE A FORK, A SPATULA, OR TONGS? WHICH WOULD HAVE BEEN MOST APPROPRIATE UNDER THE CIRCUMSTANCES?
- **FOOD SKILLS:** DID THE SCOUT EXERCISE PROPER FOOD HANDLING SKILLS? WERE PERISHABLES KEPT REFRIDGERATED UNTIL NEEDED? WERE HANDS WASHED AFTER HANDLING RAW MEAT? FOR THAT MATTER, DID THEY START OUT BY BEING WASHED BEFORE PREP BEGAN? WERE FOOD ITEMS THAT WERE BEING CUT UP PRIOR TO COOKING CUT TO UNIFORM SIZES SO THEY WOULD COOK EVENLY?

- **FIRE SKILLS:** HOW DID THE SCOUT CHEF MANAGE THE FIRE? ENOUGH HEAT TO COOK PROPERLY? TOO MUCH HEAT? OF LONG ENOUGH DURATION? BONUS POINTS FOR WOOD FIRE USED FOR COOKING
- **KITCHEN MANAGEMENT SKILLS:** DID THE TOP CHEF MANAGE AND COORDINATE WITH HIS ASSISTANTS TO HAVE THE ENTIRE MEAL COME TOGETHER IN THE PROPER SEQUENCE AT THE PROPER TIME? HOW DID THEY GET ALONG; COMERADERY, BOSSINESS, BICKERING AND SQUABELLING?

### **TIME ELEMENT**

- UP TO 5 MINUTES OVER = 1 PENALTY POINT
- UP TO 10 MINUTES OVER = 5 PENALTY POINTS
- UP TO 15 MINUTES OVER = 10 PENALTY POINTS
- MORE THAN 15 MINUTES OVER = 20 PENALTY POINTS
- UP TO 5 MINUTES UNDER = 1 BONUS POINT
- UP TO 10 MINUTES UNDER = 5 BONUS POINTS
- UP TO 15 MINUTES UNDER = 10 BONUS POINTS
- MORE THAN 15 MINUTES UNDER = 20 BONUS POINTS

JUDGES WILL CALL THE WORD “GO” AT **11:30**, WITH **12:30** BEING THE APPOINTED TIME TO EITHER SERVE THE LUNCH OR START ACCRUING PENALTY POINTS.

JUDGES WILL CALL THE WORD “GO” AT **4:00** WITH **6:00** BEING THE APPOINTED TIME TO EITHER SERVE THE SUPPER OR START ACCRUING PENALTY POINTS.

CONSULT CURRENT BSA COOKING MERIT BADGE BOOK FOR INFORMATION ON COOKING.

**10 POINTS WILL BE ADDED ON TO THE UNIT SITE SCORE FOR COMPLETING A CAMP NUTTER SERVICE PROJECT FROM A SPECIFIED LIST.**

# NOTES TO JUDGES

JUDGES SHOULD GET TO THEIR HOST TROOP A GOOD 15 MINUTES BEFORE “GO” IN ORDER TO SPEND TIME TALKING WITH THE SCOUT CHEFS, FIND OUT THE NAMES OF THE DISHES TO BE PREPARED, ETC., AND TO SEE THAT NO ONE JUMPS THE GUN WITH ANY FOOD PREP. FIRES MAY BE STARTED BEFORE THE WORD “GO”, BUT THERE CAN BE NO PRECUTTING OR PEELING OF VEGETABLES, NO UNWRAPPING MEAT PACKAGES, NO FOOD PREP OF ANY KIND BEFORE “GO”.

EACH DISH WILL BE JUDGED IN A NUMBER OF CATEGORIES. EACH CATEGORY WILL BE GIVEN A NUMERIC SCORE ON A RANGE OF 0 – 20, WITH 20 EQUATING TO 5-STAR RESTAURANT QUALITY. (IT COULD HAPPEN.)

THE SCOUT CHEFS THEMSELVES WILL ALSO BE JUDGED IN A FEW CATEGORIES, THE NUMERIC SCALE HERE BEING 0 - 10.

FOR EACH CATEGORY TO BE JUDGED, ENTER YOUR NUMBER SCORE, AND THEN GIVE A BRIEF COMMENTARY AS TO WHY YOU GAVE THAT SCORE. DESCRIBE WHAT WAS GOOD OR NOT SO GOOD ABOUT THE DISH OR THE SCOUT CHEF AS PERTAINING TO THAT SPECIFIC CATEGORY.

THERE IS ALSO THE TIME ELEMENT. SCOUT CHEFS HAVE FROM THE WORD “GO” EITHER 60 MINUTES FOR LUNCH OR 120 MINUTES FOR SUPPER TO PREPARE, COOK, AND SERVE THE COMPLETE MEAL. DEPENDING ON HOW MUCH TIME THEY GO OVER OR UNDER THE APPOINTED SERVING TIME WILL DETERMINE THE NUMBER OF PENALTY OR BONUS POINTS.

## FOOD CATEGORIES TO BE JUDGED

- PRESENTATION – HOW DOES THE FINISHED DISH LOOK? (WE EAT WITH OUR EYES FIRST.)
- HOW DOES IT SMELL? – YUMMIE, BURNT, ROTTEN? TELL US YOU’RE IMPRESSIONS.
- HOW DOES IT TASTE? – YUMMIE, BURNT, ROTTEN. TELL US YOU’RE IMPRESSIONS.
- HOW IS THE TESTURE? – IF IT’S SUPPOSED TO BE CRISPY, IS IT CRISPY OR SOGGY? IF IT’S SUPPOSED TO BE CREAMY, IS IT CREAMY, OR GRITTY, OR LUMPY? IS IT COOKED TO THE PROPER DEGREE OF DONENESS, OR IS IT OVER OR UNDERCOOKED?
- WHAT IS ITS TEMPERATURE? IF IT SHOULD BE SERVED HOT, IS IT? IF IT SHOULD BE SERVED COLD, IS IT?
- DEGREE OF COMPLEXITY – HOW BASIC OR COMPLEX WAS THE DISH TO PREPARE? DID THE SCOUT CHEF DO ANYTHING TO ENHANCE THE DISH AND TAKE IT TO ANOTHER LEVEL?
- DEGREE OF DIFFICULTY – WAS THE DISH OVERCOMPLICATED FOR CAMP COOKING ON A PRACTICAL LEVEL? WAS THE DISH GOOD ENOUGH YET SIMPLE ENOUGH TO WARRANT YOUR ASKING THE SCOUT CHEF FOR THE RECIPE TO BRING BACK TO YOUR OWN TROOP?