


# Presentation Notes


## Iron Chef Classroom Challenge

Slide 1



### Iron Chef Classroom Challenge


Practicum in Culinary Arts



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### Background



Based upon the Japanese cult sensation, *Iron Chef America* carries on the legend of Kitchen Stadium and the famed "secret ingredient."

## Iron Chef America

Click on link



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Click on hyperlink [Iron Chef America](#) to view video.

### **Iron Chef America Sneak Peek (01:01)**


Get a sneak peek of the backstage action at the Iron Chef America cook-off.

<http://www.foodnetwork.com/videos/iron-chef-america-sneak-peek/24921.html>

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### Rules

- Lab groups may choose their own partners
- Limited to 4 or 5 team members
- Appropriate chef uniform should be worn
- Arrive on time to start promptly

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Note to Teacher: Decide before class how you will conduct this competition. You may allow your students to make only one item with the secret ingredients such as an appetizer, salad, an entrée, a dessert, or a combination of two, three, or all four. Keep in mind budget and time.

For this lab, you may choose your own partners and exhibit teamwork, productive work habits, communication skills, and culinary techniques. Remember to bring your chef uniform and arrive on time to begin work immediately.

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### Rules

- All food safety rules must be followed:
  - Washing hands, clean counters and equipment, clean apron, hair pulled back, and so forth
- Secret ingredient must be incorporated into the recipe
- Food items entered must be made from scratch and all prep done in the lab
- Food entries must be ready in \_\_\_\_ minutes to allow for judging time

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Reminder: Since we will be serving food to the judges to taste, all food safety rules must be followed.

The secret ingredient must be used in the recipe and all recipes are to be made from scratch with all prep work done in the lab.

Food entries should be ready to judge in \_\_\_\_ minutes. (Choose a time that will fit into the class schedule – one recipe that is simple may only take 15 to 20 minutes, while more recipes with more ingredients and steps will take longer.)

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### Judging

- Food entries will be judged on:
  - Appearance
  - Taste
  - Degree of difficulty
  - Use of secret ingredient
- Judging rulings are final
- Winners will be awarded an Iron Chef Classroom Award of Excellence Certificate
- Good Luck!

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Judges will be teachers, staff, administrators, community people, local chefs, and local chef instructors from community colleges, anyone that would like to see the student's talents in the kitchen. This will also provide good public relations for your courses as they will be able to see the skills students have learned.

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### Recipes

- All recipes are to be made from scratch
- Recipes should be pre-approved from teacher
- Secret ingredient should be incorporated
- Recipes should yield at least six servings
- Plating of food items will also be judged



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All recipes are to be made from scratch and will be prepared during class following all food safety rules. No prepared mixes. Secret ingredient should be incorporated. Recipes should yield at least six servings. A small portion will be given to the judges to taste and group may also sample the food. (Provide take home boxes for judges to take remaining portion)


Ingredients for recipe will only be provided once for the actual competition. Students may choose to practice their recipe at home with their ingredients. Decide on a secret ingredient before class begins. Refer to slide 11 for ideas. Choose an ingredient that is in season as they are more flavorful, abundant, and lower in price or a canned item. All groups in the class should have the same secret ingredient to see who incorporated the item the best. Different classes may have different secret ingredients.

For plating, only plates available in lab may be used but students may bring other plating from home if so desired.

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### Time

- One class period to introduce challenge and discussion
- Two class periods to choose a team and recipe
- One class period to prep ingredients
- One class period to prepare recipe(s) and judge
- One class period to evaluate and award certificates

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Depending on your schedule, adjust time as needed.


Remind students of time constraints so that they do not waste class time. Working together as a team and dividing tasks will assist them in preparing the recipe(s) on time.



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### Recipe Cost Analysis

Ingredients	Amount needed	Purchase Price and Size	Unit Price
Flour	2 ½ cups	\$2.29/5 lb.	\$.57
Sugar	1 ½ cups	\$2.64/4 lbs.	\$.50
Eggs	2	\$1.58/12	\$.26

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Discuss the importance of the Recipe Cost Analysis and assist the students as they figure the unit price of the ingredients they used for their recipe. Use copies of receipts from previous labs so students can analyze their recipe cost. Prices will vary. Students should figure the total cost to the recipe and the individual serving.

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### Recipe Nutritional Analysis

Ingredient and Amount Needed	Serving Size	Servings Used in Recipe	Calories	Calories from Fat	TOTAL FAT % DAILY VALUE	SATURATED FAT % DAILY VALUE
Flour 2 ½ cups	¼ cup	10	100x10 1,000	0	0%	0%
Sugar 1 ½ cups	1 tsp.	72	15x72 1080	0	0%	0%
Eggs 2	1	2	70x2 140	45x2 90	7%	8%

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Use the Nutrition Facts from all the ingredients used in your recipe and the measurement equivalents on the **Standards of Measurement** handout. Be sure to multiply amounts by the amount used in the recipe. Depending on brand used, numbers will vary.

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### Secret Ingredient Ideas

- Be creative!
- Chocolate
- Fruits (apples, bananas, oranges)
- Grains (cereal, oatmeal, pasta)
- Meats (beef, fish, poultry)
- Vegetables ( carrots, potatoes, zucchini)
- Various nuts ( be wary of allergies)

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Brainstorm with your students about possible ingredients that would be incorporated into the recipe (keep in mind budget) or make the decision yourself. Give students a small idea, and they will expand on it.

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### References/Resources

Images:

- Hollenstein Career and Technology Center  
Eagle Mountain - Saginaw ISD  
Fort Worth, TX
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