



# Junior Chefs Rockfish Cook-Off

Calling all Seafood Chefs (7-17 years of age)

Help Us Celebrate Maryland Rockfish

## East Coast Junior Watermen's Program

January 30, 2010

Ocean City Convention Center

Ocean City, MD



Time: Starts at 10:30 am  
Winners announced at 2:15 pm

Sponsored By:

University of Delaware Sea Grant Program  
University of Maryland Sea Grant Extension Program  
Maryland Seafood Marketing Program

[www.marylandseafood.org](http://www.marylandseafood.org)

# 2010 Junior Chefs Rockfish Cook-Off

## Official Rules and Entry Form

Entries for the third annual Junior Chefs Rockfish Cook-Off are due on Friday, **December 18, 2009**. Five finalists in 2 age groups will be selected from these entries to compete for cash prizes (\$200 for first place, \$100 for second place, and \$50 for third place) and plaques. The two age groups are 7-12\* and 13 – 17\*. In addition all finalists will receive Rockfish pins, aprons and certificates.

The recipe should be an entrée or main dish. Each finalist will receive two pounds of rockfish fillets to use the day of the competition. All other ingredients and cooking utensils are the contestant's responsibility. Judging will be based on taste, originality, appearance (or attractiveness), and predominance of rockfish. Parental permission and supervision must be provided.

*\*Based on your age the day of the contest 1/30/10.*

### Junior Rockfish Chefs Cook-Off Guidelines

1. One entry per person. Each recipe must be an original creation of the contestant.
2. Two pounds of rockfish fillets will be provided to each contestant by the Cook-Off sponsors.
3. It is the responsibility of each contestant to bring all other ingredients.
4. All cooking appliances and utensils used in the Cook-Off must be provided by the contestants.
5. A 110-volt electricity source and back-up equipment will be available at the Cook-Off.
6. Judging will be based on taste, originality, appearance (or attractiveness), and predominance of rockfish.
7. Ten (5 in each age group) finalists will be selected from all entries by a panel of 4 seafood experts. These finalists will be eligible to compete in the final competition at the East Coast Junior Watermen's Program on January 30, 2010. If one or more finalists are unable to attend the finals, the cooks with the next highest scores will be invited to participate.
8. All recipes entered become the property of the University of Delaware Sea Grant College Program and College of Earth, Ocean, and Environment. Recipes may be duplicated for the Junior Watermen's Program audience and used in The East Coast Watermen's Expo publicity.
9. The deadline for entries is Friday, December 18, 2009.
10. Contestants must register for the Cook-Off via the official entry form or a photocopy, or include all the requested information on a separate piece of paper and mail to the address below.
11. All finalists will receive confirmation of their entry, directions to the site, and additional instructions for the Cook-Off by mail.
12. Only one entry per person is allowed.

Finalists will be notified by January 7, 2010 – please provide a daytime phone number on the entry for notification.

### Mail entry forms to:

Junior Chefs Rockfish Cook-Off  
University of Delaware  
College of Earth, Ocean, and Environment  
Sea Grant Marine Advisory Service  
700 Pilottown Road  
Lewes, DE 19958-1298

Entry forms also can be e-mailed to [dhicks@udel.edu](mailto:dhicks@udel.edu) or faxed to 302-645-4213.



# Junior Chefs Rockfish Cook-Off

## Official Entry Form

Cook's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Age (as of 1/30/10): \_\_\_\_\_

E-mail: \_\_\_\_\_

Title of Rockfish Recipe: \_\_\_\_\_

List of Ingredients:

Preparation Instructions:

**GOOD LUCK!**

If needed additional pages can be attached.