



Cook-Off Rules and Guidelines

Team Eligibility:

- The competition is open to everyone.
- There will be two categories in the event: professional and amateur.
- The first 12 qualified professional, and 8 qualified amateur entries, each category having 2 alternates (in case of withdrawal) will be selected to participate.
- Each team may be made up of as many as four people

Dish Requirements:

- Each team will be required to make at least one dish with one or two seafood ingredients prominent. This dish must be an original recipe of an entrée, appetizer, soup, salad, or stew of the contestants choosing.
- All applicants may either choose one or two of the following ingredients:
 - Dungeness Crab, Oregon Pink Shrimp, Petrale Sole, Alaskan Cod and possibly Albacore Tuna (which will be supplied by the NFW) or if preferred by the applicant, may supply their own wild American caught and processed seafood to be prominent in their recipe.
- All recipes are subject to printing in the NFW cookbook or other NFW material.
- Each team should be prepared to make at least 500 1 to 2oz. samples of their dish for handing out to the public. (NFW will supply the 2oz. sample cups.)

Booth Regulations and/or Equipment Requirements:

- NFW will provide the booths for each team.
- Each contestant will need to supply their own cooking utensils, cookware, and needed cooking devices. (No more than two electrical appliances may be plugged in by each team at one time on-site.)
- Sorry, no BBQ's, propane, or open flame will be allowed on site.
- Banners and signs at your cooking booth must be non-combustible or treated with a flame retardant product.

Location:

- Each team will be allowed to set up at 11:00am at the event. The doors will open at 3:00pm to the public which will allow up to four hours of cook time before judging.
- There will be two "eating's" or Cook-Off sessions: 3:00pm-5:00pm and 5:20pm-7:20pm.
- A 20 minute "break" is schedule between 5:00pm-5:20pm to allow the ticketed public to exit the 1st "eating" before the ticketed public to enter for the 2nd "eating"
- If extra time is needed in preparation for your dish, your team can be assigned a location to cook before the event-NFW has a list of off-site health dept approved kitchens and must be specified on your application is turned in to book your reservation.

Judging Criteria:

- Judging will take place on-site beginning at 2:30pm by the five Cook-Off Judges.
- Judging is based on originality, taste, artistic presentation, texture, and prominence of seafood. Each of these is worth 20 points for a total of 100 points possible.

The Awards Ceremony for all categories will begin at 7:20pm at the inside stage. The Head Chef from each team needs to report to the stage by 7:15pm for the Ceremony.