

Rules for the Iron Chef Competition

1. Each table is competing against the other two tables and will have 45 minutes to plan and execute their menu.
2. Every table has identical secret ingredients, plus unlimited access to the spice table, onions, garlic, and olive oil.
3. A portion of all ingredients on the platter must be used.
4. Explain that from the Wild Card Table, each group can use one starch (e.g. bread OR potatoes) and a choice of two other ingredients (e.g. soy sauce and milk).
5. Adults will not be available for any advice, ideas, direction, or reminders.
6. Teachers will announce the time remaining throughout the period.
7. When the time is up, cooking stations should be clean and the tables must be set. Tables should include three place settings for the judges.