

## Cooking Task (Contest 6 Details)

During the competition, teams can receive up to 10 points for this Contest Activity. Each team will be required to cook an evening meal for a minimum of six people (including one Organizer) on each of 4 days (Monday through Thursday) of the Contest Week. Successfully completed meals will receive 2.5 points each.

Teams are required to submit meal plans to the Organizers in accordance with these rules. Table 1 contains a sample meal plan. One electronic copy (Microsoft Word document or Adobe PDF) of the meal plan must be submitted to Mike Wassmer at [michael\\_wassmer@nrel.gov](mailto:michael_wassmer@nrel.gov) on or before August 9, 2005. To be considered “on time,” meal plans must arrive at their intended destination by 5 p.m. (mountain time) on the due date. The Organizers will review the meal plans for compliance.

### Appliances

As stated in the [Contest 6: Appliances](#) document, each team’s kitchen must include a cooktop, an oven, a refrigerator, and a freezer. Examples of oven types include a microwave, conventional, or convection oven. The purchase of appliances and necessary storage, preparation, and serving equipment (e.g., plates, utensils, pots and pans) is each team’s responsibility. Teams also have the option of using other small appliances such as blenders and food processors to aid in the preparation of meals, but to receive credit for this Contest Activity, each team must use the cooktop, oven, refrigerator, and freezer in their house to prepare the components of required meals.

### Safety Requirements

The following safety requirements must be met to receive points in this Contest Activity:

- To comply with National Park Service rules, no food may be served to the general public.
- No alcoholic beverages may be stored, used in meal preparation, served, or used in a meal in any way.
- No raw eggs, raw meats, or raw fish may be stored, prepared, served, or used in a meal in any way.
- All water used for cooking and drinking shall be drinking water purchased in sealed containers. The use of the house’s main water supply system is not permitted for these applications.
- If the requirements of the dishwashing tasks for [Contest 6: Appliances](#) are not met, meals must be prepared and served using equipment (e.g., cups, glasses, plates, utensils, pots and pans) that has been sterilized or that is disposable.
- Normal domestic wastewater may go into the wastewater tank. Hazardous or toxic chemicals are not allowed in the wastewater tank.
- All frozen beverages and foods must be stored in the freezer until preparation for serving.
- All beverages and food must be stored properly and according to the instructions on the packaging. For example, beverages and foods marked “refrigerate after opening” must be refrigerated appropriately after opening.

- Pre-cooked, pre-packaged, factory-sealed items (e.g., canned, frozen, and pre-packaged, pre-cooked, factory-sealed meats) are allowed provided they are stored and prepared according to the guidelines at the Center for Food Safety and Applied Nutrition (CFSAN) and the Food and Drug Administration's (FDA) Web site at <http://www.cfsan.fda.gov/~dms/fttcook.html>. Take-out and over-the-counter delicatessen food items will not be permitted because they are not pre-packaged and factory-sealed.
- When planning meals, please consider that the people you will be feeding might have food allergies. Common food allergies are: milk/dairy products, eggs, peanuts, tree nuts (walnut, cashew, pecans, etc.), fish, shellfish, soy, and wheat. To help prevent allergic reaction, the Organizers recommend that the teams create a list of ingredients for each of the items being served at each meal.

### **Contest Activity Requirements**

- Meals shall be served between 5:30 p.m. and 7:00 p.m. on Monday through Thursday of Contest Week.
- An Observer will make note of preparations for the meals to help the Contest Official determine compliance with the rules of this Contest Activity.
- The meals must be prepared and cooked in the team's house within the 800-ft<sup>2</sup> footprint.
- Each meal must consist of the following four components: main course, side dish (served with, but subordinate to, the main course), dessert, and beverage. Of the four components, one must be served hot or heated using the cooktop, one must be served hot or heated using the oven, one must be served chilled using the refrigerator, and one must be served frozen using the freezer. Room temperature components will not satisfy cooking task requirements. Each team must use the cooktop, oven, refrigerator, and freezer in its house for each meal prepared. See Table 2 for examples of meal components that fall within these preparation categories.
- Meal components must be prepared and served appropriately. For example, frozen pizza must be baked before serving.
- A hot item (oven or cooktop) is prepared with boiling water or has an internal temperature of 165°F (73.9°C). For example, the water to prepare a main course such as pasta must have boiled. To determine cooking task compliance, an Observer or Organizer will verify visually that all hot items requiring boiling water have been prepared with boiling water. If serving pre-cooked, pre-packaged, and factory-sealed, or canned items, the internal temperature of the food must have reached 165°F (73.9°C). (See CFSAN/FDA's Web site at <http://www.cfsan.fda.gov/~dms/fttcook.html> for clarification.) To determine cooking task compliance, an Observer or Organizer will verify with a thermometer that all hot items requiring a minimum temperature of 165°F (73.9°C) have reached that temperature.
- Heated items (oven or cooktop) shall be heated to a temperature above ambient and will be evaluated tactilely and visually.
- Chilled items (prepared using and/or stored in the refrigerator) and frozen items (prepared using and/or stored in the freezer) will be evaluated tactilely and visually.
- Main course items may not be served for credit more than once during Contest Week. For example, pizza or a variation of pizza may not be served multiple times.
- Each team will be required to provide a total of six servings of each meal component (main course, side dish, dessert, and beverage) at each meal. Each of the six people at each meal will receive one serving of each component. For serving sizes, see Table 3.

- Some meal-planning clarifications:
  - Hot beverages, such as hot tea, do qualify as a cook-top-prepared beverage.
  - A meal consisting of, for example, a cook-top-prepared main course, a chilled side dish, a freezer-prepared dessert, and a cook-top-prepared beverage, will not get credit, because the oven was not used to prepare at least one of the meal components.
  - A meal consisting of, for example, a main dish that required the use of both the cooktop and the oven, a frozen dessert, and a chilled beverage will not get credit, because, even though it uses all four required appliances, it does not include all of the four required meal components (no side dish).
  - Provided teams meet all cooking task requirements, they are permitted to prepare a meal with more than four components. Teams should indicate in their submitted meal plans which four components should be considered for compliance with the task.

## Additional Information

**Table 1. Sample Meal Plan**

<b>Meal #1</b>	<b>Meal #2</b>
Main Course: Tuna casserole (oven/ hot)	Main Course: Pizza (oven/ hot)
Side Dish: Green salad with dressing (refrigerator/ chilled)	Side Dish: Broccoli (cooktop/ hot)
Dessert: Ice cream pie (freezer/ frozen)	Beverage: Soda (refrigerator/ chilled)
Beverage: Fresh brewed tea (cooktop/ hot)	Dessert: Popsicles (freezer/ frozen)
<b>Meal #3</b>	<b>Meal #4</b>
Main Course: Ham (purchased pre-cooked, pre-packaged, and factory sealed) (oven/ heated)	Main Course: Canned vegetarian chili (cooktop/ heated)
Side Dish: Potatoes (cooktop/ hot)	Side Dish: Corn Bread (oven/ hot)
Optional second Side Dish: Raw vegetables with dip (refrigerator/ chilled)	Optional second Side Dish: Fruit salad (refrigerator/ chilled)
Dessert: Sherbet (freezer/ frozen)	Dessert: Ice cream (freezer/ frozen)
Beverage: Soda (refrigerator/ chilled)	Beverage: Soda (refrigerator/ chilled)

**Table 2. Example Meal Components within Preparation Categories**

<b>Cooktop</b> (Hot and heated items)	<b>Oven Cooked</b> (Hot and heated items)	<b>Refrigerator</b> (Chilled)	<b>Freezer</b> (Frozen)
Coffee, tea, hot chocolate	Baked goods (cookies, cakes, brownies, pies)	Pre-cooked, pre-packaged and factory-sealed cold cuts	Frozen yogurt
Pasta	Casseroles	Dairy products	Ice cream
Potatoes	Pasta	Fruit or fruit salad	Pie
Pre-cooked, pre-packaged, and factory-sealed, or canned items	Pizza	Green salad	Popsicles
Rice	Potatoes	Jell-O	Sherbet
Soup, chili, stew or sauce	Pre-cooked, pre-packaged and factory-sealed or canned items	Juice	Sorbets
Cooked vegetables	Rice	Pasta	
	Vegetables	Pudding	
		Soda	
		Vegetables	

**Table 3. What Counts as a Serving?**

<b>Bread, Cereal, Rice, Pasta</b>		
1 slice of bread	½ cup of cereal, cooked rice, cooked pasta	
<b>Vegetable</b>		
1 cup of raw, leafy vegetables	½ cup of other vegetables—cooked or chopped raw	¾ cup of vegetable juice
<b>Fruit</b>		
1 medium apple, banana, orange	½ cup of chopped, cooked, or canned fruit	¾ cup of fruit juice
<b>Milk, Yogurt, Cheese</b>		
1 cup of milk, yogurt	1 ½ ounces of natural cheese	2 ounces processed cheese
<b>Meat, Poultry, Fish, Dry Beans, Eggs, Nuts</b>		
2 – 3 ounces of cooked, lean meat, poultry, or fish	½ cup of cooked dry beans or 1 egg count as 1 ounce of lean meat. 2 tablespoons of peanut butter or ⅓ cup of nuts count as 1 ounce of meat	

Source: Adapted from the U.S. Federal Citizen Information Center’s “Food Guide Pyramid.” The publication is available electronically at [http://www.pueblo.gsa.gov/cic\\_text/food/food-pyramid/main.htm](http://www.pueblo.gsa.gov/cic_text/food/food-pyramid/main.htm).