

# ARKANSAS HOSPITALITY ASSOCIATION'S IRON CHEF COMPETITION RULES AND REGULATIONS

ARKANSAS  
RESTAURANT  
ASSOCIATION  
PRESENTS THE



COMPETITION  
Wednesday,  
September 19th

Wed, September 19, 2018  
Little Rock Statehouse  
Convention Center,  
Showcase Floor  
Heat 1—11:30a.m.  
Heat 2—12:40p.m.  
Heat 3—1:50p.m.  
Heat 4—3:00p.m.



AHA  
603 S. Pulaski  
Little Rock, AR 72203  
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www.arhospitality.com

## COMPETITION FORMAT FOR IRON CHEF

- Competition is open to 8 eligible chefs from restaurants, country clubs or catering businesses that are members of the Arkansas Hospitality Association.
- The first two heats will consist of four chefs each competing against each other in which two chefs will be eliminated from each heat. The remaining 4 chefs will then compete in heat 3, another double elimination round. The remaining two chefs will then compete in heat 4- the final round. The chef with the highest score in the finals will win.
- Each contestant will be allowed to choose his/her own ingredients from a display to go with a mystery basket provided.
- A pantry with basic staples such as bases, spices, dairy, starches, and dry ingredients will be provided. (Anyone with a food allergy is welcome to bring alternative ingredients for their dishes but must provide enough for all competitors to use during competition. List of special ingredients must be submitted one week in advance.)
- The contestant has 30 minutes to create an entrée (2 plates - one for presentation, one for judge tasting)
- Contestants will compete in heats against other chefs. Names will be drawn for the heat positions.
- Participants will be judged on plate presentation, creativity, product taste, and sanitation practices.
- Judges will be comprised of 3 industry professionals.
- Chef(s) with lowest score from each heat will be automatically eliminated.
- In the event of a tie, a score will be taken from the "Tie-Breaking" question. If there is another tie, the highest overall score from the previous rounds will win the competition.

## COMPETITION RULES

- Participants must check in 30 minutes prior to their heat.
- \$100 deposit must be given for spot in competition. Cancellations must be made by 3:00 p.m. September 10, 2018, in order to receive your deposit back.
- Participants must use the items in the mystery basket provided.
- The protein must be the focal point of the dish.
- Participants must be available all day for competition
- Participants must bring their own knives.
- Participants may bring 2 of their own plates for presentation.
- Chefs may not bring anything other than their knives and plates.
- Participants must make 2 plates of the same entrée per heat.
- Participants will be judged on how well they used the items supplied.
- Proper safety and sanitation practices will be judged during the contest.
- Judges' decisions are final.
- Have fun and enjoy the event!