

WCA IRON CHEF 2018: BATTLE FOR DEEP SEA CULINARY SUPREMACY!

Assemble your crew and prepare to enter the deep sea in this years “Into the Deep” annual camp cooking competition! Teams of Pathfinders or Rangers will create a three-course menu using a selection of provided ingredients to wow our fabulous guest judges and vie for the ultimate award: the West Coast Area trophy for Culinary Supremacy!

When: Saturday October 27th, 2018 from 12:30-5pm

Where: Fisher Field Picnic Shelter, Deas Island Regional Park, Delta

Who: Patrols of 4-6 Pathfinders or Rangers

Cost: \$70 per patrol (Incl GST)

Registration Deadline: October 19th, 2018



REGISTRATION:

Registration this year will be done online.

Please register each patrol online by visiting the WCA Camping website www.wcacamping.weebly.com. Or using these links: [Registration form](#) [SG1](#) [SG2](#)

Fees, participant list & Safe Guide paperwork will be collected at the event.

NOTES:

- Top prizes will be given to a Pathfinder and Ranger team judged based on taste, presentation, creativity, and nutrition. Mixed teams will be judged in the Ranger category.
- Amount and quality of Food bank donations is included in the overall team score. Check out what items are needed at: <https://www.foodbank.bc.ca/get-involved/food-donations>
- Unit Guiders need to provide supervision ratio for this event for girl teams.
- Event will run rain or shine, so be prepared!
- There will be an area for unloading gear close to the competition area: please plan to have people on hand to make the unloading go smoothly, and please park in the lot when done.
- There is no garbage pick-up at Deas Island – plan to take your trash home
- While there will be enough ingredients for groups to eat their own creations too, don't forget to have lunch before you come! Remember to bring containers to bring home any leftovers!

TENTATIVE SCHEDULE:

12:30 pm Teams arrive, register and set up!

1:15 pm Food selection begins

1:30 pm Cooking starts!

2:30 pm Appetizers due at judging table

3:00 pm Mains due at judging table

3:30 pm Desserts due at judging table, enjoy your culinary creations, and clean up team areas!

4:30 pm Competition results announcement

4:45 pm Pack up and departure



KIT LIST:

Patrol Gear	Personal Gear
Shelter (tarping, pop-up, etc.)	Mess kit (plastic plate, bowl, cup, cutlery)
Table (max 2)	Unbreakable Water bottle
Camp stove (two burners), fuel, and lighter/matches	Hair elastic (for long hair)
Pots and pans	Clothing appropriate to weather
Cooking utensils (spoons, tongs ... whatever you'll need!)	Food bank donation
Knives and cutting boards	Uniform/Guiding wear
Can opener	Apron (optional)
Water container (10 – 20 L)	Mug for hot drinks
Green waste container, garbage bag, dish soap, other cleaning supplies	Hand sanitizer
Food bank donations (see below)	Containers to take home leftovers
Reusable bag or tote to collect food draft supplies	
Containers for transporting pantry items	
Liquid disposal unit (with screen and cloth) or container to take grey water home	
Baking soda or small fire extinguisher	
SG.2 and H.1 forms for girl participants	
Herbs and spices (dry or fresh, no sauces)	
One place setting for judging (incl. plate/utensils: get creative!)	

RULES:

1. All cooking gear must be brought by the group. If you've forgotten something, the organizers will not be able to provide it. (If you contact us in advance, we may be able to find extra stoves, etc.)
2. Unit Guiders who are there for supervision should not be helping the teams.
3. **Teams can bring fresh or dry spices and herbs, but no wet sauces or condiments. Items like food colouring or additives are not allowed.**
4. The theme of the event is Into the Deep (think deep sea), and the menu won't include recipes - you'll have to be creative!
5. Teams will be allowed to select a limited number of ingredients. Ingredient selection will be carried out like a hockey draft, each team making selections in turn. A list of ingredients will be given out at registration with time given to strategize before the selection.
6. There will be some food items available in the pantry in large packages (e.g. flour, sugar, vanilla, broth concentrates etc.). Please bring containers to transport bulk ingredients.
7. Teams must prepare a three-course menu for themselves and the judges within a limited time frame.
8. There will be awards for culinary supremacy for a Pathfinder and a Ranger team. Please remember that your food bank donations are often a deciding factor in determining the overall winner! Most needed items can be found at: <https://www.foodbank.bc.ca/getinvolved/food-donations>

QUESTIONS:

Please contact Andrea Stathos at guiding@stathos.ca!