

PANTRY CHEF

The Sheltered Gourmet



Marin Council, BSA Online Cooking Contest

April 10 – 20, 2020

Open to all Marin Council
Scouts and Venturers

Are you prepared to cook a meal on short notice with just the ingredients you have on hand!

The Situation: You're stuck in your house and you need to prepare dinner. The only things you have to work with is what's in your cupboards, your fridge, and your freezer...that and your wits. But you're not worried, you're a Scout - you've got this.

The Challenge: This contest is divided into two categories each with a unique meal objective. For Scouts in 5th – 8th grade, you are to prepare dinner and dessert.

For Scouts in 9th grade and up, you are to prepare dinner and dessert...plus an appetizer.

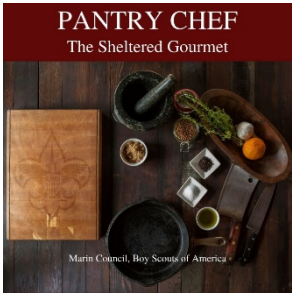
Rules:

1. Scouts shall adhere to the Scout Law, especially Trustworthy, in all aspects of this contest; they will fairly compete through their own efforts, honestly documenting the results.
2. Meal is to be prepared and consumed between April 10, 2020 and April 19, 2020.
3. Contest participants may only use ingredients found in their own pantry – cans, dry goods, fridge, and freezer.*

**For this contest Scouts will be allowed to supplement pantry ingredients with three (3) items bought from the store strictly for the purpose of the contest.*

4. Health and safety aspects related to cooking will be reviewed by all contest participants. (Requirement 1, a.-c. in Cooking MB)
5. Contest participants will consider nutritional guidelines in the planning of their menus and the method of cooking used. (Requirement 2, a.-c. in Cooking MB)
6. In the interest of safety, an adult may supervise and offer basic assistance to the Scout, however it is expected that the planning and execution of the meal will rest in the hands of the Scout.
7. Entries shall be submitted no later than noon on Monday, April 20, 2020. Entries are to be emailed to mdybeck@boyscouts-marin.org and must use the official contest entry form.
8. Images and descriptions of contest entries will become the property of the Marin Council, BSA and will be used in various social media.
9. Decision of judges are final. Prizes will be awarded.
10. Only one entry per Scout is permitted.
11. Entry in the contest is limited to youth members. It is however understood that Marin Council adult volunteers may feel compelled to attempt the Pantry Chef challenge. While Scouters are welcome to submit an entry, they will not be awarded any prizes.
12. Bon Appétit!





Marin Council, BSA Online Cooking Contest You're a Scout – You've Got This

Official Entry Form to be submitted by noon, Monday, April 20, 2020

Name: _____ Troop / Crew # _____
(circle which)
 Email: _____ Grade: _____

Meal description: _____

My pantry ingredients were: _____

My additional ingredients were (limited to three): _____

Cooking methods used: _____

To be completed by Scout / Venturer:

- I successfully prepared:
- Appetizer (required 9th grade & above)
 - Dinner
 - Dessert

Overall, I would rate my dinner:
Circle choice
 1 2 3 4 5
Not So Great *Great*

I have followed the rules and spirit of the contest and affirm that my entry represents my own planning and preparation.

(Signature of Scout)

Submit this form along with photos of your meal to mdybeck@boyscouts-marin.org ; no more than 4 photographs should be submitted.

To be completed by family members:

On a scale of 1 to 5 please rate:

Creativity:
 1 2 3 4 5
Not So Great *Great*

Presentation:
 1 2 3 4 5
Not So Great *Great*

Taste:
 1 2 3 4 5
Not So Great *Great*

Nutrition:
 1 2 3 4 5
Not So Great *Great*

Technique: (including clean-up)
 1 2 3 4 5
Not So Great *Great*

(Signature of a family member)

