



Iron Kids Chef Challenge Brief Overview

The Iron Kids Chef Challenge is an event intended to make healthy food preparation exciting and engaging for children. Presented by George Stella, the Iron Kids Chef Challenge has promoted the *Kids in the Kitchen* messages of teaching youth about nutrition by engaging them in healthful food preparation. To date, the Junior Leagues of Atlanta, Oklahoma City, Reading, Sarasota and Toledo have presented the Iron Kids Chef Challenge to their local communities.

Teams compete before a group of judges to prepare the tastiest healthy dish. A total of ten children, six “challengers,” three “judges” and one “emcee” are needed for the competition. If game participants have not already been chosen ahead of time, they are picked based on their correct answers to a “Name that Tropical Food” audience-wide contest. Once the all participants are in place and the two teams have picked out team names the competition begins.

Teams prepare either Cinnamon Toast Pancakes or Anthony’s Berry Good Smoothies, recipes developed by Chef George Stella; recipe set up is provided at their designated work area. To ensure safety, “Sous Chefs,” local culinary school students or Junior League members assist the competing teams. The challengers gather cooking utensils and ingredients from nearby staging tables and begin preparing their recipes.

The winner is announced by the emcee, who leads the crowd in cheering for both competing teams and interviews the challengers throughout the competition. The winner is decided based upon the highest total number of points scored. Using their Judging Sheets, scores will be based on taste, presentation and creativity. Judging begins once either of the teams finishes and brings their product to the judges.

Winners are then presented with certificates, ribbons or other prize(s). Goodie bags/small giveaway items are available to runners-up, as well as other challenge participants and audience members.

This activity is offered by George Stella to Junior Leagues at a fee (25% of his customary fee) plus expenses. Arrangements are made directly with him by the individual League. When making an initial contact with him at george@stellastyle.com, please copy kidsinthekitchen@ajli.org.

IRON KIDS CHEF CHALLENGE

By George Stella

Participants

- 1 “Challenge Chairman”/emcee
- 6 students, split into two teams
- 3 student judges
- 2 local culinary student assistants or “Sous Chefs” in full white uniforms or Junior League members to *help Chef set up and help Challengers on stage*

Student participants are chosen based upon results of “Name that Tropical Fruit” contest.

Presentation Time: Approximately 45 minutes

Recipes for the challenge:

- Team A: **Cinnamon Toast Pancakes**, *Recipe courtesy of George Stella, Eating Stella Style; Low Carb Recipes for Healthy Living, Simon and Schuster, 2006*
- Team B: **Anthony’s Berry Good Smoothies**, *Recipe courtesy of George Stella, Eating Stella Style; Low Carb Recipes for Healthy Living, Simon and Schuster, 2006*

Total Equipment List

Kitchen Stage will consist of a series of three draped and covered (may use white plastic covering) 6-foot or similar buffet tables placed end to end towards the front of the stage as if a long kitchen counter with one more table draped and set up centered about five feet behind those to be used as a kitchen equipment staging area.

- 1 Covered and draped table with three chairs (*Full-size color banner for display in front of tables reading: Junior League's Kids In The Kitchen IRON KIDS CHEF CHALLENGE" is available courtesy of George Stella*)
- pencils and bottled waters for judges
- 1 "lapel" wireless personal microphone for the Chef
- 1 handheld cordless microphone for audience questions
- DVD player with large-screen television or projection screen - 4 ½ minute intro film

Appliances

(Pre-set on main table)

- 1 Blender on right (as you face stage)
- 1 Electric pancake griddle on left
- 1 food processor for grinding almonds (not needed if almond flour is used)

Smallware's, Pots and Pans for staging table

(Challengers start by gathering most of this equipment first from the 2 staging tables set up behind the main tables)

- Running Water or Hand sanitizing cloths - baby wet wipes are great.
- 8 white cloth bar towels
- 1 roll paper towels
- 2 sets measuring spoons
- 2 Measuring cup sets
- 2 large wooden or plastic cutting boards
- 1 large size mixing bowl, steel recommend
- 6 small glass bowls or pinch pots for ingredients and spices
- 3 cereal size bowls for fruit
- 1 medium-size wire whisk
- 2 large kitchen spoons
- 2 regular table silverware- Tablespoons
- 2 wooden spoons
- 2 heat proof full size rubber spatulas
- 1 egg spatula
- 2 utensil holders for counter (to hold spats, spoons, etc)

Glassware for presentation of finished recipes:

(Challengers gather this equipment from the 2 staging tables behind the main tables)

- 3 white dinner plates or small rectangle platters for pancakes
- 3 clear glasses for smoothies; Marguerita glasses work great

Service Ware for sampling:

- 50 count small paper cups for smoothies samples (4 ounces or less)
- 25 plastic forks
- 100 count paper napkins
- 25 small white appetizer paper or plastic plates

Total Ingredients List

Ingredients for “Name That Tropical Fruit” contest

(Any of these may be substituted as necessary)

- 1 Papaya
- 1 Mango
- 1 Star Fruit or “Carambola Fruit”
- 1 Plantain
- 1 kiwi
- 1 Ugly Fruit (this always gets a laugh!)
- 1 Coconut
- 1 Pomegranate

***Display** on center table (#2) up as high as possible using a solid upside down box or center of the kitchen stage tables with a table cloth over it.

Garnish and Display Ingredients

For Chef to arrange a “beauty” display on center table (Table #3 in diagram) of the Challengers stage set-up to be used during the challenge for “garnish”

** (these ingredients are additional to recipe ingredients below and should cascade down and around the stand holding the “Name That Tropical Fruit” display)

- 6 pints fresh strawberries,
- 2 pints each raspberries, blackberries and blueberries
- 3 kiwi
- 2 bunches fresh mint

Ingredients for Cinnamon Toast Pancakes

Place whole and unmeasured in bowls on stage-right of center table garnish and tropical fruit display

- 4 large eggs
- 2 tablespoons vanilla extract
- 2 cups Almond flour or 12 ounces whole or sliced raw almonds with hull(not slivered)
- 1 small bag whole wheat flour
- ½ cup milled flax seed
- ¼ cup Splenda brand sugar substitute
- ½ cup light brown sugar
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon baking soda
- 1 pastry bag with real whipped cream as garnish

Ingredients for Anthony’s Berry Good Smoothies

Place whole and unmeasured in bowls stage-left of center table garnish and tropical fruit display

- 1 cup frozen strawberries (*keep berries frozen until show time)
- ½ cup frozen raspberries
- ½ cup frozen blueberries
- 2 cups each “unsweetened” Soy Milk and Low Fat Milk (whole half gallon cartons for table)
- ½ cup Splenda brand sugar substitute AND 1 Honey Bear Bottle
- ½ teaspoon vanilla extract

SET:

Three Draped tables completely set up as described above placed across the forward center of the stage or room and carefully aligned so that the center table is just behind where the automatic big video screen (usually) comes down from the ceiling and when deployed hides that center table. (if applicable, TV cart also may be used)

Then the stage curtains are drawn, if possible, to hide the two challenger worktables on each end. (All the above is optional as available)

Then five Feet directly behind these main kitchen tables is one draped, covered “staging area” table for gathering of equipment by challengers

Finally, the judges’ table is placed off to one side behind the main kitchen set up so they are still visible to the audience.

SCRIPT:

1. Open playing a 4-minute Intro Film: Pat O’Brien and Lara Spencer with George Stella on *THE INSIDER* as spokesperson for The Junior Leagues’ *Kids in the Kitchen* childhood obesity and nutrition campaign

2. Chef is introduced, says Hello and asks if anyone watches The Food Network on TV? Chef then asks if anyone has ever seen *Iron Chef*? Then Chef asks: “Anyone want to Play”? (Screams and yells by the kids)

3. “Then LET THE [Name of school, if applicable] IRON KIDS CHEF CHALLENGE BEGIN!!!”

Screen goes up and curtains draw back to reveal the Kitchen Stage

4. Unless participants have already been chosen, play “Name That Tropical Fruit” game to pick six challengers, three judges and one emcee.

5. With kids in place, ask teams to pick a name (this is fun for the kids!) and then explain the rules:

Challenger Rules: Wait for the timed Start and then:

- Follow Recipe (Book or in holder/plastic protective sheet on table)
- Gather cookware and measuring equipment from staging table
- Gather food ingredients from display

Judging Rules:

- Follow the Judging sheets and grade on a scale of 1-5, with the highest being 5 points, for: Presentation, Creativity and Taste. The tally total of all 3 judges is the score for each team and determines the winning team.

(At this time, divide the auditorium up into two halves with each side cheering for their corresponding side team to create more excitement!)

6. Start and have “The Challenge Chairman” start interviewing the challengers as they hurry to complete their dishes. (*The Chef may need to help and keep the Chairman with ideas for questions to ask until he or she becomes comfortable having fun on stage! And let the kids be kids!)

7. Judging starts as one side finishes and is pretty much as it happens, you just can’t script it!

8 End with audience sides clapping for their favorites and then announce the winning team.

9. Give out little gifts to winners such as measuring spoon sets or AJLI/ Cartoon Network *Kids in the Kitchen* gifts but also have small trinkets for ALL involved including the judges. In the past I have used potted fresh herbs (small) for gifts and then various colorful kitchen gadgets. (Books may be appropriate!)

Junior League of [LEAGUE NAME]
**Official Iron Kids Chef Challenge
Judging Sheet**

Rate each dish on a scale of 1 to 5 with 5 being the highest.

Team A: Name: _____

Recipe Prepared: “Anthony’s Berry Good Smoothie”

- 1. Chef _____
- 2. Chef _____
- 3. Chef _____

-PRESENTATION: 1.____ 2.____ 3.____ 4____ 5.____
-CREATIVITY: 1.____ 2.____ 3.____ 4____ 5.____
-TASTE: 1.____ 2.____ 3.____ 4____ 5.____

-Team A Total Score: _____

Team B: Name: _____

Recipe Prepared: “Cinnamon Toast Pancakes”

- 1. Chef _____
- 2. Chef _____
- 3. Chef _____

-PRESENTATION: 1.____ 2.____ 3.____ 4____ 5.____
-CREATIVITY: 1.____ 2.____ 3.____ 4____ 5.____
-TASTE: 1.____ 2.____ 3.____ 4____ 5.____

-Team B Total Score: _____

Anthony's Berry Good Smoothies

*Recipe courtesy George Stella, Eating Stella Style;
Low Carb Recipes for Healthy Living, Simon and Schuster, 2006*

My sons should be soy milk spokesmen! Whenever they have anybody over, the blender comes out and these smoothies are coming right up. The combination of soy milk and vanilla extract makes for a rich and creamy taste reminiscent of vanilla ice cream. You should see our guests' mouths drop when we tell them that it's not ice cream, but soy milk. Or when we explain that they're actually *good* for you!

Yield: 3 servings

Calories: 70

Total Fat: 2 grams

Saturated Fat: 0 grams

Carbohydrates: 8 grams

Net Carbohydrates: 5 grams

Fiber: 3 grams

Protein: 4 grams

Prep Time: 2 minutes

Blend Time: 1 minute

1/2 cup frozen strawberries

1/4 cup frozen raspberries

1/4 cup frozen blueberries

1 cup no sugar added soy milk

1/4 cup artificial sweetener (may use honey)

1/4 teaspoon vanilla extract (no sugar added)

Special Equipment: Blender.

1. Blend all ingredients in a blender until smooth.

Make it Memorable

Use one cup of strawberries and omit the other berries for a smoothie that tastes just like a strawberry milkshake!

Healthful Hints

If the berries are sweet, you can omit the sugar substitute or honey

Cinnamon Toast Pancakes

*Recipe courtesy George Stella's EATING STELLA STYLE; Low Carb Recipes for Healthy Living
Simon and Schuster 2006*

Like cinnamon toast? My grandmother used to make it for me as a kid and I remember that it was sooo easy to make. I soon found that I could make it for myself and why wouldn't I? It was like having "candy" for breakfast! We have recreated the flavors of cinnamon toast here using healthy alternatives such as almonds and flaxseed. So curb that urge with this comforting, deliciously decadent, and—most of all—healthy alternative to all those useless whitestuffs we used to call food!

Yield: 4 servings:
Calories: 160
Total Fat: 11 grams
Saturated Fat: 1.5 grams
Carbohydrates: 8 grams
Net Carbohydrates: 4 grams
Fiber: 4 grams
Protein: 7 grams

Prep Time: 15 minutes
Cook Time: 6 minutes

Non-stick vegetable cooking spray

Batter:

2 large eggs
1/4 cup water
1 tablespoon no sugar added vanilla extract
1/2 cup almond flour, (recipe below)
1/4 cup milled flax seed
1/4 cup sugar substitute (recommended: Splenda)
1/2 teaspoon baking powder
1/8 teaspoon salt
1/2 teaspoon baking soda

Cinnamon Sprinkle:

1/4 teaspoon cinnamon
1 tablespoon sugar substitute (recommended: Splenda)

Butter, or fat-free butter alternative; fresh berries optional for garnish

1. Grease a griddle or large pan with nonstick cooking spray or butter and heat over medium heat.
2. Mix all batter ingredients in a bowl with a wooden spoon until well blended.
3. Pour approximately 16 mini-cakes onto the hot griddle, and cook on the first side for about 3 or 4 minutes until almost done, then flip and cook for just another minute or so to finish.
4. Mix together the cinnamon and sugar substitute and sprinkle over the hot cakes to serve. If desired, top with a pat of melted butter or fat free butter alternative and garnish with fresh blueberries and strawberries.

Make it Memorable

Stack 4 pancakes on a plate, whip up some fresh heavy cream, add a spoonful of cream and a few sliced strawberries stacked in between the layers!

Healthful Hints

Eggbeaters or egg whites may be used in place of whole eggs and light brown sugar or raw whole sugar may replace the sugar substitute if desired.

Milled Flax seed has already been added for much needed healthy fiber, which isn't normally found in pancake recipes. Fresh berries may be added to the pancakes as they cook for another healthy breakfast entrée!