



# MORE'S ANNUAL CHILI COOK OFF



## OFFICIAL ENTRY FORM

It's that time again to dust off that trusted chili recipe and get cracking for a chance at that coveted title "Best Chili of the Year". MORE's **18th Annual Chili Cook Off & Classic Car Show** will be on **Saturday, September 15, 2018** at the **El Dorado County Fairgrounds**, 100 Placerville Drive, just off Hwy 50 off the Forni/Placerville Drive exit. We request that all chili cookers arrive before 8:00 a.m. in order to have enough time for your chili to "mature" in time for judging at 12:00.

All entry forms must be returned to MORE at 399 Placerville Drive, Placerville, CA 95667 before August 17, 2018.

Tentative Schedule: 8:00-12:00 Chili cooks prepare their entry (some cooks begin setting up as early as 7:00 am)  
12:00 Judging of Chili  
12:00-2:30 Chili Tasting for all ... you can serve until you run out!

### RULES

- All ingredients must be prepared on the premises on the day of the cook off. (unless noted otherwise below)
- Chili cooks are responsible to provide all necessary equipment (see suggested list on reverse), with the exception of tasting cups and spoons which will be provided for you.
- A place to wash equipment and hands will be provided.
- We ask that all cooks follow basic safe food handling guidelines (see attached handout).
- Please plan on providing enough chili for 500 tastes (approximately 1 oz. each, or 4 gallons).
- Decisions of the judges are final.
- Ballot boxes **will be closed** at 2:00 for People's Choice Awards, if chili is still being served after this time it will not be for People's Choice votes.

### Prizes for Chili:

Judge's Choice, People's Choice, Hottest, and Most Unique

To enter, fill out the form below and return it along with your \$20.00 entry fee to M.O.R.E. at 399 Placerville Drive, Placerville, CA 95667. You may also pay over the phone at (530) 622-4848 and fax the application to (530) 622-0204 or email it to [nuttalk@morerehab.org](mailto:nuttalk@morerehab.org). Please save the receipts from the purchase of all your ingredients as they can be considered a donation to MORE and as such can be deducted on your income tax return. Please call Kelli Nuttall (530) 622-4848 if you have any questions. Good luck and thank you for entering!

## OFFICIAL COOK OFF ENTRY FORM

Name	Phone Number & E-mail
Chili Name	Mailing Address
<input type="checkbox"/> I will be preparing my chili <b>on site</b> , the day of the event. I am aware all chili must be <b>heated on site</b> , be <b>ready to serve at 12:00 p.m.</b> , and be the <b>proper temperature</b> according to Health Department requirements (165 degrees F).	<input type="checkbox"/> I will be making preparations in advance <b>off site</b> in a commercial kitchen. I am able to provide documentation of commercial kitchen use and I am aware all chili must be <b>heated on site</b> , be <b>ready to serve at 12:00 p.m.</b> , and be the <b>proper temperature</b> according to Health Department requirements (165 degrees F).  <b>Commercial Kitchen Name &amp; Address:</b> _____ _____ <b>Contact Phone Number:</b> _____

Please return to M.O.R.E. at 399 Placerville Drive, Placerville, CA 95667; or fax it to (530) 622-0204; or email to [nuttalk@morerehab.org](mailto:nuttalk@morerehab.org). We can take your payment by credit card by calling (530) 622-4848.

## SUGGESTED LIST OF EQUIPMENT

This list is by no means inclusive or mandatory, but simply an observation of what most of our cooks have found necessary over the years. You are responsible to provide all the equipment you will need to prepare your chili. **NO ELECTRICITY WILL BE AVAILABLE**

- Probe Thermometer
- Pop up canopy
- Table
- Stove fueled by propane or white gas
- Sufficient propane or white gas to fuel your stove for approximately 4 hours
- Pots & Pans
- Ice Chest
- Chairs
- Cooking utensils
- Cutting boards
- Knives
- Can opener
- Disposable gloves
- Fire Extinguisher

REMEMBER, IF YOU DON'T BRING IT WITH YOU, YOU WILL NOT HAVE IT. MORE will not be able to supply you with any of this equipment if you do not remember to bring it.

We appreciate all of our chili cooks and hope you have a fun and rewarding experience at the cook off. We appreciate your support of MORE, our programs, and adults with disabilities.

GOOD LUCK!



# **SAFE FOOD HANDLING**

## **Basics for Handling Food Safely**

Safe steps in food handling, cooking, and storage are essential to prevent food borne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four Fight BAC!™ guidelines to keep food safe:

Clean — Wash hands and surfaces often. (wash station w/ soap available)

Separate — Don't cross-contaminate. (separate cutting boards & knives for meat/veggies etc.)

Cook — Cook to proper temperatures. (bring chili to 165° & maintain at 140° or above)

Chill — Refrigerate promptly. (ice chests w/ ice for refrigeration)

### **Shopping**

Purchase refrigerated or frozen items after selecting your non-perishables.

Never choose meat or poultry in packaging that is torn or leaking.

Do not buy food past "Sell-By," "Use-By," or other expiration dates.

### **Storage**

Always refrigerate perishable food within 2 hours (1 hour when the temperature is above 90 °F).

Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40 °F or below and the freezer at 0 °F or below.

Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days; other beef, veal, lamb, or pork, within 3 to 5 days.

Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food.

To maintain quality when freezing meat and poultry in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer.

In general, high-acid canned food such as tomatoes, grapefruit, and pineapple can be stored on the shelf for 12 to 18 months. Low-acid canned food such as meat, poultry, fish, and most vegetables will keep 2 to 5 years — if the can remains in good condition and has been stored in a cool, clean, and dry place. Discard cans that are dented, leaking, bulging, or rusted.

### **Preparation**

Always wash hands with warm water and soap for 20 seconds, before and after handling food.

Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water.

Cutting boards, utensils, and countertops can be sanitized by using a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.

Marinate meat and poultry in a covered dish in the refrigerator.

### **Thawing**

Refrigerator: The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip on to other food.

Cold Water: For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.

Microwave: Cook meat and poultry immediately after microwave thawing.

### **Cooking**

Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145 °F.

All cuts of pork, 160 °F.

Ground beef, veal and lamb to 160 °F.

All poultry should reach a safe minimum internal temperature of 165 °F.

### **Serving**

Hot food should be held at 140 °F or warmer.

Cold food should be held at 40 °F or colder.

When serving food at a buffet, keep food hot with chafing dishes, slow cookers, and warming trays.

Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often.

Perishable food should not be left out more than 2 hours at room temperature (1 hour when the temperature is above 90 °F).

### **Leftovers**

Discard any food left out at room temperature for more than 2 hours (1 hour if the temperature was above 90 °F). Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling.

Use cooked leftovers within 4 days.

### **Refreezing**

Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed by other methods, cook before refreezing.

### **Cold Storage Chart**

These short, but safe, time limits will help keep refrigerated food from spoiling or becoming dangerous to eat. Because freezing keeps food safe indefinitely, recommended storage times are for quality only.

# Cold Storage Chart

**Refrigerator (40°F) Freezer (0°F)**

<b>Hot dogs</b>		
Opened package	1 week	1 to 2 months
Unopened package	2 weeks	1 to 2 months
<b>Luncheon Meat</b>		
Opened package	3 to 5 days	1 to 2 months
Unopened package	2 weeks	1 to 2 months
<b>Bacon &amp; Sausage</b>		
Bacon	7 days	1 month
Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Smoked breakfast links, patties	7 days	1 to 2 months
Hard sausage — pepperoni, jerky sticks	2 to 3 weeks	1 to 2 months
<b>Summer sausage labeled "Keep Refrigerated"</b>		
Opened	3 weeks	1 to 2 months
Unopened	3 months	1 to 2 months
<b>Corned Beef</b>		
Corned beef, in pouch with pickling juices	5 to 7 days	Drained, 1 month
Opened	3 to 5 days	1 to 2 months
Unopened	6 to 9 months	Do not freeze
<b>Ham, fully cooked</b>		
Vacuum sealed at plant, undated, unopened	2 weeks	1 to 2 months
Vacuum sealed at plant, dated, unopened	"Use-By" date on package	1 to 2 months
Whole	7 days	1 to 2 months
Half	3 to 5 days	1 to 2 months
Slices	3 to 4 days	1 to 2 months
<b>Mayonnaise, Commercial</b>		
	2 Months	Do not freeze
<b>Hamburger, Ground &amp; Stew Meat</b>		
Hamburger & stew meat	1 to 2 days	3 to 4 months
Ground turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months
<b>Fresh Beef, Veal, Lamb, Pork</b>		
Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
Variety meats — tongue, liver, heart, kidneys, chitterlings	1 to 2 days	3 to 4 months
Pre-stuffed, uncooked pork chops, lamb chops, or chicken breasts stuffed with dressing	1 day	Does not freeze well
<b>Soups &amp; Stews</b>		
Vegetable or meat added	3 to 4 days	2 to 3 months
<b>Fresh Poultry</b>		
Chicken or turkey, whole	1 to 2 days	1 year
Chicken or turkey, pieces	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months
<b>Cooked Meat and Poultry Leftovers</b>		
Cooked meat & meat casseroles	3 to 4 days	2 to 3 months
Gravy & meat broth	1 to 2 days	2 to 3 months
Fried chicken	3 to 4 days	4 months
Cooked poultry casseroles	3 to 4 days	4 to 6 months
Poultry pieces, plain	3 to 4 days	4 months
Poultry pieces in broth, gravy	1 to 2 days	6 months
Chicken nuggets, patties	1 to 2 days	1 to 3 months