

Cooking Team Guidelines

As with most Eggfests, there will be both "Cooks" & "Tasters" at Eggs Over the Capitol. As a Cook, you'll need to consider the safety and enjoyment of your fellow Cooks and the Tasters who will be enjoying the fruits of your labor; the following guidelines will help ensure both:

What to Expect

During the fest, most of the guests will be considering or new to Big Green Egg™. Expect questions about your recipes, technique and experiences. Each Cook should plan on cooking at throughout the day, providing and serving a minimum of 200 to 300 bite-sized samples to our guests (more is fine of course!). These sample portions should be sized no larger than a single mouthful and prepared in a way allowing for easy distribution and consumption. As an example, a single chicken breast could provide up to 5 samples and be served easily on a toothpick. Remember, this is a team effort and you are providing tastings, not an entire meal.

Menu Planning

You will be cooking on a new Big Green Egg™ which should not be cooked on above 450°so plan your menu accordingly and keep a close eye on the temperature of your Egg. **Long cooks such as brisket, pork butts and ribs are discouraged;** instead, try to plan a couple of quick cooking recipes such as: steaks, chicken, pork loins, tenderloins, chops or country style ribs, shrimp, meat on skewers, soups, stews, appetizers, desserts or even breakfast. Feel free to put your own "style" into your recipes by using unique rubs, sauces, techniques, or ingredients.

Remember, **you'll be responsible for serving your samples** so plan on using toothpicks, small soufflé cups, serving boats, cocktail napkins, small paper plates, or similar products that can be easily handed to guests eliminating the need for them to reach into or handle your food and possibly injure themselves or contaminate your samples.

All food served at the Eggfest must be cooked on The Big Green Egg™. A wealth of excellent recipes can be found online via an internet search or on the Big Green Egg™ forum. If this is your first Eggfest, we recommend pairing up with an experienced Egghead as most are more than willing to assist (especially to those just learning). Don't forget to think samples, not meals, and be prepared to serve your handiwork.

Arrival & Check-In

Check-in begins at 8am with ramp access to the rooftop available until 9am. Vehicle access is limited by the clearance height of the parking structure levels below, so plan accordingly. Parking is limited at the venue so arrive early and carpool. Rooftop ramp access will re-open at 5pm for tear-down. Upon check-in you will be provided with an envelope including your Wrist Bands, Tent & Egg Assignments. Be sure to wear your wrist band throughout the day as it will facilitate quick re-entry and grant you access to Cook Only areas!

What Will Be Provided:

- Shared access to 10' x 10' covered area (2 teams per tent).
- Exclusive access to a single Large or XL Big Green Egg™ equipped with lump charcoal and fire starter.
- Exclusive access to one 6' Folding Tables & Chair.
- Shared access to Hand & Ware Wash Stations equipped with soap, water, paper towels and wash, rinse, sanitization, and waste basins.
- Limited access to Electricity. Consider a menu that requires no electricity or be sure to bring long extension cords as needed.



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What You Will Need to Bring:

- Any Ingredients you'll be using, including any packaging, containers or ice needed to properly store those ingredients and prevent contamination such as: ice chests, foil, plastic bags or containers. Be sure to review the Food Safety guidelines and don't forget those essential sauces, seasonings and condiments.
- Any Tools or Eggcessories you'll need, including: knives, forks, tongs, spatulas, spoons, pizza stones, cast iron, cookware, raised grids, high-temp gloves, knives, foil, cutting boards, etc...
- Preparation & Serving items such as table cloths, paper towels, napkins, plastic gloves, toothpicks, skewers, small bowls, paper cups and small plates.
- Wood Chips or Chunks to add just the right flavor.
- Comfortable and appropriate clothing and footwear. Remember you'll be on your feet most of the day and working near flame that can easily catch loose fabric on fire.
- (Optional) Flame-safe & Hazard-free decorations.
- (Optional) Printed recipes, contact information, and tips for distribution.

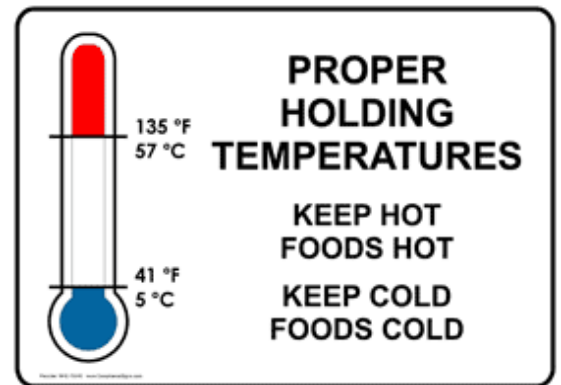
What NOT to Bring:

- Alcoholic Beverages - The Sutter Club, a private organization with the required liquor license, will be selling at the event so please refrain from bringing your own liquor unless it's used in a recipe.
- Animals – No animals are allowed at the venue.

Food Safety

One mistake can make many people sick, so do your part to protect our guests and create great memories:

- Keep your workspace clean & free from hazards!
- Wash everything regularly, especially your hands!
- Keep uncooked meats separate from other ingredients!
- Keep **HOT Foods HOT** and **COLD Foods COLD!** Using ice chests and chafing dishes to maintain food temperatures.
- Dispose of any food not consumed in a timely manner



People's Choice Awards

Throughout the day, guests will be voting for their favorite recipes and demos in each of the following categories. These awards are our way of thanking the cooks for buying all the food and supplies, cooking and serving all day, and cleaning up afterwards. You must be registered as a cook in order to be eligible for a People's Choice Award:



Green (Best of Show) – For best overall performance, dish, or demo. The winner will receive a Mini-Egg & Nest.

Red (All About Meat) – For best meat dish or demo. The winner will receive a meat themed package of Eggcessories (i.e.. Claws, Burger Press, etc...)

Blue (More than Meat) – For best more-than-just-meat, dish or demo. The winner will receive a non-meat themed package of Eggcessories (i.e.. Popper Tray, etc...)

Most importantly!

Have Fun! Show off your stuff, mingle and interact with as many people as you can! The fest is over far too quickly, so enjoy the day's events!



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