



# IRON CHEF

## RULES & REGULATIONS



1. The Iron Chef Competition will be made up of eight teams cooking against each other for the Iron Chef Title.
2. Each team will create one dish or item to present to the judges in whatever plating technique or theme they desire.
3. You must get your recipe approved by the teacher the previous day during your Iron Chef preparation day.
4. You will get one class period to prepare and make the dish, plus another 20-25 minutes at the beginning of competition day before the judging begins to plate, garnish and present. You may store any prepared foods in the Foods room or refrigerator overnight.
5. You will ONLY be provided with staples such as flour, spices, eggs, butter, salt, sugar, oil, etc. anything else such as meat, fresh produce or specialty items you must provide yourself.
6. You do not need to make enough food for the entire class. Just enough for about 8-10 judges to take a taste.
7. This MUST be something that the entire team prepared together in-class! In other words, you CAN NOT make something at home and then bring it to school.
8. Judges will grade on eye appeal, aroma, color, texture, taste, degree of difficulty, and over-all presentation. It is up to you what your theme is and how you want to present the dish. The judges love creativity!
9. While judges are grading your dish, you are not allowed to interfere, persuade or come in contact anywhere near them. If this happens, disqualification will take place immediately!
10. During the judging (out in the pod), you are responsible to clean your lab and make sure you get checked off. When you are through cleaning, you may wait patiently till the end of class. Results will be announced over the loud speaker at the end of the day (if competition is 4<sup>th</sup> period, it will be the next day).

Can you handle the HEAT of  
competition?

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## JUDGES SCORE SHEET



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### EVALUATION

Team # \_\_\_\_\_ Judges Name \_\_\_\_\_

	1-10 rating	Judges Opinion/Comments
<b>Eye Appeal</b>		
<b>Uniqueness</b> (is this something unique and never been seen before?)		
<b>Color and Texture</b>		
<b>Aroma and Taste</b>		
<b>Temperature</b> (If the dish is meant to be hot or cold, is it?)		
<b>Degree of Difficulty</b> (10-difficult, 1-easy)		
<b>Over-all Presentation</b>		

TOTAL SCORE

/70

# Apron Embroidery Ordering Information

## Sew What Embroidery

- 1 - Initial set up varies, but is usually in either \$48 - \$60 depending on stitch count and complexity. I believe your Iron Chef logo was a \$60 set up charge. This is a one time fee only, so you only pay it on the first order.
- 2 - Charges will vary depending on apron or other items purchased. Generally aprons run about \$4-\$7 each blank, and then you add your embroidery charge (usually \$4.00 - \$7.00 for a good sized apron logo).
- 3- I will travel anywhere in Utah County for pick ups and deliveries ( I can ship to Salt Lake or any other areas).
- 4 - I do screen printing as well. I have attached a screen print price list. Basically screen printing is charged based on the number of colors (imp) as well as the number of items. You can see how the matrix works on the price list.
- 5 - Usually 5 working days from time the order is approved. I try to get it done quicker, but I like to allow 5 days to work things in.

If the schools are mainly interested in doing aprons, you can have them browse our website catalog. Go to our homepage [www.sewwhatemb.com](http://www.sewwhatemb.com) and click on the 'apparel' button. Then there should be a tab on the left for aprons. I can also get aprons through Fame Fabrics. Here is their website address:

<http://www.famefabrics.com/>

They have a larger selection of styles and colors. The prices are slightly higher, but not bad.

Let me know if you need any additional info.

Thanks,  
Tyler Stewart  
Sew What Embroidery  
801-796-5188  
[tyler@sewwhatemb.com](mailto:tyler@sewwhatemb.com)

## 801 Promos

1. Is there a charge for the initial set up of the design? If so, how much?
  - a. Embroidery: \$10.00 per 1,000 stitches
  - b. Screen Printing: \$15.00 per sheet of film (basically per color)
2. Minimum order size?
  - a. Embroidery: None
  - b. Screen Printing is 36
3. How much do you charge per order (obviously depending on size and detail, but is there a range?)?
  - a. Pricing will vary by apron cost and stitch count or the colors we are printing on the aprons.
4. How close/far are you willing to deliver vs ship?
  - a. We deliver free to the Salt Lake Valley and Utah county area. Everything else will be shipped.
5. Do you do embroidery too? Prices?
  - a. Here is a link to our embroidery and screen printing pricing:  
<http://www.801promos.com/pdf/pricing.pdf>
6. What is the typical time frame for an order to be completed? (Again, I know it depends on size of order)

- a. Two weeks is the typical turn around for order from 1 – 2,000 pieces. Anything over that might take a little longer.

Production Steps:

- 1- Contact 801 Promos for available aprons options (801.305.3020 x201 for Chad)
- 2- Determine what apron you would like and quantities
- 3- Work with 801 Promos account manager to make design
  - a. All design work is included in clothing purchases
- 4- Art proof and estimate will be sent for approval and PO Request
- 5- Once PO and art approval have been received order will move to production. Typical turnaround is 2 weeks.

Thanks,

**Chad J. Stokes**  
801.305.3020 x201

Plaques

McGee's Stamp and Trophy

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