



IRON CHEF 2015

PARTICIPANT INFORMATION

JULY 16TH, 2015



The time has come: The ultimate garden cooking challenge is back! As part of our big annual open door bash, the Iron Chef competition is the one event where local restaurants, the community and Santropol Roulant join for one cause : for Montreal to be a united and well-fed city! This year's edition is even more special as we'll be celebrating Santropol Roulant's 20th anniversary for the occasion. Be ready for more fun, food and friends than ever before!

The evening of July 16th, six teams from restaurants and community members will compete to make small bouchées featuring fresh vegetables from our farm and urban gardens. This (fun)draising is intended to support the Roulant's efforts to increase food security in Montreal.



FOR PARTICIPATING TEAMS

As a competitor, this is what you will get out of the competition:

CHALLENGE YOURSELF

You will have the opportunity to participate in a unique challenge: one hour, 6 teams, an assortment of seasonal vegetables from the farm, and people checking out your performance, eager to taste your creations!



SHINE IN THE COMMUNITY

Your participation in the Iron Chef competition and your community engagement will be showcased in our social media (5000 people receive our newsletter, 3500+ friends on Facebook, and many more visitors on our website). Also note that we expect several hundred people to come to the event!

MEDIA COVERAGE

The Iron Chef event is routinely announced and covered by local newspapers. This year, it is part of our 20th anniversary open door event so we expect even more coverage.



FUN!

Without doubt, the competition is first and foremost a fun celebration! Chefs, farmers, gardeners and people passionate about food will all be there!

COMPETITION POINTERS

- **The competition's goal is to showcase seasonal vegetables.**
- **You will have to prepare 400 identical bouchées.** Make them easy to grab and eat.
- **You can include other ingredients in your food:** Everything is permitted, so long as vegetables are the star of the show! **You are responsible for supplying any other ingredients.**
- Other than vegetables, we will supply you with a tent and 2 butane burners per team.
- You are responsible for bringing: **your own cooking equipment** (pots, pans, cutting boards, knives, blenders, etc), any **utensils for serving the food** (napkins, spoons, paper plates, etc), and anything else you will need.
- The block is closed to traffic. You will be set up in front of our building at 111 Roy east.

Before the competition:

- From the list below, send us a wish list (names and amounts) and **email it to us by Saturday July 11th**. Send it to jeremie@santropolroulant.org :
 - Beans (purple, green, yellow wax)
 - Beets
 - Bok choy
 - Cabbage
 - carrots
 - Swiss chards
 - Cucumbers
 - Dill
 - Garlic
 - Kale
 - Lettuce
 - Onions
 - Parsley
 - Spinach
 - Summer squash
 - Turnips
- On **Tuesday July 14th, between 4pm and 7pm**, you will have to come pick up your produce at Santropol's market located at 111 Roy east.
- Between the Tuesday and the Thursday of the event, you will be able to start your prep. It's up to you to organize yourself so that you can finish up your 400 bouchées in one hour the day of.

Day of the competition:

- You will have one hour to finish your food and get it ready for service.
- Little twist: you will have **to harvest and include** one vegetable or a herb from our rooftop garden into your creations.
- Also be ready for last minute challenges to spice up the competition. Be prepared and be game!
- You will have to be ready to serve food to the public at 8 pm.



COMPETITION'S TIMELINE

- 5pm : doors open
- **5:30pm: Teams arrive.** Briefing and tour of facilities, garden, etc.
- **7 pm: Competition starts!**
- 8 pm: Competition ends and food is ready for public
- 8:30pm: Announcing the winning team. Prizes.



THE PRIZE!



- **One prize will be given : the public's favourite !** This year, the public is the only jury. People will vote for their favourite teams using their food ticket.
- The winner will receive the Iron Chef Cup and a gift basket !

**If you have any question, please give us a call at 514-284-9335.
The whole team thanks you for being a part of this year's Iron Chef!**

The Rue Fermier 2015 team

Noémie, Jérémie, Stéphanie, Marie, Clémence and Rachel