**ONE POT SHOWDOWN**

Cooking Rules:

1. Entries must be prepared on site starting no earlier than 8:30 AM and must be completed by 12:00 PM.
2. Teams must prepare enough of their entry to fill 250 2.5 oz sample cups (or roughly 5 gallons).
3. Everything must be cooked in one pot. Cooked in one pot means: everything is cooked in one pot. All meat, veggies, and ingredients are cooked in one single pot. Nothing cooked in advance can be considered for judging. No smoked meats, no tamales, no pre-cooked dumplings, no pre-cooked bacon bits, no pre-cooked roux, no canned or boxed stock. It all has to be cooked in that pot on the day of the cookoff in the parking lot in your tent area between the hours of 8:30 AM and 12:00 PM. This is a one pot cookoff. You cannot cook the meat in one pot, caramelize onions in another pot, and then combine them all in a third pot. This is a one pot cook off, so everything must be cooked in one pot.
4. Ingredients such as garlic and onions can be chopped, diced, minced or pureed in advance, but not cooked in advance. Everything is cooked at the event in one pot. One pot.
5. Sides, such as rice, pasta, polenta and crackers, can be used and prepared separately and in advance, but those items will not be considered for judging.
6. No deep frying.
7. All ingredients must come from approved food sources, so it’s absolutely safe for public consumption.
8. No outside alcohol allowed.
9. Only team members are allowed on premises between 8:30 AM and 12:00 PM. Teams are limited to four members. Maximum allowed on the team is four people. No one outside of team members is allowed into the event until 12:00 PM.
10. No electricity provided to teams and no generators are allowed.
11. Savory Saturday food police will walk around during the cooking times to “police” the above rules. Offending teams will not be considered for judging. It’s all about keeping with the “spirit” of the ONE POT Showdown.

FAB will provide teams:

- Four wristbands for the event
- Parking label [operates first come, first serve]
- 2.5 oz sample cups
- Napkins
- Tasting sporks
- Container to submit entry to the judges

Team or individual entrant provides:

- All ingredients for cooking
- A tent, **required** by the health department
- A table and any decoration to fill the 10 x 10 space
• All cooking utensils and pots for food preparation
• Gas cooking source
• Ice and cooler for any food storage
• Any nonalcoholic beverages needed

Judging Criteria:
• Overall taste
• Creativity

Best Booth Spirit Award Rules:
• Decorate your 10×10 space however you like, but it must fit within the 10×10 space.

*Must be cleaned up post event.*

*Judging rundown TBA.*