



Swift County Iron Chef

2nd Annual

A FRIENDLY, FUN
COMPETITION

Showcasing locally grown & raised
farm products in Swift County.

Swift County RDA is partnering with the Swift County HRA to hold the 2nd Annual Swift County "Iron Chef" Cook-Off!

DATE: Saturday, August 21

TIME: 1:00 p.m. (will last approximately 2 hours)

LOCATION: Chuck Brown Building – Swift County Fairgrounds, Appleton, MN

The event will be a takeoff on the Food Channel's popular "Iron Chef" competition. It will pit local "celebrity" chefs against one another in an effort to promote locally grown and raised farm products in Swift County.

GUIDELINES: Each "Iron Chef" will be given an identical cut of beef, pork or poultry and then have the opportunity to select from a bounty of fresh locally-grown vegetables, fruits and herbs to prepare a sweet and a savory dish for competition. The "Iron Chefs" may also enlist the help of up to two assistants to help them prepare their competition entry. The audience will take part in choosing which contestant will be named the **2010 Swift County "Iron Chef."**

**Think you're up
to the challenge?**

**Come test your skills against some
of last year's teams and winners.**

**If you're interested contact the
Swift County RDA at 320-842-4769.**

**Also find us on Facebook! Send us a message
and check out last year's Iron Chef pictures.**

**Entries
are
limited
& will
fill
fast!**

**CALLING
ALL LOCAL
GROWERS--**

**To showcase your
locally grown or
raised farm product in
the Swift County Iron
Chef Competition at
the Fair contact the
RDA at 320-842-4769.**