

Seafood Throwdown

General Information

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Purpose: a fun, educational and community driven activity that promotes the ecological and economic benefit of locally caught seafood.

Concept: Two local chefs compete. Each can only bring their favorite cooking vessels/utensils, presentation plates and three of their favorite ingredients. Once there, they'll find out about the secret seafood ingredient, given \$25 and 15 minutes to find the rest of their ingredients from those at the event, and then an hour to prepare, cook and plate their dish.

Participants must make adequate food for the judges and the emcee(s) to taste as well as offer a small tastings to the public.

We'd like to put the recipes on NAMA's website and maybe at some point create a regional cookbook that offers recipe for in season seafood caught by the community-based fishermen.

Rules/information:

- Each person must bring their favorite cooking utensils/tools/gadgets/presentation platter(s) and three favorite ingredients (all dirty dishes will go back with the chefs as we can't do dishes on site). You can bring a sous chef/assistant.
- Have a good time cooking!
- You will be provided with:
 - Enough of the secret ingredient (approx. 5 lbs) to feed 3 judges, the emcee(s) and still have enough to go around for some public tastings
 - Salt and pepper, garlic, lemons/limes and olive oil
 - Aluminum foil, paper towels and compostable serving dishes, forks, knives, spoons for tastings
 - Gas grill and gas three-burner stove top
 - \$25 stipend for shopping
 - 15 minutes of shopping
 - One hour for preparation, cooking and plating
 - Hand washing station and hand sanitizer
 - A shopping basket to use while running around the event shopping for ingredients

Please visit www.namanet.org for further information, link to news, press releases, video and photos of past Seafood Throwdowns.

