

**NEXT IRON CHEF COMPETITION:  
INTERNATIONAL or FUSION FLAVOURS DISH**

NAMES \_\_\_\_\_ DATE \_\_\_\_\_ BLOCK \_\_\_\_\_

What makes a tasty and appealing dish with International flavours?

Together with your partner(s), you will create a dish using an international flavour profile or an ethnic fusion profile. Your lunch must meet the following criteria:

- Dish represents the flavour profile of an international or fusion cuisine
  - International dishes contain flavours from one country (China, India, Sweden, Germany, etc.)
  - Fusion dishes mix flavour profiles, usually from two countries (Aboriginal tacos, Mexican lasagna, Croissant banh mi)
- Dish must use some form of at least one of the major grains we have studied (wheat, corn, or rice)
- Reflects learning and creativity
- Can be made, judged, and eaten in one class period
- The teacher approves

If your international dish contains items that are expensive or hard to find, you may be asked to bring them from home. Complete the following steps as you and your partner develop your idea and plan for your lunch:

**INTERNATIONAL DISH: INVESTIGATE** (5 marks)

A. Look at recipe books, surf the “Net”, and/or think about your favorite international dishes. In the space below, write down any ideas you may be interested in using. You need to include at least 6 ideas, but may have more if you wish.

#	Country or Countries of Origin	Ideas for Dish	Grain(s)	“X”
1				
2				
3				
4				
5				
6				
7				
8				

B. From your list above, put an “X” in the box beside items that you think don’t meet the required criteria listed above (flavour profile, time, etc.).

**INTERNATIONAL DISH: DESIGN** (20 marks)

A. From your list above, write below your top three choices for your main dish and accompaniment.

#	Country or Countries of Origin	Ideas for Dish
A		
B		
C		

B. Think about each of your options above. Write the pros and cons for each of the items listed below:

- a) Do the chosen flavours represent the country or countries you selected?
- b) Does it include at least one form of wheat, corn, or rice?
- c) Is it a creative approach to the project?
- d) Can you make it in class time?
- e) Are all ingredients provided or can you bring them?

LUNCH OPTION	PROS	CONS
Ex. Chinese chicken stirfry with rice	<ul style="list-style-type: none"> <li>- Chinese ingredients: soy sauce, sesame seeds</li> <li>- Includes grain - rice</li> <li>- Can be made in class time</li> <li>- All ingredients will be provided</li> </ul>	<ul style="list-style-type: none"> <li>- Not very challenging or creative</li> </ul>
LUNCH A:		
LUNCH B:		
LUNCH C:		

C. We will be making \_\_\_\_\_.

Teacher signature for approval:

D. Background information: Complete the following chart.

<b>Dish We Selected</b>		
	<b>Country A</b>	<b>Country B (if doing fusion)</b>
Country or Countries		
Grain included in the dish and how it reflects staple grains and/or foods from the selected country or countries.		
Specific flavours and/or seasonings in the dish we selected that represent the country.		
Ways of cooking or equipment that represent the country.		
How this food would be served and/or eaten in the selected country. (If doing fusion, select one of the countries to complete this.)		

The judges will use the following criteria when evaluating your food:

- Appearance – 5 points – it looks appealing and you want to try it
- Flavour – 10 points – the flavours represent the selected country or countries with a good blend of seasonings; you want more
- Originality – 5 points – recipe is an original or creative interpretation; creative recipe name



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**INTERNATIONAL DISH: EVALUATE** (10 marks)

Think about everything involved in the planning and completion of this project as you respond to the following:

- Brainstorming and selecting or creating recipe
- Planning and completion of the written part for this project
- Cooking
- Clean-up
- Evaluation

1. What went well? (Be specific.)	
2. What challenges did you experience? (Be specific.) How did you resolve them?	
3. If you were to do this activity again, what would you do differently?	
4. Overall, how well do you think you did on this activity? Give yourself a mark out of "20" and explain why you think you deserve that mark.	