Foods 12 Ainsley

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Iron Chef

In Foods 12 our final project/test was called Iron Chef. During class, Mr. Brett explained the project to us and showed us an episode of Iron Chef Canada. I started to become nervous and stressed out because I don’t do good knowing we have a certain time limit and I don’t do good under pressure.

When it came to competition day, we found out that are secret ingredient was sweet potatoes! There is a lot of stuff that you can make with sweet potatoes. Our group decided to do a breakfast type recipe because we knew that most groups would probably choose to do lunch or dinner recipes, so we wanted to stand out and go for something that no one would expect to be made with sweet potatoes. The recipe that we chose to make was sweet potato pancakes, with a strawberry glaze. When we started to make this recipe, we realized that we should probably serve it with a glaze, so we decided to make a strawberry glaze and it turned out and tasted amazing! As well as, the pancakes turned out pretty good, besides that a few kept falling apart while cooking them. One obstacle throughout this challenge was having an ingredient restraint because we had to choose a recipe where we had all the ingredients in class. We were only allowed to ask the teacher to get one ingredient that was less than $5. Although, our group actually did not need to ask for any ingredients.

Our group worked very well together and we each contributed equally. We all helped with the preparing, the making, the cooking and the cleaning and plating of the dishes. The platting and taste of our dishes could have been improved because we left the platting ideas to the last minute and the sweet potato flavor was kind of masked by the rest of the flavours. I also think that our group could have picked a better recipe, where it was more thought out. Although, our dishes still turned out and the judges seemed to like them, especially the strawberry glaze!

Overall, I think this project was a good idea because it showed everyone’s creativity, their effort level as well as it created some friendly competition. Lastly, I really enjoyed this iron chef challenge and I loved the new experience and I would do it again!