

# Super Chili Bowl Cook-Off Guidelines

1. No sick individuals shall prepare or handle food. Anyone who has experienced gastro-intestinal symptoms (i.e.: vomiting, diarrhea, etc.) shall not prepare or handle food until 24 hours after the symptoms have elapsed.
2. Use proper hygiene at all times. Wash your hands before and after working with food and no bare hand contact with food – use disposable gloves or utensils.
3. All ingredients must come from an approved and inspected source (i.e.: grocery store). **Ingredient items such as wild game or any home canned items are prohibited.** Meats used as an ingredient must be USDA or ND Dept. of Ag approved and if frozen shall be properly thawed prior to preparation in one of the following ways:
  - In refrigerated units at a temperature not to exceed 41°F
  - In a microwave oven only when the food will be immediately transferred to conventional cooking facilities as part of a continuous cooking process or when the entire, uninterrupted cooking process takes place in the microwave oven
  - As part of the conventional cooking process.
4. **Prepare your chili on the same day of the event!** 8 to 10 gallons of chili can be difficult to properly cool. If you cool your chili, it must be cooled from 135 °F to 41°F in six hours, provided it is cooled from 135 °F to 70 °F within the first two hours. Use one or more of the following methods to cool your chili:
  - Put the chili in shallow pans (less than two inches in depth) before placing in the refrigerator – loosely cover, or uncover if protected from overhead contamination
  - Use rapid cooling equipment (i.e.: an ice wand or blast chiller)
  - Stir the chili in a container placed in an ice bath
  - Add ice as a final ingredient
5. **All chili must be cooked or reheated to at least 165 °F – verify with a thermometer.**
6. **All chili must be hot held in a warmer at 135°F or above – verify with a thermometer.**
7. Keep your chili covered during preparation, storage and display.

***Any questions concerning these guidelines can be directed to Bismarck's Environmental Health Division at 701-355-1400.***