

Our Judges

Matthew Cole—former coach, public relations manager TransCanada

Best In Show MS 2008

Todd Darrah—former coach, chef/owner

Chelsea Royale Diner,

Best In Show HS 2009, HS 2011

Troy Felisko—former coach,

Best in Show HS 2014

Jake Gallogly—former coach, butcher Adams

Farm, chef Cask & Kiln Restaurant

Best In Show MS 2016

Dawn Hasting—former coach, executive chef,

Brattleboro Food Coop

Jennifer Lair—chef/owner Jezebel's

Restaurant

Cammie Swanson—former coach

Best In Show MS 2012, MS 2013

Bob Zeman—former coach.

Best in Show HS 2012, Lively Local Award HS 2013

Thank You!!!

Jane & Don Boyd
Grafton Village Cheese
Deerfield Valley Rotary
Boyd Family Farm
W.W. Building Supply
The Deerfield Valley News
Mt. Snow
Twin Valley Booster Club

Joe Boyd
Kaitlynn Boyd
Skyler Boyd
Chris Brown
Ayako Brown
Kathleen Bullock
Matthew Cole
Buddy Hayford

Karen Horton
Dylan Howe
Hailey Howe
Maryann Lozito
Hayden Reed
Nikki Steele

Wings/FRESH After School

Programs

Samantha Ambrose-Mundt
Katie Boyd
Andy Hauty
Jen Nielsen
Shelley Park

and Marie Paige

Twin Valley Champions

2/15/2017

Cook Off 2017



▶ Twin Valley Jr. Iron Chef

- > 10 Middle School Teams
- > There's only 2 spots open in Burlington for each school!
- > Who will be our next School Representatives?

What's All the Excitement?

Twin Valley Rules!

In 2008 VTFEED (Vermont Food Education Every Day) and the Burlington School Food Project created a cooking competition to both raise awareness of local produce and to develop kid friendly recipes that school food services could use. Twin Valley Middle School entered four teams in that competition garnering the Best In Show title with "Very Veggie Chili with Pan Seared Polenta". The following year the Twin Valley program grew to 9 teams at the middle school level and 1 high school team. This was the first year for the Twin Valley Cook Off. The state competition allowed only 3 teams from any one school. The High School team won the Best In Show title that year with their entry "Hakuna Matata Huevos Muellenos". 2010 brought 14 teams to the Middle School and 3 teams to the High School, a total of 74 students were now involved in the program. Our middle school brought home the Best in Show this time out with "Veggie Roux-Stew and Cheddar Biscuit". The dynasty was building. The Twin Valley Jr. Iron Chef program was in full stride being noticed by Jamie Oliver's Food Revolution as well as national and local businesses involving our "cheffers" in their publications. The 2011 cook off featured 18 teams representing 4 schools in our supervisory union. At the state competition this year Twin Valley swept both Best In Show titles! The middle school won with "Cherry Chili and Potato Patties" and the high school won with "Empanadas". It should be noted that both of the high school winners were the same team, "Hakuna Matata". The sweep in 2011 could not be topped in 2012 but it could be duplicated! Twin Valley fielded 13 teams at the Middle School level and 6 teams at the High School level. Our first double cook off was born. The middle school started moving the broom with "Double Dip Dumplings" while the high school completed the sweep with "Asian Vegetable Crepes". A sweep tri-fecta came our way in 2013! For the third year in a row both of our high school and middle school won the Best In Show titles, "Rolled Asia-dillas" and an "Asian Quinoa Cup" won top marks and for the first time one of our teams won the "Lively Local" award. .Of the six possible awards that we competed for we received three! The following year was the first year Twin Valley did not receive a Best In Show award but we did claim the Lively Local award with "Spicy Chipolte, Black Bean Sliders". In 2015 Twin Valley returned to the top of the podium with "Seared Mayan Cous Cous Wraps". Last year the Jakes From State Farm team again took the top prize in the middle school competition. Our teams have won 13 titles in 8 years! There's a very good chance the next **State Champion** is cooking in this gym right now, let's cheer them on shall we?

Twin Valley Champions

2008 MS—Team Chili: Whitney Murdock, Elizabeth Aekus, Lexi Reinertson, Erica Betiti,
Coach Matthew Cole
2009 HS—Hakuna Matata : Stevie Cunningham-Darrah, Shannon Lozito, Chelsea Schneider,
Coach Todd Darrah
2010 MS—J-Lee Stew Crew: Jordan Niles, Kaylea Niles, Baylee Crawford, Hailey Gamache, Justin Hicks,
Coach Keli Gould
2011 MS—Team Murdock: Kyle Murdock, Nick Nilsen, D.J. Lazelle, Jake Cassese,
Coach: Matt Murdock
2011 HS—Hakuna Matata : Stevie Cunningham-Darrah, Shannon Lozito, Chelsea Schneider,
Coach Todd Darrah
2012 MS—The Dipsters: Karlee Walkowiak, Kyla Lavoy, Gabby Gramazio, Caitlin Hunt, Brett Swanson
Coach Cammie Swanson
2012 HS—Zeman's Zing Zangs: Maddie Howe, Karissa Littleton, Emily Gerardi, Kim Froment, Jacob Hicks,
Coach Bob Zeman
2013 MS—The Dipsters: Karlee Walkowiak, Kyla Lavoy, Gabby Gramazio, Caitlin Hunt, Brett Swanson
Coach Cammie Swanson
2013 HS—J-Lee Quinworkers: Kaylea Niles, Baylee Crawford, Hailey Gamache, Justin Hicks,
Coach Keli Gould
2013 HS—Lively Local Award—Zeman's Zing Zangs
Maddie Howe, Karissa Littleton, Emily Gerardi, Kim Froment, Jacob Hicks
Coach Bob Zeman
2014 MS—Lively Local Award—Country Girls—Emily Hohn, Brianna O'hearn, Jocelyn Crowningshield
Coach Jessica Hammond
2015 HS—All Wrapped Up 2017, Hailey Howe, Tabby Felisko, Chad Bernard, Skyler Boyd
Coach Troy Felisko
2016 MS—Jakes From State Farm, Rita Messing, Kaylee Carson, Elaina Gibbs-Buursma
Coach Jake Gallogly

Twin Valley Jr. Iron Chef ◀

7) Wildcat Waves

Pesto Flat Bread

Coach: Gail Salway

Team: Catherine Thomas, Amber Hunt, Sawyer King

9) Joy

Vegetarian Steamed Dumplings

Coach: Joy Powell

Team: Luke Wrathall, Joey Crafts, Finn Fisher, Izaak Park

8) Patriots

Stacked Roast Vegetable Enchilada

Coach: Lyndsay Cunningham

Team: Brady Morris, Liam Wendel, Cooper Adams, Riley Dionne

10) Angels

Chickenless Pot Pie

Coach: Angel Colford

Team: Jazmyn Dix, Halee Cole, Hannah Woodson

From the VTFEED website:

The mission of Jr Iron Chef VT is to empower Vermont students to develop healthy eating habits through the use of whole local foods.

Although the Jr Iron Chef VT competition is held once a year, its influence and impact extends well beyond the event. Teams from more than 55 schools begin to gather in September. They develop recipes, learn basic cooking techniques, and explore new foods, like local rutabaga. Once a recipe is chosen, students practice an average of six times, with increasing accuracy and confidence at every meeting.

April 11, 2008 marked the launch of the very first Jr Iron Chef VT event. The project began as a collaborative effort between two leaders in the Farm to School movement: the Burlington School Food Project (BSFP) and Vermont Food Education Every Day (VT-FEED). Over the past seven years, approximately 2,000 Vermont students have crafted original recipes that highlight local and seasonal ingredients and inspire school meal programs.

School food change takes many players—students, food service, parents, and the community. Jr Iron Chef involves all of these players to create a vibrant, fun, and wildly popular event!

Twin Valley Champions

1) R.A.C.King Crew

Tomato Soup with Grilled Cheddar Crute

Coach: Rusty Holland

Team: Aaron Soskin, Colin Mchale, Keegan Allembert

4) Bouncin' Bettys

Burrito's (even though they are more like Taco's)

Coach: Nikki Peruzzi & Robbie Hardy

Team: Gracie DeFrancesco, Desi Moore, Jordyn Trowt, Toby Kehoe, Dustin Boos

2) Red Rockets

Vegetable Lasagna Cups

Coach: Brennan Cofield

Team: Tommie Duncan, Aidin Joyce, Justin Dupuis, Ayden Loos

5) Root Rock n' Rollers

Root Vegetable Pot Pie

Coach: Jessica Hammond

Team: Cadence Adair, Matthew Hammond, Jimmy Place

3) Tasty Girls

Tofu Bahn Mi

Coach: Tracy Gamache

Team: Winter Nakos, Dakota Boos, Bridgette Schneider

6) Cabbage Patch Kids

Delicious Drizzled Dumplings

Coach: Keli Gould

Team: Lorelei Briggs, Hailey Bills, Maggie Arel, Alyssa Bird

Goals of the Jr. Iron Chef Program

- Celebrate local and seasonal produce
- Celebrate students' involvement and creativity in cooking
- Highlight local food dishes that can be made by schools
- Showcase Vermont farmers and products