



ARE YOU READY FOR A THROWDOWN!?

**Cape Ann Farmers Market &
the Northwest Atlantic Marine Alliance
want you to be part of our
2015 Seafood Throwdown Season!**



Are you a chef, caterer, line cook, or an aspiring chef? Have you been dreaming about being a part of a cooking competition? Have you always dreamt of the day Bobby Flay walks up to you and asks “are you ready for a Throwdown?” Well? ARE you ready for a Throwdown? We are not promising Bobby Flay, but a bonafide Throwdown and we want you!

Now in its 8th year, Seafood Throwdowns are friendly cooking competitions designed to bring communities together while helping the public better understand the ecological, social, food system, and economic importance of locally caught seafood and community-based fisheries.

Two local chefs compete in a cooking competition inspired by local seafood. Each participant brings only their favorite cooking vessels/utensils, presentation plates and three of their favorite ingredients. Once there, they discover the secret seafood ingredient, given \$25 and 15 minutes to use the farmers market as their pantry, and then an hour to prepare, cook and plate their dish for 3-5 judges. The chefs also make enough to offer a small tastings to the public. Each dish will be judged based on four criteria:

- Taste - 10 points
- Originality - 5 points
- Presentation - 5 points
- Using the entire animal - 10 points

Rest assured you won't be alone. There will be an emcee to give you a play by play of what is happening. And always a great audience cheering on the chefs and waiting for their creations with baited breath. We encourage you to look at photos of past Seafood Throwdowns on flickr <http://bit.ly/NAMAflickr>.

You'll have great exposure; can bring marketing materials from your restaurant, café, or food store you represent. And you get to take home some bragging rights when you win!! That, and a few more goodies courtesy of NAMA and our friends. This event is free to the public and will take place during the farmers market on Thursday, August 20th at the Stage Fort Park on August 20th.

So... what do you say? *Are you ready for a Seafood Throwdown?*

For more information or to get started, please contact Cynthia Bush by email Cynthia@namanet.org or by phone 978-281-6934, extension 2. For more information, please visit <https://namanet.org/our-work/market-transformation/seafood-throwdown>.