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Lamorinda Iron Chefs Take Top Prize at California State Fair

Submitted by Kieran Manning



Anthony Cannon, 17, Sophia Collins, 15, and Sarah Manning, 15 at the California State Fair Kitchen Photo provided

created a fruit tart with custard filling and graham cracker crust.

The judges were overwhelmed by the team members' creativity, flavors, and presentation and awarded the top prize to the Lamorinda Iron Chefs.

Senior members of the Lamorinda 4-H Club traveled to Sacramento to compete in the 4-H Cooking Throwdown at the California State Fair. Members Anthony Cannon, Sarah Manning and Sophia Collins were tasked with preparing a three-course meal in under an hour using no recipes. They were also given a secret ingredient just before starting to cook, which had to be included in all three courses.

In the first round, the theme was picnic and the secret ingredient was Brussels sprouts. The clever chefs secured a win in the first round with a zucchini boat appetizer, mini chicken pot pies and strawberry-Brussels crumble.

Tour de France was the theme for the final round with a secret ingredient of blueberries. Anthony whipped up a French noodle salad with blueberry dressing. Sarah flipped crepes and filled them with chicken, mushrooms, asparagus, blueberry reduction and bechamel sauce. Sophia

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[back](#)

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