



WORST COOKS IN AMERICA **Episode Descriptions (2016)**

Premiering Sunday, January 3rd at 9pm ET/PT - SEASON PREMIERE

"Fear the Worst"

Tyler Florence returns to the kitchen to challenge Worst Cooks reigning champ Anne Burrell to a rematch. An open casting call attracts some of the worst cooks they have seen yet, and the chefs choose 14 recruits to train back at boot camp. The recruits make their "signature dishes," and after an unsavory tasting, Anne and Tyler pick their teams. The chefs attempt to teach their recruits to make a well-balanced dinner, but two recruits are not up to the task and are sent home.

Premiering Sunday, January 10th at 9pm ET/PT

"Getting Stuffed"

A Skill Drill tests the recruit's food knowledge in a game show-style battle of "Family Food" and the teams go head-to-head in an effort to win steps for an incomplete recipe. When the game is over, the teams start cooking and clumsily attempt to fill in the blanks in their partial recipes. In the Main Dish Challenge, the teams stuff and prepare a delicate cut of meat and it comes down to the wire for the two recruits who don't make the cut.

Premiering Sunday, January 17th at 9pm ET/PT

"50 Shades of Flavor"

The teams learn all about flavor combinations by taste testing some unlikely pairings. In the Skill Drill to test their creativity, the recruits each must construct a unique ice cream sandwich. The flavor showdown continues in the Main Dish challenge and the recruits must create their own unique filling to make empanadas. Two recruits fail to deliver on flavor, so Anne and Tyler say "adios" and send them home.

Premiering Sunday, January 24th at 9pm ET/PT

"Taking it to the Streets"

Anne and Tyler give the recruits a hard lesson in multi-tasking and they must cook four eggs, each in a different style – leaving some of them scrambling for time and others cracking under the pressure. The kitchen gets even hotter when the Main Dish Challenge calls for the recruits to make four different Asian street food dishes. Two recruits can't handle the heat, so Anne and Tyler say "sayonara" as they hit the road.

Premiering Sunday, January 31st at 9pm ET/PT

"The Cod Squad"

The remaining recruits must use exotic proteins to grind out some unforgettable burgers. After serving their original sliders to Anne and Tyler, the competitors learn they must each filet a whole cod to make homemade fish and chips. Two recruits don't make the cut and are sent home.

Premiering Sunday, February 7th at 9pm ET/PT

"Blast from the Past"

For the last skill drill, Anne and Tyler challenge the final four to replicate a dish with no help from the chefs – they must rely on their own taste buds and newfound skills. The trials continue in the Main Dish Challenge, and the teams must cook a revamped version of their day one signature dishes – and serve it to their loved ones. However, their friends and family don't know who cooked what dish – so they could unwittingly send their loved one packing. Two recruits are sent home, and the final two remain.

Premiering Sunday, February 14th at 9pm ET/PT

"Final Food Fight"

Anne and Tyler each work with their remaining recruit to plan a refined three-course meal that will be served to a panel of culinary experts. The finalists cooking skills are put to the ultimate test in a professional restaurant kitchen, as Anne and Tyler battle it out for bragging rights as mentor of the grand prize winner. The final dishes determine who has gone from worst to best, and the *Worst Cooks in America* winner is awarded \$25,000.