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*High-res images, show footage, and interviews available upon request.

WORST COOKS IN AMERICA

Season Three (2012) – Episode Descriptions

Premiering Sunday, February 12th at 9pm ET/PT - SEASON PREMIERE

"Best of the Worst"

In the season premiere, the sixteen "recruits," each nominated by family and friends for their atrocious cooking skills, arrive at Base Camp and attempt to impress Anne and Bobby with their own "signature" dish. The chefs then make their team picks and for their first challenge, the contestants engage in a high-stakes breakfast battle – with Anne's team attempting *Anne's Orange Pumpkin Pancakes* and Bobby's recruits assigned *Bobby's Blue Corn Pancakes*. But some of these recruits can barely fry an egg, so the chefs need to go back to basics teaching four simple egg techniques. The contestant with the least successful dish on each team is sent home, while the remaining fourteen competitors cook on.

Premiering Sunday, February 19th at 9pm ET/PT

"Going Global"

The remaining contestants take a culinary field trip to Chinatown for a lesson in the ancient art of noodle pulling, and comedy ensues as the inexperienced recruits attempt this specialized task. Anne and Bobby prep the recruits for battle by teaching them the crucial knife skills they will need to recreate their chef's noodle dishes. With ingredients flying and noodles aplenty, the contestants cook their way through the competition to see who can master this technique and impress their chef mentors. For the next challenge, the contestants create a meatball by selecting a country's flag and developing a dish tailored to that country's cuisine. From Spanish Albondigas to Greek Keftedes and Danish Frikadeller, each contestant must grind their own meat and create their unique meatball that represents the tastes of that nation. The contestant with the least successful dish on each team is sent home, while the remaining twelve competitors cook on.

Premiering Sunday, February 26th at 9pmET/PT

"Extreme Flavor"

The contestants meet Anne and Bobby at a pizza parlor to learn how to make dough from scratch, and the chefs also school their malleable culinary recruits in the art of combining flavors that marry together perfectly on top of a delicious pizza pie. The contestants must then invent and execute their own one-of-a-kind pizza from pantry ingredients, and the stakes are high as the winner of the challenge wins a player swap for their chef mentor. After a winner is chosen in a blind tasting, the contestants' palates are challenged to identify unlikely flavor combinations such as watermelon/feta and caramel/bacon in a blindfolded taste test. The recruits must choose their own extreme flavor combinations to spice up a protein for a delicious main dish. The two least successful contestants in executing the perfect blend and are sent home.

Premiering Sunday, March 4th at 9pmET/PT

"Late Night/Date Night"

In a middle-of-the-night culinary showdown, the contestants arrive at a 24-hour diner to meet Anne and Bobby who present them with two classic diner favorites: loaded nachos and chili fries. Bobby and Anne take turns teaching their teams how to make upscale takes on these snack foods, and then the recruits are let loose to invent their own versions of the dishes. The culinary battle then goes from diner to fine dining as the teams learn to cook an impressive, upscale entrée. The chefs also demonstrate how to butterfly and cook their protein and create a pan sauce which the recruits must replicate. The recruits are also challenged to create their own original side and plate two completed entrees to enjoy with their chef in an intimate one-on-one date. The two that fall below the culinary bar are sent home.

Premiering Sunday, March 11th at 9pmET/PT

"Luck of the Irish"

The heat is on as the contestants must recreate their mentor's favorite meal using only taste, smell and the overall appearance of the dish as guidance. In a twist, Bobby and Anne watch from a closed circuit monitor to see how the contestants work when left on their own. With no help from their team leader, the recruits must rely on one another to re-create their chef's plated meal. In the main dish challenge, the contestants need the luck-of-the-Irish as they cater an Irish-themed party. Anne and Bobby give the contestants a lesson in creating potato skins, and also reveal four different Irish-inspired hors d'oeuvres the contestants must prepare for the party. The winners from the previous challenge assign their team's hors d'oeuvres. Luck is ultimately not on the side of two contestants, but the remaining six culinary hopefuls live to cook another day in the kitchen.

Premiering Sunday, March 18th at 9pmET/PT

"Something Fishy"

Seafood is the lesson of the day as Anne and Bobby demonstrate the fundamentals of preparing oysters, mussels, crab legs, lobster and shrimp. The contestants must then work as a team to prepare an impressive, colossal raw bar tower in only one hour. The seafood theme continues as Anne and Bobby demonstrate how to fabricate an arctic char, scrape the bones for tartare and grill their filets. In a dramatic ingredient reveal, the contestants each get their own 15-lb. salmon to filet. Once their chefs critique their filets, the teams make a mad dash to the pantry to create their own seasoning profile for their fish and perfect a delicious, yet ambitious fish tartare. Two contestants sink to the bottom of the seafood challenge, but the remaining hopefuls gear up for another day of learning in the kitchen.

Premiering Sunday, March 25th at 9pmET/PT

"Kicked Off by Kin Folk"

The contestants face the toughest judges yet, cooking and serving a kid-friendly entrée and vegetable "lunch lady" style to a class of second graders. The students taste the dishes and give their unfiltered opinions to Anne and Bobby. In the next challenge, Anne and Bobby invite the recruit's loved ones to bootcamp for a family meal, but it's Bobby and Anne who will be eating with their loved ones – none of whom will know which recruit cooked which dish. With the drama heightened, the contestants create an entrée and dessert, and then watch from closed circuit monitors as their chefs and loved one's weigh in on the food's flavor. After hearing opinions about their new, hopefully improved cooking, the contestants are at the mercy of the people they love most to determine whether they will cook another day.

Premiering Sunday, April 1st at 9pmET/PT

"Worst to First: The Final Battle"

In the final battle, the two remaining contestants must execute their own three-course menu for a panel of culinary titans at New York City restaurant, David Burke Kitchen. Bobby and Anne work with their respective contestants to design the menus, taking into account their personal culinary journey. The contestants learn new techniques, go grocery shopping, practice their menu and execute all three courses in a dramatic end to an exhausting competition. Finally, the panel of culinary experts, including David Burke, Marcus Samuelsson and Susan Feniger, determine which chef has moved from worst to first and will walk away with the \$25,000 grand prize.

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