16th Annual ProStart Culinary Team

Competitions

The Johnson & Wales University

**Culinary** Competition

#### JWULogo

#### FRLAEF Logo

Johnson & Wales UNIVERSITY **Culinary** Competition

Friday, February 5 and Saturday, February 6, 2016

#### Eligibility

All participating students must be juniors or seniors in high schooland enrolled in a Premier or Full ProStart Program using the ProStart® curriculum during the 2015 – 2016 school year. A team must consist of students from the same school or career center.

**Purpose**

Participating teams will demonstrate their culinary knowledge, skills, and creative abilities during the competition through demonstration of skills mastery and the preparation of a meal consisting of (i) a starter (such as soup, salad, or appetizer); (ii) an entrée, consisting of protein (such as meat, fish, or fowl), vegetable, and starch; and (iii) a dessert. Their performance during the competition will be observed and rated by judges from the foodservice industry and colleges and universities. This competition is designed for students capable of high-level food preparation. Participating teams will demonstrate their ability to work together while creating and presenting their meal. Participation will reinforce the skills and knowledge learned **from the ProStart program and the "Foundations of Restaurant Management and Culinary Arts" curriculum.**

Uniform

The team must present a uniform appearance. All team members are required to wear appropriate apparel consisting of apron; **long-sleeve**, white chef coat; checkered or black pants; non-porous closed toe, non-slip hard sole black shoes, and the hats provided by the FRLAEF**.** FRLAEFwill provide hats in advance. Teams are allowed to have logos and sponsor names on their chef coats; however, the coat must remain a white coat with accent colors. Per Florida health code, no jewelry may be worn with the exception of a wedding band (covered by a glove) and a medical alert bracelet (kept inside uniform and away from food). The team will be evaluated on proper uniform throughout all culinary events.

**ALTERNATE**

The alternate may replace an original team member if a member is injured or unable to participate or continue. If a team member cannot continue, the alternate, with judge’s approval, may replace the team member. The replaced team member may not **return**/step in for the alternate. If the alternate replaces a team member, the alternate must stay in the competition for the duration. The replaced member should leave the competition area and, **at the discretion of the educator**, may leave the event or stay and watch as an observer.

The alternate is an important asset to the team, and can act as the team manager and expediter. The alternate may assist in transporting the equipment and food products to the competition area, but may not assist in any unpacking or set-up.

During the Station Set-up, Knife Skills/Poultry Fabrication, Production Mise en Place and Cooking segments, the alternate must stay on the outside of the L of the tables. The alternate may not touch any equipment, products, or any other item on the table or production area. **The alternate may taste food throughout the competition. To do so, the alternate must have his/her own supply of tasting spoons.** The alternate may talk to the team at any time and may have any printed materials, including timelines, recipes or notes to assist in keeping the team on track. The alternate will be considered part of the team and may not have any verbal or non-verbal communication with anyone outside the competition area. The alternate must follow all eligibility rules as stated above. The alternate information must be submitted on the team entry form.

The alternate may accompany the team to the tasting area, but may not carry plates. The alternate may assist in Clean-up. **The alternate is an optional position. There are no provisions for teams without an alternate.**

**SCORING**

1. A maximum of 100 points can be earned by a team during the Culinary Competition.
2. All decisions and scoring by judges is final.
3. In case of a tie: The teams that have tied may be interviewed by a panel of judges. The judges will ask questions of the team to be answered verbally with regard to the methods, preparation and presentation of their meal. After the interviews, the judge’s panel will discuss those teams who have tied scores, and make a group determination as to the ranking of final winner(s) based on the answers to the questions given by team members.

**General Competition Rules**

1. Team will send all required information to the Florida Restaurant & Lodging Association Educational Foundation (FRLAEF) no later than December 18, 2015. (If necessary, you will be able to make changes after you turn in your information.) If all required information is not received by 5:00 pm on December 18, 2015, the first team on the waiting list will replace your team in the competition.
2. The order in which teams compete in the Culinary Competition will be drawn at random. Teams will receive information on their start time prior to the competition.
3. Only one (1) team per school may compete in the Culinary Competition. The team must consist of students from the same school or career center. If the students are not from the same school or career center, the team will be disqualified.
4. A student may compete in only one (1) competition.
5. All participating students must be juniors or seniors in high schooland enrolled in a Premier or Full ProStart Program using the ProStart® curriculum during the 2015 – 2016 school year.
6. A team will consist of two (2) to four (4) team members. One (1) alternate may attend as well. Team must follow the guidelines on page 2 found under Role of the Alternate.
7. If the team experiences a medical emergency, competition staff, at their discretion, may stop the timer until the medical situation is resolved. The team will then be given the time remaining to complete the meal.

**COMPETITION FLOW**

* Station Set-Up (15 Minutes)
* Knife Skills/Poultry Fabrication (15 Minutes + 5 Minute Critique)
* Production Mise En Place (20 Minutes)
* Cook (60 Minutes)
* Skills & Organization Critique (10 minutes)
* Judge’s Tasting Critique (7 Minutes)
* Station Clean-Up (20 Minutes)
* Sanitation Critique & Dismissal (5 Minutes)

1. Feedback for the Knife Skills/Fabrication, Sanitation and Work Skills segments will occur on the competition floor. Feedback for Tasting will occur in the judging area.

2. No cell phones, tablets, or communication devices are allowed on the competition floor. Teams are allowed to bring a recording device to record the critique and feedback sessions. The device must be given to the FRLAEF's timer during the competition segments, and may only be used during the critique times.Teachers and mentors will be allowed to be present only during the Tasting sessions.

**MENU PLANNING AND PREPARATION FOR COMPETITION**

1. Each team must prepare two identical three course meals of their choice, garnished and served appropriately. The meal will consist of a starter; an entree, consisting of protein, vegetable, and starch; and a dessert.
2. Suggested serving sizes for the entree are 4-6 ounces for protein, 2-3 ounces for starch and 2-3 ounces for vegetables. All proteins must be purchased from a meat supplier. One meal will be seen by the judges for both taste and presentation, and one meal used for display purposes.
3. Mentors can assist teams in preparing for the competition. However, they cannot prepare the menu. Their expertise is limited to menu suggestions and technique advice.
4. Teams must employ a minimum of two cooking methods from the following list: Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté. Teams are allowed to use additional techniques if they so desire. See Foundations of Restaurant Management & Culinary Arts Level 1, Chapter 5, pgs. 319-344 for additional information.
5. The workspace will consist of two (2) eight-foot tables provided for each team. The tables will be set up in an “L” formation within a 10’ x 10’ space. All food preparation must be done within the workspace on the tables provided. All equipment and supplies must be contained within the allotted 10’ x 10’ space unless otherwise directed by event staff. Team members may onlywork on the tables from the interior of the space (i.e. team members will not have their backs to the audience). When teams begin preparing for the competition they should tape off a 10' x 10' square. The two "L" shaped tables should be placed inside that square. All other supplies must fit inside the square as well. Supplies may be placed under the tables but it is not required. This set up allows for teams to bring additional items such as speed racks as long as they fit inside the 10' x 10' square. Please keep in mind judges will expect the space to remain tidy and not be littered with supplies.
6. Teams may raise their tables as long as the table remains steady. It will be up to the judge’s discretion as to whether or not the tables are safe. If the judges rule the tables are not safe, the team must lower the tables.
7. No electric or battery-operated equipment may be used with the exception of electric timers or clocks, thermometers and digital scales.
8. The only heat sources allowed will be two butane burners.Event organizers will provide two butane burners and necessary fuel. Use of the butane burners during the competition is at the discretion of the team.

* To the extent permitted by law, a butane torch may be used for the purpose of finishing any item, sweet or savory. The torch is only allowed to be used for the purpose of caramelizing or browning the surface of the item, not to cook the item.
* No other fueled or mechanical heat sources will be allowed.
* The use of metal, stone or other types of plates or apparatus to extend the cooking surface of the burners is allowed. However, extending between and covering both burners simultaneously is not allowed. The fuel canister must not be covered at any time. If at any time the burners malfunction, as a result of the use of plates, it shall be the team's responsibility to remedy the issue and no additional time shall be granted.

1. Molecular gastronomy in the competition:
   1. Use of liquid nitrogen, referred to as “flash-freezing” is not allowed.
   2. Spherification, foams, and meat glue (transglutaminase) are allowed.
2. The station tables will be covered with a tablecloth. Covering tables with plastic or plexiglass is not allowed.
3. Teams must bring all ingredients necessary to prepare the food they have selected. Teams may bring pre-measured dry goods (flour, sugar, salt, etc.) as well as butter and oil.
4. No alcohol may be used. According to State Statute 562.1111 K-12 public schools may not use alcohol (including cooking wine, cooking sherry, non-alcoholic wine or beer), taste it or have it on campus. Teams will be disqualified if alcohol is used.
5. Teams must bring all necessary supplies to prepare the food they have selected, such as small utensils, small hand tools, gloves, enough cloths for competition and clean-up as well as sanitizer and sanitation buckets.
6. Event organizers will supply all serving dishes. The starch, protein and vegetable need to be on one (1) plate. The starter will be served on one (1) plate. The dessert will be served on one (1) plate. The FRLAEF will provide all dishware used in the competition. Please use the Dish Options sheet to indicate your selections.
7. Refrigeration space is available and is only intended for the purpose of holding food prior to the competition. Ice is available. Three compartment sinks will be set up for use during the competition.
8. Prior preparation of stock necessary for the completion of final product is permissible. Stock is a flavorful liquid made by gently simmering bones or vegetables to extract their flavor, aroma, color, body and nutrients.
9. Commercially manufactured food items such as jams, bread crumbs, bases and mayonnaise are allowed if they are used as an ingredient and not as a finished product. Commercially manufactured food products must be presented in the original container. No pre-chopped, pre-sliced, or pre-prepared food not commercially manufactured will be allowed, with the exception of stock and clarified butter. Demi-glaze, reductions, and sauces made prior to the event are not allowed. All marinating must be done within the 60-minute cooking time.

**STATION PRE-SET**

* 1. Teams should arrive at least thirty (30) minutes prior to their Station Pre-Set time.
  2. The team will have fifteen (15) minutes to pre-set their station for the Knife Skills/Poultry Fabrication segment. This pre-set includes:
* Organization of equipment to allow an unobstructed work area and judging for Knife Skills/Poultry Fabrication
* Ice perishable products of any type for proper food safety
* Set one table for poultry fabrication and one for knife skills
  + Set cutting boards
  + Place knives
  + Set containers (can be iced) to hold poultry before and after cutting
  + Set containers for cut vegetables (can be iced or acid bath)
  + Set waste containers
  + Place chickens and vegetables
* Obtain chicken, ice, water and sanitizing solution
* Leave station to obtain
  + Water
  + Ice
  + Sanitation solution
* Go to the restroom
* Team is NOT ALLOWED to:
  + Talk to any spectators, coaches, educators, or mentors
  1. Station Pre-Set does not include full organization of equipment for production or further mise en place of station or food for production.
  2. **Teams should place their list of the four cuts selected by the team on the table.** See page 7, items #4 and #5.
  3. The timer will notify the team when Station Pre-Set segment time ends and the Knife Skills/Poultry Fabrication segment time begins.

**KNIFE SKILLS /POULTRY FABRICATION**

1. Each team will have fifteen (15) minutes to complete the Knife Skills/Poultry Fabrication portion of the competition. Knife Skills and Poultry Fabrication Competition will take place simultaneously prior to the students beginning preparation of their meal. When the start times are sent out, the sheet will include a start time for the Knife Skills/Poultry Fabrication Competitions. Fifteen (15) minutes will be allotted for this event. The teams will do the knife cuts and poultry fabrication at their work station where they will complete their gourmet meal.
2. Two (2) team members will be randomly selected for poultry fabrication and each will independently fabricate one chicken (provided by the team). The remaining two (2) team members will execute two (2) each of the four (4) required knife cuts (product to be cut is of the team's choosing and is to be provided by the team. **Cuts must be demonstrated on fruits and vegetables only**).

Note: Should the team have three members, one will be selected for chicken fabrication and two to perform knife skills. Should the team have two members one will fabricate and one will do knife skills.

1. The timer will notify the team when the Knife Skills/Poultry Fabrication segment time ends and the Feedback time begins. Judges will have five (5) minutes to offer feedback on the Knife Skills/Poultry Fabrication segment. This feedback will occur at the team station.

KNIFE SKILLS PORTION OF THIS SEGMENT:

1. The team will select four (4) of the eleven (11) knife cut options listed below (with corresponding dimensions) for competition. **Cuts must be demonstrated on fruits and vegetables only.** *See Foundations of Restaurant Management & Culinary Arts Level One pgs. 585-589 for more information. See also Level 1, chapter 5 knife cut reference sheet.*
   1. Rondelle: ¼” thick disc shaped slices
   2. Diagonal: ¼” thick oval shaped slices
   3. Batonnet: Cut into long, thin, rectangular pieces ¼” x ¼” x 2”
   4. Julienne: Cut into long, thin, rectangular pieces. 1/8” x 1/8” x 2”
   5. Large Dice: Cube shaped ¾” x ¾” x ¾”
   6. Medium Dice: Cube shaped ½” x ½” x ½”.
   7. Small Dice: Cube shaped ¼” x ¼ “ x ¼”
   8. Brunois*e*: Very small dice. 1/8” x 1/8” x 1/8”
   9. Paysanne: Square cut ½” x ½” x 1/8”
   10. Chiffonade: Leafy green vegetables such as spinach or basil that are stacked, rolled tightly, and then cut into long thin strips. Approximate width is 1/8”.
   11. Tourne: football shape, ¾” diameter, 2” long, seven equal sides and flat ended
2. **The team will present to the judges a printed list of the four (4) cuts they have selected to execute.** The judges will randomly assign two of the knife cuts submitted by the team to each of the selected students for independent execution. Both of the students will execute two of the required four (4) cuts. It is not required that both students perform all four cuts they selected from the list below. One student will complete two cuts while another student will complete the other two cuts.
3. The finished cuts will be evaluated by the judges and then must be incorporated into the team’s menu preparation during meal production. No further alteration of the cut is allowed. The products must be used as cut during the knife skills segment.
4. **Teams must produce a minimum of 2 oz. of each finished product for judging.**

POULTRY FABRICATION PORTION OF THIS SEGMENT:

1. Team will supply both chickens for fabrication. The chickens must be whole and in their original, unopened package. Judges must inspect the chickens prior to the Poultry Fabrication portion of the competition.
2. Each of the selected students will be required to independently fabricate one (1) whole chicken into 6 pieces not including carcass and wings: (2 boneless, skin-on breasts with first joint of wing bone attached and frenched, 2 boneless, skin-on thighs, 2 drumsticks). The remaining wings and full carcass must be displayed. *Refer to Foundations of Restaurant Management & Culinary Arts Level 2, Chapter 6, pgs. 383-384.*
3. The team may use part or all of the fabricated chicken in their meal preparation, but it is not required. If the team does not use the fabricated chicken in the meal, the team is required to properly store the chicken for future use. The chicken may not be deposed of at the Rosen Plaza.
4. At completion of fabrication, each student’s chicken is to be displayed on their own cutting board with all waste and the carcass. There is to be no combining of waste or cuts until all judging of the fabrication is declared complete by the judge/s.
5. The fabrication will be judged on skill and technique, not on level of difficulty. Sanitation and safety will be strictly evaluated.

Example of Knife Skills/Poultry Fabrication Student Distribution

1. Team consists of Terry, Caroline, Dennis and Mike
2. The team selected chiffonade, brunoise, medium dice and paysanne as their four knife cuts
3. At the competition, the judges will randomly assign that:

* Terry and Dennis will fabricate the chicken
* Caroline will execute brunoise and paysanne
* Mike will execute chiffonade and medium dice

**PRODUCTION MISE EN PLACE**

1. The team will have twenty (20) minutes to pre-set their station for the meal production segment.
2. During Production Mise en Place, teams will NOT be allowed to:
   * Heat water or any liquid
   * Marinate any food (all marinating must be done within the 60-minute meal preparation period.)
   * Perform any knife work
   * Begin cooking any items
   * Mix any ingredients
3. During Production Mise en Place, teams will be allowed to:
   * Wash vegetables
   * Set their station
   * Obtain water from the kitchen
   * Set up sanitizing solution
   * Measure dry and liquid ingredients
4. The timer will notify the team when the Production Mise en Place segment time ends and the Meal Production segment time begins.

**MEAL PRODUCTION**

1. During the competition, meal production must be completed in a 60-minute time period that includes plating. It is the responsibility of each team to know their start time and be ready to begin when their assigned time is announced. Team may bring a manual or battery operated timer. However, event personnel will keep and display the official time.
2. A team is considered done when the food is plated, on the service trays, and all team members have stepped away from the trays and raised their hands to signal they are finished. (*See Penalties).*
3. After a team completes their two (2) identical meals**,** team members will transport the food to the finished product judge’s table. The team members will indicate if they have a preference as to which plate goes to the tasting judges. The team members will then leave immediately. The finished product judges will look at both meals to ensure they are identical. If there is a great variance, the team will be assessed a penalty. *(See Penalties).* One meal will go to the tasting judges. The finished product judges will judge the second meal. After the finished product judging is complete, the meal will be transported to the display table. If the second meal is not prepared, the team will be disqualified.
4. After delivering the meal to the tasting judges, teams will return to their station for the Work Skills/Organization feedback.
5. Tasting judges will have ten (10) minutes to evaluate the plates. At that time the team will return to the tasting area for a five (5) minute feedback session. Teachers and mentors may accompany the team.
6. Teams will return to their station to begin Station Clean-up.

**STATION CLEANUP**

1. Teams have twenty (20) minutes to clean and vacate their station. The team will leave the food preparation area only when their station is returned to the condition it was in when they arrived. The alternate is allowed to assist in Station Clean-Up. *(See Penalties).*
2. After station cleanup, teams will receive the Sanitation feedback and will be released.

**MENU AND RECIPE PRESENTATION**

1. Teams will prepare seven (7) soft bound folders with the team's number clearly shown on each cover. Each folder must containing a copy of (a) menu with prices, (b) color plate photographs, (c) recipes, (d) recipe costing, and (e) menu pricing. These folders will be placed on the corner of the competition table. Each of these is explained in detail below. *See Exhibit D for a checklist*. Note: If you would like your folders returned, they can be picked up at 3 pm on the last day of competition at the **Registration Desk outside of the ballrooms**. FRLAEF will retain one copy of the folder from each team. Any folders not picked up at the end of competition will be discarded.
2. Menu with prices: a simple, typed menu with menu prices printed on an 8 ½ x 11 sheet of paper.
3. Color Plate Photographs: a color photo of each plate being prepared for the meal presentation printed on an 8 ½ x 11 sheet of paper – one plate color photo per page. Final plates presented to the judges will be compared to the color photo provided.
4. Recipes: all recipes for the meal presentation, typedand submitted on the official recipe template *(See Exhibit A of these rules for a sample)* supplied by FRLAEF. Acknowledgements and sources must be listed on each recipe**.** Recipes must be written in a logical sequence. *Refer to Foundations of Restaurant Management & Culinary Arts Level 1, Chapter 4 pgs. 245-246 for additional information.*
5. Recipe Costing: all recipe costing sheets for the meal presentation. Recipe cost must be calculated for each individual recipe, typed and submitted on the official costing template supplied by FRLAEF. Small amounts of dry spices and herbs may be priced as 1% of the total recipe cost. Oil for frying may be priced at 2% of the total recipe cost. *Refer to Foundations of Restaurant Management & Culinary Arts Level 2, Chapter 3, pg. 168-170 for more information. See Exhibit B for recipe cost example.*
6. Menu Pricing: the menu price sheet. There should be one menu price worksheet for each of the three courses, based on the recipe costs and calculated at a 33% food cost percentage. Each course on the presentation menu will be priced separately - one price for the starter; one price for the entrée that includes starch, vegetable, and protein; and one price for the dessert. Menu price on the presentation menu may be rounded up after applying the 33% food cost percentage for a more realistic menu price. However, the final calculation before rounding must be indicated on the costing template. Total menu price for the three course meal may not exceed $75.00 after applying the 33% food cost percentage.*Refer to Foundations of Restaurant Management & Culinary Arts Level 2, Chapter 7, pg. 483, and Exhibit C for a menu price sheet example.*
7. Participating teams will provide one (1) copy of a **framed** presentation menu. The presentation menu must include descriptions and final menu prices for each course. The framed presentation menu must be on the team’s table during competition and then moved to the display area with the team's display plates. The school number must be clearly identified on the menu.
8. The display of the team’s plates is to be accompanied by the framed menu used on the competition station and any identification of the team provided by FRLAEF at the display table. No other additions to the display are allowed. Teams are responsible for collecting their presentation menus from the display area by 3:00 pm on Saturday. FRLAEF is not responsible for any menus not collected by team on the day you compete.

**PENALTIES**

1. Team does not leave station in a sanitary manner:

* Deduction of 3 points. Work area should be left in the same condition as when team arrived.

1. Team begins any competition segment before their assigned start time:

* Deduction of 1 to 10 points. One (1) point per minute up to 10 minutes. Teams that begin 10 minutes prior to their start time are disqualified.

1. Team does not complete meal production within allotted time:

* Deduction of ¼ to 10 points. One quarter point for each 15 seconds up to 10 minutes. After 10 minutes the team is disqualified.

1. Team uses disallowed pre-prepared ingredients:

* Deduction of 5 points per pre-prepared ingredient.

1. Team does not produce two (2) identical meals:

* Deduction of 2 points. There should be minimal variance between the two (2) prepared meals.

1. Team uses dishes/glassware other than those provided by FRLAEF.

* Deduction of 5 points.

1. Team does not utilize knife cuts in final plates.

* Deduction of 2 points.

8. Alternate touches or handles any equipment or food when not allowed.

* Deduction of 5 points.

**DISQUALIFICATION**

1. Team does not return all required paperwork by December 18, 2015 deadline.
2. Teams must arrive at the appointed time to compete or they will be disqualified.
3. Team uses electric devices, battery operated devices and/or additional butane burners.
4. Team does not prepare two meals.
5. Alcohol was used in the meal preparation.
6. Team will be disqualified if it starts more than 10 minutes early or finishes Meal Production more than 10 minutes late.
7. Teams must not receive coaching or any form of communication from anyone during the competition time or they will be disqualified. There will be no verbal or non-verbal communication allowed between any spectators, educators, mentors or coaches and competing team. The determination of what constitutes coaching or communications is solely at the discretion of the FRLAEF and the judges. No warnings will be provided; violations result in disqualification.
8. The team is comprised of students from different schools or career centers.
9. Misconduct includes any nonprescription drug use, alcohol use, or any activity that is illegal under federal, state or local laws, at the event, during competition or in activities or locations related to the event. Should such alleged misconduct come to the FRLAEF’s attention, the matter will be investigated as the FRLAEF deems appropriate. Any decision as to appropriate action due to misconduct, up to and including disqualification, is at the sole discretion of the FRLAEF and is final. By entering into the contest, the student and the team he/she represents accepts this requirement as well as all other conditions of the ProStart Culinary Team Competitions.
10. Teams must compete in each event segment in the competition or they will be disqualified. Culinary teams must compete in Station Pre-set, Production Mise en Place, Knife Skills/Poultry Fabrication, Meal Production and Station Clean-up. Failure to compete in any event segments will disqualify the team.

**EVENT PERSONNEL**

1. FRLAEF staff members and judges. Judges will be from post secondary institutions and the restaurant and foodservice industry.
2. All judges will be consistent from team to team (for example, the judge scoring Team Presentation/Work Skills will be responsible for that category for all competitors).
3. Judges will cover the following categories. See attached score sheet for each category description.

Category Total Points Awarded

Knife Skills 5 (individual scores are averaged for team score)

Poultry Fabrication 5 (individual scores are averaged for team score)

Appearance 5

Work/Teamwork 5

Cooking Procedures 5

Degree of Difficulty 5

Safety 5

Sanitation 5

Clean-up 5

Taste-Starter 10

Taste-Entrée 15

Taste-Dessert 10

Appearance 15

Menu and Recipes 5

Total 100

**AWARDS**

1. The first place team will advance to the 15th Annual National ProStart Invitationalto be held April 29-May 2, 2016 in Grapevine, TX. The team will compete in the National Culinary Competition. The FRLAEF, along with its sponsors, will cover the cost of the trip.
2. The teams that finish in the top five will receive medals from the FRLAEF.
3. Various colleges may award scholarships.

**EXHIBIT A**

**RECIPE EXAMPLE**

***Culinary teams must complete this form prior to the competition. It is not necessary to submit this form with your required paperwork.***

|  |  |
| --- | --- |
| **Team Number** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Menu Item** | Chicken Gruyere | | |
| **Number of Portions** | 4 | **Portion Size** | 1 piece |
| **Cooking Method(s)** | Sauté, bake | | |
| **Recipe Source** | Chef Jane Doe | | |

|  |  |
| --- | --- |
| **Ingredients** | |
| **Item** | **Amount** |
| Butter | 2 oz. |
| Onion, sliced | 8 oz. |
| Swiss Cheese, shredded | 3 oz. |
| Bread Crumbs | 3 oz. |
| Paprika | 1 teaspoon |
| Chicken Breast, Airline, skinless | 4, approx. 8 oz. each |
| Salt and Pepper | To taste |
| White Wine | 3 oz. |
| Chicken Stock | 3 oz. |
|  |  |

|  |
| --- |
| **Procedure** |
| Sauté onions and ½ butter until soft but not brown.  Combine cheese, bread crumbs and paprika  Sprinkle chicken breasts with salt and pepper  Remainder of procedures… |

**EXHIBIT B**

**RECIPE COST EXAMPLE**

***Culinary teams must complete this form prior to the competition. It is not necessary to submit this form with your required paperwork.***

|  |  |  |  |
| --- | --- | --- | --- |
| **Team Number** |  | | |
| **Menu Item** | Chicken Gruyere | | |
| **Number of Portions** | 4 | **Portion Size** | 1 breast / approx. 8 oz. |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredient** | **Purchase Unit** | **Purchase cost** | **Unit cost** | **Amount Needed** | **Ingredient Cost** |
| Butter | 1 pound | $4.59 | $0.287/oz. | 2 oz. | $0.574 |
| Onion | 3 lbs. | $1.98 | $0.041/oz. | 8 oz. | $0.328 |
| Swiss Cheese | 1 pound | $5.99 | $0.374/oz. | 3 oz. | $1.122 |
| Bread Crumbs | 15 oz. | $1.75 | $0.117/oz. | 3 oz. | $0.351 |
| Paprika | 2 oz. / 12 tsp. | $1.79 | $0.895/oz. | .167 oz./1 tsp. | $0.149 |
| Chicken Breast | 1 pound | $1.98 | $1.98/lb. | 2 lbs. | $3.96 |
| White Wine | 750 ml / 25.4 oz. | $12.00 | $0.472/oz. | 3 oz. | $1.416 |
| Chicken Stock | 1 gallon | $6.00 | $0.047/oz. | 3 oz. | $0.141 |
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|  |  |  |  |  |  |
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|  |  |
| --- | --- |
| **Subtotal** | $8.041 |
| **1 % for small amounts of spices (Q Factor)** | $0.08 |
| **Total Recipe Cost** | $8.121 |
| **Portion Cost** | $2.03 |

**EXHIBIT C**

**MENU PRICE EXAMPLE**

***Culinary teams must complete this form prior to the competition. It is not necessary to submit this form with your required paperwork.***

|  |  |
| --- | --- |
| Team Number |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Menu Category | * Starter | X Entree | * Dessert |

|  |  |
| --- | --- |
| Recipe | Portion Cost |
| Chicken Gruyere | $2.03 |
| Vegetable (from additional recipe and costing sheets) | $0.753 |
| Starch (from additional recipe and costing sheets) | $0.961 |
| Sauce (from additional recipe and costing sheets) | $0.354 |
| Garnish (from additional recipe and costing sheets) | $0.156 |
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| --- | --- |
| **Total Plate Portion Cost** | $4.254 |
| **Menu Price at 33% Food Cost** | $12.891 |
| **Actual Price on Menu** | $13.00 |

**EXHIBIT D**

**CULINARY MENU, COSTING FOLDER OUTLINE AND CHECKLIST**

Seven folders, each containing

* Team number on cover
* Menu with Prices (simple typed menu 8 ½ x 11)
* Plate Photographs

A separate color photograph for each course  
Photographs printed on 8 ½ x 11 pages

* Recipes; typed on official template
* Recipe costing sheets; typed on official template
* Menu Price Sheets, typed on official templates

**Checklists of other item required**

* Sheet with four chosen knife cuts to present to judges during Knife Skills portion
* One copy of Presentation Menu, framed

**CULINARY COMPETITION** RATING SHEET

Team Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Table Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EVALUATION CRITERIA** | | | **POOR** | | **FAIR** | | **GOOD** | | **VERY GOOD** | | **EXCELLENT** | | **SCORE** | |
| **Knife Skills** | | | | | | | | | | | | | | |
| **Knife Skills** | | |  | |  | |  | |  | |  | |  | |
| • | Consistency | |
| • | Accuracy | |
| • | Safety | |
| • | Waste | |
| Competitor 1 | | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| Competitor 2 | | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| **Poultry Fabrication** | | | | | | | | | | | | | | |
| **Poultry Fabrication** | | |  | |  | |  | |  | |  | |  | |
| • | Accuracy | |
| • | Safety | |
| • | Waste | |
| Competitor 1 | | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| Competitor 2 | | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| **Team Presentation/Work Skills/Organization** | | | | | | | | | | | | | | |
| **Team Appearance** | | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| Including but not limited to: | | |
| • | White chef coats | |
| • | Black or checkered pants | |
| • | Uniform clean & presentable | |
| • | Hard sole shoes | |
| • | Hats and aprons (provided) | |
| • | Team uniformity | |
| **Work Organization/ Teamwork** | | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| Including but not limited to: | | |
| • | Utilization of a team plan | |
| • | Mastery of skills required for individual tasks | |
| • | Workload evenly distributed | |
| • | Team cohesiveness | |
| • | Communication | |
| • | Professionalism | |
| • | Proper Station Pre-Set/Production Mise en place | |
| • | Proper time management | |
| **Proper Cooking Procedures** | | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| Including but not limited to: | | |
| • | Appropriate cooking method for product used | |
| • | Required cooking techniques used minimum of two cooking methods from the following list: Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté | |
| • | Cooking procedures done in a time efficient manner | |
| • | Proper amount of product for recipe requirements | |
| • | Effective use of remaining product | |
| *Refer to Foundations I, Ch. 5; ProStart*® *Yr 1, Ch. 4 and Section 3*   * Proper pans and tools for intended use   *Refer to Foundations I, Ch. 5: Becoming Year 1, Ch. 5* | | |
| **Degree of Difficulty** | | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| **Including but not limited to:** | | |
| •  • | **Creativity**  **Complicated techniques** | |
| **Safety and Sanitation** | | | | | | | | | | | | | | |
| **Follows Safety and Sanitation Procedures** | | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| Including but not limited to: | | |
| • | Personal hygiene | |
| • | Proper knife safety | |
| • | Proper use and handling of food contact surfaces | |
| *Refer to Foundations I, Ch. 2 & 3; Becoming Year 1, Ch. 2.* | | |
| **Proper Food Handling** | | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| Including but not limited to: | | |
| • | Proper use of gloves | |
| • | Appropriate temperature control of ingredients | |
| • | Proper sanitation practices regarding food contact surfaces | |
| • | Proper storage of food | |
| • | Avoidance of cross contamination  *Refer to Foundations I, Ch. 2 & 3; Becoming Year 1, Ch.2.* | |
| **Work Area Cleaned** | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| Including but not limited to: | |
| • | Work area cleaned in appropriate time frame |
| **Product Taste** | | | | | | | | | | | | | |
| **Product Taste - Starter** | | **1-2** | | **3-4** | | **5-6** | | **7-8** | | **9-10** | |  | |
| A subjective category based on tasting judges’ expertise | |
| **Finished Product** | | | | | | | | | | | | | |
| **Appearance - Starter** | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| Including but not limited to: | |
| • | Balance of color |
| • | Shape |
| • | Texture |
| • | Portion size |
| *Please refer to Foundations II, Ch. 4; Becoming Year 1, Ch. 9, and Section 3* | |
| **Product Taste** | | | | | | | | | | | | | |
| **Product Taste - Entrée** | | **1-3** | | **4-6** | | **7-9** | | **10-12** | | **13-15** | |  | |
| A subjective category based on tasting judge's expertise | |
| **Finished Product** | | | | | | | | | | | | | |
| **Appearance - Entrée** | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| Including but not limited to: | |
| • | Balance of color |
| • | Shape |
| • | Texture |
| • | Portion size |
| *Please refer to Foundations II, Ch. 4; Becoming Year 1, Ch. 9, and Section 3.* | |
| **Product Taste** | | | | | | | | | | | | | |
| **Product Taste - Dessert** | | **1-2** | | **3-4** | | **5-6** | | **7-8** | | **9-10** | |  | |
| A subjective category based on judge's expertise | |
| **Finished Product** | | | | | | | | | | | | | |
| **Appearance - Dessert** | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| Including but not limited to: | |
| • | Balance of color |
| • | Shape |
| • | Texture |
| • | Portion size  *Please refer to Foundations II, Ch. 8; Becoming Year 1, Ch. 9, and Section 3.* |
| **Menu and Recipe Presentation** | | | | | | | | | | | | | |
| **Presentation** | | **1** | | **2** | | **3** | | **4** | | **5** | |  | |
| Including but not limited to: | |
| • | Typewritten |
| • | Recipe structure |
| • | Menu presentation |
| • | Recipe costing |
| • | Menu pricing |
| • | Within food cost guidelines |
| • | Sources and acknowledgements listed |

|  |  |
| --- | --- |
| **DISQUALIFICATION** | **PENALTY** |
| **Reason for Disqualification:** | **Reason for Penalty:** |
| \_\_\_\_\_ Team received coaching during the event. | \_\_\_\_\_ Team did not leave station in a sanitary manner. 3 points. |
| \_\_\_\_\_ Team used an electric/battery operated device or additional butane burner. | \_\_\_\_\_ Team did not complete within allotted time. ¼ point for 15 seconds up to 10 points. |
| \_\_\_\_\_ Team did not produce two (2) complete meals. | \_\_\_\_\_ Team started early. 1 pt/min. up to 10 minutes. |
| \_\_\_\_\_ Team started Meal Production more than 10 minutes early. | \_\_\_\_\_ Team used pre-prepared ingredient. 5 points. |
| \_\_\_\_\_ Team completed Meal Production more than 10 minutes late. | \_\_\_\_\_ Team produced two meals, but not identical. 2 points. |
| \_\_\_\_\_ Team did not arrive at proper time. | \_\_\_\_\_ Team used dishes/glassware other than those provided by Event Organizers. 5 points. |
| \_\_\_\_\_ Team did not compete in each segment. | \_\_\_\_\_ Team did not utilize knife cuts in final plate presentation. 2 points |
| \_\_\_\_\_ Team used alcohol | \_\_\_\_\_Alternate touched or handled food or equipment when not allowed. 5 points |