

20TH ANNUAL PROSTART CULINARY TEAM
COMPETITIONS

THE JOHNSON & WALES
UNIVERSITY
CULINARY
COMPETITION



JOHNSON & WALES
UNIVERSITY



JOHNSON & WALES UNIVERSITY CULINARY COMPETITION

SATURDAY, MARCH 7 + SUNDAY, MARCH 8, 2020

DESCRIPTION

Teams demonstrate their culinary knowledge, skills, and creative abilities during the competition through demonstration of skills and the preparation of a unique three-course meal consisting of (i) a starter; (ii) an entrée; and (iii) a dessert. Performance during the Culinary event is observed and rated by judges from the foodservice industry and post-secondary schools. Teams demonstrate their ability to work together while creating and presenting their meal.

GENERAL RULES

1. Team will send all required information to the Florida Restaurant & Lodging Association Educational Foundation (FRLAEF) no later than January 31, 2020. (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 January 31, 2020, the first team on the waiting list will replace your team in the competition.
2. Only one (1) team per school may compete in the Culinary Competition. A team will consist of two (2) to four (4) team members and one (1) option team manager for a maximum total of five (5) students. 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.
3. A student may compete in only one (1) competition.
4. All participating students must be juniors or seniors in high school and **may only compete a total of two years**. Participating students must be enrolled in a Premier or Full ProStart Program using the ProStart® curriculum during the 2019 – 2020 school year. The program must be a confirmed ProStart program as recognized by the National Restaurant Association Educational Foundation.
5. The order in which teams compete in the Culinary Competition will be determined at random. Teams will receive information on their start time prior to the competition.
6. 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.

MENU PLANNING AND PREPARATION FOR CULINARY COMPETITION

1. Each team develops a unique three-course menu.
2. Each team prepares two (2) identical three-course meals, garnished and served appropriately. One meal is evaluated by the judges for both taste and presentation, while the other is used for display. The meal consists of:
 - A starter consisting of:
 - i. A first course: soup, salad, appetizer

- ii. Size appropriate: 4-6 ounces total edible weight
 - An entrée consisting of:
 - i. Center of the plate item: 4-6 ounces suggested
 - ii. Accompaniments such as vegetable and/or starch: 2-3 ounces each suggested.
 - iii. Sauce
 - A dessert consisting of:
 - i. A little something sweet served at the end of the meal
 - ii. Size appropriate: 3+/- ounces total edible weight
 - Each meal component should be appropriate to the complete menu. Flavors across the menu should have harmony for the palate. The five characteristics considered for a plated meal will be:
 - i. Oral: Flavor, Texture, Temperature
 - ii. Visual: Color, Shape
3. Teams must employ a minimum of two cooking methods from the following list: Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté.
- Additional techniques are also permitted.
 - Molecular gastronomy in the competition:
 - i. Use of liquid nitrogen is not allowed.
 - ii. Spherification, foams, and meat glue (transglutaminase) are allowed.
4. Teams must bring all ingredients necessary to prepare the menu they have developed.
5. Educator and Mentor participation:
- May assist teams in preparing for the competition.
 - May not develop the menu.
 - Expertise is limited to menu suggestions and technique advice.
6. 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.
7. Ingredients:

Permitted Ingredients	Prohibited Ingredients
<ul style="list-style-type: none"> • Team-prepared stocks • Team-prepared clarified butter • Pre-measured staple dry goods: flour, sugar, salt, pepper, baking powder, baking soda, cream of tartar • Pre-measured butter and oil • Pre-washed produce* • Dry ice • Commercially manufactured food items such as jams, breadcrumbs, bases and mayonnaise in the original container – must be used as an ingredient, not as a finished product 	<ul style="list-style-type: none"> • Pre-chopped, pre-sliced, or pre-prepared food not commercially manufactured • Reductions, finished sauces, and clarified broths • Items that risk food illness

**Team may also wash produce during Production Mise en Place.*

WORKSPACE AND EQUIPMENT

1. THE WORKSPACE CONSISTS OF:

- Two (2) eight-foot tables set up in an “L” formation within a 10’ x 10’ space.
 - i. The station tables are covered with a tablecloth, which must remain in use during the competition.
 - ii. Tables may not be moved prior to or during the competition.
 - iii. Teams may not move the doorway of the workspace prior to or during the competition.
 - iv. See Exhibit A for Culinary Station Blueprint.
- Food preparation must be done within the workspace on the tables provided.
- Equipment and supplies must be contained within the allotted 10’ x 10’ space unless otherwise directed by event staff.
- Team members may only work on the tables from the interior of the space.
- Teams may raise their tables if the tables remain 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 unsafe, the team must lower the tables.

2. EVENT ORGANIZERS PROVIDE:

- Two (2) eight-foot tables
- Refrigeration space is available and is only intended for the purpose of holding food prior to the competition.
- Access to ice
- Access to running water (available prior to and after the competition only)
- Two butane burners and necessary fuel
- All presentation dishes. Teams may only use dishes and glassware provided by Event Organizers, no exceptions. The starter will be served on one (1) plate. The entrée will be served on one (1) plate. The dessert will be served on one (1) plate.

3. TEAM MUST PROVIDE:

- All necessary supplies to prepare the food they have selected, such as small utensils, cutting boards, small hand tools, cookware, gloves, enough cloths for competition and clean-up.

Permitted Equipment	Prohibited Equipment
<ul style="list-style-type: none"> • Handheld whipped cream chargers • Digital scales and thermometers • Handheld butane/propane torch for finishing any item, sweet or savory • Metal, stone or other types of plates or apparatus to extend the cooking surface of the burners • Dry ice • Audio recording device to record the critique and feedback sessions • Electronic device which contain no communication abilities (i.e. basic calculator or timer) • Camping oven and/or smoker attachments for provided burner <p>All equipment must be used in a safe manner and not obstruct proper butane function.</p>	<ul style="list-style-type: none"> • Fueled or mechanical heat sources other than provided event burners or handheld torch for finishing. • MRE heater packs • Electric, battery-operated devices (Exceptions: Handheld whipped cream chargers, digital scales, digital thermometers) • Plastic or Plexiglas for the purpose of covering tables • Cell phones, tablets, smart watches, or other communication devices • Cutting guides i.e. cutting boards with rulers or other aids

MENU AND RECIPE PRESENTATION

1. Each team prepares ten (10) packets, 8 ½ x 11 white paper, single-sided and stapled with the team's number clearly shown on the cover. *See Exhibit B for Deliverables Checklist.*
2. Each packet must contain a copy of:
 - Recipes: all recipes for the meal presentation, typed and submitted on the official recipe template. Acknowledgements and sources must be listed on each recipe **in MLA formatting**. Must be written in a logical sequence. *See Exhibit C for Recipe example.*
 - 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. *See Exhibit D for Recipe Cost example.*
 - Small amounts of common dry spices and herbs may be priced at 1% of the total recipe cost.
 - Oil for frying may be priced at 2% of the total recipe cost.
 - Menu Pricing: one menu price worksheet for each of the three courses, based on the recipe costs and calculated at a 33% food cost percentage. *See Exhibit E for Menu Price example.*
 - Each course on the presentation menu is priced separately.
 - Menu price on the presentation menu may be rounded up after applying the 33% food cost percentage for a more realistic menu price.
 - Final calculation before rounding must be indicated on costing template.

- Total menu price for the three-course meal may not exceed \$75.00 after applying the 33% food cost percentage.
 - Color Plate Photographs: an 8 ½ x 11 color photo of each plate. Final plates presented to the judges are compared to the photos provided.
 - Menu with prices: a simple, typed menu with menu prices printed on an 8 ½ x 11 sheet of paper.
 - **Please place all materials together by course. I.e. recipe, recipe costing, menu pricing, and color photograph of the starter would be placed together followed by all the materials for the entrée, etc.**
3. Menu and Recipe packets are placed on the corner of the table for judge to remove and review. They are taken to the tasting judges when meal is presented to judges.
 4. Recipe, Recipe Costing, and Menu Price templates can be downloaded from our website at <https://fria.org/2020-prostart-competition/>. If you would like your packets returned, they can be picked up by 3 PM on Sunday, March 8 at the Registration Desk outside of the ballroom. FRLAEF will retain one copy of the packet from each team. Any packets not picked up at the end of the competition will be discarded.
 5. Each participating team also provides one (1) copy of a framed presentation menu:
 - Must include descriptions and final menu prices for each course.
 - Team number must be clearly identified on presentation menu.
 - Must be displayed on the team's table during competition and then moved to the display area with the team's display plates.
 - No other additions to the display are allowed.
 - Teams are responsible for collecting their presentation menus from the display area by 3 PM on Sunday, March 8.

ROLE OF THE OPTIONAL TEAM MANAGER

- In the Culinary competition, one optional Team Manager may serve as an expeditor. The Team Manager may replace an original team member if a member is injured or unable to participate or continue.
 - If a team member cannot participate or continue, the Team Manager, with judge's approval, may replace that team member.
 - The replaced team member, **or any other competitor**, may not return/step in for the Team Manager. If the Team Manager replaces a team member, s/he must stay for the duration of the competition.
 - The replaced member should leave the culinary station and, at the discretion of the team's educator, may leave the event or may stay and watch as an observer. **The replaced team member is not permitted to communicate with their team from the moment they are replaced until after dishwashing.**
- Take note of the rules specific to the team manager in each competition category.
- The Team Manager may talk to the team at any time and have printed materials such as timelines, recipes or notes to assist in keeping the team on track.

- The Team Manager is considered a part of the team and may not have any verbal or non-verbal communication with anyone outside the competition area.
- The Team Manager is an optional position; there are no additional provisions for teams without a Team Manager.

UNIFORM

- Teams must present a uniform appearance throughout the competition.
- Appropriate apparel required consisting of:
 - Long sleeve white chef coats
 - Logos and sponsor names are permitted on chef coats
 - Accent colors are permitted provided the chef coat remains white
 - Checkered or black pants
 - Non-porous, closed toe, non-slip hard sole black shoes
 - Apron and Hat -- provided by Event Organizers
 - Team Manager will always wear their name badge which indicates his/her role
- Per Florida health code, no jewelry may be worn except for a wedding band (covered by a glove) and a medical alert bracelet (kept inside uniform and away from food).

COMPETITION FLOW

Day of Competition:

Report to Check-In (15 Minutes)
 Production Mise En Place (20 Minutes)
 Cook (60 Minutes)
 Floor Critique (10 minutes)
 Judge's Tasting Critique (10 Minutes)
 Station Clean-Up (20 Minutes)

1. Feedback occurs:
 - On the competition floor for Team Presentation/Work Skills/Organization as well as Safety and Sanitation.
 - In the reserved judging area for Tasting and Menu & Recipe segments.
2. Team members are encouraged to ask questions during Feedback to learn from the experience.
3. Designated teacher and mentor are allowed to be present to observe only during the Tasting & Menu critique sessions. *Note: Communication with the team is still prohibited.*

PRODUCTION MISE EN PLACE

1. The team has twenty (20) minutes to pre-set their station for the meal production segment. All the team's equipment must be contained within the 10ft x 10ft workspace.

2. Team Manager must stay on the outside of the “L” of the tables in the designated Team Manager workspace, and may not touch any equipment, products, or any other item on the table or production area.
3. During Production Mise en Place:

Teams are allowed to:	Teams are not allowed to:
<ul style="list-style-type: none"> • Set their station • Obtain water and ice from kitchen • Set up sanitizing solution • Measure dry and liquid ingredients • Wash produce 	<ul style="list-style-type: none"> • Talk to any spectators, coaches, educators, or mentors • Heat water or any liquid • Marinate any food (all marinating must be done during 60-minute meal preparation period.) • Perform any knife work • Begin cooking any items • Mix any ingredients

4. The assigned timer will notify the team when the Production Mise en Place segment time ends, and the Meal Production segment time begins.

MEAL PRODUCTION

1. Final meal production and all plating must be completed in the sixty (60) minute time period provided. The assigned timer will announce the time at regular intervals. However, it is the responsibility of each team to know their start time and be ready to begin when their assigned time is announced.
 - Teams may bring a manual or battery-operated timer; however, Event Organizers will keep and display the official time.
2. The Team Manager must stay on the outside of the “L” of the tables, and may not touch any equipment, products, or any other item on the table or production area.
 - The Team Manager may taste food throughout the competition. To do so, the Team Manager must carry his/her own supply of tasting spoons. Used, disposable tasting spoons may be discarded in the trashcans located on the shared space of the competition floor to avoid interfering with team station.
3. A team is considered done cooking when each requirement is met:
 - The food is plated.
 - The dishes are on the service trays.
 - All team members have stepped away from the trays and raised their hands to signal they are finished.
4. After a team completes their two (2) identical meals, the team will determine which meal will be evaluated by tasting judges and which will be for display.
 - Team members transport both trays and their presentation menu to the judges’ table and leave immediately. The Team Manager may accompany the team to the tasting area but may not carry plates or the menu.

- The evaluation plates receive the most critical judging.
 - There should not be a major variance in composition of the finished plates. If there is a great variance, the team will be assessed a penalty. If the second meal is not presented, the team will be disqualified. *See Penalties and Disqualifications.*
5. Team returns to their station for the Work Skills/Organization as well as the Safety and Sanitation feedback.
 6. Judges have ten (10) minutes to evaluate the plates. At that time the entire team (including the Team Manager) returns to the tasting area for a ten (10) minute feedback session. Only the designated teacher and mentor may accompany the team and listen to feedback.
 7. Team returns to their station to begin Station Clean-up.

STATION CLEAN-UP

1. Team has twenty (20) minutes to clean and vacate their station.
 - The team must return station to the condition it was in when they arrived.
 - The Team Manager is allowed to assist in during Station Clean-Up.
2. Team receives the Sanitation feedback and is released.
3. Once off the competition floor, the team has officially completed the competition and may communicate freely.

SCORING

1. A maximum of 95 points can be earned by a team during the culinary competition. Team Presentation/Work Skills/Organization is worth twenty-five (25) points, Safety and Sanitation is worth fifteen (15), the Starter is worth fifteen (15), the Entrée is twenty (20), the Dessert is fifteen (15) and Menu and Recipe Presentation is worth five (5) points.
2. In case of a tie: the tying teams will each be interviewed by a panel of judges for further insights into their performance. Teams will be asked questions to be answered verbally regarding the methods, preparation and presentation of their meal. Judges will discuss and make a group determination as to the ranking of final winner(s).
3. **All judges have been selected by the FRLAEF for their related skills, experience and expertise. By participating in the competition, each team and its participants acknowledge that while every effort will be made to provide fair and impartial judging, some discretion and subjectivity is present in any judged competition. All decisions and scoring by judges are final.**

EVENT PERSONNEL

1. Event Organizers: FRLAEF staff members
2. Volunteers: Assigned and trained by FRLAEF, to assist with the event.

3. Timekeepers: Personnel designated and trained by the FRLAEF, who are charged with keeping the official time for assigned teams during all segments of the competition.
4. Judges: Sourced from post-secondary education and the foodservice industry, including one lead official. Lead official does not score teams.
 - All judges will be consistent from team to team (i.e. judges scoring team presentation/work skills will be responsible for that category across all competitors).

PENALTIES

1. Team not dressed in uniform – 5 pts
2. Station left in an unsanitary manner – 3 pts
3. Starting early – ¼ pt to 10 pts
 - ¼ point per 15 seconds up to 10 minutes.
 - After 10 minutes, team is disqualified.
4. Finishing late – ¼ pt to 10 pts
 - ¼ per 15 seconds up to 10 points.
 - After 10 minutes, team is disqualified.
5. Use of disallowed pre-prepared ingredients: 5 pts
6. Two meals not identical – 2 pts
7. Use of unauthorized dishes/glassware - 5 pts
8. Team manager touched or handled equipment or food when not allowed – 5 pts

DISQUALIFICATION

1. Team does not return all required paperwork by January 31, 2020 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 (2) complete meals.
5. Alcohol was used in the meal preparation.
6. Team starts more than 10 minutes early or finishes Meal Production more than 10 minutes late.
7. **Teams and all associated competitors must be eligible to compete, as defined by the eligibility terms above. Teams found to be ineligible will be disqualified. Additionally, any individual students found to be ineligible will result in complete team disqualification.**
8. No team member can receive coaching or any form of communication from anyone, including spectators, educators, mentors, or coaches during the competition from the team's report time until after the competing team is released from the competition floor. The determination of what constitutes coaching or communication is solely at the discretion of the NRAEF and the judges. No warnings will be provided; violations result in disqualification.
9. The team is comprised of students from different schools or career centers.
10. Misconduct including, but not limited to, any nonprescription drug use, alcohol use, unsportsmanlike conduct, or any activity that is illegal under federal, state or local

laws, at the event, during competition, during unsupervised free time, during supervised competition social activities 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 NRAEF and is final.

11. Teams must participate in each event segment in the competition or they will be disqualified. For details on competition segments see Culinary rules. Failure to compete in any segment will result in disqualification.
12. By entering the contest, the student and the team he/she represents accept this requirement as well as all other conditions of the Florida ProStart Culinary Team Competitions.

GENERAL PROVISIONS

Teams will be using tools that may cause cuts, burns or injury if not used appropriately. Proper safety techniques must be followed by all team members. No horseplay or unduly hazardous behavior will be allowed or tolerated. The mentors, teachers, chaperones, and families are expected to ensure that the team members comply with all applicable laws, rules and regulations. Team members shall comply with all other written as well as verbal instructions or warnings provided by the Event Organizers.

AWARDS

1. The first-place team will advance to the 19th Annual National ProStart Invitational to be held May 8-10, 2020 in Washington, DC. 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 - CULINARY

CULINARY STATION BLUEPRINT

- A. Competition floor outside of culinary station
 - a. No team equipment should be in this area. Teams may access this area to use handwashing station. Floor judges have access to this space.
- B. Culinary station doorway
 - a. No team equipment should be in this area to leave a safe space to enter and exit the station. Approximately 2.5 ft wide.
- C. Culinary station workspace (10ft x 10ft)
 - a. Teams must keep all materials inside designated area. Teams may store equipment under and around the tables.
- D. Two 8ft tables set up in "L" formation
 - a. Teams may not move or otherwise rearrange or readjust tables.
- E. Team Manager must stay in his/her designated space. Floor judges and the team's timer will also have access to this space.

Note: This is a sample layout. The locations of tables, doorways, observer spaces, etc. are subject to change. However, the general configuration will remain consistent. Image not to scale.

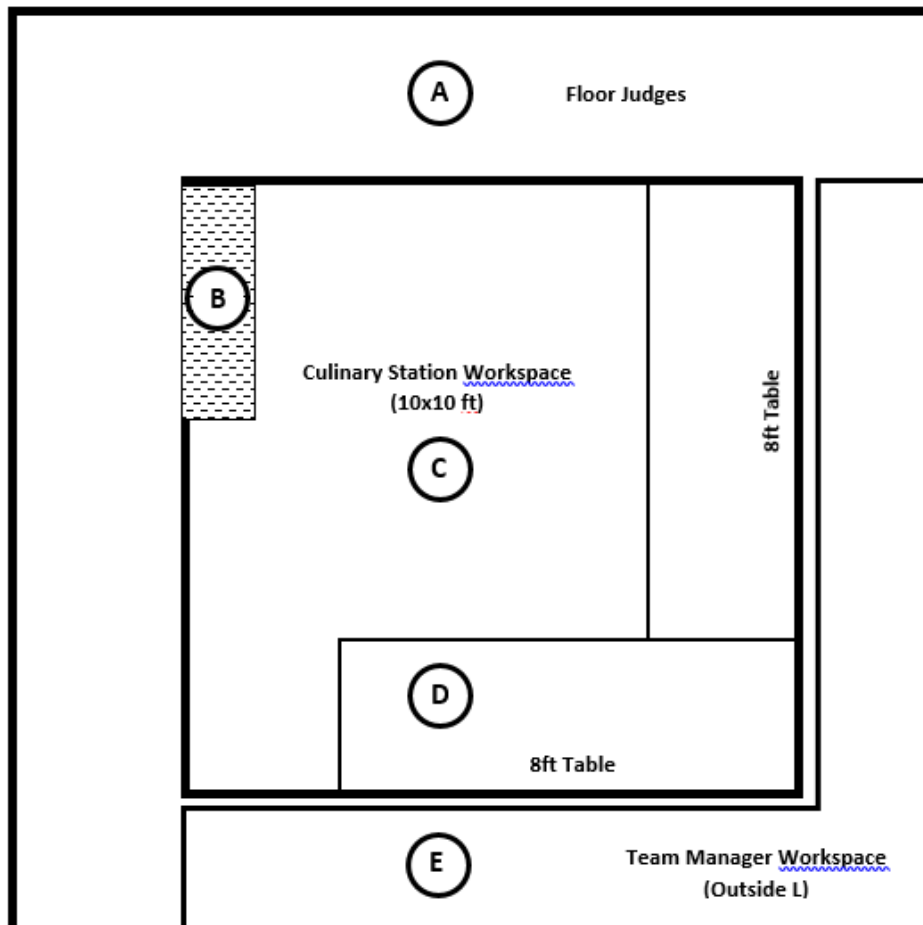


EXHIBIT B – CULINARY

DELIVERABLES CHECKLIST

*Ten copies, printed on white paper, single-sided and stapled

- Team number on cover
- Menu with Prices (simple typed menu 8 ½ x 11)
- Plate Photographs – A separate color photograph for each course 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 items required

- One copy of framed Presentation Menu

EXHIBIT C – CULINARY

RECIPE EXAMPLE

TEAM NUMBER	1
--------------------	---

Menu Item	Ratatouille		
Number of Portions	6	Portion Size	5 ounces
Cooking Method(s)	Sauté		
Recipe Source	Lagasse, E. (n.d.) Retrieved from http://www.foodnetwork.com/recipes/emeril-lagasse/ratatouille-recipe0.html		

Ingredients	
Item	Amount
Olive oil	¼ c
Yellow onion, small dice	1 ½ c
Garlic, minced	1 tsp
Eggplant, medium dice	2 c
Thyme	½ tsp
Green bell pepper, diced	1 c
Red bell pepper, diced	1 c
Zucchini squash, diced	1 c
Yellow squash, diced	1 c
Tomatoes, peeled, seeded, and chopped	1 ½ c
Basil, chiffonade	1 tbsp
Parsley, chopped	1 tbsp
Salt and black pepper	TT

Procedure
<p>Set a large 12-inch sauté pan over medium heat and add the olive oil. Once hot, add the yellow onions and garlic to the pan. Cook the onions, stirring occasionally, until they are wilted and lightly caramelized, about 5 to 7 minutes.</p> <p>Remainder of procedures...</p>

EXHIBIT D – CULINARY

RECIPE COST EXAMPLE

TEAM NUMBER	1		
Menu Item	Ratatouille		
Number of Portions	6	Portion Size	5 ounces

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Olive oil	51 oz / 6.375 c	\$16.79	\$2.634 / cup	¼ cup	\$0.658
Yellow onion, small dice	1 lb. / 4 cup	\$1.40	\$0.35 / cup	1 ½ cup	\$0.525
Garlic, minced	1 head	\$0.50	\$0.10 / tsp	1 tsp	\$0.100
Eggplant, medium dice	1 lb. / 3 cup	\$2.05	\$0.683 / cup	2 cup	\$1.367
Thyme	1 bunch / 18 tsp	\$2.09	\$0.116 / tsp	½ tsp	\$0.058
Green bell pepper, diced	1 lb. / 4 cup	\$2.30	\$0.575 / cup	1 cup	\$0.575
Red bell pepper, diced	1 lb. / 4 cup	\$1.07	\$0.268 / cup	1 cup	\$0.268
Zucchini squash, diced	1 lb. / 2.5 cup	\$1.93	\$0.772 / cup	1 cup	\$0.772
Yellow squash, diced	1 lb. / 2.5 cup	\$1.93	\$0.772 / cup	1 cup	\$0.772
Tomatoes, peeled, seeded, and chopped	1 lb. / 2 cup	\$2.40	\$1.20 / cup	1 ½ cup	\$1.80
Basil, chiffonade	1 bunch / 1 cup	\$1.54	\$0.096 / tbsp	1 tbsp	\$0.096
Parsley, chopped	1 bunch / ½ cup	\$0.53	\$0.066 / tbsp	1 tbsp	\$0.066

Subtotal	\$7.057
1 % for small amounts of spices (Q Factor)	\$0.071
Total Recipe Cost	\$7.128
Portion Cost	\$1.188

EXHIBIT E – CULINARY

MENU PRICE EXAMPLE

TEAM NUMBER	1
--------------------	---

Menu Category	<input checked="" type="checkbox"/> Starter	<input type="checkbox"/> Entree	<input type="checkbox"/> Dessert
----------------------	---	---------------------------------	----------------------------------

Recipe	Portion Cost
Ratatouille	\$1.188
Couscous (from additional recipe and costing sheets)	\$0.972
Garnish (from additional recipe and costing sheets)	\$0.127

Total Plate Portion Cost	\$2.287
Menu Price at 33% Food Cost	\$6.930
Actual Price on Menu	\$7.50

EXHIBIT G – CULINARY

SAMPLE CULINARY COMPETITION SCORE SHEET

EVALUATION CRITERIA	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE
Team Presentation/Work Skills/Organization						
Team Appearance Including but not limited to: <ul style="list-style-type: none"> White chef coats, long sleeve Black or checkered pants Uniform clean & presentable Hard sole shoes Provided Hats, aprons Team uniformity 	1	2	3	4	5	
Work Organization/ Teamwork Including but not limited to: <ul style="list-style-type: none"> Utilization of a team plan Mastery of skills required for individual tasks Workload evenly distributed Team cohesiveness Communication Professionalism Proper Production Mise en Place Proper time management 	1	2	3	4	5	
Proper Cooking Procedures Including but not limited to: <ul style="list-style-type: none"> Appropriate cooking method for product used Required cooking techniques used minimum of two cooking methods from provided list Cooking procedures done in a time efficient manner Proper amount of product for recipe requirements Effective use of remaining product Proper pans and tools for intended use 	1	2	3	4	5	
Proper Knife Usage <ul style="list-style-type: none"> Consistency Accuracy Safety Waste 	1	2	3	4	5	
Degree of Difficulty Including but not limited to: <ul style="list-style-type: none"> Creativity Complicated techniques Preparation of item during competition rather than using commercial product 	1	2	3	4	5	

Safety and Sanitation						
Follows Safety and Sanitation Procedures Including but not limited to: <ul style="list-style-type: none"> • Personal hygiene • Proper knife safety • Proper use and handling of food contact surfaces 	1	2	3	4	5	
Proper Food Handling Including but not limited to: <ul style="list-style-type: none"> • Proper use of gloves • Appropriate temperature control of ingredients • Proper sanitation practices regarding food contact surfaces • Proper storage of food • Avoidance of cross contamination 	1	2	3	4	5	
Work Area Cleaned Including but not limited to: <ul style="list-style-type: none"> • Work area cleaned in appropriate time frame • Return of station to original condition 	1	2	3	4	5	
Product Taste						
Product Taste - Starter A subjective category based on tasting judges' expertise	1-2	3-4	5-6	7-8	9-10	
Finished Product						
Appearance - Starter Including but not limited to: <ul style="list-style-type: none"> • Balance of color • Shape • Texture • Portion size 	1	2	3	4	5	
Product Taste						
Product Taste - Entrée A subjective category based on tasting judge's expertise	1-3	4-6	7-9	10-12	13-15	
Finished Product						
Appearance - Entrée Including but not limited to: <ul style="list-style-type: none"> • Balance of color • Shape • Texture • Portion size 	1	2	3	4	5	

Product Taste						
Product Taste - Dessert A subjective category based on judge's expertise	1-2	3-4	5-6	7-8	9-10	
Finished Product						
Appearance - Dessert Including but not limited to:	1	2	3	4	5	
<ul style="list-style-type: none"> • Balance of color • Shape • Texture • Portion size 						
Menu and Recipe Presentation						
Presentation Including but not limited to:	1	2	3	4	5	
<ul style="list-style-type: none"> • 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 begins any competition segment before their assigned start time. 1/4 point per 15 seconds up to 10 minutes.
_____ Team did not produce two (2) complete meals.	_____ Team did not finish within allotted time. 1/4 point per 15 seconds up to 10 minutes.
_____ Team started Meal Production more than 10 minutes early.	_____ Team used prohibited 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 Manager handled equipment or food during competition. 5 points
_____ Team submitted work, or parts of work, that was previously submitted.	
_____ Team did not return paperwork by January 31 deadline.	
_____ Alcohol was used in the meal preparation.	
_____ The team is comprised of students from different schools or career center.	
----- The team is found to be ineligible to compete due to not meeting eligibility requirements by one or more students.	