



**2023-2024
UNIVERSAL ORLANDO'S**

HANDHELD FOOD COMPETITION

v.05.23.2023

DESCRIPTION

Florida ProStart High School teams are invited to demonstrate their culinary abilities by creating a handheld food item such as, but not limited to, a sandwich, slider, taco, or other handheld option geared toward the summer season. Universal Orlando defines a handheld item as a food that can be eaten with hands (not using silverware), and can be offered in kiosks, food stands, or any of the restaurants on the premise which includes the entire Universal Orlando Resort venues and City Walk. Judges for the competition include chefs from UCF Rosen College of Hospitality Management and Universal Orlando. The winning handheld item will be featured in a Universal Orlando theme park. We encourage your creativity!

GENERAL RULES

Only one (1) team per school may compete in the 2023-2024 Universal Orlando Handheld Food Competition. A team will consist of one to three (1-3) team members. For teams of 2-3 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.

COMPETITION STAGES

The competition consists of three (3) stages, where in the first stage, teams will email their entries for consideration of advancing to the second stage. If selected to advance to the second stage, teams will be invited to the live in-person competition held at UCF Rosen College of Hospitality Management in Orlando. If selected to advance to the third and final stage, teams will be invited to the live in-person competition held at UCF Rosen College of Hospitality Management in Orlando. The details for each stage are outlined below:

- 1. First Stage** – The First Stage of the competition requires teams of students to email all required information to UCF Rosen College of Hospitality Management no later than 5 PM EST on Tuesday, October 3, 2023. All required information, outlined below, must be emailed to Cynthia.Mejia@ucf.edu in one (1) Word or PDF file:
 - Name of the handheld item
 - Description of the handheld item
 - Color picture of the handheld item
 - Recipe and method of preparation (*see Exhibit B*)
 - Recipe costing (*see Exhibit C*)
 - Menu Price (*see Exhibit D*)
 - A list of substitute ingredients for allergen free, gluten free, and vegan alternatives (*see Exhibit E*)
- 2. Second Stage** – After UCF Rosen College and Universal Orlando judges review all entries from the First Stage of the competition, the top 10 teams will be invited to participate in the Second Stage of the competition. On Tuesday, December 5, 2023 from 6:30 AM to 4:00 PM, selected teams will travel to UCF Rosen College of Hospitality in Orlando to cook and present their handheld item.
 - Teams must arrive at least 30 minutes prior to their assigned start time. An 8-point deduction will be awarded for teams arriving late.

- Teams will have 1.5 hours (90 minutes) onsite to prepare the handheld item. All preparation and cooking for the handheld item, including any appropriate garnishes, must be done during the competition time. Work areas will be inspected by the judges prior to the competition start time. If a team brings pre-prepared food items into the competition space, this will result in a 5-point deduction overall.
- Teams must prepare three identical handheld items.
- Teams must bring all ingredients necessary to prepare the handheld item they have developed.
- 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.
- Teams must present in professional chef attire to consist of matching long-sleeve chef coats (white or black), long matching pants, matching aprons, non-porous, closed toe, non-slip shoes, socks, hair nets or matching hats, and be properly groomed (no long nails, no nail polish), and all facial piercings must be removed.
- Teams must be prepared to answer judges' questions regarding recipe, food used in the recipe, reason for creating this specific food item, etc.
- Teams will present four (4) paper copies of the recipe packets to the judges. A Presentation/Title Card will also be provided with a brief description of the handheld dish. The card must be placed on the presentation table in front of the completed food item.
- Judges will consist of industry professionals from UCF Rosen College of Hospitality Management and Universal Orlando. The teams will be judged on the following areas:
 - i. Written recipe
 - ii. Costing
 - iii. Menu price
 - iv. Mise en Place
 - v. Sanitation and Safety
 - vi. Preparation and Cooking
 - vii. Organization
 - viii. Clean Up and Storage

3. **Third Stage** - After UCF Rosen College and Universal Orlando judges review all entries from the Second Stage of the competition, the top THREE (3) teams will be invited to participate in the Third Stage of the competition. On Tuesday, February 6, 2024, selected teams will travel to UCF Rosen College from 6:30 AM to 11 AM to cook and present their handheld dish. The winner will be revealed at a celebration to be held at Universal Orlando from 12 noon to 3 PM.

- The Third Stage will follow the same rules and procedures as the Second Stage.
- At the completion of the Third Stage, a final winner will be chosen.

- The winning recipe will be served at a Universal Orlando theme park. Universal Orlando reserves the right to change the recipe to fit the theme park and theme park guest needs. The winning recipe will become the property of the Universal Orlando theme park organization to be used as the organization deems fit.

INGREDIENTS

Permitted Ingredients	Prohibited Ingredients
<ul style="list-style-type: none"> • Team-prepared stocks • Team-prepared clarified butter • Team-prepared pre-soaked beans • 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, sealed container or packaging. 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. • Pre-treated, marinated, or pre-processed meats. • Reductions, finished sauces, and clarified broths. • Items that risk food illness.

WORKSPACE AND EQUIPMENT

1. THE WORKSPACE CONSISTS OF:

- A fully equipped commercial kitchen with access to sinks, commercial dishwashing equipment, burners, convection and still ovens, deep fryers, grill, flat tops, cutting boards, proofer, and small electric equipment (mixers, Robocoup, immersion blender).

2. EVENT ORGANIZERS PROVIDE:

- Refrigeration space is available and is only intended for the purpose of holding food immediately prior to the competition. Please note that UCF Rosen College kitchens cannot hold or refrigerate food on the evening prior to the competition date(s).
- Access to ice.
- Access to running water at all times.

- Limited presentation dishes. Teams may use dishes and glassware provided by Event Organizers, or they may elect to bring paper or plastic containers to showcase their handheld item (i.e., paper/plastic boats, paper cups, paper cones, parchment paper, etc.).

3. TEAM MUST PROVIDE:

All necessary supplies to prepare the food they have selected, such as small utensils, small hand tools not provided, cookware, gloves, enough cloths for competition and clean-up. Special equipment requirements will be discussed with the winning teams at each stage prior to the competition dates.

Permitted Equipment	Prohibited Equipment
<ul style="list-style-type: none"> • Digital scales and thermometers • Handheld butane/propane torch for finishing any item, sweet or savory • Audio recording device to record the critique and feedback sessions • Electronic device without communication abilities (i.e., basic calculator or timer) 	<ul style="list-style-type: none"> • 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 four (4) packets, 8 ½ x 11 white paper, single-sided and stapled with the team's number clearly shown on the cover. These packets must be prepared by the students (not the teacher or school) with narrative in plain black and white format (colored photo of food allowed), stapled in the upper left corner. *See Exhibit A for Deliverables Checklist.*
2. Each packet must contain a copy of:
 - Recipes: all recipes for the handheld presentation, typed and submitted on the official recipe template. Acknowledgements and sources must be listed on each recipe **in MLA formatting or as a web link**. Must be written in a logical sequence. *See Exhibit B for Recipe Example.*

- Recipe Costing: all recipe costing sheets for the handheld presentation. Recipe cost must be calculated for each individual recipe, typed, and submitted on the official costing template. See *Exhibit C 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, based on the recipe costs and calculated at a 33% food cost percentage. See *Exhibit D for Menu Price example*.
 - Menu price 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 handheld price may not exceed \$12.00 after applying the 33% food cost percentage.
 - Color Plate Photographs: an 8 ½ x 11 color image of the handheld item. Final plates presented to the judges are compared to the photo provided.
 - Menu with prices: a simple, typed menu with menu prices printed on 8 ½ x 11 sheets of paper.
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 are attached. If you would like your packets returned, please notify Cynthia.Mejia@ucf.edu . FRLAEF and Universal Orlando 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 description and final menu price of the handheld item.
 - 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.

COMPETITION FLOW

Day of Competition:

Report to Check-In (30 Minutes)

Production Mise En Place (15 Minutes)

Cook (90 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 fifteen (15) minutes to pre-set their station for the meal production segment.
2. 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 90-minute meal preparation period.) • Perform any knife work • Begin cooking any items • Mix any ingredients

3. 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 handheld production and all plating must be completed in the 1.5-hour (90-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. A team is considered done cooking when each requirement is met:
 - The food is plated.
 - All team members have stepped away from their station and raised their hands to signal they are finished.
3. After a team completes their three (3) identical handheld items, the team will determine which 2 plates will be evaluated by tasting judges and which plate will be for display.

- Team members transport their plates and their presentation menu to the judges' table and to the display table and leave immediately.
 - 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 or third plates are not presented, the team will receive a 5-point deduction per plate not presented. *See Penalties and Disqualifications.*
4. Team returns to their station for the Work Skills/Organization as well as some Safety and Sanitation feedback.
 5. Judges have ten (10) minutes to evaluate the plates. At that time the entire team 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.
 6. 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.
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 75 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) points, the handheld taste, appearance, and 'handheld' is worth twenty-five (25) points, the Menu and Recipe Presentation is worth five (5) points, and the substitution recommendations are worth five (5) points. (*See Exhibit F*).
2. In case of a tie, the Universal Orlando Chefs retain the right to make the final decision on the winning dish.
3. All judges have been selected 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: Florida ProStart staff members, UCF Rosen College of Hospitality Management faculty, and Universal Orlando management and staff.
2. Volunteers: Assigned and trained, to assist with the event.

3. Timekeepers: Personnel designated and trained, 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 per offense
6. Three meals not identical – 2 pts
7. Use of unauthorized dishes or glassware - 5 pts

DISQUALIFICATION

1. Teams must arrive at the appointed time to compete, or they will be disqualified.
2. Team does not prepare three (3) complete handheld items.
3. Alcohol was used in the meal preparation.
4. Team starts more than 10 minutes early or finishes Handheld Production more than 10 minutes late.
5. 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.
6. 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 judges. No warnings will be provided; violations result in disqualification.
7. The team is comprised of students from different schools or career centers.
8. 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 our attention, the matter will be investigated as we deem appropriate. Any decision as to appropriate action due to misconduct, up to and including disqualification, is at the sole discretion of the ProStart, UCF Rosen College, and Universal Orlando.

9. 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.
10. By entering the contest, the student(s) and the team he/she represents accept this requirement as well as all other conditions as outlined in this document.

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.

AWARD

After successful advancement across all three stages of this competition, the winning team will have their handheld item featured at a Universal Orlando theme park.

EXHIBIT A – CULINARY

DELIVERABLES CHECKLIST

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

- Team name on cover
- Recipe typed on official template
- Recipe costing sheet typed on official template
- Menu Price Sheet typed on official templates
- Plate Photographs – A color photograph printed on 8 ½ x 11 pages
- Menu with Price (simple typed menu 8 ½ x 11)

Checklists of other items required

- One copy of framed Presentation Menu

EXHIBIT B – CULINARY

RECIPE EXAMPLE

TEAM NUMBER	1
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Menu Item	Ratatouille		
Number of Portions	6	Portion Size	5 ounces
Cooking Method(s)	Sauté		
Recipe Source	Lagasse, Emeril. "Ratatouille." <i>Food Network</i> , http://www.foodnetwork.com/recipes/emeric-lagasse/ratatouille-recipe0.html . Accessed 30 September 2016.		

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 C – 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

SUBSTITUTE INGREDIENT(S) EXAMPLE

- Identify any potential food allergens within your handheld recipe and make a note about recommended substitutions. More information on food allergens here: <https://www.fda.gov/food/food-labeling-nutrition/food-allergies>
- If your handheld recipe contains gluten, make a note about gluten free alternatives. More information about gluten free alternatives here: <https://celiac.org/gluten-free-living/gluten-free-foods/>
- Make a note about vegan alternatives/substitutions.
- Cite your references.

Ingredient (identify allergen/item)	Substitution (list reference)
Milk (lactose intolerance)	Oat milk; rice milk, almond milk (1)
Hamburger bun (gluten)	Lettuce wrap; Corn tortilla (2)
Ground beef (vegan option)	Portabella mushroom & bean (3)

References
1. https://bakeitwithlove.com/milk-substitute/
2. https://www.rachaelroehmholdt.com/gluten-free-hamburger-bun-alternatives/
3. https://www.thespruceeats.com/vegan-mushroom-bean-burger-recipe-3378623

EXHIBIT F – 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"> • Matching chef coats, long sleeves • Matching long pants • Uniform clean & presentable • Close-toed shoes • Matching hats or hair nets -No long nails or nail polish -All facial piercings must be removed • 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 	1	2	3	4	5	

<ul style="list-style-type: none"> Preparation of item during competition rather than using commercial product 						
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	
Handheld Taste						
A subjective category based on tasting judges' expertise	1-3	4-6	7-9	10-12	13-15	
Finished Product						
Appearance Including but not limited to: <ul style="list-style-type: none"> Balance of color Shape & texture 	1	2	3	4	5	
Handheld Including but not limited to: <ul style="list-style-type: none"> Portion size Eating convenience Ability to eat with hands 	1	2	3	4	5	
Menu and Recipe Presentation						
Including but not limited to: <ul style="list-style-type: none"> Typewritten, produced by students Recipe structure Menu presentation Recipe costing Menu pricing Within food cost guidelines Sources and acknowledgements listed 	1	2	3	4	5	

Substitution Recommendations

Allergen free, gluten free, vegan options

1

2

3

4

5

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 started Production more than 10 minutes early.	_____ Team begins any competition segment before their assigned start time. 1/4 point per 15 seconds up to 10 minutes.
_____ Team completed Production more than 10 minutes late.	_____ Team did not finish within allotted time. 1/4 point per 15 seconds up to 10 minutes.
_____ Team did not arrive at proper time.	_____ Team used prohibited pre-prepared ingredient. 5 points.
_____ Team did not compete in each segment.	_____ Team did not produce three (3) complete handheld items. 5 points per plate not completed
	_____ The team is comprised of students from different schools or career center.
	_____ Alcohol was used in the meal preparation.