24th Annual ProStart Culinary Team

Competitions

KEISER University

**Culinary Competition**





Keiser UNIVERSITY

**Culinary Competition**

Saturday, MARCH 8 + SunDAY, MARCH 9, 2025

**Description**

Teams demonstrate their culinary knowledge, skills, and creative abilities during the competition through demonstration of skills and the preparation of a unique three-courses 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.

**Eligibility**

*Students*

1. Participating students must be enrolled in a Premier or Full ProStart Program using the ProStart® curriculum during the 2024 – 2025 school year. To advance to the National ProStart Invitational, the program must be a confirmed ProStart program as recognized by the National Restaurant Association Educational Foundation.
2. Participating students must be juniors or seniors in high school and may only compete a total of two years.
3. A student may compete in only one (1) competition.

*Teams*

1. 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.
2. Only one (1) team per school may compete in the Culinary Competition.
3. A team will consist of two (2) to four (4) team members and one (1) optional team manager, for a maximum total of five (5) students.

*Team Manager*

1. The Team Manageris an optional position; there are no additional provisions for teams without a Team Manager.
2. The Team Manageris considered a part of the team and may not have any verbal or non-verbal communication with anyone outside the competition area.
3. If a team member cannot participate or continue, the Team Manager, with Lead 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 dismissal.

**S****CHEDULES**

In the Culinary competition, the one optional team manager may serve as an expediter.

* 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 not permitted to handle, organize, or prepare anything during Mise en Place or Production segments.
* The team manager may taste food throughout the competition. To do so, the team manager must carry their 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.
1. Competition schedules will be distributed in advance of the event. The schedule will include assigned start and finish times for all competition segments. All schedules are subject to change without notice, but changes will be communicated with as much advance notice as possible.

**GENERAL RULES**

1. 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 FRLA.
2. The team will send all required information to the Florida Restaurant & Lodging Association Educational Foundation (FRLAEF) no later than February 7, 2025. (If necessary, you will be able to make changes after you turn in your information.) If all the required information is not received by 5:00 pm on February 7, 2025, the first team on the waiting list will replace your team in the competition.
3. 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.

**Uniform**

1. Teams must present a uniform appearance throughout the competition.
2. Appropriate apparel required consist 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 wear their name badge which indicates his/her role
* Facial piercings must be taped over.
1. 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).

**Culinary Competition DESCRIPTION**

1. 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:
		1. A first course: soup, salad, appetizer
		2. Size appropriate: 4-6 ounces total edible weight
	* An entrée consisting of:
		1. Center of the plate item: 4-6 ounces suggested
		2. Two accompaniments such as vegetable and/or starch: 2-3 ounces each suggested.
		3. Sauce
	* A dessert consisting of:
		1. A little something sweet served at the end of the meal
		2. Size appropriate: 3+/- ounces total edible weight
2. 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 meal will be:
	* 1. Oral: Flavor, Texture, Temperature
		2. Visual: Color, Shape
3. Each team develops a unique three-course menu. The team’s work must be unique and not built off previously submitted work. Submitting any work, or parts of work, that was previously submitted may result in disqualification**.**
4. 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:
		1. Use of liquid nitrogen is not allowed.
		2. Spherification, foams, and meat glue (transglutaminase) are allowed.
5. Teams must bring all ingredients necessary to prepare the menu they have developed.
	* Items should be packaged properly i.e., no liquid pooling from meats, poultry, or fish; no seeping liquid; vegetables and fruits in proper containers and/or bags.
	* Items should be in their original packaging, professionally/commercially labeled and packaged properly. Label should include date it was packaged, weight, item type, and where it was packaged i.e., butcher shop or grocery store.
		1. For example, if you purchase a whole chicken and are only using chicken breast in your recipe, you may bring the whole chicken in its original, unopened package OR you may purchase chicken breasts and enter in their original, commercial packaging. Prepping or rewrapping proteins by the team is prohibited.
6. 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.
7. No alcohol may be used. According to State Statue 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. This rule applies to alcohol the students can purchase without being ID’d. Teams will be disqualified if alcohol is used.
8. Ingredients:

|  |  |
| --- | --- |
| Permitted Ingredients | Prohibited Ingredients |
| * Team-prepared stocks
* Team-prepared clarified butter
* Team-prepared pre-soaked beans
* Dry goods, open but in the original packaging/not premeasured.
* 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
 | * Pre-chopped, pre-sliced, or pre-prepared food not commercially manufactured
	+ Meat, poultry, seafood that is not in original or commercial/professional labeled packaging (see 3 above)
	+ Pre-measured ingredients not included in the permitted ingredients list
* Reductions, finished sauces, and clarified broths
* Items that risk food illness
* Alcohol (see 5 above)
* Pre-measured staple dry goods. (In the first edition of the rules, this was under permitted ingredients.)
 |
| *\*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.
		1. The station tables are covered with a tablecloth, which must remain in use during the competition**.**
		2. Tables may not be moved prior to or during the competition.
		3. Teams may not move the doorway of the workspace prior to or during the competition.
		4. See Exhibit A for Culinary Station Blueprint.
	* 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. Teams will not be permitted to remove additional equipment brought onto the competition floor until teams are dismissed from competition by their timer.
	* Equipment may not be stacked in the workspace.
	* Equipment may not exceed 2 ft (width) x 4 ft (height) x 3 ft (depth) size parameters.
	* Team members may onlywork 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.
	* One (1) tall speed rack
		1. Teams may not bring their own tall speed rack. Only the provided tall speed rack will be allowed. Teams are not required to use the provided speed rack.
		2. Teams must bring their own sheet pans for the speed rack.
	* Refrigeration space is available and is only intended for the purpose of holding food prior to the competition.
	* Two (2) 1 oz containers for Knife Skills selections.
	* Access to ice
	* Access to running water (available prior to and after the competition only)
	* Two butane burners and necessary fuel. Teams may not bring additional burners or fuel.
	* All presentation dishes. Teams may only use dishes and glassware provided by Event Organizers, no exceptions. deadline. 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 clothes for competition and clean-up**.**

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| --- | --- |
| Permitted Equipment | Prohibited Equipment |
| * Handheld whipped cream chargers
* Digital scales and thermometers
* Handheld butane/propane torch for FINISHING or CARAMELIZING only 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 devises which contain no communication abilities (i.e., basic calculator or timer)
* Camping oven and/or smoker attachments for provided burner

All equipment must be used in a safe manner and not obstruct proper butane function. | * No additional heat sources (i.e. insulated bags, MRE heater packs, ect.)
* 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
* More than the one provided speed rack and/or equipment exceeding the external dimensions of 2 ft (width) x 4 ft (height) x 3 ft (depth)
* Large equipment may not be stacked in the workspace to create additional workspace or exceed 2 ft (width) x 4 ft (height) x 3 ft (depth) parameters.
* Mandolins
 |

**competition Flow**

***Day of Competition:***

Product Check-in (15 Minutes)

Station Report (15 Minutes)

Mise En Place (30 Minutes)

Meal Production (60 Minutes)

Floor Critique (10 minutes)

Tasting Critique (10 Minutes)

Station Clean-Up (20 Minutes)

**PRODUCT CHECK-IN**

1. It is the responsibility of each team to store all product prior to Product Check-In.
2. Product Check-In is the first segment of the evaluation process. The team manager is allowed to fully participate in the Product Check-In segment.
3. Concerning product, team is judged according to:
	1. Proper shipping and receiving procedures.
		1. Complete printed product inventory list of every item contained in each cooler or other container holding food items must be attached to the **inside and outside** of the cooler and/or container. The list must be attached in a plastic sleeve. The inventory list must be submitted on the official Inventory template. See *Exhibit C for Inventory List example.*
		2. All ingredients must be present at Product Check-In.
		3. Proper temperature of ingredients must be maintained.
		4. If an item has been found to be in the temperature danger zone, the item will not be available for use in the competition.
	2. Proper packaging.
		1. Items should be packaged properly i.e. no liquid pooling from meats, poultry or fish; no seeping liquid; vegetables and fruits in proper containers and/or bags.
		2. Items should be in their original packaging, professionally/commercially labeled and packaged properly. Label should include date it was packaged, weight, item type, and where it was packaged i.e. butcher shop or grocery store.
			* For example, If you purchase a whole chicken and are only using chicken breast in your recipe, you may bring the whole chicken in its original, unopened package OR you may purchase chicken breasts and enter in their original, commercial packaging. Prepping or rewrapping proteins by the team is prohibited.
4. Any team that has a product disallowed during Product Check-In has until their assigned competition cooking start timeto present to the judges a replacement product for approval.
	1. Judging and scoring is based on the initial check-in by the team.
	2. Teams will lose points if their entire product list does not meet the established criteria at the original check-in.
	3. Replacement products that do not meet requirements at competition report time will also be discarded. The team will be assessed an additional penalty for each failed submission.
5. All products may be placed on the provided speed rack during Equipment/Product Check-in.
6. Concerning equipment, judges will review all equipment and ensure no unallowable equipment is being brought onto the competition floor. Any unallowable equipment will be removed. (See table on page 6.)
7. Team should arrive promptly at their assigned report time.
	1. Should a team arrive late, a ½ point per 15 seconds will be assessed. If a team is more than 10 minutes late, they will be disqualified. No adjustments will be made to the schedule if a team is late.

**STATION REPORT**

1. The team has fifteen **(15)** minutes to move from Product Check-in into the assigned station.
2. During Station Report teams may move all containers into the station and place them in the appropriate place. The teams may also finish setting the large speed rack. However, teams must wait until Mise en Place to begin unpacking and arranging equipment on the tabletop.

**Mise en Place**

1. The team has **thirty (30)** minutes to pre-set their station for the meal production segment. All the team’s equipment must be contained within the 10ft x 10ft work space. Equipment may not be stacked. Equipment may not exceed 2 ft (width) x 4 ft (height) x 3 ft (depth) size parameters.
2. Team Managermust stay on the outside of the “L” of the tables in the designated Team Manager work space, 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: |
| * Set their station
* Obtain water and ice from kitchen
* Set up sanitizing solution
* Measure dry and liquid ingredients
* Wash produce
 | * Talk to any spectators, coaches, educators, or mentors
	+ Process any ingredients (including but not limited to – heating, mixing, marinating, and knife work)
	+ Teams may not alter or process any ingredients beyond their original state beyond the measuring/washing.
 |

1. 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) minutes 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. Knife Skills
	* Knife skills are demonstrated during the first 20 minutes of the 60-minute Meal Production segment. Team Presentation/Knife Skills judges will evaluate knife cuts during this time; teams do not need to alert judges upon completion.
	* Cutting guides i.e. cutting boards with rules or other measurement aids for knife cuts are not permitted for selected knife cuts. They are permissible for ingredients not included in the knife cuts selected for evaluation. Mandolins are strictly prohibited.
	* The team must demonstrate a minimum of two (2) of eleven (11) specified knife cuts to incorporate in their meal.
	* Cuts must be demonstrated on fruits, vegetables, or herbs only.
		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. Brunoise: 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
	* Team must identify the selected cuts at the bottom of their printed menu (i.e., Knife cuts used: medium dice and brunoise).
	* Team must set aside 1oz. cup volume measurement for each knife cut for evaluation by Team Presentation/Knife Skills judges. Event staff will provide 1 oz. containers.
4. 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 stepped away from the trays and raised their hands to signal they are finished.
5. 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 the 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.

**FLOOR CRITIQUE AND TASTING JUDGES CRITIQUE**

1. After delivering the meals to the tasting judges, team returns to their station for the Team Presentation/Knife Skills, Work Skills/Organization and Safety and Sanitation feedback. This feedback will occur on the competition floor.
2. Tasting 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. This feedback will occur in the Tasting judge’s area. Only the designated teacher and mentor may accompany the team and listen to feedback. *Communication with the team is still prohibited.*

**Station Clean-Up**

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

**MEAL AND RECIPE PRESENTATION**

1. Team prepares nine (9) 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, typedand 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 D 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 E for Recipe Cost example.*
	+ Small amounts of kosher/table salt and black pepper may be priced at 1% of the total recipe cost. Everything else must be costed.
	+ Oil for frying may be priced at 2% of the total recipe cost. Everything else must be costed out.
* 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 F 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 $125.00 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 and two selected knife cuts to be used: a simple, typed menu with menu prices printed on an 8 ½ x 11 sheet of paper. Knife cuts listed in the footer of the menu.
* All materials should be organized together by course. E.g. Recipe, recipe costing, menu pricing, and color photograph of the starter would be placed together, followed by all the materials for the entrée, etc.
1. 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.
2. Each participating team also provides one (1) copy of aframedpresentation menu:
	* Must include descriptions and final menu prices for each course. Creative elements may be included on the menu, but should not obstruct the view of the required menu components.
	* Must include two selected knife cuts, listed in the footer of the page. Teams may include them in their menu descriptions as well, if they also are highlighted in the footer as required.
	* 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.
3. Recipe, Recipe Costing, and Menu Price templates can be downloaded from our website at <https://frla.org/2025-prostart-competition/>.
4. If you would like your packets and/or presentation menu, they can be picked up by 3 PM on Sunday, March 9 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.

**Scoring**

1. A maximum of 100 points can be earned by a team during the culinary competition. Product Check-In is worth five (5) points, Team Presentation/Knife Skills is worth ten (10) points, Work Skills/Organization is worth fifteen (15) 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 first-place 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: Judges are 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. Replacement products did not meet requirements and was discarded – 2 pts
3. Starting early – ¼ pt to 10 pts
* ¼ point per 15 seconds up to 10 minutes.
* After 10 minutes, team is disqualified.
1. Finishing late – ¼ pt to 10 pts
* ¼ per 15 seconds up to 10 points.
* After 10 minutes, team is disqualified.
1. Use of prohibited equipment - 5 pts
2. Use of prohibited ingredients – 5 pts
3. Team produces two meals, which are not identical – 2 pts
4. Use of unauthorized dishes/glassware - 5 pts
5. Team manager touched or handled equipment or food when not allowed – 5 pts
6. Knife cut selections are not included on the presentation menu – 1 pt
7. Station left in an unsanitary manner – 3 pts

**Disqualification**

1. 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.
2. Team does not return all required paperwork by February 7, 2025 deadline.
3. Teams must arrive at the appointed time to compete or they may be disqualified.
4. Team used an electric devices, battery operated devices and/or additional butane burners.
5. Team does not prepare two (2) complete meals.
6. Alcohol was used in the meal preparation.
7. Team started any competition segment more than 10 minutes early or finished more 10 minutes late.
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 FRLAEF 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 FRLAEF 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 these requirements as well as all other conditions of the Florida ProStart Culinary Team Competitions and acknowledges disqualification is possible because of their actions.

**AWARDS**

1. The first-place team will advance to the 21st Annual National ProStart Invitationalto be held May 2-4, 2025, in Baltimore, Maryland. 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**



1. Competition floor outside of Culinary Station Workspace.
	1. No team equipment should be in this area. Teams may access this area to use handwashing station. Floor judges have access to this space.
2. Culinary Station Doorway
	1. No team equipment should be in this area to leave a safe space to enter and exit the station. Approximately 2 ½ ft wide.
3. Culinary Station Workspace (10ft x 10ft)
	1. Teams must keep all materials inside designated area. Teams may store equipment under and around the tables.
4. Two 8ft tables set up in “L” formation
	1. Teams may not move or otherwise rearrange or readjust tables.
5. 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, general configuration will remain consistent. Image not to scale.*

**Exhibit B – Culinary**

**Deliverables Checklist**

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

* Team number on cover
* Recipes typed on official template
* Recipe costing sheets typed on official template
* Menu Price Sheets typed on official templates
* Plate Photographs – A separate color photograph for each course printed on 8 ½ x 11 pages
* Menu with Prices (simple typed menu 8 ½ x 11)

**Checklists of other items required**

* One copy of framed Presentation Menu **with knife cuts**
* Complete printed list of the contents of each cooler or dry storage container on the inside and outside of each cooler or container in a plastic sleeve. (Team numbers must be included on the inside and outside list.)

EXHIBIT C – Culinary

**Product Check-In Inventory List**

Product Check-In Inventory List must be completed and contain the inventory list of every item, IN ALPHABETICAL ORDER. The list should be in each cooler or other container holding food items. Inventory list must be attached to the inside and outside of the cooler and/or container. The list must be in a plastic sleeve.

|  |  |
| --- | --- |
| Team Number | 1 |

|  |  |  |
| --- | --- | --- |
| Container Purpose | X Refrigerator | * Dry Storage
 |
| Number of Items in Container/Cooler | 11 |

|  |
| --- |
| **Inventory List** |
| Item | Confirmed *(This column for judge use only)* |
| Basil |  |
| 1 Eggplant |  |
| Garlic |  |
| 2 Green Bell Pepper |  |
| Parsley |  |
| 2 Red Bell Pepper |  |
| Thyme |  |
| 3 Tomatoes |  |
| 1 Yellow Onion |  |
| 1 Yellow Squash |  |
| 1 Zucchini |  |
|  |  |
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**EXHIBIT D – Culinary**

**Recipe Example**

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| --- | --- |
| **Team Numbers** | 1 |

|  |  |
| --- | --- |
| **Menu Item** | French Fries |
| **Number of Portions** | 4 | **Portion Size** | 5 ounces |
| **Cooking Method(s)** | Fry |
| **Recipe Source (MLA)** | TNN. “French Fries Recipe.” *Times Food,* https://recipes.timesofindia.com/us/recipes/french-fries/rs54659021.cms Accessed 30 June 2021. |

|  |
| --- |
| **Ingredients** |
| **Item** | **Amount** |
| Potato | 500 gm |
| Kosher Salt  | TT |
| Black Pepper | TT |
| Frying Oil | AN |
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| **Procedure** |
| Chop potatoes and soak in ice-cold water for 10-15 minutes.Heat the oil in deep bottomed pan.Once hot, add the potatoes to the pan.Cook about 5 to 7 minutes.Remainder of procedures… |

**EXHIBIT D – Culinary**

**Recipe Example**

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| --- | --- |
| **Team Number**  | 1 |

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| --- | --- |
| **Menu Item** | Ratatouille |
| **Number of Portions** | 6 | **Portion Size** | 5 ounces |
| **Cooking Method(s)** | Sauté |
| **Recipe Source (MLA)** | Lagasse, Emeril. “Ratatouille.” *Food Network*. Accessed 30 September 2016. |

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

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| **Procedure** |
| 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.Remainder of procedures… |

**EXHIBIT E – Culinary**

**Recipe Cost Example**

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| --- | --- |
| **Team Number** | 1 |
| **Menu Item** | French Fries |
| **Number of Portions** | 4 | **Portion Size** | 5 ounces |

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| **Ingredient** | **Purchase Unit** | **Purchase cost** | **Unit cost** | **Amount Needed** | **Ingredient Cost** |
| Potatoes | 5 kg | $2.65 | $0.0005/g | 500 g | $0.25 |
| Kosher Salt |  |  |  |  |  |
| Black Pepper |  |  |  |  |  |
| Frying Oil |  |  |  |  |  |
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| **Subtotal** | $0.25 |
| **1 % for small amounts of spices (Q Factor)** | $0.003 |
| **2 % for frying oil** | $0.005 |
| **Total Recipe Cost** | $0.257 |
| **Portion Cost**  | $0.064 |

**EXHIBIT E – Culinary**

**Recipe Cost Example**

|  |  |
| --- | --- |
| **Team Number**  | 1 |
| **Menu Item** | Ratatouille |
| **Number of Portions** | 6 | **Portion Size** | 5 ounces |

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| --- | --- | --- | --- | --- | --- |
| **Ingredient** | **Purchase Unit** | **Purchase cost** | **Unit cost** | **Amount Needed** | **Ingredient Cost** |
| Olive oil | 51 oz / 6.375 cup | $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 |

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| --- | --- |
| Subtotal | $7.057 |
| 1 % for small amounts of spices (Q Factor) | $0.071 |
| 2% for frying oil (if used) | $0.00 |
| Total Recipe Cost | $7.128 |
| Portion Cost  | $1.212 |

**EXHIBIT F – Culinary**

**Menu Price Example**

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| **Team Number** | 1 |

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

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| **Recipe** | **Portion Cost** |
| Ratatouille | $1.212 |
| Couscous (from additional recipe and costing sheets) | $0.972 |
| Garnish (from additional recipe and costing sheets) | $0.127 |
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| **Total Plate Portion Cost** | $2.311 |
| **Menu Price at 33% Food Cost** | $7.003 |
| **Actual Price on Menu** | $8.00 |

**EXHIBIT G – Culinary**

**Samples Culinary Competition Timeline**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Equipment/product check-in** | **station report** | **Mise en Place** | **Start Time** | **Judging Time** | **Floor Feedback** | **Tasting Feedback** | **Station Clean-Up****and Critique** |
|  | 8:15 | 8:30 | 8:45 | 9:15 | 10:15 | 10:15 | 10:25 | 10:35 |
|  | 8:30 | 8:45 | 9:00 | 9:30 | 10:30 | 10:30 | 10:40 | 10:50 |
|  | 8:45 | 9:00 | 9:15 | 9:45 | 10:45 | 10:45 | 10:55 | 11:05 |
|  | 9:00 | 9:15 | 9:30 | 10:00 | 11:00 | 11:00 | 11:10 | 11:20 |
|  | 9:15 | 9:30 | 9:45 | 10:15 | 11:15 | 11:15 | 11:25 | 11:35 |
|  | 9:30 | 9:45 | 10:00 | 10:30 | 11:30 | 11:30 | 11:40 | 11:50 |
|  | 9:45 | 10:00 | 10:15 | 10:45 | 11:45 | 11:45 | 11:55 | 12:05 |
|  | 10:00 | 10:15 | 10:30 | 11:00 | 12:00 | 12:00 | 12:10 | 12:20 |
|  | 10:15 | 10:30 | 10:45 | 11:15 | 12:15 | 12:15 | 12:25 | 12:35 |
|  | 10:30 | 10:45 | 11:00 | 11:30 | 12:30 | 12:30 | 12:40 | 12:50 |
|  | 10:45 | 11:00 | 11:15 | 11:45 | 12:45 | 12:45 | 12:55 | 1:05 |

 **EXHIBIT H – Culinary**

**Culinary Competition Score Sheet**

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| --- | --- | --- | --- | --- | --- | --- |
| **EVALUATION CRITERIA** | **POOR** | **FAIR** | **GOOD** | **VERY GOOD** | **EXCELLENT** | **SCORE** |
| **Team Presentation/Knife Skills** |
| **Team Appearance** | 1 | 2 | 3 | 4 | 5 |   |
| Including but not limited to: |
| • | White chef coats, long sleeve |  |  |  |  |  |  |
| • | Black or checkered pants |
| • | Uniform clean & presentable |
| • | Hard sole shoes |
| • | Provided Hats, aprons  |
| • | Team uniformity |
| **Proper Knife Usage*** Appropriate selection
* Consistency
* Accuracy
* Safety
* Waste
 | 1 | 2 | 3 | 4 | 5 |  |
| **Work Skills/Organization** |
| **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 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 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 |
| **Degree of Difficulty** | 1 | 2 | 3 | 4 | 5 |   |
| Including but not limited to: |
| •• | CreativityComplicated techniques |  |  |  |  |  |  |
| • | Preparation of item during competition rather than using commercial product  |
| **Safety and Sanitation** |
| **Follows Safety and Sanitation Procedures** | 1 | 2 | 3 | 4 | 5 |   |
| Including but not limited to: |
| • | Personal hygiene |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| • | Proper knife safety |  |  |  |  |  |  |
| • | Proper use and handling of food contact surfaces |
| **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 |
| **Work Area Cleaned** | 1 | 2 | 3 | 4 | 5 |   |
| Including but not limited to: |
| • | Work area cleaned in appropriate time frame |  |  |  |  |  |  |
| • | Return of station to original condition |
| **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 |
| **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 |
| **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** |  |  |  |  |  |   |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| • | Balance of color | 1 | 2 | 3 | 4 | 5 |  |
| • | Shape |
| • | Texture |
| • | Portion size |
| **Menu and Recipe Presentation** |
| **Presentation** |  |  |  |  |  |   |
| Including but not limited to: |
| • | Typewritten | 1 | 2 | 3 | 4 | 5 |  |
| • | Recipe structure |
| • | Menu presentation |
| • | Recipe costing |
| • | Menu pricing |
| • | Within food cost guidelines |
| • | Sources and acknowledgements listed |

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| **DISQUALIFICATION** | **PENALTY** |
| **Reason for Disqualification:** | **Reason for Penalty:** |
| Team and all associated competitors must be eligible to compete. (See disqualification 1 above.) | \_\_\_\_\_ Team is not dressed in full uniform. 5 points. |
| Team does not return all required paperwork by February 7, 2025, deadline. | \_\_\_\_\_ Replacement product did not meet requirements and was discarded. 2 points |
| Teams must arrive at the appointed time to compete, or they may be disqualified. | \_\_\_\_\_ Team begins any competition segment before their assigned start time.1/4 point per 15 seconds up to 10 minutes. |
| Team used an electric device, battery operated device and/or additional butane burners. | \_\_\_\_\_ Team did not finish within allotted time. 1/4 point per 15 seconds up to 10 minutes. |
| Team does not prepare two (2) complete meals. | \_\_\_\_\_ Team used prohibited equipment. 5 points. |
| Alcohol was used in the meal preparation. | \_\_\_\_\_ Team used prohibited ingredients. 5 points |
| Team started any competition segment more than 10 minutes early or finished more then 10 minutes late. | \_\_\_\_\_ Team produced two meals, but not identical. 2 points. |
| No team member can receive coaching or any form of communication. (See disqualification 8 above.) | \_\_\_\_\_ Team used dishes/glassware other than those provided by Event Organizers. 5 points. |
| Team is comprised of students from different schools or career centers. (See disqualification 9 above.) | \_\_\_\_\_ Team Manager handled equipment or food during competition. 5 points |
| Misconduct including but not limited to, any nonprescription drug use, alcohol use, etc. (See disqualification 10 above.) | \_\_\_\_\_Knife cut selections are not included on the presentation menu as required. 1 point |
| Team must compete in each segment of the competition. (See disqualification 11 above.) | \_\_\_\_\_ Team did not leave station in a sanitary manner. 3 points. |

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|  | **Product Check-In** |
| Including but not limited to: | 1 | 2 | 3 | 4 | 5 |  |   |
| • | Proper temperature |
| • | Proper packaging |
| • | Complete product inventory list(s) |
| • | Uniform and hygiene |