

2018 California ProStart Cup

Johnny Rockets Culinary Competition Procedures and Rules



Participating teams, educators and mentors are responsible for understanding and following all of the procedures and rules contained in this document. Please read this document carefully to avoid receiving any penalties during the competition.

A welcome orientation at the event will be dedicated to the introduction of judges and review of the competition schedule. Competition rules will not be reviewed during the orientation meeting.

Questions regarding competition rules should be sent to Natalie Tong prior to arriving in Pomona. She can be reached at ntong@calrest.org.

Note that **bolded** sections of this document call attention to a change in rules or procedures from prior years.

2018 California ProStart Cup Procedures and Rules

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Purpose + Eligibility

Students participating at the California ProStart Cup will demonstrate their knowledge of, passion for, and creativity in the restaurant industry through the culinary competition.

High school students, currently enrolled in a program that uses the ProStart curriculum are eligible to participate. Multiple teams may represent an individual school.

1. Participating teams will consist of two to four team members plus one (optional) team manager (formerly known as alternate), for a maximum of five students.
2. Students may attend two or more California ProStart Cups as a competitor. However, students may only participate in the National ProStart Invitational twice.
3. Teams also consist of one educator and one optional restaurant/foodservice industry mentor.
4. The team manager may only participate if an original team member is injured, sick or otherwise unable to participate. In such cases, the team manager, with judge's approval, may replace the affected student.
5. Team manager may also participate in certain defined roles in the competitions. See the rules for details.

Attendees

Families and fans are encouraged to attend the competition which is free to attend and open to the public. ProStart students who are interested in competing in the future are also encouraged to view the competition complimentary. Awards reception tickets are available for purchase and should be acquired in advance.

General Disqualifications

1. Teams will attend a required welcome orientation meeting on Sunday, March 19, at a place and time designated by the event organizers. Any team that does not attend the pre-competition welcome orientation will be disqualified.
2. Competing students must arrive at the appointed time to compete or they will be disqualified.
3. Competing students and team managers must not receive coaching or any form of communication from anyone during the competition time or they will be disqualified. No verbal or non-verbal communication is allowed between any spectators, educators, mentors or coaches and competing students. The determination of what constitutes coaching or communications is solely at the discretion of CRAF and the judges. No warnings will be provided; violations result in disqualification.
4. Misconduct includes any nonprescription drug use, alcohol use, or any activity that is illegal under federal, state or local laws, at the event, during competition, during unsupervised free time, during supervised competition social activities or in activities or locations related to the event. Should such alleged misconduct come to CRAF's attention, the matter will be investigated as CRAF deems appropriate. Any decision as to appropriate action due to misconduct, up to and including disqualification, is at the sole discretion of CRAF and is final. By entering into the contest, the student and the team he or she represents accepts this requirement as well as all other conditions of the program.

5. Teams must participate in each event segment in the competition. Culinary teams must compete in product check-in, station pre-set, production mise en place, knife skills, meal production and station clean-up. Failure to compete in any segment of the competition will disqualify the team.

Final Scoring

All judges have been carefully selected by event personnel. Judges have reviewed the rules in advance of the competition and participated in a training orientation. 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 is final. Any questions about scoring should be referred to Natalie Tong at ntong@calrest.org.

Schedules

Competition schedules will be distributed in advance of the event, once all teams have been identified. The culinary schedule will include assigned start and finish times for all competition segments. All schedules are subject to change.

2018 Culinary Competition

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 event organizers.

Description

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

Scoring

1. A maximum of 100 points can be earned by a team during the culinary competition.
2. In case of a tie: the tying teams will each be interviewed by a panel of judges for further insight into their performance. Teams will be asked questions to be answered verbally with regard to the methods, preparation and presentation of their meal. Judges will discuss and make a group determination as to the ranking of final winner(s).

Menu Planning and Preparation for Culinary Competition

1. Each team develops a unique three-course menu.
2. Each team prepares two identical three-course meals, garnished and served appropriately. One meal is evaluated by the judges for both taste and presentation, and one meal will be used for display. The meal consists of:
 - A starter (such as soup, salad, or appetizer)
 - An entrée consisting of:
 - i. Center of the plate item: 4-6 ounces suggested
 - ii. Accompaniments such as vegetable or starch: 2-3 ounces each suggested
 - iii. Sauce
 - A dessert
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.

Workspace and Equipment

6. 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 skirted and covered with a tablecloth.
 - ii. *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.
7. Event organizers provide:
 - Two (2) eight-foot tables
 - One speed rack and four full size sheet pans
 - Sanitation buckets + sanitizer
 - Access to ice
 - Access to running water (available prior to and after the competition only)
 - Optional table risers that will raise the tables to a working height of approximately 36 inches (must notify event staff in advance of the competition if you do NOT want)
 - Two Iwatani 35 FW 15,000 BTU burners (or equivalent) and necessary fuel

- All presentation dishes. Teams may only use dishes and glassware provided by event organizers, no exceptions.

8. 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

- Handheld whipped cream chargers
- Butane 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
- Additional sheet pans
- Audio recording device to record the critique and feedback sessions
- Stopwatch, timer to track your cook time. Defer to your timer for official time
- Camping oven and/or smoker attachments for provided burner
 - All equipment must be used in a safe manner and not obstruct proper butane function.

Prohibited Equipment

- Fueled or mechanical heat sources other than provided event burners
- MRE heater packs
- Electric, battery-operated or compressed gas devices
- Plastic or Plexiglas for the purpose of covering tables
- Cell phones, tablets, or communication devices
- Additional speed racks or equipment exceeding the external dimensions of 2 ft width x 4 ft length x 3 ft height
- Cutting guides i.e. cutting boards with rulers or other aids

Menu and Recipe Presentation

1. Each team prepares five soft bound folders with the team's school name clearly shown on each cover. *See Exhibit B for Deliverables Checklist.* Each folder must contain a copy of:
 - a. Recipes: all recipes for the meal presentation, typed and submitted on the official recipe template. Acknowledgements and sources must be listed on each recipe. Must be written in a logical sequence. *See Exhibit C for Recipe example.*
 - b. 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. **Do not use protector sheets for any of the documents. Insert documents in the following chronology: starter, entrée, dessert. Bold and capitalize the headings for the recipe parts on the costing sheet.** *See Exhibit D for Recipe Cost example.*
 - Small amounts of common dry spices and herbs may be priced at 1 percent of the total recipe cost.
 - Oil for frying may be priced at 2 percent of the total recipe cost.
 - c. Menu pricing: one menu price worksheet for each of the three courses, based on the recipe costs and calculated at a 33 percent 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 percent 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 percent food cost percentage.
- d. Color plate photographs: a color photo on an 8 ½ x 11 sheet of paper of each plate— one photo per page. Final plates presented to the judges are compared to the photos provided.
 - e. Knife skills: knife skills form indicating the selected cuts, ingredient used, dish to be utilized and designated team member. See *Exhibit F for Knife Skills example*.
 - f. Menu with prices: a simple, typed menu with menu prices printed on an 8 ½ x 11 sheet of paper.
2. Folders are submitted at registration on the morning of Sunday, March 18 at team check-in. Failure to submit the folders at that time will result in a penalty.
 3. Recipe, Recipe Costing, Menu Price, and Knife Skills templates can be downloaded from the CRAF website at <http://www.calrestfoundation.org/prostartcup.html>.
 4. Each participating team also provides one copy of an 8" x10" framed presentation menu:
 - Presentation menu is kept with team equipment and not turned in with folders.
 - Must include descriptions and final menu prices for each course.
 - School name 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.

Role of the Optional Team Manager (formerly Alternate Team Member)

- In the culinary competition, the 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 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.
- Take note of 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. In addition, the team manager may have a stopwatch or timer.
- 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

The team must present a uniform appearance. All team members are required to wear appropriate apparel consisting of **long sleeve** white chef coats (provided by event organizers), checkered or black pants, non-porous, closed toe, non-slip hard sole black shoes and an apron and hat provided by event organizers. Event organizers will provide chef

coats and hats at registration. CRAF will send out notification prior to the competition if aprons will be provided. The team will be evaluated on proper uniform throughout all culinary events, from product check-in through station clean-up, pot and pan cleaning, packing and all critiques.

Competition flow

Report to product check in (40 minutes)
Team + menu introduction (5 minutes)
Production mise en place (20 minutes)
Cook (60 Minutes - can present up to 3 minutes early)
Skills + organization critique (10 minutes)
Judge's tasting critique (10 minutes)
Recipe + menu critique (5 minutes)
Station clean-up (20 minutes)
Sanitation critique + dismissal (5 minutes)

1. See Exhibit G for Sample Culinary Competition Timeline.
2. Feedback occurs:
 - On the competition floor for the product check-in, knife skills, sanitation and work skills segments.
 - In the reserved judging area for tasting and menu + recipe segments.
3. Team members are encouraged to ask questions during feedback to learn from the experience.
4. 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.*

Product Check-in

Product check-in times will be assigned 40-minutes before team and menu introduction. Additional refrigeration space will not be provided. Teams are responsible for keeping their food cold prior to product check-in.

1. 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. Team is judged according to:
 - Proper shipping and receiving procedures.
 - **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.**
 - All food and equipment must be brought and turned in at product check-in.
 - Proper temperature of ingredients must be maintained.
 - If an item has been found to be in the temperature danger zone, the item will not be available for use in the competition (see #2, below).
 - Proper packaging.
 - Items should either be in their original packaging, or wrapped and packaged properly (i.e., no liquid pooling from meats, poultry, or fish, no seeping liquid,

vegetables and fruits in proper containers and/or bags), or they will be discarded.

- Uniform and personal hygiene, including proper hand washing
 - Hand washing stations are available in the product check-in area.
- 2. Any team that has a product disallowed during check-in has until their assigned meal production/cook time to present to the judges a new 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 product that does not meet requirements at meal production will also be discarded. The team will be assessed an additional penalty for each failed submission.
- 3. During product check-in, teams, educators and/or mentors have the opportunity to review the dishes they ordered for their meal presentation. It is the team's responsibility to review these dishes at that time. Event personnel are present with the original order forms the team submitted to confirm the order. Dishes are issued when the team arrives for report to product check-in.
- 4. Equipment and presentation menu are not turned in at this time.
- 5. Pre-prepared ingredients:

Permitted Ingredients

- 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, bread crumbs, bases and mayonnaise in the original container – must be used as an ingredient, not as a finished product

Prohibited Ingredients

- Pre-chopped, pre-sliced, or pre-prepared food not commercially manufactured
- Reductions, finished sauces, and clarified broths
- Items that risk food illness

**Team may wash produce during production mise en place. Manipulation of the vegetable during production mise en place is limited to steps required to ensure food safety. This includes separation of leaves on greens, splitting leeks, or removal of celery stalks or similar items from their base for cleaning purposes. No other cutting or shaping is allowed.*

Note: Follow your district or school guidelines concerning alcohol in your recipes. CRAF permits the use of alcohol in culinary competition recipes.

6. No equipment will be checked-in during this period. Teams are to bring all of their equipment to the competition area at their assigned report time.
7. Neither event nor hotel personnel will be available to receive any perishable items shipped to the event site, and are not responsible for any lost or damaged items.
8. Product check-in feedback will occur immediately following each team's check-in.

Report to Product Check-in

1. Teams will be introduced to their CRAF-assigned timer who will announce the start and end of each competition segment.
2. Team members should be prepared to carry and/or roll all their equipment and products onto the competition floor.
3. The team manager may assist in transporting the equipment and food products to the team's station, but may not assist in any unpacking or set-up.

Team & Menu Introduction

Each participating team has five minutes to verbally present its menu to judges. During this time, students can anticipate:

- **Telling what each team member is charged with executing**
- **Describing their three course meal**
- **Explaining how they designed their unique menu**
- **Team manager may fully participate in this section**

Production Mise en Place

1. The team has 20 minutes to pre-set their station for the meal production segment. All of the team's equipment must be contained within the 10' x 10' work space.
2. Team manager must 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 be allowed to:
<ul style="list-style-type: none">• Set their station• Obtain water and ice from kitchen• Obtain sanitizing solution from kitchen (provided by event organizers)• Measure dry and liquid ingredients• Wash produce at the vegetable washing station located on the competition floor	<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. Team should place the list of the four cuts selected by the team on the table next to the team's presentation menu.
5. The CRAF-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 60-minute time period provided. CRAF-assigned timer will announce the time at 15-minute intervals. It is the responsibility of each team to know their start time and be ready to begin when their assigned time is announced.
 - a. 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.
 - a. The team manager may taste food throughout the competition. To do so, the team manager must carry his/her own supply of tasting spoons.
3. Knife Skills
 - a. The team must demonstrate a minimum of four of 11 specified knife cuts to incorporate in their meal.
 - b. The four cuts are to be evenly distributed:
 - i. 2 person = 2 cuts per student
 - ii. 3 person = 1 cut for 2 students and 2 cuts for 1 student
 - iii. 4 person = 1 cut per student
 - c. Cuts must be demonstrated on fruits, vegetables, or herbs only.
 - i. Rondelle: $\frac{1}{4}$ " thick disc shaped slices
 - ii. Diagonal: $\frac{1}{4}$ " thick oval shaped slices
 - iii. Batonnet: cut into long, thin, rectangular pieces $\frac{1}{4}$ " x $\frac{1}{4}$ " x 2"
 - iv. Julienne: cut into long, thin, rectangular pieces. $\frac{1}{8}$ " x $\frac{1}{8}$ " x 2"
 - v. Large dice: cube shaped $\frac{3}{4}$ " x $\frac{3}{4}$ " x $\frac{3}{4}$ "
 - vi. Medium dice: cube shaped $\frac{1}{2}$ " x $\frac{1}{2}$ " x $\frac{1}{2}$ ".
 - vii. Small dice: cube shaped $\frac{1}{4}$ " x $\frac{1}{4}$ " x $\frac{1}{4}$ "
 - viii. Brunoise: very small dice. $\frac{1}{8}$ " x $\frac{1}{8}$ " x $\frac{1}{8}$ "
 - ix. Paysanne: square cut $\frac{1}{2}$ " x $\frac{1}{2}$ " x $\frac{1}{8}$ "
 - x. Chiffonade: leafy green vegetables such as spinach or basil that are stacked, rolled tightly, and then cut into long thin strips. Approximate width is $\frac{1}{8}$ ".
 - xi. Tourne: football shape, $\frac{3}{4}$ " diameter, 2" long, seven equal sides and flat ended
 - d. Team must complete the knife skills form to identify the selected cuts, ingredient used, dish to be utilized and designated team member.
 - e. Knife skills are demonstrated during the 60-minute meal production segment. Teams determine which student performs each cut and indicates such on the knife skills form.**
4. A team is considered done cooking when each requirement is met:
 - a. The food is plated.
 - b. The dishes are on the service trays.
 - c. All team members have stepped away from the trays and raised their hands to signal they are finished.
 - i. Teams may present plates to judges up to three minutes before the 60-minute cooking time has completed. (See *Penalties*).

5. After a team completes their two identical meals, the team will determine which meal will be evaluated by tasting judges and which will be for display.
 - a. Team members transport both service 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.
 - b. The evaluation plates receive the most critical judging.
 - c. There should not be a major variance in composition of the finished plates. If there is a great variance, then the team will be assessed a penalty (*See Penalties*). If the second meal is not presented, the team will be disqualified.
6. Team returns to their station for the work skills/organization and knife skills feedback.
7. Judges have 10 minutes to evaluate the plates. At that time the entire team (including the team manager) returns to the tasting area for a 10-minute feedback session. Only the designated teacher and mentor may accompany the team and listen to feedback.
8. The team will proceed next to the menu and recipe judges for a five-minute feedback session. Only the designated teacher and mentor may accompany and listen to feedback.
9. Team then takes display plates and presentation menu to the display area. Reminder: the team is still competing and students may only converse with their teammates.
10. Team returns to their station to begin station clean-up.

Station Clean-Up

1. Team has 20 minutes to clean and vacate their station.
 - a. The team must return station to the condition it was in when they arrived.
 - b. The team manager is allowed to assist 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.

Event Personnel

1. Event organizers (CRAF staff members)
2. Volunteers assigned and trained by CRAF, to assist with the event.
3. Timekeepers, personnel designated and trained by CRAF, who are charged with keeping the official time for assigned teams during all segments of the competition.
4. Judges from post-secondary education and the restaurant and foodservice industry, including two co-lead officials. Lead officials do not score teams.
5. 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)
6. Judges will be consistent from team to team and cover the following categories. (*See Exhibit H for sample Culinary Competition Rating Sheet*).

Category – Estimated # of Judges	
Product check-in	3-4
Knife skills	3-4
Taste and finished product	9-12

Category – Estimated # of Judges	
Safety and sanitation	4
Team presentation/work skills/org.	4
Menu and recipe presentation	2-3

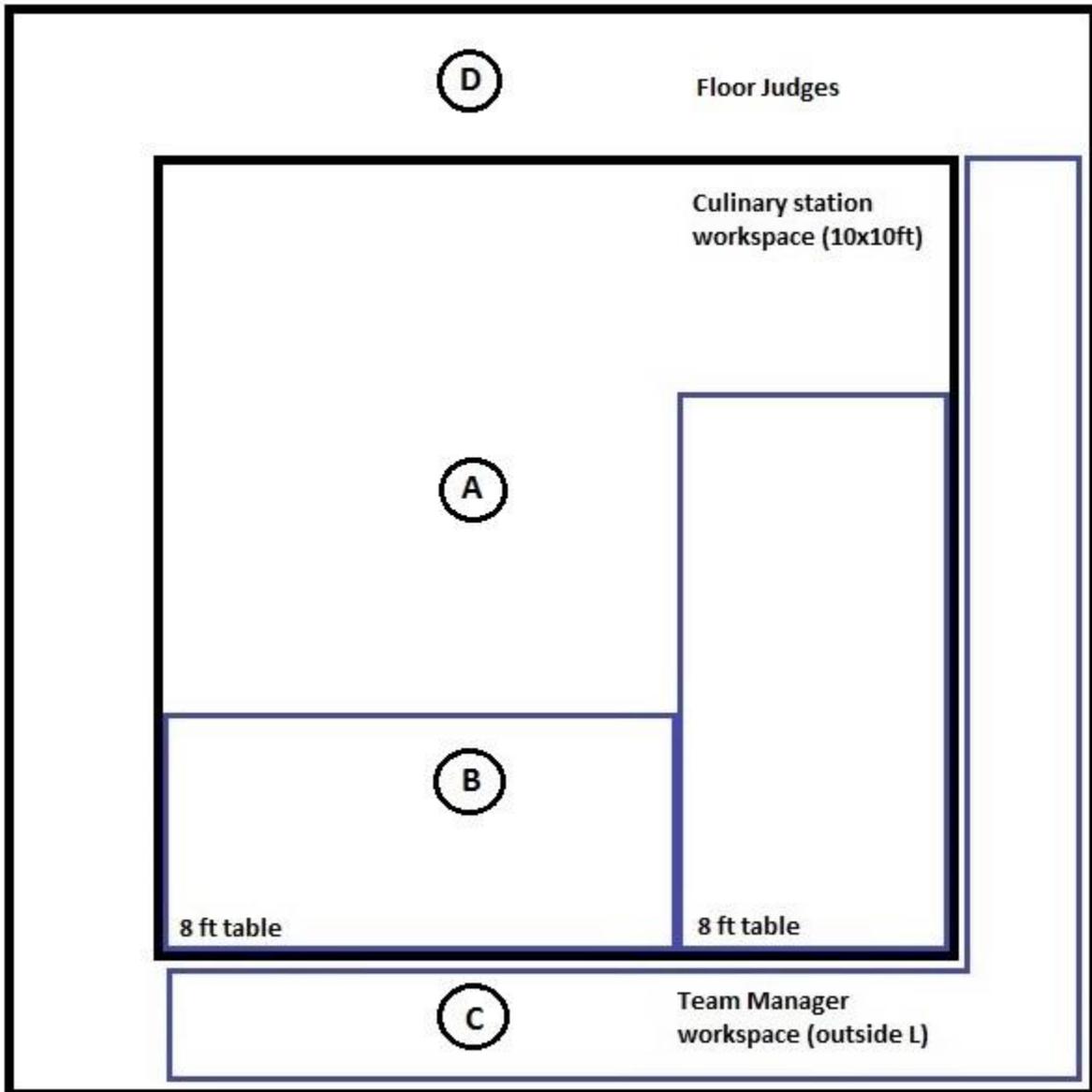
Post Competition

Teams are responsible for collecting their framed presentation menu from the display area by 5 p.m. on Monday, March 19. Event organizers are not responsible for any menus not collected by 5 p.m. Team folders will be available for pick up at the registration table between 4 – 5:30 p.m. CRAF will retain one copy of the folder from each team.

Exhibit A – Culinary

Culinary Station Blueprint

- A. Culinary station workspace (10' x 10') – Teams must keep all materials inside designated area. Teams are permitted to store equipment under the tables.
- B. Two 8' tables set up in “L” formation
- C. Team manager must stay in his/her designated space. Floor judges and the team’s timer will also have access to this space.
- D. Competition floor outside of culinary station – No team equipment should be in this area. Teams may pass through to access handwashing station. Floor judges have access to this space.



(Observers)

XXXXXXXXXXXXXXXXXXXXX XXXXXXXXXXXXXXXXXXXXX

Exhibit B – Culinary

Deliverables Checklist

Present at registration

Five folders, each containing

Example 1: http://www.staples.com/Staples-Side-Lock-Report-Covers-5-Pack/product_SS1063064

Example 2: http://www.staples.com/JAM-Paper-Plastic-2-Pocket-Eco-School-Folders-with-Metal-Tang-Fastener-Clasps-Clear-6-Pack-382ECCLDD-/product_2329283

- School name on cover
- Menu with prices (simple typed menu 8 ½ x 11)
- Knife skills form; typed on official template
- Plate photographs
 - A separate color photograph for each course
 - Photographs printed on 8 ½ x 11 pages
- Recipes; typed on official template
- Recipe costing sheets; typed on official template
- Menu price sheets; typed on official templates

Checklists of other items required

Present at product check-in

- Complete printed list of the contents of each cooler or container on the inside and outside of each cooler or container in a plastic sleeve
- Knife skills sheet with the four chosen knife cuts available for floor judges
- One copy of presentation menu; framed 8" x 10"

Exhibit C – Culinary

Recipe Example

Culinary teams must complete this form prior to the competition. Make five copies to include in the folders turned in at registration.

School Name and team	Awesome High School
Educator Name	Chef Robert Brownie Jr.

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 tbsps
Salt and black pepper	TT

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 D – Culinary

Recipe Cost Example

Culinary teams must complete this form prior to the competition. Make five copies to include in the folders turned in at registration.

School Name and team	Awesome High School		
Educator Name	Chef Robert Brownie Jr.		
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 F – Culinary

Knife Skills Example

Culinary teams must complete this form prior to the competition. Make five copies to include in the folders turned in at registration. Make an additional copy to keep with presentation menu available for floor judges. Place knife skills sheet next to presentation menu during the production mise en place segment.

School Name and team	Awesome High School
Educator Name	Chef Robert Brownie Jr.

#	Cut	Ingredient	Dish Featured	Designated Team Member
1	Batonnet	Sweet Potato	Entrée	Andrew
2	Chiffonade	Basil	Starter	Jessica
3	Medium Dice	Eggplant	Starter	Mary
4	Rondelle	Banana	Dessert	Daniel

Exhibit G – Culinary

Sample Culinary Competition Score Sheet

EVALUATION CRITERIA	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE
Product Check-In						
Product Check-In Including but not limited to: <ul style="list-style-type: none"> • Proper temperature • Proper packaging • Complete product inventory list(s) 	1	2	3	4	5	
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 • Hats, aprons, and arm band (provided) • 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	
Knife Skills <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: <ul style="list-style-type: none"> • Balance of color • Shape • Texture • Portion size 	1	2	3	4	5	
Menu and Recipe Presentation						
Presentation Including but not limited to: <ul style="list-style-type: none"> • Typewritten • Recipe structure • Menu presentation • Recipe costing • Menu pricing • Within food cost guidelines • Sources and acknowledgements listed 	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 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 complete meals.	_____ Team did not complete within allotted time. (1/4 point per 15 seconds up to 10 minutes)
_____ Team started meal production more than 10 minutes early.	_____ Team started early. (1 point/min. up to 10 minutes)
_____ Team completed meal production more than 10 minutes late.	_____ Team used prohibited pre-prepared ingredient. (5 points)
_____ Team did not arrive at proper time.	_____ Team produced two meals, but not identical. (2 points)
_____ Team did not compete in each segment.	_____ Team used dishes/glassware other than those provided by event organizers. (5 points)
_____ Misconduct (listed on page 3)	_____ Replacement product did not meet requirements and was discarded. (3 points)
_____ Team did not attend pre-meeting/orientation	_____ Team did not submit folders with menu, plate photographs, recipe and recipe costing at registration. (2 points)
_____ Team used an additional burner / not provided by CRAF	_____ Team did not utilize knife cuts in final plate presentation. (2 points)
	_____ Team manager handled equipment or food during competition. (5 points)