

BJ's Restaurants Management Cup

+

Boyd's Coffee Culinary Cup



Tips + tricks and identifying areas to develop



Judges' Tips

Biggest areas for growth overall:

- Costing
 - Lots of info at costing session today
- Knife skills
 - Tons of resources available online
- Flavor + appearance of menu items
 - See Plates + Boards session today and work with a mentor



Judges' Tips

Several judges stated:

Know the rules. You develop based on the limitations set by the rules.



Judges' Tips

Ask questions if you are unclear about something.



Judges' Tips

Set-up a schedule for practice and stick to it.

Practice correctly. It is just as easy to reinforce the wrong action as it is to reinforce the right action.



Judges' Tips

Bring paper and pens to your feedback session.



Judges' Tips

Get as much sleep as you can in the days leading up to the competition – you probably won't sleep well the night before.



Judges' Tips

Meet new people – network!



Judges' Tips

Expensive ingredients don't matter if they aren't prepared properly and used in an appropriate way.



Judges' Tips

If you are saucing a dish, make sure that the quantity of sauce is appropriate to the item being sauced. Little dots of sauce are pretty, but if it's only 2 tsp. total of sauce, then it's probably not enough to go with the item being sauced (unless it's a really strong flavored sauce).



Judges' Tips

Plan: you plan everything down to the absolute minute detail. You must plan like you will be 100 miles from any source of supplies.



Judges' Tips

- The menu drives the outcome!
- The menu dictates
 - The amount of equipment
 - Skill level
 - Time and timing
 - Demonstration of knowledge and skill
 - Cost
 - Packing and shipping details
 - And more----



Judges' Tips

Think about your customer when you design your menu. Make it easy for them to eat; imagine that it's you eating this food and you are on a very important first date or business lunch. Portions should be manageable, and garnish should fit on a fork.



Judges' Tips

Keep your work stations as free of clutter (both ingredients and equipment) as possible.



Judges' Tips

Think about how your server is going to get your dish to the dining room. Make sure bowls have an underliner (so they don't slip), parfait / martini glasses are secure and won't slip off the underliner, sauces should be tight so that they stay where you want them to stay.



Judges' Tips

When preparing lamb, it is important to French the rack of lamb, which means peeling excess off the bone all the way to the meat. This is important for either rack of lamb, or lamb chops.



Judges' Tips

Keep a vegetable balance. For example, when three asparagus spears may be sufficient instead of five for an entrée. Balance the protein and vegetables in relationship to the plate.



Judges' Tips

Taste, taste, taste!!!



Judges' Tips

PRACTICE, PRACTICE, PRACTICE

****Practice with an audience****

