

2019 California ProStart Cup

BJ's Restaurants Culinary Competition Procedures and Rules



RESTAURANT
BREWHOUSE



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.

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Purpose

Students participating at the California ProStart Cup will demonstrate their knowledge of, passion for, and creativity in the restaurant industry through the Culinary, Management and Innovation competitions. Participation reinforces the skills and knowledge learned from the ProStart program and the “Foundations of Restaurant Management and Culinary Arts” curriculum.

Eligibility

Students

1. High school students, currently enrolled in a program that uses the ProStart curriculum are eligible to participate. Multiple teams may represent an individual school. Participating teams will consist of two (2) to four (4) team members plus one (1) optional team manager.
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. Students may compete on one, two or all of the Culinary, Management and Innovation teams in any year.

Teams

1. Participating teams consist of two (2) to four (4) student competitors and one (1) optional team manager, for a maximum total of five (5) students.
2. Teams also consist of one educator and one optional restaurant/foodservice industry mentor.
3. The team manager may only compete if an original team member is injured, sick or otherwise unable to participate. In such cases, the team manager, with a judge’s approval, may replace the affected student.
4. The 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 Friday, March 15, 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. The only exception made will be for travel delays beyond the control of the team.
3. Competing students and team manager must not receive coaching or any form of communication from anyone during the competition time or they will be disqualified. There will be no verbal or non-verbal communication allowed between any spectators, educators, mentors or coaches and competing students. The determination of what constitutes coaching or communication is solely at the discretion of the CRAF and the judges. No warnings will be provided; violations result in immediate 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/she represents accept this requirement as well as all other conditions of the CA ProStart Cup.
5. Teams must participate in each event segment in the competition or they will be disqualified. For details on competition segments see the CA ProStart Cup rules. Failure to compete in any segment will result in disqualification.

Final Scoring

All judges have been carefully selected by the Event Organizers for their related skills, experience, and expertise. Judges have reviewed the rules in advance of the competition and participated in an orientation. By participating in the competitions, 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 the CRAF ProStart Coordinator.

Schedules

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

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.

2019 CA ProStart Culinary Cup Competition

Description

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

Scoring

1. A maximum of 100 points can be earned by a team during the culinary competition. Product Check-In worth is five (5) points, Team Presentation/Work Skills/Organization is worth twenty-five (25), 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).
2. In case of a tie: the tying teams will each be interviewed by a panel of judges for further insights into their performance. Teams will be asked questions to be answered verbally 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. Menus must be distinct and not significantly repetitive of previously submitted work. Submitting work, or parts of work, that was previously submitted will result in immediate disqualification.
2. Each team prepares two (2) identical three-course meals, garnished and served appropriately. One meal is evaluated by the judges for both taste and presentation, and one meal will be used for display. The meal consists of:
 - a. A starter consisting of:
 - i. A first course: soup, salad, appetizer
 - ii. Size appropriate: 4-6 ounces total edible weight
 - b. 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
 - c. A dessert consisting of:
 - i. A little something sweet served at the end of the meal
 - ii. Size appropriate: 3± ounces total edible weight

Each meal component should be appropriate to the complete menu. Flavors across the menu should have harmony for the palate. The five characteristics considered for a plated meal will be:

- a. **Oral:** Flavor, Texture, Temperature
 - b. **Visual:** Color, Shape
3. Teams must employ a minimum of two cooking methods from the following list: Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté.
 - a. Additional techniques are also permitted.
 - b. 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. See *Product Check-In for information on permitted vs. prohibited ingredients.*
5. Educator and Mentor participation:
 - a. May assist teams in preparing for the competition.
 - b. May not develop the menu.
 - c. Expertise is limited to menu suggestions and technique advice.

Workspace and Equipment

1. The workspace consists of:
 - a. Two (2) eight-foot tables set up in an “L” formation within a 10’ x 10’ space.
 - i. The station tables are covered with a tablecloth, which must remain in use during competition.
 - ii. Tables may not be moved prior to or during competition.
 - iii. *See Exhibit A for Culinary Station Blueprint.*
 - b. Food preparation must be done within the workspace on the tables provided.
 - c. Equipment and supplies must be contained within the allotted 10’ x 10’ space unless otherwise directed by event staff.
 - d. Team members may only work on the tables from the interior of the space.
2. Event Organizers provide:
 - a. Two (2) eight-foot tables
 - b. One speed rack and four (4) full size sheet pans
 - c. Sanitation buckets
 - d. Access to ice
 - e. Access to running water (available prior to and after the competition only)
 - f. 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)
 - g. Two Iwatani 35 FW 15,000 BTU burners (or equivalent) and necessary fuel
 - h. All presentation dishes. Teams may only use dishes and glassware provided by Event Organizers, no exceptions. Teams must select their dishes and glassware during the registration process.
3. Team must provide:
 - a. All necessary supplies to prepare the food they have selected, such as small utensils, cutting boards, small hand tools, cookware, gloves, and enough cloths for competition and clean-up.

<i>Permitted Equipment</i>	<i>Prohibited Equipment</i>
<ul style="list-style-type: none"> • Handheld whipped cream chargers • Digital scales and thermometers • Handheld butane/propane torch for finishing any item, sweet or savory • Metal, stone or other types of plates or apparatus to extend the cooking surface of the burners • Dry ice • Audio recording device to record the critique and feedback sessions • Electronic devices which contain no communication abilities (e.g. basic calculator or timer) • Additional sheet pans • Camping oven and/or smoker attachments for provided burner <p>All equipment must be used in a safe manner and not obstruct proper butane function.</p>	<ul style="list-style-type: none"> • Fueled or mechanical heat sources other than provided event burners or handheld torch for finishing • MRE heater packs • Electric, battery-operated or compressed air/gas 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 • 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 (5) softbound folders with the team's school name and year clearly shown on each cover.
 - a. Do not use plastic pockets to hold pages, as this impedes judges' ability to provide feedback.
 - b. See *Exhibit B for Deliverables Checklist*.
2. 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 in MLA formatting. 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. See *Exhibit D for Recipe Cost example*.
 - i. Small amounts of common dry spices and herbs may be priced at 1% of the total recipe cost.
 - ii. Oil for frying may be priced at 2% 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% food cost percentage. See *Exhibit E for Menu Price example*.
 - i. Each course on the presentation menu is priced separately.
 - ii. Menu price on the presentation menu may be rounded up after applying the 33% food cost percentage for a more realistic menu price.
 - iii. Final calculation before rounding must be indicated on costing template.
 - iv. Total menu price for the three-course meal may not exceed \$75.00 after applying the 33% food cost percentage.
 - d. Color Plate Photographs: a color photo of each plate on an 8½ x 11 sheet of paper – one photo per page. Final plates presented to the judges are compared to the photos provided.

- e. Menu with prices: a simple, typed menu with menu prices printed on an 8½ x 11 sheet of paper.
3. Folders are submitted at registration on the morning of Friday, March 15 at team check-in. Failure to submit the folders at that time will result in a penalty. See *Culinary Competition Penalties*.
 4. Each participating team also provides one (1) copy of a framed presentation menu:
 - a. Presentation menu is kept with team equipment and not turned in with folders.
 - b. Must include descriptions and final menu prices for each course.
 - c. School name must be clearly identified on presentation menu.
 - d. Must be displayed on the team's table during competition and then moved to the display area with the team's display plates.
 - e. No other additions to the display are allowed.

Role of the Optional Team Manager

1. 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.
 - a. If a team member cannot participate or continue, the team manager, with judge's approval, may replace that team member.
 - b. 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.
 - c. 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.
2. Take note of rules specific to the team manager in each competition category.
3. 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.
4. 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.
5. The team manager is an optional position; there are no additional provisions for teams without a team manager.

Uniform

1. Teams must present a uniform appearance from report time through dishwashing.
2. Appropriate apparel required consisting of:
 - a. Long sleeve, white chef coats (provided by event organizers)
 - b. Checkered or black pants
 - c. Nonporous, closed toe, non-slip, hard sole black shoes
 - d. Event organizers will provide chef coats and hats at registration.
 - e. CRAF will send out notification prior to the competition if aprons will be provided.

Competition Flow

- Report to Product Check-In (40 Minutes)
- Team & Menu Introduction (5 Minutes)
- Production Mise En Place (20 Minutes)
- Cook (60 Minutes – may present up to 3 minutes early)
- Skills & Organization Critique (10 minutes)
- Judges' Tasting Critique (10 Minutes)
- Recipe & Menu Critique (5 minutes)
- Station Clean-Up (20 Minutes)
- Sanitation Critique & Dismissal (5 Minutes)

1. See *Exhibit F for Sample Culinary Competition Timeline*.
2. Feedback occurs:
 - a. On the competition floor for the Product Check-In, Work Skills/Organization, and Sanitation segments.
 - b. 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, mentor, and state coordinator are allowed to be present to observe only during the Tasting & Menu critique sessions.
 - a. *Communication with the team is still prohibited.*

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:
 - a. Proper shipping and receiving procedures.
 - i. 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.
 - ii. All ingredients must be turned in at Product Check-In.
 - iii. Proper temperature of ingredients must be maintained.
 - iv. 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.
 - b. Proper packaging.
 - i. 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.
 - c. Uniform and personal hygiene, including proper hand washing
 - i. Hand washing stations are available in the competition floor area.
2. Any team that has a product disallowed during check-in has until their assigned Meal Production time to present to the judges a new product for approval.
 - a. Judging and scoring is based on the initial check-in by the team.
 - b. Teams will lose points if their entire product list does not meet the established criteria at the original check-in.
 - c. 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 the dishes at that time. Event personnel are present with the original order forms the team submitted to confirm the order. Substitutions may not be made. Dishes are issued when the team arrives for Product Check-In.
4. Equipment and presentation menu are not turned in at this time
5. Ingredients:

Permitted Ingredients	Prohibited Ingredients
<ul style="list-style-type: none"> • Team-prepared stocks • Team-prepared clarified butter • Pre-measured staple dry goods: flour, sugar, salt, pepper, baking powder, baking soda, cream of tartar • Pre-measured butter and oil • Pre-washed produce* • Dry ice • Commercially manufactured food items such as jams, bread crumbs, bases and mayonnaise in the original container – must be used as an ingredient, not as a finished product and must be presented at check-in in the original packaging. 	<ul style="list-style-type: none"> • Pre-chopped, pre-sliced, or pre-prepared food not commercially manufactured • Reductions, finished sauces, and clarified broths • Items that risk food illness
<p><i>*Team may also wash produce during Production Mise en Place.</i></p> <p><i>Note: Follow your state or school guidelines concerning alcohol in your recipes. NPSI permits the use of alcohol in culinary competition recipes.</i></p>	

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. Team 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 (5) minutes to verbally present its menu to judges. The team manager may fully participate in this section. During this time, students can anticipate:

- a. Telling what each team member is charged with executing
- b. Describing their three course meal
- c. Explaining how they designed their unique menu

Production Mise en Place

1. The team has twenty (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' workspace.
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 allowed to:
<ul style="list-style-type: none"> • Set their station • Obtain water and ice from designated areas on the competition floor • Obtain sanitizing solution from designated areas on the competition floor (provided by Event Organizers) • Measure dry and liquid ingredients • Wash produce at the vegetable washing station 	<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 the 60-minute meal preparation period.) • Perform any knife work • Begin cooking any items • Mix any ingredients

4. 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 sixty (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. *See Exhibit A.*
 - 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. Used, disposable tasting spoons may be discarded in the trashcans located on the shared space of the competition floor to avoid interfering with team station.
3. A team is considered done cooking when each requirement is met:
 - 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 Culinary Competition Penalties.*
4. After a team completes their two (2) identical meals, the team will determine which meal will be evaluated by tasting judges and which will be for display.
 - 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. If the second meal is not presented, the team will be disqualified. *See Culinary Competition Penalties and Disqualifications.*
5. Team returns to their station for the Work Skills/Organization and Proper Knife Usage feedback.
 6. Judges have ten (10) minutes to evaluate the plates. At that time the entire team (including the team manager) returns to the tasting area for a ten (10) minute feedback session. Only the designated teacher and mentor may accompany the team and listen to feedback.
 7. The team will proceed next to the menu and recipe judges for a five (5) minute feedback session. Only the designated teacher and mentor may accompany and listen to feedback.
 8. 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.*
 9. 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.
 - 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.
 - c. Team or team member cannot leave the floor unless released by Sanitation judge and accompanied by their assigned timer.
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.
4. Teams may collect supplies to be washed and bring all their equipment off the competition floor. Team members will be escorted by timekeepers to the appropriate area of the competition venue for dishwashing.

Culinary Competition Penalties

The following are fixed deductions.

1. The team is not dressed in uniform – 5 pts
2. Station left in unsanitary manner – 3 pts
3. Finishing late – ¼ pt to 10 pts
 - a. ¼ point is deducted per 15 seconds
 - b. After 10 minutes, team is disqualified
4. Starting early – 1pt to 10 pts
 - a. 1 point is deducted per minute
 - b. After 10 minutes, team is disqualified
5. Use of disallowed pre-prepared ingredients – 5 pts
6. Two meals not identical – 2 pts
7. Use of unauthorized dishes/glassware – 5 pts
8. Failure to submit recipes at product check-in – 2 pts
9. Menu does not meet specifications, or was not submitted on time – 5 pts

10. Replacement product did not meet requirements – 2 pts
11. Alternate touches or handles any equipment or food when not allowed – 5 pts

Culinary Specific Disqualifications

1. Team submitted work, or parts of work, that was previously submitted.
2. Team did not produce two (2) complete meals.
3. Team starts more than 10 minutes early, or finishes Meal Preparation more than 10 minutes late.
4. Violation of the General Disqualifications on page 5.

Event Personnel

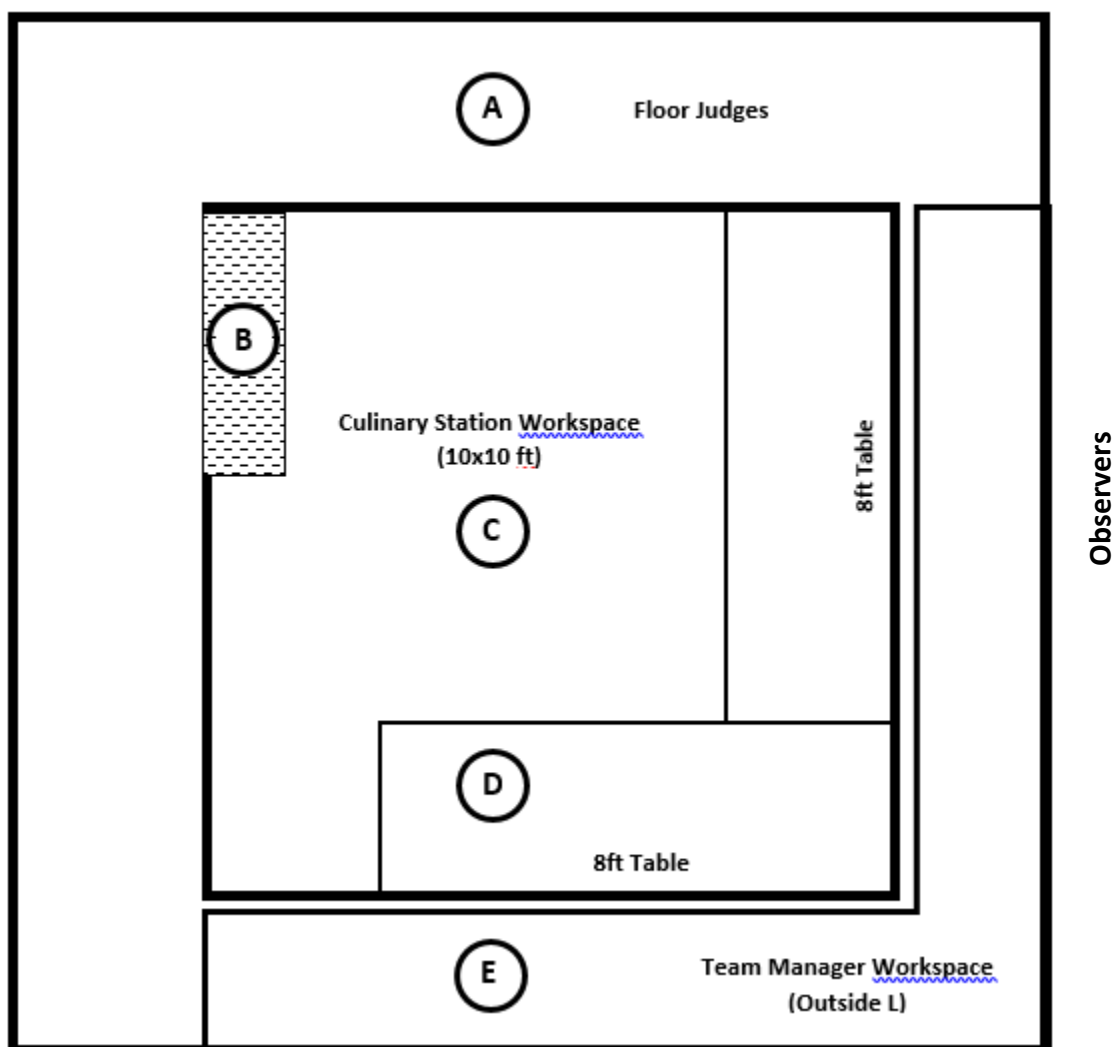
1. Event Organizers: CRAF staff members
2. Volunteers: Assigned and trained by CRAF to assist with the event
3. Timekeepers: Personnel designated and trained by the CRAF, who are charged with keeping the official time for assigned teams during all segments of the competition.
4. Judges: Sourced from post-secondary education and the restaurant and foodservice industry, including two co-lead officials. Lead officials do not score teams.
 - a. 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).
See Exhibit H for sample Culinary Competition Rating Sheet.

Post Competition

Teams are responsible for collecting their framed presentation menu from the display area by 5 p.m. on Saturday, March 16. 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. Competition floor outside of culinary station.
 - a. No team equipment should be in this area. Teams may access this area to use handwashing station. Floor judges have access to this space.
- B. Culinary station doorway
 - a. No team equipment should be in this area to leave a safe space to enter and exit the station. Approximately 2.5 ft wide.
- C. Culinary station workspace (10ft x 10ft)
 - a. Teams must keep all materials inside designated area. Teams may store equipment under and around the tables.
- D. Two 8ft tables set up in “L” formation
 - a. Teams may not move or otherwise rearrange or readjust tables.
- E. Team Manager must stay in his/her designated space. Floor judges and the team’s timer will also have access to this space.

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

Exhibit B – Culinary

Deliverables Checklist Present at Product Check-In

Five folders, each containing

Example 1: https://www.staples.com/Avery-Flexible-5-Inch-Round-3-Ring-View-Binder-Blue-17670/product_614315

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 and Year on cover
- Menu with Prices - Simple typed menu 8½ x 11
- Plate Photographs - A separate color photograph for each course printed on 8½" 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

- 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
- One copy of framed Presentation Menu

Exhibit C – Culinary

Recipe Example

Culinary teams must complete this form prior to the competition. Make five (5) copies to include in the folders turned in at Product Check-In.

State Name	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 (MLA)	Lagasse, Emeril. "Ratatouille." <i>Food Network</i> , http://www.foodnetwork.com/recipes/emiril-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 D – Culinary

Recipe Cost Example

Culinary teams must complete this form prior to the competition. Make five (5) copies to include in the folders turned in at Product Check-In.

State Name	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 E – Culinary

Menu Price Example

Culinary teams must complete this form prior to the competition. Make five (5) copies to include in the folders turned in at Product Check-In.

State Name	Awesome High School		
Educator Name	Chef Robert Brownie Jr.		

Menu Category	<input checked="" type="checkbox"/> Starter	<input type="checkbox"/> Entree	<input type="checkbox"/> Dessert
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Recipe	Portion Cost
Ratatouille	\$1.188
Couscous (from additional recipe and costing sheets)	\$0.972
Garnish (from additional recipe and costing sheets)	\$0.127

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

Exhibit F – Culinary

Sample Culinary Competition Timeline

Team	Report	Team & Menu Introduction	Production Mise en Place	Start Cooking	Present Plates/ Skills Critique	Tasting Critique	Menu Critique	Clean Up	Sanitation Critique/ Dismissal	Out
1	7:45 AM	8:00 AM	8:05 AM	8:25 AM	9:25 AM	9:35 AM	9:45 AM	9:50 AM	10:10 AM	10:15 AM
2	7:45 AM	8:00 AM	8:05 AM	8:25 AM	9:25 AM	9:35 AM	9:45 AM	9:50 AM	10:10 AM	10:15 AM
3	8:05 AM	8:20 AM	8:25 AM	8:45 AM	9:45 AM	9:55 AM	10:05 AM	10:10 AM	10:30 AM	10:35 AM
4	8:05 AM	8:20 AM	8:25 AM	8:45 AM	9:45 AM	9:55 AM	10:05 AM	10:10 AM	10:30 AM	10:35 AM
5	8:25 AM	8:40 AM	8:45 AM	9:05 AM	10:05 AM	10:15 AM	10:25 AM	10:30 AM	10:50 AM	10:55 AM
6	8:25 AM	8:40 AM	8:45 AM	9:05 AM	10:05 AM	10:15 AM	10:25 AM	10:30 AM	10:50 AM	10:55 AM
7	8:45 AM	9:00 AM	9:05 AM	9:25 AM	10:25 AM	10:35 AM	10:45 AM	10:50 AM	11:10 AM	11:15 AM
8	8:45 AM	9:00 AM	9:05 AM	9:25 AM	10:25 AM	10:35 AM	10:45 AM	10:50 AM	11:10 AM	11:15 AM
9	9:05 AM	9:20 AM	9:25 AM	9:45 AM	10:45 AM	10:55 AM	11:05 AM	11:10 AM	11:30 AM	11:35 AM
10	9:05 AM	9:20 AM	9:25 AM	9:45 AM	10:45 AM	10:55 AM	11:05 AM	11:10 AM	11:30 AM	11:35 AM

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	
Proper Knife Usage <ul style="list-style-type: none"> • Consistency • Accuracy • Safety • Waste 	1	2	3	4	5	
Degree of Difficulty Including but not limited to: <ul style="list-style-type: none"> • Creativity • Complicated techniques • Preparation of item during competition rather than using commercial product 	1	2	3	4	5	

EVALUATION CRITERIA	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE
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	

EVALUATION CRITERIA	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE
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
Reason for Disqualification:
<input type="checkbox"/> Team received coaching during the event.
<input type="checkbox"/> Team used an electric/battery operated device or additional butane burner.
<input type="checkbox"/> Team did not produce two (2) complete meals.
<input type="checkbox"/> Team started Meal Production more than 10 minutes early.
<input type="checkbox"/> Team completed Meal Production more than 10 minutes late.
<input type="checkbox"/> Team did not arrive at proper time.
<input type="checkbox"/> Team did not compete in each segment.
<input type="checkbox"/> General disqualifications listed on page 5.
PENALTY
Reason for Penalty:
<input type="checkbox"/> Menu does not meet specifications or was not submitted on time. 5 points.
<input type="checkbox"/> Team not dressed in uniform. 5 points.
<input type="checkbox"/> Team did not leave station in a sanitary manner. 3 points.
<input type="checkbox"/> Team begins any competition segment before their assigned start time. 1/4 point per 15 seconds up to 10 minutes.
<input type="checkbox"/> Team did not complete within allotted time. 1/4 point per 15 seconds up to 10 minutes.
<input type="checkbox"/> Team started early. 1 point/min. up to 10 minutes.
<input type="checkbox"/> Team used prohibited pre-prepared ingredient. 5 points.
<input type="checkbox"/> Team produced two meals, but not identical. 2 points.
<input type="checkbox"/> Team used dishes/glassware other than those provided by Event Organizers. 5 points.
<input type="checkbox"/> Replacement product did not meet requirements and was discarded. 3 points.
<input type="checkbox"/> Team did not submit folders with menu, plate photographs, recipe and recipe costing at Product Check-In. 2 points.
<input type="checkbox"/> Team did not utilize knife cuts in final plate presentation. 2 points
<input type="checkbox"/> Team manager handled equipment or food during competition. 5 points

