

2010 HEFG Georgia State High School Invitational Culinary Competition Procedures and Rules



Hospitality Education Foundation of Georgia

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

Orientation at the event will be dedicated to the introduction of judges. Competition rules will **not** be explained during the meeting(s). Questions regarding competition rules should be sent to LeeGray@HEFG.org by March 23, 2010.

HEFG State Championships

Eligibility:

How to be eligible: All high school students currently enrolled in a professional foods, advanced culinary arts, or ProStart curriculum that has been registered in the HEFG survey as of September 2009. Any program with a college track or industry bound curriculum and has completed the 2010 survey is eligible. Questions please contact LeeGray@HEFG.org. **Schools may bring more than one team.**

Which team is eligible for National ProStart Invitational (NPI): The highest ranking ProStart® school will be eligible to attend NPSI. This may not be the first place team. A school is deemed ProStart® by checking “ProStart” in their response to the HEFG Survey submitted by September 2009. They must also use the NRAEF ProStart books, they have participated in at least one (1) HEFG event in the past 12 months and make the ProStart test available to their students so they may garner the ProStart articulations and scholarships. **NOTE: At NPI every member of the team must fabricate a chicken.**

Purpose:

Participating teams will demonstrate their basic culinary skills during the competition through the preparation of a three (3) upscale course meal.

What should they prepare?: The meal should consist of a: starter (such as soup, salad, or appetizer); protein (such as meat, fish, or fowl), vegetable, and starch; and dessert.

Who will be evaluated the teams and how? Their performance during the practical will be observed and rated by judges from the foodservice industry and 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.

The Team

Number of students per team: Participating teams will consist of two (2) to four (4) team members. Each team may have one (1) alternate.

The role of an Alternate in the case of injury:

The alternate may replace an original team member if a member is injured or unable to participate. In case of student injury, an alternate, with judge’s approval, may replace the injured student.

The role of an Alternate not in the case of injury:

At Check in: An alternate can help their team at check in. If the alternate is in the kitchen, their uniform, professionalism, and knowledge will be judged equally with the other members of the team.

When teams report to the kitchen: Alternates may help bring equipment from the kitchen to the competition floor. Alternates should be responsible for carrying equipment not edible products.

On the competition floor: The alternate must remain on the outside of the L-shape of the competition tables. Only the competing four team members are allowed inside the “L of the tables”. Only the alternate is allowed on the outside of the “L”.

Alternates may keep time for their team. Teams must provide their own time-keeping device for their team. The judges will have the official time but additional time-keeping devices will not be provided.

The alternate **may not touch any item on, around, under or behind the table** during any set-up (Mise En Place) period or cook and plate period.

Alternates may NEVER touch any food during any portion of the competition, prior to clean up, this includes set-up (Mise En Place). Alternates may NEVER touch food, carry plates, or remove items from the tables. Alternates may not speak to coaches or teachers.

Alternates may encourage and verbally help their team. The alternate can verbally tell the team “get your knives out” or “Johnny you forgot your cheesecloth” but not get them for the team.

In the same way as all team members, alternates may ask Judges questions, if needed.

Any attempt by an alternate to communicate verbally or physically with a mentor, teacher or audience member will result in the team being disqualified.

During transportation of food: Alternates may not carry food to Judges or to presentation tables. Alternates should escort their fellow team members to clear the path/hallway. This includes walking several paces ahead of the team making sure no one is standing in the way and asking people to politely move aside. Alternates may NEVER touch food, carry plates or trays, or remove items from the tables.

Alternates may encourage and verbally help their team. The alternate can verbally tell the team “get your knives out” or “You forgot your cheesecloth” but not get the item for the team member.

Clean up: After the plates have been delivered to the Judges, Alternates may assist during final clean up. Alternates may help carry items to the kitchen to wash. Alternates may assist with the washing.

Provisions for teams without alternates: Teams without alternates will be assigned to the team an aid during the competition.

When teams report to the kitchen: The aid will be assigned to the team when they report to the kitchen. The aid may help transport equipment from the kitchen to the competition floor. The aid may carry equipment not edible products. No breakable or edible products can be carried by the aid at anytime.

On the competition floor: The aid will remain on the outside of the L-shape of the competition tables. Only the competing four team members are allowed inside the “L of the tables”. Only the aid is allowed on the outside of the “L”.

The aid will keep time for their assigned team. Time will be called out at 5 minute intervals and when requested by team members. **Teams must provide their own time-keeping device** for their team. The judges will have the official time but additional time-keeping devices will not be provided.

How the aid will clear a path during transportation of food: The aid may not carry food to Judges or to presentation tables. The aid will escort the team members to clear the path/hallway. This includes walking several paces ahead of the team making sure no one is standing in the way and asking people to politely move aside. The aid may NEVER touch food, carry plates, or remove items from the tables.

Clean up: After the plates have been delivered to the Judges, the aid may **NOT** assist during final clean up of the station. The aid may help take the equipment to the kitchen but will **NOT** wash equipment.

Team members must not request assistance from the aid in anyway not stated in the rules.

General Disqualifications:

Orientation: Teams will attend a required orientation meeting on Friday, March 26, 2010 at a place and time designated by the Event Organizers. Teams must attend the orientation or they will be disqualified. The only exception made will be for travel delays beyond the control of the team.

Be on time: Teams 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.

Coaching: Teams 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 teams or alternates. NO EXCEPTIONS.

Conduct: Misconduct, which includes any nonprescription drug use, alcohol use, or any activity that is illegal under federal, state or local laws, at the event, during competition or in activities or locations related to the event, may disqualify a participant or the participant’s team from awards or further participation. Should any misconduct come to HEFG’s attention, the matter will be investigated as HEFG deems appropriate. Any decision and sanction as to appropriate action due to misconduct is at the sole

discretion of HEFG, 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 program.

Culinary Competition

Schedules:

When will you get the schedule: Competition schedules will be distributed prior to arrival. The culinary schedule will include assigned Report to Kitchen, Set-up (Mise En Place) Knife Skills, Set-up (Mise En Place), Cook & Plate, Clean-up times, Critique

All schedules are subject to change.

	Report to Kitchen to collect items	Mise en place 10 minutes		Knife Cuts (30 min)		Mise en Place 15 minutes		Cook & Plate (60 min)		Clean-up (10 min)		Critique in plate viewing room		Recipe Book Critique ----- location*
	at	Start	End	Start	End	Start	End	Start	End	Start	End	Start	End	at
Team C1	7:35 A	7:45 A	7:55 A	7:55 A	8:25 A	8:25 A	8:40 A	8:40 A	9:40 A	9:40 A	9:50 A	3:40 P	3:45 P	1:00 P

Uniform:

What should the team wear: Teams should wear white chef coats, checkered or black pants (NO EXCEPTIONS) and closed toe, hard sole shoes. **Teams will provide their own aprons.**

The team must present a uniformed appearance and will be expected to wear appropriate apparel

What about hats: Organizers will provide chef hats at registration.

When will uniforms be evaluated: The team will be evaluated on proper uniform throughout all culinary events, from Product Check-in through Clean-up. Attached is the uniform checklist. This check list will be carried by all judges and will be input calculated in the final score. Please note: Judge may not tell you they are evaluating uniforms but every judge will have the form to evaluate.

Scoring:

Total Score: A maximum of **130** points will be awarded to a team during the culinary competition.

What if there is a tie: ALL teams, regardless of their standing by the end of the competition, will receive oral feedback from judges. During the feedback session judges may ask questions of the team to be answered verbally with regard to the methods, preparation and presentation of their meal. If teams are tied, judges will re-group to discuss those teams who have tied scores, and make a group determination as to the ranking of final winner(s) based on the answers to the questions given by team members.

Menu Planning & Preparation for Competition:

Role of the Mentor: Mentors may assist teams in preparing for the competition; however, they may not prepare the menu. Their expertise is limited to menu suggestions and technique advice.

Battery Operated Equipment restrictions: No electric or battery-operated equipment may be used, with the exception timers and thermometers.

Heat Source restrictions: Teams may only use two (2) butane burners that are provided by HEFG; use of the butane burners during the competition is at the discretion of the team. The team may NOT bring their own burners. **The team may bring a butane torch ONLY for the purpose of finishing a crème brulee or pulling sugar.** No other fueled or mechanical heat sources will be allowed.

Cook & Plate Requirement: Each participating team will fabricate one chicken into a minimum of 8 pieces and prepare two (2) identical meals of their choice, garnished and served appropriately. The two meals must contain the fabricated poultry and all 5 knife cuts. One meal will be delivered to judges, one meal used for display. Other proteins and knife cuts may be included. The team may determine which meal is delivered to the judges and which meal is used for display.

Cooking methods Required: Teams must employ a minimum of two cooking methods from the following list: Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté. Teams are allowed to use additional techniques if they so desire. *See ProStart Year 1 pg. 212-13 for additional information.*

Meal Portion size: Suggested serving sizes for the entrée are 4-6 ounces for protein, 2-3 ounces for starch and 2-3 ounces for vegetables.

Recipe review: Each team is required to email no less than one recipe and costing report to Lee Gray at LeeGray@hefg.org, on or before February 27, 2010 for suggestions on format and costing review. This does not need to be the final recipe but it must be in the correct format. This process will help the team avoid point deductions.

Bring all ingredients: Participating teams must bring all ingredients necessary to prepare the food they have selected. Teams that have seafood in their menu are strongly advised to make arrangements to purchase locally due to their fragile nature. Event Organizers will supply a list of local stores where items can be purchased.

Bring all supplies: Participating teams must bring all necessary supplies to prepare the food they have selected, such as small utensils, cutting boards, small hand tools, cookware, cloths, and sanitation buckets.

Pre-Measuring Ingredients: Teams may bring pre-measured dry goods (flour, sugar, salt, etc.), as well as butter and oil.

Alcohol: Follow your school guidelines concerning the use of alcohol in your recipes.

Dishes: Event Organizers will supply all serving dishes. Teams may only use dishes provided by Event Organizers, no exceptions. Dish dimensions/specifications will be provided prior to the event. Teams will be asked to select their plate sizes prior to the competition. Glassware will be not available. *See penalty area for points deducted if in violation.*

Hot boxes to keep for plate warming. It is the team's responsibility to place plates in boxes and remove them. Teams MUST place team numbers on their plates to assure they remove their own plates. Penalties will be deducted if teams remove other team's plates.

Plate Presentation: The emphasis here is on simple plate presentation. The starch, protein and vegetable need to be on one plate. The starter will be served on a second plate. The dessert will be served on a third plate.

Recipe Books:

What is required in the recipe book: Each team will complete a recipe book which will contain the following: All recipes used to complete their meals using the form supplied in the appendix, a costing report for each recipe using the form supplied, in the appendix, a simple menu with menu prices on an 8 ½ x 11 sheet of paper, typewritten, Knife Skills Identification Report **with each recipe**, form supplied in the appendix

Optional materials may be included: Pictures of finished plates, pictures of sheet pan set-up, set-up (Mise En Place), time lines and work flow. No additional points will be given for the optional materials.

Number of copies of recipes and costing books? Participating teams must bring four (4) copies of all recipes for their meal presentation. Typewritten recipes must be submitted on the official recipe template supplied by Event Organizers. **Acknowledgements and sources must be listed on each recipe.** Recipes must be written in a logical sequence. *Refer to ProStart Year 1, page 180 for additional information.* Participating teams must bring four (4) copies of all food costs for their meal presentation and included in the same book.

How are food costs calculated: Food cost must be calculated for each individual **course** on the menu, typed and submitted on the official costing template supplied by Event Organizers. *Refer to ProStart Year 1, Chapter 12 for more information. See Appendix A of this rule booklet for food cost example.*

Menu Price Guidelines: Menu item prices based on the food cost and calculated at a 33% food cost percentage. Each course on the menu will be priced separately - one price for the starter; one price for the entrée that includes starch, vegetable, and protein; and one price for the dessert. Menu price on the presentation menu may be rounded up after applying the 33% food cost percentage for a more realistic menu price. For example, if the menu price is calculated to be \$7.67 it will be acceptable to have a price of \$7.95 on the presentation menu. However, the final calculation before rounding must be indicated on the costing template. Total menu price may not exceed \$75.00 after applying the 33% food cost percentage. *Refer to ProStart Year 1, page 491 and the food-costing example in Appendix A of this booklet for details on menu pricing.* Teams are responsible for collecting their presentation menus from the display area by 6:00 p.m. Event Organizers are not responsible for any menus not collected by 6:00 p.m.

When are the recipe and costing books handed in? The four (4) copies of the recipes and food costing will be handed in at Registration in individual notebooks with the school number, on the cover. Do not include school name on the notebooks.

Failure to submit the packets at Registration will result in a penalty. *See Penalty area for points deducted.* If you would like your recipes returned, they can be picked up from the Registration area at the conclusion of your team's culinary critique. HEFG will retain one copy of the recipe packet from each team. Any recipes or recipe packets not picked up at the culinary critique will be discarded.

Display Menu

Participating teams will provide one (1) copy of the presentation menu. It is required that the menu be framed and professionally displayed on the team's table during competition and then moved to the display area after the team has completed their meal. This menu may include the school's name, at the team's discretion. **This is not handed in but kept with the students and brought to the competition floor to display at their table.**

Product Check-in:

When does check-in begin: An open check-in period will take place beginning on Friday, **March 26th at 6:00 a.m, no earlier.** Product Check-in will close at 7:00 a.m. sharp. Teams should schedule their travel so they arrive to allow sufficient time to check-in their ingredients. Event personnel will NOT be available to receive any perishable items shipped to the event site, and are not responsible for any lost or damaged items.

How does a team check-in: The teacher or team **captain must go to the Registration Desk and collect the team hats,** final schedules, and last minute instructions. Then

only team members, in full uniform, may bring their food items to the kitchen for check-in. **No teachers or mentors may attend kitchen check in.** Alternates may go to check-in. Uniforms will be judged at this time and hats must be worn.

How to prepare your items: A complete typewritten list of every item to be used must be attached to the inside and outside of all coolers and other containers that hold food items. All ingredients must be checked in with event personnel. Judges will be certain that all items are present and properly stored. Each team's food will be placed in an appropriate and secure location at the competition site until just prior to the designated Set-up (Mise En Place) time. It is recommended that following any items on sheet pans be wrapped in plastic wrap after being checked by judges to avoid any problems. It is the teams responsibility to wrap sheet pans.

What will be Evaluated: Product Check-In is part of the evaluation process and results of the check-in will be entered on the score sheet for the team. Teams will be judged according to proper shipping and receiving procedures. **In addition, students will be evaluated on personal hygiene, including proper hand washing, during Product Check-in. Hand washing stations will be available in the Product Check-in room.** Teams will be evaluated on the proper temperature of ingredients. Teams will also be evaluated on proper packaging. Items to be checked-in 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.

What happens if there is a problem with an item: If an item has been found to be in the temperature danger zone, that item will not be available for use in the competition. The team will have until their assigned time to report to the kitchen to obtain a suitable replacement for any discarded product. However, judging and scoring will be based on the initial check-in by the team. While replacements may be obtained, teams may lose points if their entire product list does not meet the established criteria at the original check-in. **Replacement product that does not meet requirements at the time teams report to the kitchen will be discarded, and the team will be assessed a 3-point penalty (see Penalties).**

Suggestions to avoid problems with temperature: Store coolers in the refrigerators overnight to get them cold **before** you pack them. Use dry ice to get temperatures low (remember safety procedures). Freeze dairy products, since they are a common problem. Pack back-up products in the car on dry-ice, to save a drive to the store.

What can/can't we bring?: No pre-chopped, pre-sliced, pre-prepared food will be allowed, with the exception of stock, ice cream base (used for ice cream) jams/jellies. *See Penalties for points deducted.* Prior preparation of stock necessary for the completion of final product is permissible. Stock is a flavorful liquid made by gently simmering bones or vegetables to extract their flavor, aroma, color, body, and nutrients. Prior preparation of ice cream base necessary for the completion of final product is allowed. Ice cream base is a mixture of cream and eggs to which other ingredients are added and processed (manually) to produce the finished product. Professional recipes can be found in numerous culinary textbooks as well as cookbooks. Purchased ice

cream is not allowed. **Pre-prepared Demi Glace is not allowed.** Jams and jellies are allowed if they are used as an ingredient and not as a finished product.

Equipment check-in: No equipment will be allowed to be checked-in during this period. Teams will bring all of their equipment to the competition area at their assigned Set-up (Mise En Place) time.

Dishes: During Product Check-in, teams will be issued the dishes they ordered for their meal presentation. It is the team's responsibility to review these dishes at that time. Event personnel will be present with the original order forms the team submitted to double check the order. It is also the team's responsibility to store their dishes on the speed rack provided by Event Organizers.

Knife Skills Guidelines:

How much time: Each team will have 10 minutes to Set-up (Mise En Place) followed by 30 minutes to complete the Knife Skills portion of the competition.

What is Set-up (Mise En Place) period for: The knife skills Set-up (Mise En Place) is intended to prepare for the knife skills portion of the competition. During this time period the team may wash vegetables and set the station. Teams may not begin cutting their products. If teams are ready to begin the Knife Skills portion of the competition before the correct time, they may NOT start early. If the team starts early, there will be a point deduction.

What Knife Skills are required: The team must select and execute 5 of the 6 knife cuts listed below. The team will be required to execute all four knife cuts marked "Required" on the following list and will choose one of the two knife cuts marked "Optional".

There will be no additional points awarded for executing additional cuts in this section.

All 5 knife cuts and their required amounts must be completed within the 30 minute time period and presented to the floor judges in the containers provided by the teams. Containers will not be provided by HEFG.

What is Evaluated: Teams will be evaluated on consistency, accuracy, and waste. Sanitation and safety will be strictly evaluated.

What vegetables can we use: The team may choose any vegetable for the knife cut. Teams will supply their own vegetables. For each knife cut each student must use the same vegetable. For example, if one student does a brunoise of a carrot all four team members must brunoise a carrot. If a bell pepper is used, the color of the pepper does not have to be consistent between team members.

When it will be Evaluated: When all four team members have completed the knife cuts they may bring them to the evaluation table in the middle of the competition room. The table will be marked or they may ask a judge. Team members may not assist each other.

Clean up / Set-up (Mise En Place): The team may then begin to clean up. The alternate may not assist. If this is prior to the start of the Set-up (Mise En Place) start time they may begin early the next 15 minute Set-up (Mise En Place) period. This is the Set-up (Mise En Place) for the Cook & Plate 60 minute portion of the competition. (the alternate may not touch anything during this period). At the end of the 15 minute Set-up (Mise En Place) period, the students may return to get their knife cuts.

Usage of the knife cuts: The knife cuts must be incorporated into the team's menu. Teams are not required to use the entire amount required in the knife skills section in the menu however the cut may not be altered in anyway and must be recognizable in the final menu.

Knife Cuts

	Cut	Dimensions	Amount for each team member
Required.	Julienne: Cut into long, thin, rectangular pieces.	1/8" x 1/8" x 2/1/2" or 1/8" x 1/8" x 2"	1 ounce
Required.	Medium Dice: Cut into cube-shaped pieces.	1/2" x 1/2" x 1/2".	1 ounce
Required.	Mince: Cut very fine and evenly	Cut very fine and evenly	1 Tablespoon or 1/2 ounce
Required.	Diagonal: Cut into pieces with diagonal edges	1/4" thickness	1 ounce
Optional.	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".	1/2 ounce
Optional.	Brunoise: Very small dice.	1/8" x 1/8" x 1/8"	1 ounce

Each team member **MUST** complete ALL four required knife cuts **PLUS** one optional knife cut to total 5 knife cuts. All members on the team must do the same 5 knife cuts.

See ProStart Year 1 page 194 for more information.

Knife Cut Identification Report: Along with your menu presentation, the team will complete the Knife Cut Identification Report. On this report list all required 5 required cuts. Do not list more than the required cuts. No extra credit will be given for more than 5 knife cuts. List the cut, the dish where it can be found and the recipe of that dish.

Set-up (Mise En Place):

During Set-up (Mise En Place) teams will **NOT** be allowed to:

- Heat water or any liquid
- Marinate any food
- Perform any knife work

Begin cooking any items
Mix any ingredients

During Set-up (Mise En Place) teams will be allowed to:

Wash vegetables
Set their station
Obtain water or ice from the kitchen
Measure dry and liquid ingredients (not allowed during Knife cut Set-up (Mise En Place))

Cook and Plate

Poultry Fabrication Guidelines

When to Fabricate: During the **Cook & Plate 60 minute timed period** one student from the team shall fabricate a whole chicken into no less than 8 pieces (2 breasts, 2 wings, 2 legs, and 2 thighs).

Who supplies the chicken: The chicken will be supplied by HEFG when the team reports to the kitchen.

Methods of Fabrication: The team may select the method of fabrication.

What will be Evaluated: The team will be judged on skill and technique not on level of difficulty. Sanitation and safety will be strictly evaluated.

When it will be Evaluated: Judges will observe as students fabricate the chicken. Students should **not wait** for the Judges to evaluate their product. This is part of the **timed period (Cook & Plate 60 minute)** during the competition.

Standard Eight Cut Fabrication: 2 wings, 2 breasts, 2 legs, 2 thighs



Cook & Plate

1. Cook & Plate time: During the competition, final meal preparation must be completed in a 60-minute time period. It is the responsibility of each team to know their start time and be ready to begin when their assigned time is announced. Individual timers will not be provided. Teams may bring a manual or battery-operated timer. Event personnel will keep official time. *See Penalties for points deducted for starting early or finishing late.*
2. What is the space set-up: The workspace will consist of two (2) eight-foot tables provided for each team. The tables will be set up in an “L” formation within a 10’ x 10’ foot space. All food preparation must be done **within the workspace on the tables** provided. All teams must work in their designated “L”. Running water will be available prior to and after the competition only.
3. Where will ice be located: Ice will be provided for each team during the competition. Ice must be collected while in the kitchen. Team members may not leave the the competition floor to collect more ice. Alternate may not get ice for the team.
4. When can a team Marinate: All marinating must be done within the 60-minute meal preparation period.
5. Gloves and tongs: Gloves will be worn when handling cooked or ready to eat food. Teams are responsible for providing their own gloves. If tongs are used, gloves are not necessary.
6. How many meals must be produced: After a team completes their two (2) identical meals, the team will determine which meal is brought to the judges for tasting. Two (2) team members will transport the food to the judges’ table and leave immediately. This table will be set up in a separate room. 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 for points deducted.* If the second meal is not prepared, the team will be disqualified.
7. Leaving the area: Teams will leave the food preparation area only when their preparation and clean-up are completed. Teams have 10 minutes to clean their work area. *See Penalties for points deducted.*

Penalties:

1. Team does not leave station in a sanitary manner:
Deduction of 3 points. Work area should be left in the same condition as when team arrived.
2. Team begins Meal Preparation before their assigned start time:
Deduction of 1 to 10 points. One (1) point per minute up to 10 minutes. Over and above 10 minutes the team is disqualified.
3. Team does not complete Meal Preparation within allotted time:
Deduction of 1 to 10 points. One (1) point per minute up to 10 minutes. After 10 minutes the team is disqualified.
4. Team uses pre-prepared ingredients:
Deduction of 5 points.
5. Team does not produce two (2) identical meals:

Deduction of 2 points. There should be minimal variance between the two (2) prepared meals.

6. Team uses dishes/glassware other than those provided by Event Organizers:
Deduction of 5 points.
7. Team did not submit recipes and costing at Product Check-in:
Deduction of 2 points.
- 8. Replacement product did not meet requirements and was discarded:
Deduction of 3 points.**

Culinary Specific Disqualifications (see *additional General Disqualifications on page 2*):

1. Team will be disqualified if it uses electric, battery-operated and/or additional or unacceptable use of butane burners.
2. Team must prepare two complete meals. If the second meal is not prepared, the team will be disqualified.
3. Team starts more than 10 minutes early, or finishes Meal Preparation more than 10 minutes late.

Appendix A



Food Costing Example HEFG STATE CHAMPIONSHIPS Recipe Sheet

Menu Item	<i>Pan-fried Rosemary Polenta</i>
Number of Portions	2
Portion Size	2 oz.
Cooking Method	Boiling, Simmering, Pan-Fry
Temperature	212 Degrees
Recipe Source	Adopted from www.reeniesrecipes.com/view.php?recipe_id=216

<i>Item</i>	<i>Amount</i>
Chicken Stock	2 c.
Salt	¼ t.
Pepper	¼ t.
Cornmeal	3 oz.
Rosemary	1t.
Parmesan Cheese	0.5 oz.
Butter	1 T.
Vegetable Oil	¼ c.

Procedure:

- 1. In medium sauce pan combine chicken stock, salt and pepper. Bring to a boil.**
- 2. Add cornmeal slowly and whisk until mixture starts to slightly separate from the side of the pot. (about 5 minutes)**
- 3. Turn off heat and add rosemary, parmesan cheese, and butter. Mix well until cheese and butter melts.**
- 4. Pour into two well greased circular molds. Refrigerate until cool.**
- 5. Heat vegetable oil into a medium skillet.**
- 6. Add polenta to skillet and cook until golden on both sides**

Note: There may be more than one source for each recipe. For example, a sauce could have a source. All sources should be acknowledged.



HEFG STATE CHAMPIONSHIPS

Recipe Cost Sheet

Menu Item	<i>Pan-fried Thyme Polenta</i>
Number of Portions	2

Ingredients	Ingredient Cost
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Item	Amount	Unit Cost	Total Cost
Chicken Stock	2 c.	\$4.36 per 3 qt. $\$4.36 / 3 \text{ qt.} = \1.45 \$1.45 per qt. 1 qt = 4 c. $\$1.45 / 4 \text{ c} = \0.36 \$0.36 per c.	\$0.36 per c. $\$0.36 * 2 \text{ c.} = \0.72 \$0.72 per 2 c.
Salt	¼ t.	N/A	N/A
Pepper	¼ t.	N/A	N/A
Cornmeal	3 oz.	\$3.79 per 5lbs. $\$3.79 / 5 \text{ lbs.} = \0.76 \$0.76 per lb. 1 lb. = 16 oz. $\$0.76 / 16 \text{ oz.} = \0.05 \$0.05 per oz.	\$0.05 per oz. $\$0.05 * 3 \text{ oz.} = \0.15 \$0.15 per 3 oz.
Rosemary	1 t = 0.25 oz.	\$1.99 per 1 oz.	\$1.99 per 1 oz. $\$1.99 * 0.25 \text{ oz.} = \0.50 \$0.50 per 0.25 oz.
Parmesan Cheese	0.5 oz.	\$6.49 per 10 oz. $\$6.49 / 10 \text{ oz.} = \0.65 \$0.65 per oz.	\$0.65 per oz. $\$0.65 * 0.5 \text{ oz.} = \0.33 \$0.33 per 0.5 oz.
Butter	1 T = 0.5 oz.	\$2.39 per 1 lb. 1 lb = 16 oz. $\$2.39 / 16 \text{ oz.} = \0.15 \$0.15 per oz.	\$0.15 per oz. $\$0.15 * 0.5 \text{ oz} = \0.08 \$0.08 per 0.5 oz.
Vegetable Oil	¼ c. = 2 fl. oz.	\$2.39 per 48 fl. oz. $\$2.39 / 48 \text{ fl. oz.} = \0.05 \$0.05 per fl. oz.	\$0.05 per fl. oz. $\$0.05 * 2 \text{ fl. oz.} = \0.10 \$0.10 per 2 fl. oz.

Total Recipe Cost	$\$1.88 \times 0.01 = \$0.0188 + \$1.88 = \1.90
Portion Cost	$\$1.90 / 2 = \0.95
Menu Price at 33% Food Cost	$(\$0.95 / 0.33 = \$2.88) \text{ } \$3.00$

Note: The "Amount" column must start with the same unit as the recipe. It may be converted into a different unit if necessary to match to the "Unit Cost". The "Total Cost" column must end with the same unit and amount as the "Amount" column.

Appendix A

MEAL PRESENTATION RATING SHEET

Judge's Name: _____ Team number: _____

TIME IN: _____ TIME OUT: _____

EVALUATION CRITERIA	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE
Shipping & Receiving						
Shipping & Receiving Including but not limited to: <ul style="list-style-type: none"> • Proper Temperature • Proper Packaging 	1	2	3	4	5	
Knife Skills						
Knife Skills <ul style="list-style-type: none"> • Consistency • Accuracy • Safety • Waste 						
Competitor 1	1	2	3	4	5	
Competitor 2	1	2	3	4	5	
Competitor 3	1	2	3	4	5	
Competitor 4	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 • Black or checkered pants • Uniform clean & presentable • Hard sole shoes • Apron • Team uniformity 	1	2	3	4	5	
Work Organization/ Cooperation Including but not limited to: <ul style="list-style-type: none"> • Utilization of a team plan 	1	2	3	4	5	

<ul style="list-style-type: none"> • Mastery of skills required for individual tasks • Workload evenly distributed • Team cohesiveness • Communication • Professionalism • Proper set-up • Proper time management 							
<p>Proper Cooking Procedures Including but not limited to:</p> <ul style="list-style-type: none"> • Appropriate cooking method for product used • Required cooking techniques used • Cooking procedures done in a time efficient manner • Proper amount of product for recipe requirements • Effective use of remaining product <p><i>Please refer to ProStart® Year 1, Ch. 4 and Section 3</i></p>	1	2	3	4	5		
<p>Proper Use of Equipment & Tools Including but not limited to:</p> <ul style="list-style-type: none"> • Proper pans & tools for intended use <p><i>Please refer to ProStart® Year 1, Ch. 5</i></p>	1	2	3	4	5		
Safety & Sanitation							
<p>Follows Safety & Sanitation Procedures Including but not limited to:</p> <ul style="list-style-type: none"> • Personal Hygiene • Proper knife safety 	1	2	3	4	5		

<ul style="list-style-type: none"> • Proper use and handling of food contact surfaces <p><i>For additional information refer to ProStart® Year 1, Ch. 2</i></p>						
<p>Poultry Fabrication</p> <p>Including but not limited to:</p> <ul style="list-style-type: none"> • Proper use of gloves • Proper methodology • Proper sanitation practices • Proper use of ice 	1	2	3	4	5	
<p>Proper Food Handling</p> <p>Including but not limited to:</p> <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 <p><i>For additional information refer to ProStart® Year 1, Ch.2</i></p>	1	2	3	4	5	
<p>Work Area Cleaned</p> <p>Including but not limited to:</p> <ul style="list-style-type: none"> • Work area cleaned in appropriate time frame 	1	2	3	4	5	

Product Taste						
Product Taste - Starter A subjective category based on first tasting judge's preference	1-2	3-4	5-6	7-8	9-10	
Finished Product						
Degree of Difficulty - Starter Including but not limited to: <ul style="list-style-type: none"> • Creativity • Complicated techniques <i>(i.e.: Homemade pasta, spun sugar bowl, etc.)</i>	1	2	3	4	5	
Appearance - Starter Including but not limited to: <ul style="list-style-type: none"> • Balance of color • Shape • Texture • Portion Size <i>Please refer to ProStart® Year 1, Ch. 9,</i>	1	2	3	4	5	
Product Taste						
Product Taste - Entrée A subjective category based on the second tasting judge's preference	1-4	5-8	9-12	13-16	17-20	
Finished Product						
Degree of Difficulty - Entrée Including but not limited to: <ul style="list-style-type: none"> • Creativity • Complicated techniques <i>(i.e. Homemade pasta, sugar bowl, etc.)</i>	1	2	3	4	5	
Appearance - Entrée Including but not limited to: <ul style="list-style-type: none"> • Balance of color • Shape • Texture • Portion Size <i>Please refer to ProStart® Year 1, Ch. 9, and Section 3</i>	1	2	3	4	5	
Product Taste						
Product Taste - Dessert A subjective category based on the dessert judge's preference	1-2	3-4	5-6	7-8	9-10	
Finished Product						
Degree of Difficulty - Dessert Including but not limited to: <ul style="list-style-type: none"> • Creativity • Complicated techniques 	1	2	3	4	5	

(i.e.: <i>Homemade pasta, sugar bowl, etc.</i>)						
Appearance - Dessert Including but not limited to: <ul style="list-style-type: none"> • Balance of color • Shape • Texture • Portion Size <i>Please refer to ProStart® Year 1, Ch. 9, and Section 3</i>	1	2	3	4	5	
Menu and Recipe Presentation						
Recipe names: Are the names of all recipes items appropriate?	1	2	3	4	5	
• Is Food Costing Math Correct? • Within Food cost guidelines • Menu Pricing	1	2	3	4	5	
Sources and acknowledgements listed	1	2	3	4	5	
• Is the Appetizer complete? • Is the Entrée complete? • Is the Dessert complete?	1	2	3	4	5	
Presentation Including but not limited to: <ul style="list-style-type: none"> • Typewritten • Recipe structure • Menu presentation 	1	2	3	4	5	
Reason for Disqualification: _____ Team received coaching during the event. _____ Team used an electric/battery operated device or additional butane burner. _____ Team did not produce two (2) complete meals. _____ Team started Meal Preparation more than 10 minutes early. _____ Team completed Meal Preparation more than 10 minutes late. _____ Team did not arrive at proper time. _____ Team did not compete in each event.			Reason for Penalty: _____ Team did not leave station in a sanitary manner. 3 points. _____ Team did not complete within allotted time. 1 pt/min. up to 10 minutes _____ Team started early. 1 pt/min. up to 10 minutes. _____ Team uses pre-prepared ingredient. 5 points. _____ Team produces two meals, but not identical. 2 points. _____ Team uses dishes/glassware other than those provided by event organizers. 5 pts. _____ Team food did not pass temperature danger zone/stored/transported by final deadline. 3 points. _____ Team did not submit recipe/food costing at Product Check-in. 2 points.			