



2014 Delaware ProStart[®] Student Invitational

Culinary Competition

Procedures and Rules

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.



2014 Delaware ProStart® Student Invitational Procedures and Rules

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Eligibility

All high school students currently enrolled in a program through their school using the ProStart® curriculum are eligible to participate, provided that have been approved to compete in the state competition by the Delaware Restaurant Association (DRA). Only one team may represent an individual school.

1. Participating teams will consist of two (2) to four (4) team members and one (1) optional alternate. However, the alternate may only participate if an original team member is injured or unable to participate. In case of student injury, an alternate, with judge's approval, may replace the injured student. **The injured student may not return.**
2. Students may compete at the state level more than twice but may only compete at the National level twice. During the 2 years competing at the National level, the student may compete in the culinary and/or management teams.

General Disqualifications

1. The Team's teachers **will attend a required orientation meeting on the morning of March 11, 2014**, at a time designated by the Event Organizers. Mentors are welcomed to attend this meeting. A team representative must also attend the orientation or they will be disqualified.
2. 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.
3. 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. **NO EXCEPTIONS.**
4. 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 the DRA's attention, the matter will be investigated as the DRA deems appropriate. Any decision and sanction as to appropriate action due to misconduct is at the sole discretion of the DRA, 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.
5. Teams **must** compete in each event segment in the competition or they will be disqualified. Culinary teams must compete in Product Check-in, Station Pre-set, Production Mise en Place, Knife Skills/Poultry Fabrication, Meal Production and Station Clean-up. Failure to compete in any event segments 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 an orientation. All decisions and scoring by judges is final.

Schedules

Competition schedules will be distributed prior to competition, 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.



Purpose

Participating teams will demonstrate their culinary knowledge, skills, and creative abilities during the competition through demonstration of skills mastery and the preparation of a meal consisting of (I) a starter (such as soup, salad, or appetizer); (II) an entrée, consisting of protein (**CHICKEN**), vegetable, and starch; and (III) a dessert. Their performance during the practical will be observed and rated by judges from the foodservice industry and colleges and/or 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® curriculum.

Uniform

Teams **must** arrive dressed for competition in clean attire. The team must present a uniform appearance. All jewelry on arms and hands must be removed prior to start of competition. All team members are required to wear appropriate apparel consisting of white chef coats, checkered or black pants, **non-porous, closed toe, non-slip, hard sole black shoes** and the apron and hat provided by Event Organizers. Event Organizers will provide chef hats and aprons at product check-in or on the team's table. The team will be evaluated on proper uniform and cleanliness throughout all culinary events, from Product Check-in through Station Clean-up, pot and pan cleaning, packing and critique.

Scoring

1. Teams can earn a maximum of **105 points** during the culinary competition.
2. In case of a tie: The teams that have tied will each be interviewed by a panel of judges and the culinary competition coordinator. The judges will ask questions of the team to be answered verbally with regard to the methods, preparation and presentation of their meal. After the interviews, the judges' panel, led by the culinary competition coordinator, will 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.

Competition Flow

Station Set-Up (15 Minutes)

Knife Skills/Poultry Fabrication (15 Minutes + 5 Minute Critique)

Production Mise En Place (20 Minutes)

Cook (60 Minutes-can present up to 3 minutes early)

Judge's Tasting (10 Minutes)

Judge's Critique (10 minutes)

Station Clean-Up (20 Minutes)

1. Feedback for the Knife Skills/Poultry Fabrication segment will occur on the competition floor. Feedback for tasting will occur in the judging area.
2. Teams **are** allowed to bring an audio recording device to record the critique and feedback sessions. **NO VIDEO IS ALLOWED.** Teachers and mentors will be allowed to be present **only** during the Tasting sessions.

3. **If the alternate replaces a team member, the alternate must stay in the competition for the duration. The replaced member may not return.**

Menu Planning and Preparation for Competition:

1. 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.
2. 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 Foundations of Restaurant Management & Culinary Arts Level 1, Chapter 5, pgs. 319-344; Becoming a Restaurant and Foodservice Professional Year 1, pgs. 212-13 for additional information.*
3. 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 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.**
4. **Ice and water is not provided. Teams must bring with them any ice or water needed.**
5. No electric or battery-operated equipment may be used with the exception of electric timers or clocks, thermometers and digital scales.
6. The only heat sources provided will consist of two butane burners provided by Event Organizers.
 - To the extent permitted by law, a butane torch may be used for the purpose of finishing any item, sweet or savory. The torch is **only** allowed to be used for the purpose of caramelizing or browning the surface of the item, not to cook the item.
 - **No other fueled or mechanical heat sources will be allowed.**
 - **The use of metal, stone or other types of plates or apparatus to extend the cooking surface of the burners is NOT allowed.**
7. Molecular gastronomy in the competition:
 - Use of liquid nitrogen, referred to as “flash-freezing” is **not** allowed.
 - Spherification, foams, and meat glue (transglutaminase) **are** allowed.
8. **During the Station Pre-Set and Knife Skills/Poultry Fabrication segments the station tables will be skirted but not covered with a tablecloth or other covering. Covering tables with plastic or plexiglass is NOT allowed.**
9. **Butane burners must be placed on silicone mats** provided by Event Coordinators. The silicone mats may be kept by the team at the end of their cooking segment.



10. Each participating team will prepare two (2) identical meals of their choice, garnished and served appropriately. Suggested serving sizes for the entrée are 4-6 ounces for protein, 2-3 ounces for starch and 2-3 ounces for vegetables. One meal will be tasted by the judges and one meal used for display.
11. Participating teams must bring all ingredients necessary to prepare the food they have selected. Teams may bring pre-measured dry goods (flour, sugar, salt, etc.), as well as butter and oil. Follow your school guidelines concerning the use of alcohol in your recipes.
12. Participating teams **must** bring 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 and sanitation buckets.
13. Event Organizers will supply all serving dishes. Teams may only use dishes and glassware provided by Event Organizers, **no exceptions**. (*See Penalties*). The emphasis here is on simple plate presentation. Dish dimensions/specifications will be provided prior to the event. **Glassware is limited**. Check with the DRA for availability.
14. Please use single-use gloves, tongs, spatulas, or deli tissue to handle ready-to-eat food. At **NO** time may it be touched with bare hands.
15. **All** potentially hazardous/TCS foods shall be kept under refrigeration until ready to prepare.
16. **All** food shall be cooked to proper temperature and time (145°F for 15 seconds for fish & meat as well as raw eggs that are for immediate service, 155°F for 15 seconds for ground meats and fish, 165°F for 15 seconds for poultry and any stuffed dishes).
17. Food temperatures shall be checked with a clean and sanitized food thermometer. Alcohol prep pads may be used to sanitize thermometers.
18. If **any** potentially hazardous/ TCS food will be held after being cooked and before serving, it shall be held at 135°F or above.

Menu and Recipe Presentation

1. **Teams will prepare five soft bound folders** with the school name clearly shown on each cover and each containing a copy of the **menu with prices, color plate photographs, recipes and recipe costing, and menu pricing**. These will be given to the judges at Product Check-in. *See Exhibit D for a checklist*. Failure to submit the folders at Product Check-in will result in a penalty. *See Penalties for points deducted*. If you would like your folders returned, they can be picked up from the judges at the conclusion of your team's culinary critique. DRA will retain one copy of the folder from each team. Any folders not picked up **at the end of the day/end of competition** will be discarded.
 - **Five (5) copies of the menu** (a simple, typed menu with menu prices printed on an 8 ½ x 11 sheet of paper)

- **Five (5) copies of a color photo** of each plate being prepared for their meal presentation (printed on an 8 ½ x 11 sheet of paper – 1 plate color photo per page). Final plates presented to the judges will be compared to the color photo provided.
 - **Five (5) copies of all recipes** for their meal presentation. Typed recipes must be submitted on the official recipe worksheet (*See Exhibit A of these rules for a sample*) supplied by Event Organizers. Acknowledgements and sources must be listed on each recipe. Recipes must be written in a logical sequence. *Refer to Foundations of Restaurant Management & Culinary Arts Level 1, Chapter 4 pgs. 245-246; Becoming a Restaurant and Foodservice Professional Year 1, pg. 180, for additional information.*
 - **Five (5) copies of all recipe costs** for their meal presentation
 - **Five (5) copies of the menu price sheet.** **Recipe** cost and menu price must be calculated for each individual course on the menu, typed and submitted on the official costing and menu price worksheets supplied by Event Organizers. *Refer to Foundations of Restaurant Management & Culinary Arts Level 1, Chapter 4, pg. 258; Becoming a Restaurant and Foodservice Professional Year 1, Chapter 12, for more information. (See Exhibit M for recipe cost example and Exhibit N for a menu price sheet example).*
2. Menus will include item prices based on the **recipe** cost and calculated at a 33% food cost percentage. Each course on the presentation 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. **Small amounts of dry spices and herbs may be priced as 1% of the total recipe cost. Oil for frying may be priced at 2% of the total recipe cost.** 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 for all three courses combined may not exceed \$75.00 after applying the 33% food cost percentage. *Refer to Foundations of Restaurant Management & Culinary Arts Level 2, pg. 483; Becoming a Restaurant and Foodservice Professional Year 1, pg. 491, and the menu pricing example in Exhibit N for details on menu pricing.* Teams are responsible for collecting their presentation menus from the display area by 5:00 p.m. on the day of competition. Event Organizers are not responsible for any menus not collected by the end of the event.
 3. Participating teams will provide one (1) copy of a 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 event. **The school name and county must be clearly identified on the menu.**
 4. The display of the team's plates is to be accompanied by the framed menu used on the competition station and any identification of the team provided by Event Organizers at the display table. No other additions to the display are allowed.

Product Check-in

1. 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 uniform and personal hygiene.
2. A complete printed 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. All ingredients **must** be checked in with event personnel.
3. Teams will be evaluated on the proper temperature of ingredients. If an item has been found to be in the temperature danger zone, the item will not be available for use in the competition. 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. Any team that has a product disallowed during check-in has until their assigned Station Pre-Set time to present to the judges a new product for approval, 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 Station Pre-Set will be discarded, and the team will be assessed a 3-point penalty. (*See Penalties*).
4. No pre-chopped, pre-sliced, or pre-prepared food not commercially manufactured will be allowed, with the exception of stock and clarified butter. (*See Penalties*).
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.
Demi-glace, reductions, and sauces made prior to the event are **not allowed**.
Commercially manufactured food items such as jams, jellies, and mayonnaise are allowed if they are used as an ingredient and not as a finished product. Commercially manufactured food products must be presented at Product Check-in in the original container.
5. **During Product Check-in, teams will 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 will be present with the original order forms the team submitted to double check the order. Dishes will be issued when the team arrives for Product Check-In.**
6. Five soft bound folders with the school name clearly shown on each cover and each containing a copy of the menu with prices, color plate photographs, recipes and recipe costing **and menu pricing** will be given to the judges at Product Check-in. **Presentation menus are not turned in at this time.**

Station Pre-Set

1. The team will have fifteen (15) minutes to pre-set their station for the Knife Skills/Poultry Fabrication segment. This pre-set includes:
 - Organization of equipment to allow an unobstructed work area and judging for Knife Skills/Poultry Fabrication
 - Ice perishable products of any type for proper food safety
 - Set cutting boards, knives, etc. required for Knife Skills/Poultry Fabrication (including preparation of solutions for keeping cut vegetables/fruits properly after cutting and ice for chicken holding)

 2. Station Pre-Set does not include full organization of equipment for production or further mise en place of station or food for production.

 3. During the Station pre-Set the teams are allowed to:
 - Place all equipment and food containers to allow free movement of team members and judges.
 - Set one table for poultry fabrication and one for knife skills
 - Set cutting boards
 - Place knives
 - Set containers (can be iced) to hold poultry before and after cutting
 - Set containers for cut vegetables (can be iced or acid bath)
 - Set waste containers
 - Place chickens and vegetables
 - Go to restroom
- Team is NOT allowed to talk to any:**
- **Spectators**
 - **Coaches, educators, or mentors**
4. The timer will notify the team when the Station Pre-Set segment time ends and the Knife Skills/Poultry Fabrication segment time begins.

Knife Skills/Poultry Fabrication

1. Each team will have fifteen (15) minutes to complete the Knife Skills/Poultry Fabrication portion of the competition.
2. Two (2) team members will be **randomly selected** for poultry fabrication and each will independently fabricate one chicken (provided by Event Organizers). The remaining two (2) randomly selected team members will execute two (2) each of the four (4) required knife cuts (product to be cut is of the team's choosing and is to be provided by the team). NOTE: Should the team have three members, one will be selected to fabricate and two to do knife skills. Should the team have two members one will fabricate and one will do knife skills.
3. When all of the team's work has been judged and critique is complete the team may break down and clean the station in preparation for Production Pre-Set.
4. The timer will notify the team when the Knife Skills/Poultry Fabrication segment time ends and the Feedback time begins. Judges will have five (5) minutes to offer feedback on the Knife Skills/Poultry Fabrication segment. This feedback will occur at the team station.

Knife Skills portion of this segment:

5. The team will select four (4) of the six (6) knife cut options listed below (with corresponding dimensions) for competition. *See Foundations of Restaurant Management & Culinary Arts Level One pgs. 585-58; Becoming a Restaurant and Foodservice Professional Year 1 pg. 194 for more information. See also Level 1, chapter 5 knife cut reference sheet*
 - a. Julienne: Cut into long, thin, rectangular pieces. 1/8" x 1/8" x 2 1/2"
 - b. Brunoise: Very small dice. 1/8" x 1/8" x 1/8"
 - c. 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".
 - d. Medium Dice: Cut into cube-shaped pieces. 1/2" x 1/2" x 1/2".
 - e. Mince: Cut very fine and evenly.
 - f. Tomato Concasse: peeled, seeded and chopped
 - i. Teams will be allowed to prepare water for the preparations of concasse. The water must be discarded at the end of the Knife Skills portion of the competition.
6. The team will present to the judges a printed list of the four (4) cuts they selected to execute. The judges will randomly assign two of the knife cuts submitted by the team to each of the selected students for independent execution.
7. The finished cuts will be evaluated by the judges and then must be incorporated into the team's menu preparation during meal production. **No further alteration of the cut is allowed. The products must be used as cut during the knife skills segment.**
8. **There must be at least 1/2 CUP of each cut to present to the judges.**

Poultry Fabrication portion of this segment:

1. Each of the selected students will be required to independently fabricate one (1) whole chicken into 8 pieces (2 breasts, 2 wings, 2 legs, and 2 thighs) with the long back removed (one [1] chicken per selected student). All pieces are required to be bone-in. *Refer to Foundations of Restaurant Management & Culinary Arts Level 2, Chapter 6, pgs. 383-384.*



2. Students are not allowed to debone any of the 8 pieces during the Poultry Fabrication time period. **The only exceptions are the wishbone and keel bone in the breast.** Any **additional** deboning, if desired, has to be completed in the 60-minute meal preparation period.
3. The team may use part or all of the fabricated chicken in their meal preparation.
4. At completion of fabrication, each student's chicken is to be displayed on their own cutting board with all waste and the long back. There is to be no combining of waste or cuts until all judging of the fabrication is declared complete by the judge/s.
5. The fabrication will be judged on skill and technique, not on level of difficulty. Sanitation and safety will be strictly evaluated.

Example of Knife Skills/Poultry Fabrication Student Distribution

1. Team consists of Terry, Caroline, Denise and Mike
2. The team selected chiffonade, brunoise, medium dice and mince as their four knife cuts
3. At the competition, the judges will randomly assign that:
 - Terry and Denise will fabricate the chicken
 - Caroline will execute brunoise and mince
 - Mike will execute chiffonade and medium dice

Production Mise en Place

1. The team will have twenty (20) minutes to pre-set their station for the meal production segment.
2. During Production Mise en Place, teams will **not** be allowed to:
 - Heat water or any liquid
 - Marinate any food (all marinating must be done within the 60-minute meal preparation period.)
 - Perform any knife work
 - Begin cooking any items
 - Mix any ingredients
3. During Production Mise en Place, teams **will be allowed to**:
 - Set their station
 - Prepare sanitizing solution
 - Measure dry and liquid ingredients
4. The timer will notify the team when the Production Mise en Place segment time ends and the Meal Production segment time begins.

Meal Production

1. During the competition, final meal production must be completed in a sixty-minute time period that includes plating. Event personnel 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. Teams may bring a manual or battery-operated timer. Event personnel will keep **and display the** official time.
2. A team is considered done when the food is plated, on the service trays, and all team members have stepped away from the trays **and raised their hands** to signal they are finished. Teams may present plates to judges up to three minutes before the 60 minute cooking time has completed. (*See Penalties*).
3. After a team completes their two (2) identical meals, the team will determine which meal will be evaluated and which will be for display. The meal designated as the evaluation plates will receive the most critical judging. However, 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 prepared, the team will be disqualified.
4. Two (2) team members will carry the plates to the tasting judges while the other two (2) team members will carry the second set of plates to the display table. Once the food has been delivered, all team members will report to the Holding Tank until judges are ready to critique. Teachers and mentors **only** may report directly to the Holding Tank to await their team.
5. Judges will have ten (10) minutes to evaluate the plates. At that time the team will return to the tasting area for a ten (10) minute feedback session. Teachers and mentors may accompany the team.
6. Teams will return to their station to begin Station Clean-up



Station Clean-Up

Teams have twenty (20) minutes to clean and vacate their station. The team will leave the food preparation area only when their station is returned to the condition it was in when they arrived (*See Penalties*).

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 any competition segment 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 Production 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 folders with menu, photograph, recipes and food costing at Product Check-in:
Deduction of 2 points.
8. Replacement product did not meet requirements and was discarded:
Deduction of 3 points
9. Teams do not utilize knife cuts in final plates:
Deduction of 2 points.



Culinary Specific Disqualifications (see additional General Disqualifications on page 4)

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

Event Personnel

1. Event Organizers (DRA staff members)
2. Judges from colleges/universities and the restaurant and foodservice industry. There will also be one lead judge.
3. 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)
4. Judges will cover the following categories. (*See Exhibit P for sample Culinary Competition Rating Sheet*).

CATEGORY

Shipping and Receiving
Knife Skills/Poultry Fabrication
Team Presentation/Work Skills/Org
Safety and Sanitation
Product Taste and Finished Product
Menu and Recipe Presentation

Attendees

Mentors, teachers, chaperones, parents, etc. are encouraged to attend the competition.



Exhibit A Recipe Example

Culinary teams must complete this form prior to the competition. It is unnecessary to send this in with your registration. Culinary teams need to make five (5) copies to turn in at Product Check-in.

School Name	ProStart® High School
Educator Name	Chef Jones

Menu Item	Stuffed Won Tons		
Number of Portions	2	Portion Size	3 oz
Cooking Method	Baked		
Recipe Source	Class Developed		

Ingredients	
Item	Amount
Cream Cheese	8 oz
Powdered Sugar	2 oz
Vanilla	.5 oz
Won Ton Wraps	8
Oil for frying	16 oz
Salt and pepper	To taste

Procedure
Procedure written in practical order.

Source:



Exhibit B

Recipe Cost Example

Culinary teams must complete this form prior to the competition. It is unnecessary to send this in with your registration. Culinary teams need to make five (5) copies to turn in at Product Check-in.

School Name	ProStart® High School
Educator Name	Chef Jones
Menu Item	Stuffed Won Tons
Number of Portions	2

Ingredients		Ingredient Cost	
Item	Amount	Unit Cost	Total Cost
Cream Cheese	8 oz	\$1.30/lb	\$0.65
Powdered Sugar	2 oz	\$0.48/lb	\$0.06
Vanilla	.5 oz	\$5.12/qt	\$0.08
Won Ton Wraps	8	.055 each	\$0.44
Oil for frying	16 oz	2%	\$0.025
Salt and pepper	TT	1%	\$0.012

Total Recipe Cost	\$1.267
Portion Cost	\$0.634



Exhibit C

Menu Price Example

Culinary teams must complete this form prior to the competition. It is unnecessary to send this in with your registration. Culinary teams need to make five (5) copies to turn in at Product Check-in.

School Name	ProStart® High School
Educator Name	Chef Jones
Menu Item	Stuffed Won Ton Appetizer
Number of Portions	2

Item	Portion Cost
Stuffed Won Tons	\$0.634
Caramel Sauce (<i>this recipe would be on separate recipe and costing sheets</i>)	\$0.33

Total Item Portion Cost	\$0.964
Item Menu Price at 33% Food Cost	\$2.921 Menu Price \$2.95



Exhibit D

Culinary Menu, Costing Folder Outline and Checklist Present at Product Check-In

- One (1) copy of Presentation Menu, ***FRAMED***

Five (5) folders, each containing

- School Name and State on cover
- Menu with Prices (simple typed menu 8 ½ x 11)
- Plate Photographs
 - A separate color photograph for each course
 - Photographs 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

Other Check-In Checklists

- Complete printed list of the contents of each cooler or container on the outside and inside of each cooler or container
- Sheet with the four chosen knife cuts to present to judges during Knife Skills portion

Exhibit E Culinary Competition Rating 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 	0	0	1	2	3	
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	
Poultry Fabrication						
Poultry Fabrication <ul style="list-style-type: none"> • Accuracy • Safety • Waste 						
Competitor 1	0	1	2	3	4	
Competitor 2	0	1	2	3	4	
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 • Hats and aprons (provided) • Team uniformity 	0	1	2	3	4	
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 	0	1	2	3	4	

<p>Communication</p> <p>Professionalism</p> <ul style="list-style-type: none"> • Proper Station Pre-Set/Production Mise en place • Proper time management 						
<p>Proper Cooking Procedures</p> <p>Including but not limited to:</p> <ul style="list-style-type: none"> • Appropriate cooking method for product used • Required cooking techniques used minimum of two cooking methods from the following list: Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté • 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 Foundations I, Ch. 5; ProStart® Year 1, Ch. 4 and Section 3</i></p> <ul style="list-style-type: none"> • Proper pans and tools for intended use <p><i>Please refer to Foundations I, Ch. 5: Becoming Year 1, Ch. 5</i></p>	1	2	3	4	5	
<p>Degree of Difficulty</p> <p>Including but not limited to:</p> <ul style="list-style-type: none"> • Creativity • Complicated techniques 	1	2	3	4	5	
Safety and Sanitation						
<p>Follows Safety and Sanitation Procedures</p> <p>Including but not limited to:</p> <ul style="list-style-type: none"> • Personal hygiene • Proper knife safety • Proper use and handling of food contact surfaces <p><i>For additional information refer to Foundations I, Ch. 2 & 3; Becoming Year 1, Ch. 2.</i></p>	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 	1	2	3	4	5	

For additional information refer to Foundations I, Ch. 2 & 3; Becoming Year 1, Ch.2.

Work Area Cleaned Including but not limited to: • Work area cleaned in appropriate time frame	0	1	2	3	4	
Product Taste						
Product Taste - Starter A subjective category based on tasting judges' expertise	1-4	5-8	9-12	13-16	17-20	
Finished Product						
Appearance - Starter Including but not limited to: • Balance of color • Shape • Texture • Portion size <i>Please refer to Foundations II, Ch. 4; Becoming Year 1, Ch. 9, and Section 3</i>	1	2	3	4	5	
Product Taste						
Product Taste - Entrée A subjective category based on tasting judge's expertise	1-4	5-8	9-12	13-16	17-20	
Finished Product						
Appearance - Entrée Including but not limited to: • Balance of color • Shape • Texture • Portion size <i>Please refer to Foundations II, Ch. 4; Becoming Year 1, Ch. 9, and Section 3.</i>	1	2	3	4	5	
Product Taste						
Product Taste - Dessert A subjective category based on judge's expertise	1-4	5-8	9-12	13-16	17-20	
Finished Product						
Appearance - Dessert Including but not limited to: • Balance of color	1	2	3	4	5	

Shape Texture • Portion size <i>Please refer to Foundations II, Ch. 8; Becoming Year 1, Ch. 9, and Section 3.</i>						
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 did not complete within allotted time. 1 pt/min. up to 10 minutes
_____ Team did not produce two (2) complete meals.	_____ Team started early. 1 pt/min. up to 10 minutes.
_____ Team started Meal Production more than 10 minutes early.	_____ Team used pre-prepared ingredient. 5 points.
_____ Team completed Meal Production more than 10 minutes late.	_____ Team produced two meals, but not identical. 2 points.
_____ Team did not arrive at proper time.	_____ Team used dishes/glassware other than those provided by Event Organizers. 5 points.
_____ Team did not compete in each segment.	_____ Team food did not pass temperature danger zone/stored/transported by final deadline. 3 points.
	_____ Team did not submit folders with menu, plate photographs, recipe and recipe costing at Product Check-in. 2 points.
	_____ Team did not utilize knife cuts in final plate presentation. 2 points