



2016 Michigan ProStart Competition March 20-21, 2016

Culinary Competition Procedures and Rules

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

Questions regarding competition rules should be sent to Amanda Smith
asmith@mramail.org or 517.377.3927 **PRIOR** to the start of the competition.

2016 MICHIGAN Culinary Procedures and Rules

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Purpose

Students participating at the Michigan Culinary competition will demonstrate their knowledge of, passion for, and creativity within the restaurant industry through the culinary competitions.

Eligibility

Student and Teams

1. All high school students, currently enrolled in a **confirmed ProStart program recognized by the National Restaurant Association Educational Foundation**.
2. Students may compete for only two years.
3. Students may compete on one or both of the Culinary and Management Teams in any year.
4. Participating teams consist of two (2) to four (4) student competitors and one (1) optional alternate, for a maximum total of five (5) students.
5. The alternate may only participate if an original team member is injured, sick or otherwise unable to participate. In such cases, the alternate, with a judge's approval, may replace the affected student.
6. Alternates may also participate in certain defined roles in the competitions. See the rules for details.

Attendees

Mentors, teachers, chaperones, families and fans are encouraged to attend the competition.

General Disqualifications

1. Failure to check in product on Saturday, March 19 at a specific time assigned by event organizers.
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 alternates** 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 communications is solely at the discretion of the MRA ESF and the judges. No warnings will be provided; violations result in disqualification.
4. Misconduct includes any nonprescription drug use, alcohol use, or any activity that is illegal under federal, state or local laws, at the event, during competition, **during unsupervised free time, during supervised competition social activities or in activities or locations related to the event**. Should such alleged misconduct come to the MRA ESF's attention, the matter will be investigated as the MRA ESF deems appropriate. Any decision as to appropriate action due to misconduct, up to and including disqualification, is at the sole discretion of the MRA ESF 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 event.

5. Teams must participate 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. Management teams must compete in Written Proposal, Verbal Presentation and Critical Thinking. Failure to compete in any segment will result in disqualification.

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. **Any questions about scoring should be referred to Amanda Smith.**

Schedules

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

Description

Participating teams will demonstrate their culinary knowledge, skills, and creative abilities during the competition through the preparation of a three course meal consisting of (i) a starter (such as soup, salad, or appetizer); (ii) an entrée, consisting of protein, vegetable, starch, and sauce; and (iii) a dessert. Their performance during the event will be observed and rated by judges from the foodservice industry, colleges and universities. Participating teams will demonstrate their ability to work together while creating and presenting their meal. Participation will reinforce the skills and knowledge learned **from the ProStart program and the “Foundations of Restaurant Management and Culinary Arts” curriculum.**

Uniform

The team must present a uniform appearance. All team members are required to wear appropriate apparel consisting of **long sleeve** white chef coats, checkered or black pants, **non-porous**, closed toe, non-slip hard sole black shoes, apron and hat. Teams are allowed to have logos and sponsor names on their chef coats; however, the coat must remain a white coat with accent colors. Event Organizers will provide chef hats and at registration. The team will be evaluated on proper uniform throughout all culinary events, from Product Check-in through Station Clean-up, pot and pan cleaning, packing and all critiques.

The Role of the Alternate

The alternate may replace an original team member if a member is injured or unable to participate or continue. If a team member cannot continue, the alternate, with judge's approval, may replace the team member. The replaced team member may not **return**/step in for the alternate. If the alternate replaces a team member, the alternate must stay in the competition for the duration. The replaced member should leave the competition area and, **at the discretion of the educator**, may leave the event or may stay and watch as an observer.

The alternate is an important asset to the team, and can act as the team manager and expeditor. **The alternate will wear a colored arm band indicating that team member as the alternate.** The alternate is allowed to fully participate in the Product Check-In segment. The alternate may assist in transporting the equipment and food products to the competition area, but may not assist in any unpacking or set-up.

During the Station Pre-Set, Knife Skills/Poultry Fabrication, Production Mise en Place and Cooking segments, the alternate 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. **The alternate may taste food throughout the competition. To do so, the alternate must have his/her own supply of tasting spoons.** The alternate may talk to the team at any time and may have any printed materials, including timelines, recipes or notes to assist in keeping the team on track. **The alternate is considered as part of the team and may not have any verbal or non-verbal communication with anyone outside the competition area.**

The alternate may accompany the team to the tasting area, but may not carry plates. The alternate may assist in Clean-Up. The alternate is an optional position; there are no provisions for teams without an alternate.

Scoring

1. A maximum of 105 points can be earned by a team during the culinary competition.
2. In case of a tie: The teams that have tied will each be interviewed by a panel of judges. 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 judge's panel 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 Pre-Set (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)
Skills & Organization Critique (10 minutes)
Judge's Tasting Critique (7 Minutes)
Recipe & Menu Critique (5 minutes)
Station Clean-Up (20 Minutes)
Sanitation Critique & Dismissal (5 Minutes)

1. Feedback for the Product Check-in, Knife Skills/Fabrication, Sanitation and Work Skills segments will occur on the competition floor. Feedback for Tasting and Menu and Recipe segments will occur in the judging area.
2. **Team members may not have or use cell phones, tablets, or communication devices on the competition floor.** Teams are allowed to bring a recording device to record the critique and feedback sessions. **The device must be given to the team's official MRA ESF-assigned timer during the competition segments, and may only be used during critique times. Teachers and mentors will be allowed to be present only during the Tasting and Menu critique sessions.**

Menu Planning and Preparation for Competition

1. Each participating team will prepare two (2) identical three course meals of their choice, garnished and served appropriately. The meal will consist of a starter; an entrée, consisting of protein, vegetable, starch, and sauce; and a dessert.
2. 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 evaluated by the judges for both taste and presentation, and one meal used for display.
3. 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.
4. 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 for additional information.*
5. 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' 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. Ice will be provided for each team during the competition. Running water will be available prior to and after the competition only.
6. Table risers that will raise the tables to a working height of approximately 36 inches will be provided by Event Organizers if requested **in advance**. Only risers provided by Event Organizers may be used during the competition. The use of table risers is optional. The team must request table risers on the dish plate order form. If the team requests table risers the station will be set-up with table risers when the team arrives for Station Pre-Set.
7. No electric or battery-operated equipment may be used with the exception of battery-operated or manual timers/clocks, thermometers and digital scales.
8. The only heat sources allowed will consist of two butane burners. Teams are required to provide their own burners and fuel.
 - 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 allowed. However, extending between and covering both burners simultaneously is not allowed. The fuel canister must not be covered at any time. If at any time the burners malfunction as result of the use of plates, it shall be the team's responsibility to remedy the issue and no additional time shall be granted.
9. Molecular gastronomy in the competition:
 - Use of liquid nitrogen is not allowed.
 - Spherification, foams, and meat glue (transglutaminase) are allowed.
 10. During the Station Pre-Set and Knife Skills/Poultry Fabrication segments the station tables will be skirted and covered with a tablecloth. One table will be covered with plastic for the poultry fabrication. Upon completion of the Knife Skills/Poultry Fabrication segment the team will remove and discard the plastic cover. Covering tables with plastic or Plexiglas for the cooking segment is not allowed.
 11. Participating teams must bring all ingredients necessary to prepare the food they have selected. Teams may bring pre-measured staple 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.

Menu and Recipe Presentation

1. Teams will prepare five (5) soft bound folders with the school name and state clearly shown on each cover. Each folder must containing a copy of (a) menu with prices, (b) color plate photographs, (c) recipes, (d) recipe costing, and (e) menu pricing. These folders will be given to the judges at Product Check-in. Each of these is explained in detail below. *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.* Note: If you would like your folders returned, they can be picked up at the conclusion on the awards ceremony at the **Registration Desk**. MRA ESF will retain one copy of the folder from each team. Any folders not picked up at the end of competition will be discarded.
 - a. Menu with prices: a simple, typed menu with menu prices printed on an 8 ½ x 11 sheet of paper.
 - b. Color Plate Photographs: a color photo of each plate being prepared for their meal presentation printed on an 8 ½ x 11 sheet of paper – one plate color photo per page. Final plates presented to the judges will be compared to the color photo provided.
 - c. Recipes: all recipes for the meal presentation, typed and submitted on the official recipe template (*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 for additional information.*

- d. 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 supplied by Event Organizers. 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. *Refer to Foundations of Restaurant Management & Culinary Arts Level 2, Chapter 3, pg. 168-170 for more information. See Exhibit B for recipe cost example.*
- e. Menu Pricing: the menu price sheet. There should be one menu price worksheet for each of the three courses, based on the recipe costs 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. Menu price on the presentation menu may be rounded up after applying the 33% food cost percentage for a more realistic menu price. However, the final calculation before rounding must be indicated on the costing template. Total menu price for the three course meal may not exceed \$75.00 after applying the 33% food cost percentage. *Refer to Foundations of Restaurant Management & Culinary Arts Level 2, Chapter 7, pg. 483, and Exhibit C for a menu price sheet example.*
2. Participating teams will also provide one (1) copy of a **framed** presentation menu. The presentation menu must include descriptions and final menu prices for each course. The framed presentation menu must be displayed on the team's table during competition and then moved to the display area with the team's display plates. **The school name and state must be clearly identified on the presentation menu.**
3. 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. Teams are responsible for collecting their presentation menus from the display area by 5 p.m. on the team's day of competition.

Product Check-in

1. Product Check-in is the first segment of the evaluation process. Teams will be judged according to proper shipping and receiving procedures. In addition, students will be evaluated on uniform and personal hygiene, including proper hand washing, during Product Check-in. Hand washing stations will be available in the Product Check-in area.
2. 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.
3. There will be assigned Product Check-in times. Once an item has been checked in it cannot be retrieved until 30 minutes before the team's assigned competition Station Pre-Set time.
4. A complete printed list of every item contained in each cooler or other container holding food items must be attached to the inside of the cooler and/or container. The list must be attached in a plastic sleeve. All ingredients must be checked in with event personnel. Each team's food will be placed in an appropriate and secure location at the competition site until just prior to the designated Station Pre-Set time.

5. 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*).
6. No pre-chopped, pre-sliced, or pre-prepared food not commercially manufactured will be allowed. (*See Penalties*).

Team-prepared stocks for the menu may be brought in, but reductions, finished sauces, and clarified broths are not allowed.

Team-prepared clarified butter may be brought in.

Vegetables may be pre-washed, but manipulation of the vegetable is limited to steps required to ensure food safety. This includes separation of leaves on greens, splitting leeks, or removal of celery stalks or similar items from their base for cleaning purposes. No other cutting or shaping is allowed.

Commercially manufactured food items such as jams, bread crumbs, bases 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.
7. 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 Station Pre-Set time.
8. During Product Check-in, teams, educators and/or mentors 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 Station Pre-Set.
9. The previously prepared soft bound folders will be given to the judges at Product Check-in. Presentation menus are not turned in at this time.
10. Product Check-in Feedback will occur immediately following each team's check-in.

Station Pre-Set

1. Teams should arrive thirty (30) minutes prior to their Station Pre-Set time to retrieve their products.
2. The team will have fifteen (15) minutes to pre-set their station for the Knife Skills/Poultry Fabrication segment. During the Station Pre-Set the teams are allowed to:
 - Organize 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 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
- Obtain chicken, ice, water and sanitizing solution from kitchens
- Leave station to obtain:
 - Water
 - Ice
 - Sanitation solution
- Go to restroom

Team is NOT allowed to:

- Talk to any spectators, coaches, educators, or mentors
3. Station Pre-Set does not include full organization of equipment for production or further mise en place of station or food for production.
 4. **Teams should place the list of the four cuts selected by the team on the table. See page 11, items #4 and #5.**
 5. 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) 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. 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:

4. The team will select four (4) of the eleven (11) knife cut options listed below (with corresponding dimensions) for competition. **Cuts must be demonstrated on fruits or vegetables only.** See *Foundations of Restaurant Management & Culinary Arts Level One* pgs. 585-90 for more information. See also *Level 1, chapter 5 knife cut reference sheet*.
 - a. Rondelle: ¼" thick disc shaped slices

- b. Diagonal: 1/4" thick oval shaped slices
 - c. Batonnet: Cut into long, thin, rectangular pieces 1/4" x 1/4" x 2"
 - d. Julienne: Cut into long, thin, rectangular pieces. 1/8" x 1/8" x 2"
 - e. Large Dice: Cube shaped 3/4" x 3/4" x 3/4"
 - f. Medium Dice: Cube shaped 1/2" x 1/2" x 1/2"
 - g. Small Dice: Cube shaped 1/4" x 1/4" x 1/4"
 - h. Brunoise: Very small dice. 1/8" x 1/8" x 1/8"
 - i. Paysanne: Square cut 1/2" x 1/2" x 1/8"
 - j. 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".
 - k. Tourne: football shape, 3/4" diameter, 2" long, seven equal sides and flat ended
5. **The team will present to the judges a printed list of the four (4) cuts they have 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.
 6. 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.
 7. **Teams must produce a minimum of 2 oz. of each finished product for judging.**

Poultry Fabrication portion of this segment:

1. Each of the selected students will be required to independently fabricate one (1) whole chicken into six pieces not including carcass and wings: (two boneless, skin-on breasts with first joint of wing bone attached and frenched, two boneless, skin-on thighs, two drumsticks). The remaining wings and full carcass must be displayed. *Refer to Foundations of Restaurant Management & Culinary Arts Level 2, Chapter 6, pg. 384.*
2. The team may use part or all of the fabricated chicken in their meal preparation, but it is not required. If the team chooses not to use it, the Event Organizers will have another use for the poultry.
3. At completion of fabrication, each student's chicken is to be displayed on their own cutting board with all waste and the carcass. There is to be no combining of waste or cuts until all judging of the fabrication is declared complete by the judge/s.
4. 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 paysanne as their four knife cuts
3. At the competition, the judges will randomly assign that:
 - Terry and Denise will fabricate chicken
 - Caroline will execute brunoise and paysanne
 - 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
 - Obtain water from the kitchen
 - Obtain sanitizing solution from kitchen (provided by Event Organizers)
 - 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 and all plating must be completed in the sixty-minute time period. 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; **however, 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. Team members will transport all plates and their presentation menu to the judges' table and leave immediately. 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. Teams will return to their station for the Work Skills/Organization feedback.
5. Judges will have ten (10) minutes to evaluate the plates. At that time the team will return to the tasting area for a seven (7) minute feedback session. Teachers and mentors may accompany the team.
6. Teams will proceed to the menu and recipe judges for a five (5) minute feedback session. Teachers and mentors may accompany the team.

7. Teams will then take display plates and presentation menu to the display area.
Keep in mind that the competition has not completed and teams may not converse with anyone not on the team.
8. Teams will return to their station to begin Station Clean-up.

Station Clean-Up

1. 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. The alternate is allowed to assist in during Station Clean-Up. (*See Penalties*).
2. Teams will receive the Sanitation feedback and will be released.

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 ¼ to 10 points. One quarter point for each 15 seconds up to 10 minutes. After 10 minutes the team is disqualified.
4. Team uses disallowed 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
10. Alternate touches or handles any equipment or food when not allowed.
Deduction of 5 points.

Culinary Specific Disqualifications

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 complete 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 (MRA ESF staff members)
2. General Volunteers, assigned and trained by MRA ESF, to assist with the event.
3. Timekeepers, personnel designated and trained by the MRA ESF, who are charged with keeping the official time for assigned teams during all segments of the competition.
4. Judges from colleges/universities and the restaurant and foodservice industry, including one lead judge.
5. All judges will be consistent from team to team (i.e. judges scoring team presentation/work skills will be responsible for that category across all competitors)
6. Judges will cover the following categories. (See *Exhibit E for sample Culinary Competition Rating Sheet*).

Product Check In:	4
Knife Skills	3
Poultry Fabrication	3
Team Presentation/Work Skills/Org.:	4
Safety and Sanitation:	4
Product Taste and Finished Product:	9
Menu and Recipe Presentation:	2

Exhibit A-Culinary

Recipe Example

Culinary teams must complete this form prior to the competition. It is not necessary to submit this form 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 Jane Doe

Menu Item	Chicken Gruyere		
Number of Portions	4	Portion Size	1 piece
Cooking Method(s)	Sauté, bake		
Recipe Source	Chef Jane Doe		

Ingredients	
Item	Amount
Butter	2 oz.
Onion, sliced	8 oz.
Swiss Cheese, shredded	3 oz.
Bread Crumbs	3 oz.
Paprika	1 teaspoon
Chicken Breast, Airline, skinless	4, approx. 8 oz. each
Salt and Pepper	To taste
White Wine	3 oz.
Chicken Stock	3 oz.

Procedure
Sauté onions and ½ butter until soft but not brown. Combine cheese, bread crumbs and paprika Sprinkle chicken breasts with salt and pepper Remainder of procedures...

Exhibit B-Culinary

Recipe Cost Example

Culinary teams must complete this form prior to the competition. It is not necessary to submit this form 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 Jane Doe		
Menu Item	Chicken Gruyere		
Number of Portions	4	Portion Size	1 breast / approx. 8 oz.

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Butter	1 pound	\$4.59	\$0.287/oz.	2 oz.	\$0.574
Onion	3 lbs.	\$1.98	\$0.041/oz.	8 oz.	\$0.328
Swiss Cheese	1 pound	\$5.99	\$0.374/oz.	3 oz.	\$1.122
Bread Crumbs	15 oz.	\$1.75	\$0.117/oz.	3 oz.	\$0.351
Paprika	2 oz. / 12 tsp.	\$1.79	\$0.895/oz.	.167 oz./1 tsp.	\$0.149
Chicken Breast	1 pound	\$1.98	\$1.98/lb.	2 lbs.	\$3.96
White Wine	750 ml / 25.4 oz.	\$12.00	\$0.472/oz.	3 oz.	\$1.416
Chicken Stock	1 gallon	\$6.00	\$0.047/oz.	3 oz.	\$0.141

Subtotal	\$8.041
1 % for small amounts of spices (Q Factor)	\$0.08
Total Recipe Cost	\$8.121
Portion Cost	\$2.03

Exhibit C-Culinary

Menu Price Example

Culinary teams must complete this form prior to the competition. It is not necessary to submit this form 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 Jane Doe

Menu Category	☐ Starter	☒ X Entree	☐ Dessert
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Recipe	Portion Cost
Chicken Gruyere	\$2.03
Vegetable (from additional recipe and costing sheets)	\$0.753
Starch (from additional recipe and costing sheets)	\$0.961
Sauce (from additional recipe and costing sheets)	\$0.354
Garnish (from additional recipe and costing sheets)	\$0.156

Total Plate Portion Cost	\$4.254
Menu Price at 33% Food Cost	\$12.891
Actual Price on Menu	\$13.00

Exhibit D-Culinary

Culinary Menu, Costing Folder Outline and Checklist

Present at Product Check-In

Five 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 printed on 8 ½ x 11 pages
- ☐ Recipes; typed on official template
- ☐ Recipe costing sheets; typed on official template
- ☐ Menu Price Sheets; typed on official templates

Checklists of other items required

- ☐ Complete printed list of the contents of each cooler or container on the inside of each cooler or container in a plastic sleeve
- ☐ Sheet with the four chosen knife cuts to present to judges during Knife Skills portion
- ☐ One copy of Presentation Menu; framed

Exhibit E-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: • Proper temperature • Proper packaging	1	2	3	4	5	
Knife Skills						
Knife Skills • Consistency • Accuracy • Safety • Waste						
Competitor 1	1	2	3	4	5	
Competitor 2	1	2	3	4	5	
Poultry Fabrication						
Poultry Fabrication • Accuracy • Safety • Waste						
Competitor 1	1	2	3	4	5	
Competitor 2	1	2	3	4	5	
Team Presentation/Work Skills/Organization						
Team Appearance Including but not limited to: • White chef coats • Black or checkered pants • Uniform clean & presentable • Hard sole shoes • Hats and aprons (provided) • Team uniformity	1	2	3	4	5	
Work Organization/ Teamwork Including but not limited to: • Utilization of a team plan • Mastery of skills required for individual tasks • Workload evenly distributed • Team cohesiveness • Communication • Professionalism • Proper Station Pre-Set/Production Mise en place • Proper time management	1	2	3	4	5	

Proper Cooking Procedures Including but not limited to: • 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 • Proper pans and tools for intended use	1	2	3	4	5	
Degree of Difficulty Including but not limited to: • Creativity • Complicated techniques	1	2	3	4	5	
Safety and Sanitation						
Follows Safety and Sanitation Procedures Including but not limited to: • 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: • 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: • Work area cleaned in appropriate time frame	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: • 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: • Balance of color • Shape • Texture • Portion size	1	2	3	4	5	
Product Taste						
Product Taste - Dessert A subjective category based on judge's expertise	1-2	3-4	5-6	7-8	9-10	
Finished Product						
Appearance - Dessert Including but not limited to: • Balance of color • Shape • Texture • Portion size	1	2	3	4	5	
Menu and Recipe Presentation						
Presentation Including but not limited to: • 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. 1/4 point/15 seconds up to 10 minutes
_____ Team did not produce two (2) complete meals.	_____ Team started early. 1 point/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.	_____ Replacement product did not meet requirements and was discarded 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
	_____ Alternate handled equipment or food during competition. 5 points