

Culinary Series: Culinary Arts Cook Off - Division 4

Advisors: Carol Chong

Superintendent: Allyson Bentley

Assistant Superintendent: Bjorn Blissett • Donna Drummond

Entry Form Deadline: January 15, 2019

Group Entries: Accepted from classes 402, 403

The Culinary Arts Cook-off is an individual or team event. The Culinary Arts Cook-off will recognize participants for their ability to produce a quality meal using culinary arts techniques. Entrants must develop a themed menu and plan for preparation on site at The Youth Fair at a scheduled time and date for their event to be judged.

Rules (Individuals):

1. For **Class 401- Culinary Class Individual:** Must compete on their own without any assistance or coaching from faculty.
2. Participation is open to any student in Miami-Dade County at a secondary school or higher education.

Rules (Teams):

1. For **Class 402 - Middle School Team; Class 403 - High School Team** and must compete on their own without any assistance or coaching from faculty.
2. Each school may submit 2 teams consisting of 3 students on each team.
3. Participation is open to any student in Miami-Dade County at a secondary school or higher education.

Procedures:

1. Teams and Individuals will be scheduled for event competition which may include an elimination round for semi-finalist selection for competition at a specific date and time for competition.
2. The menu must consist of a minimum of 4 courses - the entrée and at least 3 of the following: appetizer, soup, side dish (starch or cooked vegetable), salad, and/or dessert. Proposed menu and theme must be submitted with the entry form.
3. Must submit 4 copies of final menu and all recipes that will be prepared to Culinary Arts Cook-off Superintendent upon arrival at the competition.
4. Teams are required to prepare two (2) portions/plates of the menu items for judging.
5. Permitted: the washing and cleaning of fresh ingredients prior to arrival for competition. NOT PERMITTED: No pre-preparation/precooking is permitted (slicing, dicing, pre-made sauces or desserts; etc).
6. Food ingredients should be brought to the competition in a cooler. A refrigerator is available during competition.

7. All ingredients, tools, special equipment and utensils, serving/display dishes, garnishes/decorations must be supplied by the participating teams. Table settings are optional (not judged).
8. Teams & Individuals will have up to 1 hour to prepare food items as stated on the themed menu according to the recipe specifications and present their plates for judging.
9. Teams and Individuals will be allowed 15 minutes for clean-up.

Grand Champion Competition:

The 2 top scoring first place winning teams and individuals in each class will be finalists for the Grand Champion Competition. The winning team members or individual of this Grand Champion competition will receive \$150.00 each and a trophy for their school. The second place team members and individual will receive \$100.00 each and a plaque for their school.

Class Number and Title:

- Class 401 - Culinary Class Individual
- Class 402 - Middle School Team
- Class 403 - High School Team

Judging Criteria:

Team Scores will include judging criteria on personal appearance, taste, appearance and presentation of dishes, degree of difficulty of menu/recipes, cooking techniques, adherence to recipes and theme, clean-up of area, ability to state the nutritional quality of foods being served, and food sanitation techniques used.

Premiums, awarded to each team member:

Grand Champion Culinary Team.....	\$150.00 and Trophy
Reserve Champion Culinary Team.....	100.00 and Plaque
First Place	75.00
Second Place	50.00
Third Place	30.00
Fourth Place	Ribbon

Premiums, awarded to individuals:

Grand Champion Culinary Individual.....	\$150.00 and Trophy
Reserve Champion Culinary Individual.....	100.00 and Plaque
First Place	75.00
Second Place	50.00
Third Place	30.00
Fourth Place	Ribbon

Culinary Series: For Kids, by Kids - Division 46

Advisors: Carol Chong

Superintendent: Allyson Bentley

Assistant Superintendent: Bjorn Blissett • Donna Drummond

Entry Form Deadline: January 15, 2019

Group Entries: Accepted

The For Kids, by Kids is a team event. This division will recognize participants for their ability to produce a quality meal using culinary arts techniques. Entrants must develop a themed menu and plan for preparation on site at The Youth Fair at a scheduled time and date for their event to be judged.

Rules:

1. Teams must prepare a 4-course meal that yields four (4) portions, is appealing to students and uses products/ingredients that can be adapted for school meals.
2. It must contain at least one serving ($\frac{1}{2}$ cup cooked or 1 cup raw) vegetable(s) from dark green, red/orange and/or legumes as one course.
3. It must also contain a serving ($\frac{1}{2}$ cup) of fruit (fresh/frozen/canned without sugar) as a second course.
4. Each school may submit 1 team consisting of 3 students on each team.
5. Participation is open to any student in Miami-Dade County at a secondary school or higher education.

Procedures:

1. Teams and Individuals will be scheduled for event competition which may include an elimination round for semi-finalist selection for competition at a specific date and time for competition.
2. Recipes must contain at least five (5) local ingredients, meet *National School Lunch Program (NSLP) guidelines, and must be relatively easy for school food service staff to replicate.
3. Recipes will be judged by taste, appearance, creativity, best and most use of local ingredients, and appropriateness for school food service systems.
4. Teams will have 1.5 hours with 30 minutes of clean-up time for this competition. No pre-cooked/pre-prepared items are allowed.

The first place winner(s) will be able to compete in the FL State Department of Agriculture and Consumer Services Cook – off competition representing Miami-Dade and, with the opportunity to represent the State of Florida in a Regional competition with other states in October 2019.

Work with your school's cafeteria manager for ideas and/or <http://www.freshfromflorida.com/Food-Nutrition/Nutrition-Programs/National-School-Lunch-Program> for accessing the guidelines that govern the school meals program.

Judging Criteria:

Team Scores will include judging criteria on personal appearance, taste, appearance and presentation of dishes, degree of difficulty of menu/recipes, cooking techniques, adherence to recipes and theme, clean-up of area, ability to state the nutritional quality of foods being served, and food sanitation techniques used.

Premiums, awarded to each team member:

Grand Champion Team.....	\$150.00 and Trophy
Reserve Champion Team	100.00 and Plaque
First Place	75.00
Second Place	50.00
Third Place	30.00
Fourth Place	Ribbon

Premiums, awarded to individuals:

Grand Champion Individual.....	\$150.00 and Trophy
Reserve Champion Individual	100.00 and Plaque
First Place	75.00
Second Place	50.00
Third Place	30.00
Fourth Place	Ribbon

Culinary Series: Sedano's Cook Off - Division 45

Advisors: Carol Chong

Superintendent: Katrina Blisset

Assistant Superintendent: Sarita Pierre • Jerome Baker

Entry Form Deadline: January 15, 2019

Rules (Individuals):

1. For **Class 4501 – Sponsored Ingredient Individual**: Must compete on their own without any assistance or coaching from faculty.
2. Participation is open to any Secondary School student in Miami-Dade County.

Rules (Teams):

1. For **Class 4502 – Sponsored Ingredient Middle School Team and for Class 4503 – Sponsored Ingredient High School Team**: Must compete on their own without any assistance or coaching from faculty.
2. Each school may submit 2 teams from each school consisting of 3 students on each team.
3. Participation is open to any Secondary School student in Miami-Dade County.

Procedures:

1. Teams & Individuals will be scheduled for event competition at a specific date and time for competition.
2. The menu must consist of a minimum of 4 courses- the entrée and at least 3 of the following: appetizer, soup, side dish (starch or cooked vegetable), salad, and/or dessert. Theme and proposed menu must be submitted with the entry form. Menu must be different than other competition entry.
3. Must use at least 2 of the sponsored Sedano's store brand products in each course. Students are required to show proof by bringing in store brand labels.
4. Must submit 4 copies of final menu and all recipes that will be prepared to Culinary Arts Cook-off Superintendent upon arrival at the competition. As proof of purchase, sales receipts for ingredients of Sedano's brand products must be submitted with recipes.
5. Students must prepare two (2) portions/plates of each menu item for judging.
6. Permitted: the washing and cleaning of fresh ingredients prior to arrival for competition. NOT PERMITTED: No pre-preparation/precooking is permitted (slicing, dicing, pre-made sauces or desserts; etc).
7. Food ingredients should be brought to the competition in a cooler. A refrigerator is available during competition.
8. All ingredients, tools, special equipment and utensils, serving/display dishes, garnishes/decorations must be supplied by the participating teams. Table settings are optional (not judged).

9. Teams & Individuals will have up to 1 hour to prepare food items as stated on the themed menu according to the recipe specifications and present their plates for judging.
10. Teams and Individuals will be allowed 15 minutes for clean-up.

Grand Champion Competition:

The 2 top scoring first place winning teams and individuals in classes will be finalists for the grand champion competition. The winning team members or individual of this Grand Champion competition will receive \$150.00 each and a trophy for their school. The second place team members and individual will receive \$100.00 each and a plaque for their school.

Class Number and Title:

- Class 4501 - Sponsored Ingredient Individual
- Class 4502 - Sponsored Ingredient Middle School Team
- Class 4503 - Sponsored Ingredient High School Team

Judging Criteria:

Team Scores will include judging criteria on personal appearance, taste, appearance and presentation of dishes, degree of difficulty of menu/recipes, cooking techniques, adherence to recipes and theme, clean-up of area, ability to state the nutritional quality of foods being served, and food sanitation techniques used.

Premiums, awarded to each team member:

Grand Champion Culinary Team.....	\$150.00 and Trophy
Reserve Champion Culinary Team.....	100.00 and Plaque
First Place	75.00
Second Place	50.00
Third Place	30.00
Fourth Place	Ribbon

Premiums, awarded to individuals:

Grand Champion Individual.....	\$150.00and Trophy
Reserve Champion Individual	100.00 and Plaque
First Place	75.00
Second Place	50.00
Third Place	30.00
Fourth Place	Ribbon