

## Sedano's Culinary Series: Sedano's Cook Off - Division 45

*Advisors: Carol Chong*

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*Superintendent: Pedro Acosta*

*Assistant Superintendent: Jerome Baker*

**Entry Form accepted from October 21, 2019 to January 14, 2020.**

Entry Form Deadline: January 14, 2020.

### **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             |

Registered students receive \$50 Sedano's "prep" card.

Participating School Culinary Program will get \$100 Sedano's gift card.