



2016 Wisconsin ProStart Invitational[®]

Procedures and Rules for the Culinary Competition

Participating teams 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.

Orientation will be via conference call on February 29, 2016 at 3:30 pm. Competition rules will not be reviewed during the Orientation. Questions regarding competition rules should be sent to ProStart[®] Coordinator Alex Newman prior to arrival in Milwaukee.

Note that **bolded** sections of this document call attention to a change in rules or procedures from prior years.

2016 Wisconsin ProStart Invitational Procedures and Rules

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Purpose

Students participating at the Wisconsin ProStart Invitational (WPSI) will demonstrate their knowledge of, passion for, and creativity within the restaurant industry through the Culinary competition.

Eligibility

Students

1. All high school students, currently enrolled in a **confirmed ProStart program recognized by the National Restaurant Association Educational Foundation**, who have been approved to compete in the state competition by the Wisconsin Restaurant Association Education Foundation (WRAEF) and recognized by the WRAEF ProStart Coordinator are eligible to compete. Participating teams will consist of two (2) to four (4) team members plus one (1) optional alternate.
2. Students may compete for only two years (participate in two National ProStart Invitationals as a competitor), which may be non-consecutive. During those two years, students may compete on the Culinary and/or Management teams.
3. Students may compete on one or both of the Culinary and Management Teams in any year.
4. Only one (1) culinary team may attend from each school.

Teams

1. The same team may compete in both competitions provided the ProStart Coordinator certifies the team for both competitions.
2. Participating teams consist of two (2) to four (4) student competitors and one (1) optional alternate, for a maximum total of five (5) students.
3. 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.
4. Alternates may also participate in certain defined roles in the competitions. See the rules for details.

Attendees

Mentors, teachers, chaperones, school administrators, and families are encouraged to attend the competition. Each person must be registered through the designated academic registration site before the event (\$30 per person) or register on-site (\$45 per person).

General Disqualifications

1. ProStart educators and/or mentors must attend the conference call on February 29 at 3:30 pm held by the ProStart Coordinator. It is suggested, but not required, that students attend the conference call. Any questions during the conference call must be asked by the ProStart educator or mentor. Call-in number details will be emailed closer to the event.

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 WRAEF 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 WRAEF's attention, the matter will be investigated as the WRAEF deems appropriate. Any decision as to appropriate action due to misconduct, up to and including disqualification, is at the sole discretion of the WRAEF 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 Wisconsin ProStart Invitational.
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, Meal Production and Station Clean-up. 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 the ProStart Coordinator.**

Schedules

Competition schedules will be distributed in advance of the event, 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.

2016 WPSI Culinary Competition

Description

Participating teams will demonstrate their culinary knowledge, skills, and creative abilities during the competition through demonstration of skills mastery and 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 and an apron and hat. A paper chef hat will be provided at Check-In. Teams are allowed to have logos and sponsor names on their chef coats; however, the coat must remain a white coat with accent colors. 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/Production Mise en Place, Knife Skills, 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.

Note: Depending on sponsorship outcomes, if your team wins the Wisconsin ProStart Invitational, the WRAEF may or may not pay for the alternate to attend the National ProStart Invitational (NPSI). If the student wishes to attend NPSI, she/he is more than welcome but may need to pay for her/his trip to NPSI.

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

Check-In (30 Minutes)
Station Pre-Set/Mise en Place (15 Minutes)
Knife Skills (15 Minutes)
Knife Skills Feedback (5 Minutes)
Cooking (60 Minutes-can present up to 3 minutes early)
Station Clean Up (15 minutes)
Tasting Feedback (5 minutes)
Recipe & Menu Feedback (5 minutes)
Floor Feedback (5 minutes)

1. Feedback for the Knife Skills, 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 but only the teacher may hold the recording device.
3. Teachers and mentors **must** be present during the 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) six-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. No electric or battery-operated equipment may be used with the exception of battery-operated or manual timers/clocks, thermometers and digital scales.
7. The only heat sources allowed will consist of two butane burners. Event organizers will provide two *Iwatani Model ZA-3 12000 BTU Burners* (or equivalent) and necessary 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.
8. Molecular gastronomy in the competition:
 - Use of liquid nitrogen is not allowed.
 - Spherification, foams, and meat glue (transglutaminase) are allowed.
9. Covering tables with plastic or Plexiglas for the cooking segment is not allowed.
10. 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.
11. 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.
12. The team must bring its own serving dishes. There are **no** restrictions on the types or sizes of dishes a team can use.

Menu and Recipe Presentation

1. Teams will prepare five (5) soft bound folders with the school name and city clearly shown on each cover. Each folder must contain a copy of (a) menu with prices, (b) recipes, (c) recipe costing, and (d) 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 in Ballroom AB after the competition. WRAEF 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. 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.*
 - c. 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.*
 - d. 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. **Recipe, Recipe Costing, and menu price templates can be downloaded from the Midwest Foodservice Expo website at <http://wirerestaurant.org/expo/interact/prostart.php>.**
 3. 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 must be clearly identified on the presentation 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. Teams are responsible for collecting their presentation menus from the display area by 4:00 pm on the day of the competition. Event Organizers are not responsible for any menus not collected by 4:00 pm.

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.

2. Neither event nor convention center 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. Please arrive in time for your designated Check-In time. Your Check-In time will be sent to you with your competition schedule prior to the event.
 - In the event of unforeseen travel delays, please notify the ProStart Coordinator immediately. Contact information will be given out prior to the competition.
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/Mise en Place time.
8. Should travel delays arise, and as a result a team is unable to check in their ingredients during the time allotted, the team must contact their state ProStart Coordinator immediately.

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/Mise en Place

1. Teams should arrive at Ballroom AB at least fifteen (15) minutes prior to their Station Pre-Set/Mise en Place time.
2. The team will have fifteen (15) minutes to pre-set their station for the Knife Skills and Meal Production segments. During the Station Pre-Set/Mise en Place the teams are allowed to:
 - Organize equipment to allow an unobstructed work area and judging for Knife Skills.
 - Ice perishable products of any type for proper food safety
 - Set the tables for knife skills
 - Set cutting boards
 - Place knives
 - Set containers for cut vegetables (can be iced or acid bath)
 - Set waste containers
 - Place vegetables/fruit
 - Measure dry and liquid ingredients
3. Leave station to obtain:
 - Water
 - Ice
 - Sanitation solution
4. Go to restroom
5. Team is NOT allowed to:
 - Talk to any spectators, coaches, educators, or mentors
6. 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
7. The WRAEF-assigned timer will notify the team when the Station Pre-Set/Mise en Place segment time ends and the Knife Skills segment time begins.
8. Station Pre-Set/Mise en Place does include full organization of equipment for production or further mise en place of station or food for production.
9. Teams should place the list of the four cuts selected by the team on the table. See *page 11, items #4 and #5.*
10. The timer will notify the team when the Station Pre-Set/Mise en Place segment time ends and the Knife Skills segment time begins.

Knife Skills

1. Each team will have fifteen (15) minutes to complete the Knife Skills portion of the competition.

2. Team members will be randomly selected to execute one (1) each of the four (4) chosen 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 they will only perform three cuts. Should the team have two members they will only perform two cuts.
3. The timer will notify the team when the Knife Skills segment time ends and the Feedback time begins. Judges will have five (5) minutes to offer feedback on the Knife Skills segment. This feedback will occur at the team station.
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: $\frac{1}{4}$ " thick disc shaped slices
 - b. Diagonal: $\frac{1}{4}$ " thick oval shaped slices
 - c. Batonnet: Cut into long, thin, rectangular pieces $\frac{1}{4}$ " x $\frac{1}{4}$ " x 2"
 - d. Julienne: Cut into long, thin, rectangular pieces. $\frac{1}{8}$ " x $\frac{1}{8}$ " x 2"
 - e. Large Dice: Cube shaped $\frac{3}{4}$ " x $\frac{3}{4}$ " x $\frac{3}{4}$ "
 - f. Medium Dice: Cube shaped $\frac{1}{2}$ " x $\frac{1}{2}$ " x $\frac{1}{2}$ ".
 - g. Small Dice: Cube shaped $\frac{1}{4}$ " x $\frac{1}{4}$ " x $\frac{1}{4}$ "
 - h. Brunoise: Very small dice. $\frac{1}{8}$ " x $\frac{1}{8}$ " x $\frac{1}{8}$ "
 - i. Paysanne: Square cut $\frac{1}{2}$ " x $\frac{1}{2}$ " 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 $\frac{1}{8}$ ".
 - k. Tourné: football shape, $\frac{3}{4}$ " 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 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.**

NOTE: If your team goes on to compete in the National ProStart Invitational, the students will be required to also do chicken fabrication during Knife Skills. Contact Alex Newman for more details.

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 the official time.**
2. A team is considered done when the food is plated 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 five (5) minute feedback session. Teachers and mentors are required to accompany the team.
6. Teams will proceed to the menu and recipe judges for a five (5) minute feedback session. Teachers and mentors are required to 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 fifteen (15) 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 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 did not submit folders with menu, recipes and food costing at Product Check-In: *Deduction of 2 points.*
7. Replacement product did not meet requirements and was discarded: *Deduction of 3 points*
8. Team does not utilize knife cuts in final plates: *Deduction of 2 points*

9. Alternate touches or handles any equipment or food when not allowed: *Deduction of 5 points.*

Culinary Specific Disqualifications (see additional General Disqualifications on page 5)

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 (WRAEF staff members)
2. General Volunteers, assigned and trained by WRAEF, to assist with the event.
3. Timekeepers, personnel designated and trained by the WRAEF, 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:	2
Knife Skills	4
Team Presentation/Work Skills/Org.:	4
Safety and Sanitation:	4
Product Taste and Finished Product:	9
Menu and Recipe Presentation:	1

Attendees

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

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	<input type="checkbox"/> Starter	<input checked="" type="checkbox"/> Entree	<input type="checkbox"/> 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 City on cover
- Menu with Prices (simple typed menu 8 ½ x 11)
- 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: <ul style="list-style-type: none"> • Proper temperature • Proper packaging 	1	2	3	4	5	
Knife Skills						
Knife Skills <ul style="list-style-type: none"> • Consistency • Accuracy • Safety • Waste 						
Competitor 1	1	2	3	4	5	
Competitor 2	1	2	3	4	5	
Competitor 3	1	2	3	4	5	
Competitor 4	1	2	3	4	5	
Team Presentation/Work Skills/Organization						
Team Appearance Including but not limited to: <ul style="list-style-type: none"> • White chef coats • Black or checkered pants • Uniform clean & presentable • Hard sole shoes • Hats and aprons • Team uniformity 	1	2	3	4	5	
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 • 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: <ul style="list-style-type: none"> • Appropriate cooking method for product used • Required cooking techniques used minimum of two cooking 	1	2	3	4	5	

<p>methods from the following list: Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté</p> <ul style="list-style-type: none"> • 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 						
<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 	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	
<p>Work Area Cleaned</p> <p>Including but not limited to:</p> <ul style="list-style-type: none"> • Work area cleaned in appropriate time frame 	1	2	3	4	5	

Product Taste						
Product Taste - Starter A subjective category based on tasting judges' expertise	1-2	3-4	5-6	7-8	9-10	
Finished Product						
Appearance - Starter Including but not limited to: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • Balance of color • Shape • Texture • Portion size 	1	2	3	4	5	
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. 1/4 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.	_____ Alternate handled equipment or food during competition. 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, recipe and recipe costing at Product Check-in. 2 points.
	_____ Team did not utilize knife cuts in final plate presentation. 2 points