



2020 “Recipe for Excellence” Student Culinary Competition

Thursday, February 13, 2020

University of Wisconsin – Stout, Memorial Student Center

Procedures and Rules for the Competition

Participating teams are responsible for understanding and following all the procedures and rules contained in this document; they will not be reviewed at the Wisconsin ProStart Invitational. Please read this document carefully to maximize the opportunity for success and to avoid receiving penalties during the competition.

Questions regarding competition rules should be sent to the ProStart Coordinator prior to arrival at UW-Stout.

WRAEF ProStart Coordinator Contact:

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Procedures and Rules

The University of Wisconsin-Stout and the WRA Education Foundation/Wisconsin ProStart® program have teamed up to host the third annual *Recipe for Excellence Student Competition* for high school students eager to showcase their culinary skills.

The day's event will feature teams of two students preparing an entrée all while being judged on teamwork, knife skills, sanitation and taste. Industry professionals will serve as judges – and provide critical feedback to students on their dish. The top three teams will receive trophies, scholarships and bragging rights!

Purpose

High School students will be provided an opportunity to compete in a real-world culinary environment where they will demonstrate their culinary knowledge, skills and creative abilities. During the competition, students will be observed and assessed by the UW-Stout Faculty of the School of Hospitality Leadership-Hotel, Restaurant and Tourism Management Program. This competition is aimed at students with the ability and desire to do high level food production, demonstrating teamwork while creating and executing their entrée.

Uniform

The team must present a uniform appearance. All team members should wear appropriate professional attire, generally consisting chef coats, black or checkered pants, aprons, hats and closed toe shoes.

Guidelines

The first fifteen (15) student team registrations received by the Wisconsin ProStart Coordinator will be able to compete. One team from each school will be accepted until January 13, 2020. Any remaining team spots will be filled after that date.

Each team will consist of two (2) students and one (1) team mentor, who may be the FCS educator. Advisors or mentors should assist the teams with menu development only. Suggestions and technique advice is essential. The advisor or mentor has no role during the competition. If the advisor or mentor talks to the team during competition, the team will be disqualified immediately.

Each team will develop and prepare two identical pork entrées consisting of either a center cut boneless pork loin, a boneless pork tenderloin, or a center cut pork chop plus accompaniments such as a vegetable, starch and sauce. On the day of the competition, the team's designated pork product will be provided by the Event Organizers. One plate will be for the judges to taste and one plate will be displayed for photographs and critique.

Products and Equipment

Teams are expected to bring only their required products, weighed, separated, and clearly marked.

No advanced preparation is allowed. Vegetables may be washed, but not peeled, cut or shaped in any form. Teams are allowed to bring in only the whole and raw materials in the amounts stated in the recipe to execute the assignment. Leeks may be split for cleaning purposes. Neither finished sauces nor clarified broths are allowed to be prepared in advance, but appropriate stocks are permitted to be prepared in advance. Puff and phyllo dough may be brought in. Teams must bring in all foods and service ware for the competition. Teams must pre-scale their recipes. Convenience items may be used as an ingredient but not as a finished product.

Teams must bring in all equipment that is needed to execute the meal such as knives, small wares and cutting boards. Teams should only expect UW-Stout to provide two tabletop burners with fuel, two work tables, garbage receptacle, and ice supply. Running water will be available. Teams will need to determine the water needs. There will be NO ELECTRICITY provided but battery operated equipment is permitted. Holding/hot boxes or chafing dishes using sterno will be allowed but not provided.

Products will be checked in upon arrival to the show. Team should adhere to proper shipping and storing temperatures. All food should be stored at the proper temperatures to ensure food fit for consumption. Items found to be in the danger zone will be rejected for use.

Gloves should be worn for handling all cooked, ready to eat food. Teams are responsible for bringing their own gloves

Station Set Up

Teams will be allowed in the competition area fifteen (15) minutes before the competition begins for set-up. Teams have **fifteen (15) minutes** to set up their station. They may not heat water, marinate products, perform any knife work or begin to cook/ prep any items. The timer will notify the team when they are to begin.

Entrée Preparation

Teams will have 60 minutes to prepare and serve the two plates.

All preparation must be done within the work space on the tables provided and all supplies must be contained in the working area.

Teams may use any cooking techniques they wish, but must employ a minimum of two (2) cooking methods from the following list:

- Poach
- Shallow Poach
- Braise
- Pan fry
- Deep fry
- Steam
- Sauté
- Grill

Teams will need to show at least two (2) different knife cuts in the execution of the menu:

- Rondelle
- Diagonal
- Batonnet
- Julienne
- Large Dice
- Medium Dice
- Small Die
- Brunoise
- Paysanne
- Chiffonade
- Tourné

The finished cuts will be evaluated during preparation and their use in the menu.

At 50-minutes into the competition, the 10-minute serving period will begin. The course is expected to be ready for the judges during the service window. After the 60-minute period has ended, one-half a point per minute will be deducted for late serving. Teams that run over time by five (5) minutes or more must realize the judges will taste only when they are available. Teams that complete their dish more than five (5) minutes early, one-half a point per minute will be deducted for early serving.

A team is considered done when the food is plated and the team has notified the judges they are complete. The team will determine which plate is for tasting and which is for presentation.

Clean Up

At the end of the 60-minute period, each team will be allowed fifteen (15) minutes to break down and clean their station, leaving it in the same or better condition than it was found. Failure to comply will result in a point's deduction.

Menu

Menu literacy and written menu composition will be taken into account in the creativity and skill demonstration score. Teams must show a variety of basic cooking techniques. Finished protein weights should be in the 4-6 oz. range. Rules and menu parameters must be strictly adhered to. Points may be deducted if rules are not followed.

Teams must provide **four** (4) sets of recipes with food cost breakdown and a list of all ingredients. These must be presented to the judges in booklet form upon entering the competition area at the stated competition start time.

Basic nutritional balance in recipe development is essential. As a guideline, based on overall calories, no more than 30% of daily calories should come from fat. 50-60% of calories should come from carbohydrates and 15-20% of calories should come from protein.

Judging Criteria

A maximum of 100 points can be earned by a team during the competition. The following items will be used as the areas for entrée assessment:

- Menu Design
- Cost Analysis
- Taste
- Safety and Sanitation
- Plate Presentation
- Fundamental Cooking Techniques

All judges have been carefully selected by the Event Organizers for their related skills, experience, and expertise. Judges have reviewed the rules in advance of the competition and participated in an orientation. By participating in the competitions, each team and its participants acknowledge that while every effort will be made to provide fair and impartial judging, some discretion and subjectivity is present in any judged competition. All decisions and scoring by judges is final.

Awards

Trophies will be awarded to the top three (3) overall teams. There will be an awards ceremony following feedback at approx. 2:00 pm.

Registration

All registrations are per team on a first come, first in basis and must be received no later than January 13, 2020. If teams are not registered at this time, teams will only be able to register to compete if there are still spots available.

Teams can register at this link: forms.gle/TbbBCdwEFwjxUymg7

Sample Entrée Scoring Sheet



ENTREE

Judges Rating Sheet

Competitor Names: _____

School Name: _____

80 points possible

Category	Earned Points	Comments
<ul style="list-style-type: none"> - Creativity - Originality - Cost Analysis (20 points possible)		
<ul style="list-style-type: none"> - Flavor - Taste (30 points possible)		
Fundamental Cooking Techniques (10 points possible)		
Plate Presentation (20 points possible)		
Point Deductions/Disqualifications <ul style="list-style-type: none"> - Advisor or Mentor Communication during Competition (Disqual) - Finishing Too Early/Late (1/2 point per minute) - Failure to Follow Rules & Procedures (2 points/rule) 		

Total Score: _____

Judge's Name: _____

Scorekeeper to Complete:

Scores Verified Initials: _____

Overall Rank: _____ / _____

Sample Receiving Scoring Sheet



RECEIVING
Judges Rating Sheet

Competitor Names: _____

School Name: _____

10 points possible

Category	Earned Points	Comments
Uniform		
Temperature(s)		
Labels		
Point Deductions/Disqualifications <ul style="list-style-type: none">• Advisor or Mentor Communication during Competition (Disqual)• Failure to Follow Rules & Procedures (2 points/rule)		

Total Score: _____ Judge's Name: _____

Scorekeeper to Complete:

Scores Verified Initials: _____ Overall Rank: _____ / _____

Sample Sanitation Scoring Sheet



SAFETY & SANITATION

Judges Rating Sheet

Competitor Names: _____

School Name: _____

10 points possible

Category	Earned Points	Comments
Sanitation		
Safety		
Point Deductions/Disqualifications <ul style="list-style-type: none">▪ Advisor or Mentor Communication during Competition (Disqual)▪ Failure to Comply with Station Clean-Up (5 points)▪ Failure to Follow Rules & Procedures (2 points/rule)		

Total Score: _____

Judge's Name: _____

Scorekeeper to Complete:

Scores Verified Initials: _____

Overall Rank: _____ / _____