

Gourmet Meal Competition

Purpose:

1. Participating teams will demonstrate their creative abilities during the competition through the preparation of a meal consisting of:
 - A. Starter - such as soup, salad, or appetizer.
 - B. Main entrée - protein, starch, and vegetable.
2. Participating teams will demonstrate their ability to work together while creating and presenting their meal.

Procedure:

1. Each participating school team will prepare **two (2) identical meals**. *Meal protein may be of team's choice, garnished and served appropriately.*
2. Each team will have **60 minutes** to set up and prepare the meals. After students have begun cooking, they cannot leave their area. Ask the floor judge for permission if you need to leave for emergencies that will prevent them from cooking such as getting plates, butane, sanitizer and burner malfunction. Students can work on both sides of the table. **Teams that go over their allotted time are allowed to finish preparing their meals, however, the team will be penalized 1 point per minute over their designated end time.**
3. ***After a team completes their two (2) identical meals, team members will decide which plate goes to the judges for tasting; the other plate will go to the display table to be judged for presentation.***
4. ***The team members will then leave immediately. Students must wait to be called for judges' feedback.***

Rules:

1. A student may compete in only one (1) competition.
2. A team will consist of up to three (3) team members.
3. The team must present with a consistent team uniformed appearance and will be expected to wear appropriate apparel consisting of chef coat or apron, chef hat or hair covering, and closed-toe shoes. **Per Florida health code, no jewelry may be worn with the exception of a wedding band (covered by a glove) and a medical alert bracelet (kept inside uniform and away from food).** The order in which team competes will be selected prior to the event and schools will be notified before the competition.
4. Participating teams must bring all ingredients necessary to prepare the food they have selected. No precooked ingredients except for stock may be cooked in advance. Teams may bring **pre-measured ingredients (flour, sugar, salt, butter, etc.)**. **No alcohol may be used. According to State Statute 562.1111 K12 public schools may not use alcohol (including cooking wine and cooking sherry), taste it or have it on campus. Teams will be disqualified if alcohol is used.**
5. Participating teams must bring all necessary supplies to prepare the food they have selected, such as small utensils, small hand tools, cookware. Two (2) butane burners will be provided by the host venue. Teams are encouraged to bring their own burners (do not transport butane on buses). Plates will be provided by the host venue or by the team (at your own risk, your plates may not be returned to you). No electric battery equipment may be used. Team will be disqualified if they use electric or battery-operated equipment as well as more than two (2) butane burners.

6. **Teams must also bring a bucket for sanitizer.**
7. Each team must prepare two identical meals. The portion sizes for each meal should be a single serving. Suggested serving sizes are 4-6 ounces for protein, 2-3 ounces for starch and 2-3 ounces for vegetables.
8. The emphasis is on plate presentation. The starch, protein, and vegetable need to be on one (1) plate. Please keep in mind you are preparing two (2) servings.
9. Prior preparation of stock necessary for the completion of final product is permissible.
10. Prior preparation of ice cream base necessary for the completion of final product is allowed. Ice cream base is a mixture of cream and eggs to which other ingredients are added and processed (manually) to produce the finished product. Purchased ice cream is not allowed. Jams and jellies are allowed if used as an ingredient and not as a finished product. **No other pre-chopped, pre-sliced, pre-prepared food will be allowed. This does not apply to ground meat.**
11. All marinating must be done within the 60-minute time period.
12. Gloves will be worn when handling cooked or ready to eat food. If tongs are used, gloves are not necessary. Teams are responsible for providing their own gloves
13. During the competition, final preparation must be completed in a 60-minute time period. Timers will not be provided. Teams may bring a manual or battery-operated timer. Event personnel will keep official time and time will be presented on main wall.
14. At the end of the competition teams will have 15 minutes to clean up. This clean up time is NOT part of the 60 minutes allotted for preparation of the meal. The fifteen-minute clean up time starts when student(s) returns from the judging area.
15. **Participating teams must complete the task without coaching from anyone.** Any team receiving coaching, **verbal or non-verbal**, from anyone during the event will be disqualified. Contestant(s) must complete the task without coaching from anyone – either verbal or nonverbal. One warning will be given by the Floor Judge and will result in removal of spectator from floor; second infraction will result in immediate in team's disqualification.
16. If the team experiences a medical emergency, staff, at their discretion, may stop the timer until the medical situation is resolved. The team will then be given the time remaining to complete the meal.
17. Mentors can assist teams in preparing for the competition. However, they cannot prepare the menu. Their expertise is limited to menu suggestions and technique advice.
18. The workspace will consist of two (2) eight-foot tables provided for each team. These tables will be put in an L shape. The teams are not to separate the tables. Teams may raise their tables as long as the tables are safe. If the judges rule the tables are not safe, the team must lower the tables. Teams may put items **under** their tables (i.e. equipment and coolers). Teams can work from both sides of the tables. They must stay in the designated cooking area.
19. Participating teams will provide one (1) presentation copy of the menu. **It is required that the menu be framed and professionally displayed** on the team's table during the competition. The menu will be moved to the display area with the second plate after the team has completed their event.

GOURMET RATING SHEET

Judge's #

Contestant Number

Contestant Start Time

End Time

EVALUATION CRITERIA	Poor	Fair	Good	Very Good	Excellent	Score	Comments (Required)
Team Presentation/Work Skills							
Team Appearance Including but not limited to: <ul style="list-style-type: none"> • Chef coat or apron • Dress clean and presentable • Chef hat or hair covering • Closed-toe shoes 	1	2	3	4	5		
Work Organization/ Cooperation 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 distribute • Proper time management 	1	2	3	4	5		
Ability to Work Together Including but not limited to: <ul style="list-style-type: none"> • Team cohesiveness • Communication • Professionalism 	1	2	3	4	5		
Safety and Sanitation							
Follows Safety and Sanitation Procedures Including but not limited to: <ul style="list-style-type: none"> • Personal hygiene • Proper knife safety • Proper use & handling of food contact surfaces 	1	2	3	4	5		
Work Area Cleaned Including but not limited to: <ul style="list-style-type: none"> • Work area cleaned in appropriate time frame 	1	2	3	4	5		

Team Skills							
Proper Cooking Procedures Including but not limited to: <ul style="list-style-type: none"> • Appropriate cooking method for product used • Cooking procedures done in a timely efficient manner • Proper amount of product for recipe requirements • Effective use of remaining product 	1	2	3	4	5		
Proper Use of Equipment and Tools Including but not limited to: <ul style="list-style-type: none"> • Proper pans for intended use • Proper tools for Intended use 	1	2	3	4	5		
Product Taste							
Product Taste – Starter A subjective category based on the judges' preference.	1-2	3-4	5-6	7-8	9-10		
Product Taste - Entree A subjective category based on the judges' preference.	1-2	3-4	5-6	7-8	9-10		

Finished Product							
Degree of Difficulty Including but not limited to: <ul style="list-style-type: none"> ● Creativity ● Complicated techniques (i.e., homemade pasta, spun sugar bowl, etc.) 	1	2	3	4	5		
Appearance Including but not limited to: <ul style="list-style-type: none"> ● Balance of color ● Shape ● Texture ● Portion Size 	1	2	3	4	5		

Penalties:

Finishing late – 1 point per minute

Starting early – 1 point per minute

Verification of Total Score (Please Initial):

TOTAL OUT OF 65 POINTS POSSIBLE: _____

Score Keeper #1 _____

Score Keeper #2 _____

Judges (Please initial after rating event) _____