



2015 North Carolina ProStart Invitational®

Culinary Competition Procedures and Rules

Participating teams, educators and mentors 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 at the Opening Ceremony will focus on introduction of judges and schedule highlights. Competition rules will not be reviewed during the Orientation. Questions regarding competition rules should be sent to Ranita Bullock at rbullock@ncrla.org prior to arrival at the North Carolina ProStart Invitational in Durham.

2015 North Carolina ProStart Invitational Procedures and Rules

Table of Contents

General

Eligibility	3
General Disqualifications	3
Final Scoring	4
Schedules	4
Questions.....	4

Culinary Competition

Purpose	5
Uniform	5
Role of the Alternate.....	5
Scoring	6
Competition Flow	6
Menu Planning & Preparation for Competition	6
Menu & Recipe Presentation	8
Product Check-in	9
Station Pre-Set	10
Knife Skills/Poultry Fabrication	11
Production Mise en Place	13
Meal Production	13
Station Clean-up	14
Penalties	14
Culinary Specific Disqualifications	15
Event Personnel	15
Attendees	15
Exhibit A – Recipe Example	16
Exhibit B – Recipe Cost Example	17
Exhibit C – Menu Price Example	18
Exhibit D – Culinary Menu, Costing Folder Outline & Checklist	19
Exhibit E – Sample Culinary Competition Rating Sheet	20
Awards, Medals and Trophies.....	24

Eligibility

All high school students, currently enrolled in a program through their high school using the ProStart curriculum, that have been approved to compete in the North Carolina competition by the North Carolina Restaurant and Lodging Association Hospitality Education Foundation's (NC HEF)-recognized Coordinator of the ProStart program in their state or territory are eligible.

1. Participating teams will consist of two (2) to four (4) team members plus one (1) alternate.
2. Students may compete for only two years (attend two North Carolina ProStart Invitationals as a competitor). During those two years, they may compete on the culinary and/or management teams.

General Disqualifications

1. Teams must attend a required orientation meeting on Monday, March 23, at a place and time designated by the Event Organizers. Teams must attend the orientation or they will be disqualified. The only exception made will be for travel delays beyond the control of the team.
2. Teams 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. Teams 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 team. **The determination of what constitutes coaching or communications is solely at the discretion of the NC HEF 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 or in activities or locations related to the event. Should such alleged misconduct come to the NC HEF's attention, the matter will be investigated, as the NC HEF deems appropriate. Any decision as to appropriate action due to misconduct, up to and including disqualification, is at the sole discretion of the NC HEF 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 North Carolina 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/Poultry Fabrication, Meal Production and Station Clean-up. Failure to compete in any segment of the competition will disqualify the team.

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.

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. The management schedule will include assigned Verbal Presentation, Visual Display and Critical Thinking times. All schedules are subject to change.

Questions

All questions regarding the North Carolina ProStart Invitational and its individual competitions should be addressed to Ranita Bullock at rbullock@ncrla.org. No questions should be addressed to representatives of its partners or sponsors.

2015 Culinary Competition

Purpose

Participating teams will demonstrate their culinary knowledge, skills, and creative abilities during the competition through demonstration of skills mastery and the preparation of a meal consisting of (i) a starter (such as soup, salad, or appetizer); (ii) an entrée, consisting of protein, vegetable, and starch; and (iii) a dessert. Their performance during the event will be observed and rated by judges from the foodservice industry, colleges and universities. This competition is designed for students capable of high-level food preparation. 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 curriculum.

Uniform

The team must present a uniform appearance. All team members are required to wear appropriate apparel consisting of white chef coats, checkered or black pants, non-porous, closed toe, non-slip hard sole black shoes and the apron and hat. **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 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 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 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 Set-up, Knife Skills/Poultry Fabrication, Production Mise en Place and Cooking segments, the alternate must stay on the outside of the L of the tables, and may not touch any equipment, food, or any other item on the table or production area. 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 will be 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. There are no provisions for teams without an alternate.

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 and the culinary competition coordinator. 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, led by the culinary competition coordinator, 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

Station Set-Up (15 Minutes)
Knife Skills/Poultry Fabrication (15 Minutes + 5 Minute Critique)
Production Mise En Place (20 Minutes)
Cook (60 Minutes-can present up to 3 minutes early)
Skills & Organization Critique (10 minutes)
Judge's Tasting Critique (7 Minutes)
Recipe & Menu Critique (5 minutes)
Station Clean-Up (20 Minutes)
Sanitation Critique & Dismissal (5 Minutes)

1. Feedback for the Product Check-in, Knife Skills/Fabrication, 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. **No cell phones, tablets, or communication devices are allowed on the competition floor.** Teams are allowed to bring a recording device to record the critique and feedback sessions. **The device must be given to the team's timer during the competition segments, and may only be used during critique times.** Teachers and mentors will be allowed to be present only during the Tasting and Menu critique sessions.

Menu Planning and Preparation for Competition:

1. 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.

2. 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.*
3. The workspace will consist of two (2) eight-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. Teams will be provided one speed rack and four (4) full size sheet pans. Ice will be provided for each team during the competition. Running water will be available prior to and after the competition only.
4. Table risers that will raise the tables seven (7) inches will be provided by Event Organizers on request. Only risers provided by Event Organizers may be used during the competition. The use of table risers is optional.

The team must request table risers on the event registration form. If the team requests table risers, the station will be set-up with table risers when the team arrives to do Station Pre-Set.
5. No electric or battery-operated equipment may be used with the exception of electric timers or clocks, thermometers and digital scales.
6. The only heat sources allowed will consist of two butane burners. Event organizers will provide two Iwatani Model 35FW 15,000 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.
7. Molecular gastronomy in the competition:
 - Use of liquid nitrogen, referred to as “flash-freezing” is not allowed.
 - Spherification, foams, and meat glue (transglutaminase) are allowed.
8. **During the Station Pre-Set and Knife Skills/Poultry Fabrication segments the station tables will be skirted and covered with a tablecloth. One table will be covered with plastic for the poultry fabrication. Upon completion of the Knife Skills/Poultry Fabrication segment the team will remove and discard the plastic cover. Covering tables with plastic or plexiglass for the cooking segment is not allowed.**
9. Each participating team will prepare two (2) identical meals of their choice, garnished and served appropriately. 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 tasted by the judges and one meal used for display.

10. Participating teams must bring all ingredients necessary to prepare the food they have selected. Event Organizers will supply a list of local stores where items can be purchased. Teams may bring pre-measured dry goods (flour, sugar, salt, etc.), as well as butter and oil. Follow your state or 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. Event Organizers will supply all serving dishes. Teams may only use dishes and glassware provided by Event Organizers, no exceptions. (*See Penalties*). The emphasis here is on simple plate presentation. Dish dimensions/specifications will be provided prior to the event.

Menu and Recipe Presentation

1. Participating teams must bring five (5) copies of the menu (a simple, typed menu with menu prices printed on an 8 ½ x 11 sheet of paper) and five (5) copies of a color photo of each plate being prepared for their meal presentation (printed on an 8 ½ x 11 sheet of paper – 1 plate color photo per page). Final plates presented to the judges will be compared to the color photo provided.
2. Participating teams must bring five (5) copies of all recipes for their meal presentation. Typed recipes must be submitted on the official recipe worksheet (*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.*
3. Participating teams must bring five (5) copies of all recipe costing sheets for their meal presentation. Recipe cost must be calculated for each individual recipe, typed and submitted on the official costing worksheet 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 1, Chapter 4, pg. 258 for more information. (See Exhibit B for recipe cost example and Exhibit C for a menu price sheet example).*
4. Teams will bring five (5) copies of the menu price sheet. There should be one menu price worksheet for each course, 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. For example, if the menu price is calculated to be \$7.67 it will be acceptable to have a price of \$7.95 on the presentation menu. However, the final calculation before rounding must be indicated on the costing template. Total menu price for all three courses combined may not exceed \$75.00 after applying the 33% food cost percentage. *Refer to Foundations of Restaurant Management & Culinary Arts Level 2, pg. 483, and the menu pricing example in Exhibit C for details on menu pricing.*

5. Teams will prepare five soft bound folders with the school name and state clearly shown on each cover and each containing a copy of the menu with prices, color plate photographs, recipes, recipe costing, and menu pricing will be given to the judges at Product Check-in. *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.* If you would like your folders returned, they can be picked up at end-of-day on the team's day of competition. NC HEF will retain one copy of the folder from each team. Any folders not picked up at the end of day/end of competition will be discarded.
6. Participating teams will provide one (1) copy of a presentation menu. It is required that the menu be framed and professionally displayed on the team's table during competition and then moved to the display area with the team's display plates. The school name and state must be clearly identified on the menu. Teams are responsible for collecting their presentation menus from the display area by end-of-day on the team's day of competition. Event Organizers are not responsible for any menus not collected by end-of-day on the team's day of competition.
7. 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.

Product Check-in

1. Product Check-In is part of the evaluation process and results of the check-in will be entered on the score sheet for the team. 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. Hand washing stations will be available in the Product Check-in area.
2. Neither event nor hotel 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. Product Check-in times will be assigned 20-minutes prior to competition Pre-Set time. Once an item has been checked in it cannot be retrieved until the team's assigned competition Station Pre-Set time. Additional refrigeration space will not be provided.
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.
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, with the exception of stock and clarified butter. (See *Penalties*).
Prior preparation of stock necessary for the completion of final product is permissible. Stock is a flavorful liquid made by gently simmering bones or vegetables to extract their flavor, aroma, color, body, and nutrients.
Demi-glace, reductions, and sauces made prior to the event are not 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 time.
8. Should travel delays arise, and as a result a team is unable to check-in their ingredients during the times allotted the team must contact their state ProStart Coordinator. This will be handled on an individual basis.
9. During Product Check-in, teams, **educators and/or mentors** will have the opportunity to review the dishes they ordered for their meal presentation. It is the team's responsibility to review these dishes at that time. Event personnel will be present with the original order forms the team submitted to double check the order. Dishes will be issued when the team arrives for Station Set-up.
10. 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.
11. Feedback for Product Check-in will occur immediately following each team's check-in.

Station Pre-Set

1. The team will have fifteen (15) minutes to pre-set their station for the Knife Skills/Poultry Fabrication segment. This pre-set includes:
 - Organization of equipment to allow an unobstructed work area and judging for Knife Skills/Poultry Fabrication
 - Ice perishable products of any type for proper food safety
 - Set cutting boards, knives, etc. required for Knife Skills/Poultry Fabrication (including preparation of solutions for keeping cut vegetables/fruits properly after cutting and ice for chicken holding)
 - Obtain chicken, ice, water and sanitizing solution from kitchens
2. Station Pre-Set does not include full organization of equipment for production or further mise en place of station or food for production.
3. During the Station Pre-Set the teams are allowed to:
 - Place all equipment and food containers to allow free movement of team members and judges.

- Set one table for poultry fabrication and one for knife skills
 - Set cutting boards
 - Place knives
 - Set containers (can be iced) to hold poultry before and after cutting
 - Set containers for cut vegetables (can be iced or acid bath)
 - Set waste containers
 - Place chickens and vegetables
- Leave station to wash chickens and vegetables
- Leave station to obtain:
 - Water
 - Ice
 - Sanitation solution
- Go to restroom

Team is NOT allowed to:

- Talk to any spectators, coaches, educators, or mentors

4. The timer will notify the team when the Station Pre-Set segment time ends and the Knife Skills/Poultry Fabrication segment time begins.

Knife Skills/Poultry Fabrication

1. Each team will have fifteen (15) minutes to complete the Knife Skills/Poultry Fabrication portion of the competition.
2. Two (2) team members will be randomly selected for poultry fabrication and each will independently fabricate one chicken (provided by Event Organizers). The remaining two (2) team members will execute two (2) each of the four (4) required 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, one will be selected to fabricate and two to do knife skills. Should the team have two members one will fabricate and one will do knife skills.
3. When all of the team's work has been judged and critique is complete the team may break down and clean the station and place table clothes in preparation for Production Pre-Set.
4. The timer will notify the team when the Knife Skills/Poultry Fabrication segment time ends and the Feedback time begins. Judges will have five (5) minutes to offer feedback on the Knife Skills/Poultry Fabrication segment. This feedback will occur at the team station.

Knife Skills portion of this segment:

5. The team will select four (4) of the **eleven (11)** knife cut options listed below (with corresponding dimensions) for competition. *See Foundations of Restaurant Management & Culinary Arts Level One pgs. 585-58 for more information. See also Level 1, chapter 5 knife cut reference sheet.*
 - a. **Rondelle: ¼" thick disc shaped slices**
 - b. **Diagonal: ¼" 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. **Tourne: football shape, $\frac{3}{4}$ " diameter, 2" long, seven equal sides and flat ended**
6. The team will present to the judges a printed list of the four (4) cuts they selected to execute. The judges will randomly assign two of the knife cuts submitted by the team to each of the selected students for independent execution.
 7. 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.
 8. There is NOT an exact amount of product required to be provided by the teams, although there MUST be enough product for the judges to evaluate.

Poultry Fabrication portion of this segment:

1. **Each of the selected students will be required to independently fabricate one (1) whole chicken into 6 pieces not including carcass and wings: (2 boneless, skin-on breasts with first joint of wing bone attached and frenched, 2 boneless, skin-on thighs, 2 drumsticks). The remaining wings and full carcass must be displayed. Refer to *Foundations of Restaurant Management & Culinary Arts Level 2, Chapter 6, pgs. 383-384.***
2. The team may use part or all of the fabricated chicken in their meal preparation, but it is not required. If the team chooses not to use it, the Event Organizers will have another use for the poultry.
3. At completion of fabrication, each student's chicken is to be displayed on their own cutting board with all waste and the carcass. There is to be no combining of waste or cuts until all judging of the fabrication is declared complete by the judge/s.
4. The fabrication will be judged on skill and technique, not on level of difficulty. Sanitation and safety will be strictly evaluated.

Example of Knife Skills/Poultry Fabrication Student Distribution

1. *Team consists of Terry, Caroline, Denise and Mike*
2. *The team selected chiffonade, brunoise, medium dice and paysanne as their four knife cuts*
3. *At the competition, the judges will randomly assign that:*
 - *Terry and Denise will fabricate the chicken*
 - *Caroline will execute brunoise and paysanne*
 - *Mike will execute chiffonade and medium dice*

Production Mise en Place

1. The team will have twenty (20) minutes to pre-set their station for the meal production segment.
2. 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
3. During Production Mise en Place, teams will be allowed to:
 - Wash vegetables
 - Set their station
 - Obtain water from the kitchen
 - Obtain sanitizing solution from kitchen (provided by Event Organizers)
 - Measure dry and liquid ingredients
4. The timer will notify the team when the Production Mise en Place segment time ends and the Meal Production segment time begins.

Meal Production

1. During the competition, final meal production must be completed in a sixty-minute time period that includes plating. 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. Event personnel will keep and display the official time.
2. A team is considered done when the food is plated, on the service trays, 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 seven (7) minute feedback session. Teachers and mentors may accompany the team.

6. Teams will proceed to the menu and recipe judges for a five (5) minute feedback session. Teachers and mentors may 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 twenty (20) 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 in 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 $\frac{1}{4}$ to 10 points. One quarter point for each 15 seconds up to 10 minutes. After 10 minutes the team is disqualified.
4. Team uses pre-prepared ingredients:
Deduction of 5 points.
5. Team does not produce two (2) identical meals:
Deduction of 2 points. There should minimal variance between the two (2) prepared meals.
6. Team uses dishes/glassware other than those provided by Event Organizers:
Deduction of 5 points.
7. Team did not submit folders with menu, photograph, recipes and food costing at Product Check-in:
Deduction of 2 points.
8. Replacement product did not meet requirements and was discarded:
Deduction of 3 points
9. Teams do not utilize knife cuts in final plates:
Deduction of 2 points
- 10. Alternate touches or handles any equipment or food when not allowed.
Deduction of 5 points.**

Culinary Specific Disqualifications (see additional General Disqualifications on page 3)

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 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 (NC HEF staff members)
2. Timekeepers, personnel designated and trained by the NC HEF, who are charged with keeping the official time for assigned teams during all segments of the competition.
3. Judges from colleges/universities and the restaurant and foodservice industry. There will also be one lead judge.
4. 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)
5. Judges will cover the following categories. (See *Exhibit E for sample Culinary Competition Rating Sheet*).

Product Check In:	4
Knife Skills	3
Poultry Fabrication	2
Team Presentation/Work Skills/Org.:	4
Safety and Sanitation:	4
Product Taste and Finished Product:	9
Menu and Recipe Presentation:	2

Attendees

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

Exhibit A

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 Jones

Menu Item	Stuffed Won Tons		
Number of Portions	2	Portion Size	3 oz
Cooking Method	Baked		
Recipe Source	Class Developed		

Ingredients	
Item	Amount
Cream Cheese	8 oz
Powdered Sugar	2 oz
Vanilla	.5 oz
Won Ton Wraps	8
Oil for frying	16 oz
Salt and pepper	To taste
Cinnamon for dusting	To taste

Procedure
Procedure written in practical order.

Source:

Exhibit B

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 Jones
Menu Item	Stuffed Won Tons
Number of Portions	2

Ingredients		Ingredient Cost	
Item	Amount	Unit Cost	Total Cost
Cream Cheese	8 oz	\$1.30/lb	\$0.65
Powdered Sugar	2 oz	\$0.48/lb	\$0.06
Vanilla	.5 oz	\$5.12/qt	\$0.08
Won Ton Wraps	8	.055 each	\$0.44
Oil for frying	16 oz	2%	\$0.025
Salt and pepper, cinnamon	TT	1%	\$0.012

Total Recipe Cost	\$1.267
Portion Cost	\$0.634

Exhibit C

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 Jones
Menu Item	Stuffed Won Ton Appetizer
Number of Portions	2

Item	Portion Cost
Stuffed Won Tons	\$0.634
Caramel Sauce <i>(this recipe would be on separate recipe and costing sheets)</i>	\$0.33

Total Item Portion Cost	\$0.964
Item Menu Price at 33% Food Cost	\$2.921 Menu Price \$2.95

Exhibit D

Culinary Menu, Costing Folder Outline and Checklist Present at Product Check-In

Five folders, each containing

- School Name and State on cover

- Menu with Prices (simple typed menu 8 ½ x 11)

- Plate Photographs
A separate color photograph for each course
Photographs printed on 8 ½ x 11 pages

- 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 Competition Rating 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	
Poultry Fabrication						
Poultry Fabrication <ul style="list-style-type: none"> • Accuracy • Safety • Waste 						
Competitor 1	1	2	3	4	5	
Competitor 2	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 (provided) • 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	

<p>Proper Cooking Procedures Including but not limited to:</p> <ul style="list-style-type: none"> • Appropriate cooking method for product used • Required cooking techniques used minimum of two cooking methods from the following list: Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté • 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 	1	2	3	4	5		
<p>Degree of Difficulty 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 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 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 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.	_____ Team used dishes/glassware other than those provided by Event Organizers. 5 points.
_____ Team did not compete in each segment.	_____ Team food did not pass temperature danger zone/stored/transported by final deadline. 3 points.
	_____ Team did not submit folders with menu, plate photographs, recipe and recipe costing at Product Check-in. 2 points.
	_____ Team did not utilize knife cuts in final plate presentation. 2 points
	_____ Alternate handled equipment or food during competition. 5 points

Awards, Medals and Trophies

To honor ProStart competitors, awards will include; A Culinary Hospitality Cup, a Management Hospitality Cup and individual team medals to the teams that score the most points in the individual competitions. There is no “overall winner”.

First place teams in Culinary Arts and Management, per NC HEF invitation, will represent North Carolina at the National ProStart Invitational in Anaheim, California on April 18-20, 2015. The NC HEF will contact the winning teams with full details.