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National Restaurant Association
Educational Foundation

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Preparing Students for Culinary Competition

2018



Overview and Rules

- Team members
- Equipment
- Menu
- Timeframe
- Areas of Evaluation
- Disqualifications
- Penalties
- Tips

Team members

- All team members must be currently enrolled in a ProStart Program
- Teams have 2 to 4 members with one (1) optional team manager
- The team manager is allowed to be used in case of injury/illness
- All members must participate in the execution of the menu

Alternate/Team Manager

- 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.

Team Manager

- During the Production Mise en Place and Cooking segments, the alternate/team manager 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/team manager is allowed to taste food during the competition.
- The alternate/team manager 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.

Team Manager

- The alternate/team manager 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/team manager 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.

Equipment

- Students will cook on two portable butane burners
- No electric powered equipment is allowed
- Teams will provide all small utensils, cutting board, cookware, gloves and small hand tools
- Cloths for competition and clean up
- One framed presentation menu for display on competition floor

Menu

Prepare two (2) identical three course meals,
garnished and served appropriately

- Starter- appetizer, salad or soup
- Entrée-
 - Center of the plate item: 4-6 oz suggested
 - Accompaniments such as starch or vegetable: 2-3 oz
 - Sauce
- Dessert

Competition Flow

Report to Product Check in (30 Minutes)



Team & Menu Introduction (5 Minutes)



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 (10 Minutes)



Recipe & Menu Critique (5 minutes)



Station Clean-Up (20 Minutes)



Sanitation Critique & Dismissal (5 Minutes)

Areas of Evaluation

- Product Check-In
- Knife Skills
- Proper Cooking Procedures
- Team Presentation / Work Skills / Organization
- Safety and Sanitation
- Product Taste / Finished Product
- Menu and Recipe Presentation

Product Check-in

- Ingredient/packing lists in a plastic sleeve attached inside each cooler or bin
- Proper Temperature
- Check temperature of foods prior to check-in
- Pack items in coolers properly – layers and in their original packaging or wrapped properly
- Have a thermometer in your coolers
- Students should be prepared to answer questions
- Uniform & personal hygiene, including handwashing

Product Check-in

- Proper Packaging
- Separate coolers for protein and non-protein if possible
- Label everything using a dark permanent marker
- No leaky packaging
- Delicate items protected
- Teams staying overnight will have access to the kitchen refrigerator the night prior
- Review page 12 regarding permitted ingredients

Team & Menu Introduction

- Each team will verbally present their menu to the judges- 5 minutes
- Team should tell what each member will be executing during the competition
- Describe the courses
- Explain design of menu
- Team Manager may full participate during this section

Mise en Place

- Teams have 20 minutes to pre-set their station for meal production
- Allowed
 - Get water & ice from kitchen
 - Obtain sanitizing solution
 - Measure dry and liquid ingredients
 - Wash produce
- Not Allowed
 - Heat water/liquid
 - Marinate food
 - Perform any knife work
 - Marinate food or cook any items
 - Mix any ingredients

Knife Skills

Teams must demonstrate four of the eleven available cuts during cooking competition time.

- Rondelle ($\frac{1}{4}$ " thick discs)
- Diagonal ($\frac{1}{4}$ " thick ovals)
- Batonnet ($\frac{1}{4}$ " x $\frac{1}{4}$ " x 2")
- Julienne ($\frac{1}{8}$ " x $\frac{1}{8}$ " x 2")
- Large Dice ($\frac{3}{4}$ " x $\frac{3}{4}$ " x $\frac{3}{4}$ ")
- Medium Dice ($\frac{1}{2}$ " x $\frac{1}{2}$ " x $\frac{1}{2}$ ")
- Small Dice ($\frac{1}{4}$ " x $\frac{1}{4}$ " x $\frac{1}{4}$ ")
- Brunoise ($\frac{1}{8}$ " x $\frac{1}{8}$ " x $\frac{1}{8}$ ")
- Paysanne ($\frac{1}{2}$ " x $\frac{1}{2}$ " x $\frac{1}{8}$ ")
- Chiffonade
- Tourne

Knife Skills

- Four cuts are to be distributed evenly to team members (see pg14)
- Complete knife skills form for judges (pg22)
- Make sure your knives are sharp
- Minimize waste; Consistency of cuts
- Match the cuts to the skill level of your team
- Knife cuts must be demonstrated on fruits, vegetables, and herbs only

Team Presentation/Work Skills/Organization

- Clean and pressed uniforms
- Teams uniforms must be identical. Look and perform as a team
- Proper shoes-Closed toe, non slip
- Restrain hair
- Leave the jewelry at home!

Team Presentation/Work Skills/Organization

- Have a team plan
- Master skills required for individual tasks
- Have everyone contribute and work
- Communicate!
- Be and act like professionals
- Practice and perform proper time management

Team Presentation/Work Skills/Organization

- Use appropriate method for product
- Employ at least two of the required technique
Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté
- Use proper amount of product
- Have a plan for all waste and extra product

Team Presentation/Work Skills/Organization

- Use commercial quality cookware and equipment whenever possible
- Use proper size pan for task
- Use pans and other vessels appropriately
- Use proper tools

Safety and Sanitation

- Practice proper personal hygiene
- Handle knives safely
- Be conscious of open flames
- Keep station clean
- Ensure sanitation solution is at proper strength

Safety and Sanitation

- Demonstrate proper glove use
- Control temperature at all times
- Store food properly throughout competition
- Be aware of cross contamination
- Don't let food safety lapse at plating time

Safety and Sanitation

Keep station clean
Leave it clean for the next team

Product Taste

- Keep it simple
- Taste, Taste, Taste
- Choose seasonal items if possible
- Ensure product is readily available
- Use the freshest ingredients possible
- Match cooking techniques to the dish

Product Taste

- Fundamentals properly executed will shine
- The students should drive the menu
- Consult with a mentor
- Match menu items to skill level of the team

Finished Plates

- Be creative within reason
- Master techniques
- Don't try something you are not comfortable doing
- Show the judges what you know, be ready to answer questions
- Scratch cooking whenever possible

Finished Plates

- Use a variety of colors, shapes and textures
- Keep it simple
- Use correct portion size
- Use appropriate plate, bowl, etc.
- Pick plates will be evaluated for tasting versus display

Menu and Recipe Presentation

- Five (5) softbound folders with school name to be turned in at product check in
- Make sure it's typewritten (Deliverables- Exh B)
- Use the provided templates (pgs 19-21)
- Check your math and spelling **many** times
- Have costs within guidelines
- List all sources and acknowledge contributors

Penalties and Disqualification

Most common issues

- Team received any type of coaching during the event = DQ
- Station left in unsanitary manner 3 pts
- Finishing late – $\frac{1}{4}$ point per 15 seconds. $\frac{1}{4}$ -10 pts
After 10 minutes team is disqualified
- Team used pre-prepared ingredient 5 pts
- Team did not use knife cuts in final plate presentations 2pts

Top 5 Mistakes Teams Make

1. Lack of Practice
2. Menu Not Appropriate for Skill Level
3. Improper Time Management
4. Lack of Basic Understanding of Food
5. Lack of familiarity with Format and Pressures

Top 10 Things Winning Teams Have Done

1. Practice Time Management
2. Videotape Practice Sessions
3. External Evaluation of Practice Session Performance
4. Practice Simulates Competition Conditions
5. Perfect Fundamental Skills

Top 10 Things Winning Teams Have Done

6. Don't Overreach on Skill Level
7. Cross Train Team Members
8. Team Cohesiveness – Sense of Mission
9. Concentrate on Skills and Flavor
10. Purchase Freshest Ingredients Possible

Good Luck to All



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