

The ACF Chef's De Cuisine Association of St. Louis Inc.

Presents

Sysco Buckhead Challenge

St. Charles Convention Center

September 22, 23, 2008

Sponsors for this year's event

Sysco St Louis

Buck Head Beef

Dear Chef Competitor,

The competition is open to all Chefs. There will be a Two-Chef challenge, Contemporary “K1-9” Single Chef and a Cold food salon.

The number of slots available will be limited for each competition and will be allocated on a first completed paid entry basis.

The cost is:

Two Chef challenge	\$300.00 per Team
Contemporary “K1-9” Single Chef	\$100.00 per Chef
Cold Food Salon	\$100.00 per Chef

Two-Chef Challenge Prize money will be:

1 st place	\$2,000.00
2 nd place	\$1,000.00
3 rd place	\$500.00

If you would like more details and an entry form please contact Chef Brian Hardy C.E.C. at 314-372-2264 or bhardy@thegatesworth.com

Please read the enclosed information carefully. This will be an ACF sanction culinary salon and medals will be awarded. The decision of the judges is final.

The Awards Ceremony will be held Tuesday, after the Two-chef challenge at approximately 4:00 p.m. This will include the awarding of the medals

Two Chef Challenge

Basic Rules and Guidelines

On the Two-Chef challenge each team will need to prepare a four course menu in which the protein for the entrée will be either (choose one) **to be determined**. The menu should include starter, soup or salad, entrée with appropriate garnishes and dessert.

Competitors should report to the show committee at least 60 minutes before starting time.

Teams will compete in four identical kitchens that will contain:

- Six burner electric stove
- 2 six foot stainless tables
- 1 single door refrigerator
- 1 hand sink
- 1 convection oven
- 1 speed rack
- Outlets will be 110 volt (220 volt is not available)

Each Team will present to the show committee five sets of their menus along with their recipes. Teams should have their recipes pre-scaled for inspection upon arrival.

Teams will have 30 minutes for product check-in and kitchen set-up, 2 ½ hours to cook, and 30 minutes for plate up.

Each team will be responsible for supplying all products necessary to complete the chosen menu.

Each team will be responsible for all china, small wares and other items necessary to complete assignment other than those stated.

All ingredients are to be brought in the raw state to the competition site and will be checked thoroughly by the floor judge. No finished sauces are allowed, however prepared stocks will be allowed. Ice cream and sorbet bases may be brought to be frozen at the competition site. Puff pastry and phyllo pastry will also be allowed in a prepared state.

No pre-cutting or crafting of ingredients permitted. Vegetables and salad ingredients may however be washed and cleaned. Shallots, garlic, herbs, and mirepoix can be brought in chopped.

The competition committee will provide water, ice and four electrical outlets per team.

Cold Food Salon

Category A - Cooking, Professional and Student:

Show platters need to be a minimum of eight (8) portions on the platter and one portion on a display plate.

The competitor must demonstrate at least, two protein items, two garnishes, one salad, and the appropriate sauce.

[Select One - All items must be properly glazed]

A-1 Cold Platter of Meat, Beef, Veal, Lamb, or Pork

A-2 Cold Platter of Fish and, or Shellfish

A-3 Cold Platter of Poultry

A-4 Cold Platter of Game

A-5 One cold hors d'oeuvres selection, with a minimum of 8 varieties, served with appropriate sauces and garnishes

Category B -- Cooking, Professional and Student:

[Select one - All items must be properly glazed]

B-1 Six different cold appetizer plates.

B-2 Six different hot appetizer plates presented cold.

B-3 One 5 course tasting menu gastronomique for one person, prepared hot and presented cold, comprising of two appetizers, one consommé, one salad and one entree all within proper tasting portions and contemporary presentations.

B-4 One restaurant platter for four persons prepared hot but displayed cold and one vegetarian platter for two prepared hot but displayed cold.

A gastronomique menu implying a special and unusual occasion not occurring often, or referring to a contemporary style of fine dining tasting menu. The theme should be carried through all dishes.

Category C - Patisserie/Confectionery, Professional and Student:

To complete this category, all requirements must be displayed (all exhibited pieces must be made of edible materials).

[Select one]

C-1 Decorated Celebration cake - sugar paste, rolled fondant or royal icing.

Celebration cake can be any shape with a maximum display area of 15x15; no dummy cakes are permitted.

C-2 One buffet platter of fancy cookies, chocolates, or petit fours (platter must be made up of 8 varieties, 8 portions each) with one plate for tasting

C-3 Six different individual hot or cold desserts (must be prepared as an individual plated serving). All shown cold.

C-4 Wedding cake - a wedding cake must be a least three tiers with a maximum display area of 36" x 36"; no dummy cakes are permitted.

C-5 Novelty Cake - an imaginative creation in shape and design; cake and decorations must be edible.

Contemporary “K” Category Guidelines

Category K -- Practical and Contemporary Hot-Food Cooking:

Individual competitors fabricate and prepare a finished product based on the following main course categories. Competitors are to prepare four portions on all K categories, with 60 minutes to fabricate and cook the menu and five additional minutes for plating.

K-1 Rock Cornish Game Hen, Chicken or Duck: Fabricate and cook a 1 to 1 pound Rock Cornish game hen or a 2 to 2 pound chicken or a 5 to 6 pound duck, using the whole or part of the bird.

K-2 Bone-In Pork Loin: Fabricate and cook to specification. Other pork cuts may be included in the dish.

K-3 Bone-In Veal Loin or Rack: Fabricate either choice and cook to specification. Other veal cuts may be included in the dish. Chine bone only may be removed from the rack before the competition.

K-4 Bone-In Lamb Loin or Rack: Fabricate either choice and cook to specification. Other lamb cuts may be included in the dish. Chine bone only may be removed from the rack before the competition.

K-5 Game Birds: Choices of game birds can be 1 to 1 pound pheasant, quail(s), squab(s), partridge(s), or up to 2 pound guinea fowl. Game birds must be fabricated during the competition and cooked as the recipe states.

K-6 Bone-In Game: Venison and Antelope, Racks or Loin: Fabricate either choice and cook to specification. Other game cuts may be included in the dish. Chine bone only may be removed from the rack before the competition.

K-7 Whole Rabbit: Fabricate and cook to recipe specifications, using the leg and at least one other cut.

K-8 Live Lobster: Using 1 to 2 pound lobsters to fabricate and cook to recipe specifications. Other crustaceans/ mollusks may be incorporated with this, or other categories, also.

K-9 Fish: Fabricate a 2 to 2 pound flat or round fish. Fish can be eviscerated and scaled, but the head must remain on when brought in. Prepare as recipe specifies.

General Rules and Guidelines
(Applicable to all the above contemporary categories.):

- ❖ Competitors must provide recipes, all ingredients, and a complete diagram or a clear, close-up, color photograph of the signature dish. Competitors are to provide six copies of their recipes and photographs for the tasting judges.
- ❖ No advance preparation or cooking is allowed. Vegetables can be peeled and salads may be cleaned and washed but not cut or shaped in any form; beans may be pre-soaked. Exceptions are chopped herbs, shallots, garlic, and mire poix.
- ❖ Competitors may also bring proteins pre-marinated, but will be required to demonstrate fabrication of protein and making of marinade.
- ❖ Competitors are allowed to bring in only the whole and raw materials in the amounts stated in their recipes. However, the judges may allow variances in amounts for products that require further preparation (whole fish, meats, etc.). No finished sauces are allowed; however, basic stocks (beef, veal, chicken, vegetable, or fish) may be brought in as necessary for the assignment. No clarified consommés are allowed.
- ❖ Competitors will bring his/her tools, including small ware and plain white china (plates, platters, bowls, etc.) to display the finished dish.
- ❖ All competitors are required to pre-scale their recipes. The following ready-made dough may be brought in; puff pastry and phyllo dough.

Competition Scoring / Critiques

In culinary competitions, there is the preparation of the display and the scoring. But it is the assessment of the work that lies at the heart of the purpose of competitions. There are two areas of assessment: the critique and the score.

In ACF-sanctioned culinary competitions, the critique is delivered by an experienced, trained, approved culinary judge. In the learning process, there is no substitute for a professional, constructive critique, delivered in a manner of teacher to student and with the respect afforded a professional colleague.

Critique sessions are normally held immediately following the judging session and before the opening of the show for public viewing. This allows privacy for the judge and the competitor to discuss the display. Also, by having the critique as soon as possible after the viewing by the judge's panel, the display is still fresh in judges' mind and the critique can be more accurate and helpful. The best critiques are to the point, note both the strong and weak points, and are specific about each. In addition, the judge should offer guidance on what skills and techniques could be built on or further developed. If the competitor is a student; his or her instructor should be present during the critique.

The second area of assessment is the scoring. As the judge's panel reviews a display, points are awarded in several areas and averaged to yield a single score for the display. Based on a possible 40 points, displays are awarded gold, silver, or bronze medals.

The ACF scoring point scale is:

Gold medal 36-40 points

Silver medal 32-35.99 points

Bronze medal 28-31.99 points

Unlike most competitions that may have only one gold medal winner, in ACF-sanctioned competitions, the competitors compete against a standard and not each other. Since a competitor is judged on how his or her display measured up against the standard, there may be many competitors who win the same medal.

ACF medals are awarded to all competitors who score sufficient point levels. A permanent record of every medal awarded is maintained in the ACF national office.

Assessment for Two Chef Challenge and “K” Category

The dynamics of judging category F, hot food competition, are quite different from those when judging the other categories.

In a cold food competition, the judging takes place in an empty hall, except for members of the judging panel, a tabulator, the show chair and several runners. The competitors are absent, as are the public and the media.

The assessment for category F is divided into two areas: kitchen/floor evaluation and service/tasting evaluation. Each of these areas are further divided into five specific areas, which are scored individually. The total possible points (100) is divided by 2.5 to yield a medal score on a 40-point scale

*** Kitchen/Floor Evaluation - (40 possible points)**

5 points -- Sanitation/Food Handling

5 points -- Mise en place/Organization

20 points -- Culinary and Cooking Technique and Proper Execution

5 points -- Proper Utilization of Ingredients

5 points -- Timing/Work Flow

*** Service/Tasting Evaluation - (60 possible points)**

5 points -- Serving Methods and Presentation

5 points -- Portion Size and Nutritional Balance

10 points -- Menu and Ingredient Compatibility

5 points -- Creativity and Practicality

35 points -- Flavor, Taste, Texture and Doneness

Floor Judge Evaluates...

Organization: Table is kept clear of nonessentials, for example, a mixer that may not be needed for the next 30 minutes. Working systematically on one job at a time. Using correct cutting motions and the correct knife for the job. Storing of products – an organized refrigerator, rack cart, knife, and equipment storage. Waste storage - is it useable or not? How the useable waste is stored for future uses. The table is free from debris. Floor spills are attended to quickly. The dish area is not being used as a storage dump. An organized withdrawal from the kitchen, leaving it as clean as it was found.

Sanitation: Cutting boards are scrupulously clean. Knives are sharp. The toolbox/knife bag is clean and sanitary inside. Sanitizing solution is at the right strength, not over or under-powered, and whether it's being used as a washing solution instead of sanitizing a pre-washed area. Are the competitors using towels correctly, for example, not wiping debris off a table and then wiping a knife or a plate with the same towel. Whether competitors are using their aprons as hand wipes. Products are stored at the correct temperature. Gloves are being used when the last contact with food is occurring, for example, plating up. Areas are kept sanitized, particularly during fish to meat to vegetable or dairy transitions. Frequent hand sanitizing.

Work flow: Crossover duties show teamwork. Smooth transitions from one job to another. A logical progression of jobs, for example, avoiding chopping herbs or mincing garlic on several occasions. Proper timing of the menu items.

Cooking techniques and skills: Following classical cooking techniques. The competitor should be using the technique as stated in the recipe, for example, pan frying instead of sautéing or braising with a lid on. Proper technique used to de-glaze a pan rather than simply adding wine or a liquid. Mirepoix browned properly, not just heated. Product roasted correctly and basted as needed, not just placed in the oven. Poached items are not being simmered. Correct method followed in preparing forcemeat. How many different techniques have been displayed.

Butchery and Boning Skills: Efficient and profitable removal of muscle or fish from a bone. Sinew and/or fat removal and correct tying methods will be evaluated.

Timing: Menu items should not be held too long. Do meats have the time to rest. Serving within the five-minute window

Tasting Judges Evaluates...

Serving methods and presentation. Hot food is hot and cold food is cold (including plates). Food is fresh and colorful, visibly seasoned, presented with some height, easy to eat, and pleasing to the eye. Meat/fish slices are even, straight, and evenly shingled. Items are closely placed together to help maintain temperature and keep the plate from resembling a smiling face.

Portion size and nutritional balance: Components of the meal are balanced so that the main item is complemented in size/amount by the accompanying garnishes and/or sauce. The necessary nutritional standards are being adhered to. The protein weight is within the set limits.

Ingredient Compatibility: Ingredient colors harmonize. Ingredient amounts are correctly portioned to give a perfect harmonization.
Have any of the ingredients been duplicated?

Creativity and Practicality: The dish can be produced with comfort for a party of 40. The dish shows a degree of difficulty and creative flair, rather than something copied and overused. If using an old or classical idea, new, creative ideas have been used to transform the dish.

Flavor, taste, texture, and doneness: The stated flavor in the menu and recipe are profound. For example, the duck broth tastes like duck. Doneness temperatures are correct. Stated vegetable cuts are correct. The stated cooking techniques have been applied correctly. The textures correspond to what was implied in the recipe. The flavor of the sauce or vinaigrette reflects what the recipes stated and are of the correct consistency. The correct degrees of caramelization have been shown. It tastes great.

Menu composition and progression of courses: The menu has a thread or a theme running throughout; for example, it is a regional, seasonal, or celebration menu. No courses are out of sync with the menu, such as an Asian-type dish inserted into an American-type menu. In the progression of courses, there should be no erratic or over-dominant flavors that disrupt the flow of the theme. The dishes portray a high level of skill and exactness. The number of different skills employed throughout the menu distinguishes the caliber of the cook(s).

Assessment for Categories A, B, & C

Displays in these categories are scored in specific areas:

Presentation, General Impression -- 5 points

Dishes should be appetizing and tastefully pleasing to the eye, should show no beads or uneven aspic, slices should be moderate, portions correctly calculated and easily accessible.

Glazing & Plate or Platter Design -- 5 points

Composition and Harmony of Ingredients -- 10 points

Display must be nutritionally well-balanced and in keeping with modern trends. Taste and colors should enhance each other, display practical craftsmanship, and should be practical, digestible, and light.

Correct Preparation and Craftsmanship -- 15 points

Classical names should correspond to original recipes and methods of preparation. Preparations must display mastery of basic skills, chosen jellies, and application of cooking methods.

Serving Methods and Portions -- 5 points

Simple and practical, clean and careful serving with no fuss, no over-elaborate or impractical garnishing, plate and platter arrangement that makes for practical serving while maintaining a strong sense of the elegant.