



2025 Michigan ProStart Invitational® March 10th & 11th, 2025

Culinary Competition Procedures & Rules

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

Questions regarding competition rules should be sent to Sarah Metcalf
smetcalf@mrla.org or 517.377.3928 PRIOR to the start of the competition.

2025 Michigan ProStart Invitational Procedures and Rules

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Purpose

Students participating at the Michigan ProStart Invitational (MPSI) will demonstrate their knowledge of, passion for, and creativity in the restaurant industry through the Culinary competition. Participation reinforces the skills and knowledge learned from the ProStart program and the “Foundations of Restaurant Management and Culinary Arts” curriculum.

Eligibility

Students

1. All high school students, currently enrolled in a confirmed ProStart program recognized by the Michigan Hospitality Foundation (MHF) are eligible to compete.
2. Students may participate at MPSI as a competitor for only two years, which may be non-consecutive. For the purposes of MPSI, competitors are defined as active team members (i.e., cooking or presenting) and/or team managers.
3. Students may compete in one or both the Culinary and Management teams in any year. Competing on two teams at any one MPSI counts as one year of competition.

Teams

1. Participating teams consist of two (2) to four (4) student team members and one (1) optional team manager, for a maximum total of five (5) students.
 - a. Each team is permitted to bring one to two educators and one optional restaurant/foodservice industry mentor. Educators and mentors are not considered members of the team, and as such may not communicate with team members from report time through dismissal.

Team Manager

1. The team manager is an important asset to the team but is not required. There are no additional provisions for teams without a team manager.
2. The team manager is considered a part of the team and may not have any verbal or non-verbal communication with anyone outside the competition area.
3. If a team member cannot participate or continue, the team manager may replace that team member with Lead Judge and Event Organizers' approval.
 - a. The replaced team member, or any other competitor, may not return, step in for or replace the team manager. If the team manager replaces a team member, they must stay in the role for the remainder of the competition.
 - b. The replaced team member should leave the station/booth and, at the discretion of the team's educator, may leave the event or may stay and watch as an observer. The replaced member is not permitted to communicate with their team from the moment they are replaced until after dismissal.

In the Culinary competition, the one optional team manager may serve as an expeditor.

- *The team manager may talk to the team at any time and have printed materials such as timelines, recipes or notes to assist in keeping the team on track.*
- *The team manager is not permitted to handle, organize, or prepare anything during Mise en Place or Production segments.*
- *The team manager may taste food throughout the competition. To do so, the team manager must carry their own supply of tasting spoons. Used, disposable tasting spoons may be discarded in the trashcans located on the shared space of the competition floor to avoid interfering with team station.*

Event Personnel

1. Event Organizers: MHF staff members
2. Volunteers: Assigned and trained by MHF to assist with the event
3. Timekeepers: Personnel designated and trained by the MHF, who are charged with keeping the official time for assigned teams during all segments of the competition.
4. Judges: Sourced from post-secondary education and the restaurant and foodservice industry. Lead Judges do not score teams.
 - a. 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). See *Exhibit H for sample Culinary Competition Score Sheet*.

Scoring

1. A maximum of 100 points can be earned by a team during the Culinary competition. Product Check-In is worth five (5) points, Team Presentation/Knife Skills is worth ten (10) points, Work Skills/Organization is worth fifteen (15), Safety and Sanitation is worth fifteen (15) points, the Starter is worth fifteen (15) points, the Entrée is twenty (20) points, the Dessert is fifteen (15) points, and Menu and Recipe Presentation is worth five (5) points.
2. In the event of a tie: the tying teams will each be interviewed by a panel of judges for further insights into their performance. Teams will be asked questions to be answered verbally with regard to the methods, preparation and presentation of their meal. Judges will discuss and make a group determination as to the ranking of final winner(s).

Team Proposal Submissions

To allow officials and judges adequate time to review your menu, an electronic copy must be submitted as one pdf document to smetcalf@mrla.org **no later than February 24th, 2025**. Minor adjustments and corrections to the proposals are allowed, but major changes are not allowed after submission. If there is a question about what constitutes a minor adjustment, please contact smetcalf@mrla.org. A penalty will be issued if the team does not submit as stated above.

To ensure compliance, the proposal requirements and standard for change are included below:

Culinary Proposal Submission	
Proposal Requirement	
Menus, recipes, recipe costing, and photographs for all courses.	
Standard for Change	
Standard for Change	
1. Entrée and Starter:	
a. Protein: The protein or cooking method must change.	
b. Vegetable: The vegetable or cooking method must change.	
c. Starch: The starch or cooking method must change.	
d. Presentation: The presentation must be visibly different from the previous years.	
2. Dessert:	
a. Base (e.g. mousse/Bavarian/tart/cake, etc.): The base must change.	
b. Garnish: The garnish components or processing must change (e.g. raspberry whole v. coulis).	
c. Presentation: The presentation must be visibly different from the previous years.	

Schedules

Competition schedules will be distributed in advance of the event once all teams have been identified. The schedule will include assigned start and finish times for all competition segments. All schedules are subject to change and will be communicated with as much advance notice as possible.

General Disqualifications

1. Teams and all associated competitors must be eligible to compete, as defined by the eligibility terms above. Teams found to be ineligible will be disqualified. Additionally, any individual students found to be ineligible will result in complete team disqualification.
2. Teams must check in by the required time on date of arrival or they will be disqualified. The only exception made will be for travel delays beyond the control of the team with appropriate notice to Event Staff.
3. Competing students 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 with appropriate notice to Event Staff.
4. No team member can receive coaching or any form of communication from anyone, including spectators, educators, mentors, or coaches during the competition from the team's report time until after the competing team completes dishwashing. The determination of what constitutes coaching or communication is solely at the discretion of the MHF and the judges. No warnings will be provided; violations will result in immediate team disqualification.
5. Misconduct including, but not limited to, any nonprescription drug use, alcohol use, unsportsmanlike conduct, or any activity that is illegal under federal, state or local laws at the event, during competition, during unsupervised free time, during supervised competition social activities or in activities or locations related to the event. Should such alleged misconduct come to the MHF's attention, the matter will be investigated as the deems appropriate. Any decision as to appropriate action due to misconduct, up to and including team disqualification, is at the sole discretion of the MHF and is final.
6. Teams must participate in each event segment in the competition, or they will be disqualified. For details on competition segments see the Culinary rules. Failure to compete in any segment will result in team disqualification.
7. By entering into the contest, the student and the team he/she represents accepts all conditions and requirements of the Michigan ProStart Invitational.

General Provisions

Teams will be using tools that may cause cuts, burns or injury if not used appropriately. Proper safety techniques must be followed by all team members. No horseplay or unduly hazardous behavior will be allowed or tolerated. The mentors, teachers, chaperones, and families are expected to ensure that the team members comply with all applicable laws, rules and regulations. Team members shall comply with all other written as well as verbal instructions or warnings provided by the Event Organizers.

What's New for 2025

The following provides a review of information added to the 2025 MPSI rules. Please see below:

General

- Formatting to the rules has been updated to be more comprehensive and address the following:
 - Competition descriptions and rules have been separated to better define components of the competition that are for informational purposes and rules where applicable throughout each competition.
 - The flow of the document is provided in chronological order to better outline what can be expected from preparation through the end of the competition
 - Reduction of repetitive language within the rules to eliminate conflicting interpretations between different sections of the document.
- All Team Manager role information has been moved to the General Competition Overview section of the document
- Event Personnel for each competition has been moved to General Competition Overview section with more context on the standard for judge recruitment and selection
- Scoring has been moved to General Competition Overview section
- The proposal standards for change has been moved to General Competition Overview section
- Team proposal submission information has been moved to the General Competition Overview section with grid
- The general disqualification for a team arriving late to competition has been removed and changed to a penalty of ½ point for each 15 seconds late, disqualification after 10 minutes.

Culinary

1. Team presentation menu requirements have been updated to allow for creative elements and Event Organizers will provide an acrylic frame for all teams
2. Culinary Station Blueprint has been moved up to the Culinary Competition
3. Acrylic frames for presentation menus have been added to the list of materials provided by Event Organizers
4. Competition Segments and Scoring table has been added for quick reference (previously Competition Flow)
5. Pre-measured staple dry goods have been removed from the permitted ingredients section
6. Prohibited equipment has been modified to consolidate heat sources
7. Additional speed racks and hotel luggage carts are clarified in Prohibited Equipment
8. Update to late arrival penalty added to Report to Competition information
9. Team & Menu Introduction has been updated to include presentation of framed menu
10. Production Mise en Place has been updated to clarify that teams may not alter or process any ingredients beyond their original state beyond what is permitted
11. Clarification provided on prohibited cutting guides i.e. no cutting guides for knife cuts. Mandolins are not permitted and have been removed from the rules and added to the prohibited equipment list
12. Knife cuts should be performed and presented within the first twenty (20) minutes of meal production time
13. Observation for state coordinator, educators, and mentors in Tasting & Menu Critique has been moved to the Judge Critiques section (pg. 18)
14. Dishwashing segment is optional (declared at Report to Competition time), but capped at 15 minutes if teams opt in

15. New penalty for the submission of menu items that did not match the submitted proposal or updated dishes that were not approved by Event Organizers
16. Penalties for use of prohibited ingredients and use of prohibited equipment have been separated
17. Pre-prepared has been removed from use of pre-prepared ingredient penalty
18. Use of additional heat source has been clarified in Culinary Specific Disqualification section

2025 MPSI Culinary Competition

Teams demonstrate their culinary knowledge, skills, and creative abilities during the competition through demonstration of skills and the preparation of a unique three-course meal consisting of (i) a starter; (ii) an entrée; and (iii) a dessert. Performance during the Culinary event is observed and rated by judges from the foodservice industry and post-secondary schools. Teams demonstrate their ability to work together while creating and presenting their meal.

1. Each team prepares two (2) identical three-course meals, garnished and served appropriately. One meal is evaluated by the judges for both taste and presentation, and one meal will be used for display. The meal consists of:
 - a. A starter consisting of:
 - i. A first course: soup, salad, appetizer
 - ii. Size appropriate: 4-6 ounces total edible weight
 - b. An entrée consisting of:
 - i. Center of the plate item: 4-6 ounces suggested
 - ii. Two accompaniments such as vegetable and/or starch: 2-3 ounces each suggested
 - iii. Sauce
 - c. A dessert consisting of:
 - i. Something sweet served at the end of the meal
 - ii. Size appropriate: 3+ ounces total edible weight
2. Each meal component should be appropriate to the complete menu. Flavors across the menu should have harmony for the palate. The five characteristics considered for a plated meal will be:
 - a. **Oral:** Flavor, Texture, Temperature
 - b. **Visual:** Color, Shape
3. Teams must bring all ingredients necessary to prepare the menu they have developed.

Preparation for Culinary Competition

Team Proposal Submission (See Exhibit A for Deliverables Checklist)

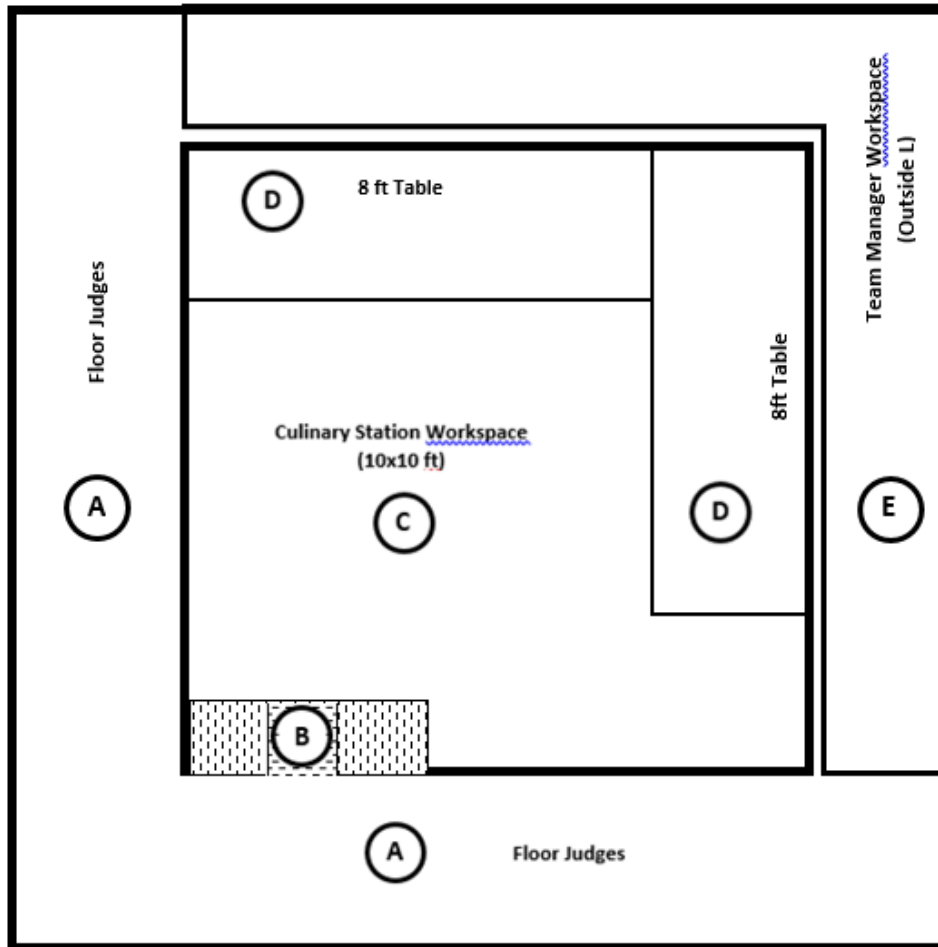
1. Each team prepares eight (8) softbound folders/binders with the team's state and year clearly shown on each cover.
 - a. Do not use plastic pockets to hold pages, as this impedes judges' ability to provide feedback.
 - b. Examples of folder:
 - i. https://www.staples.com/Avery-Flexible-5-Inch-Round-3-Ring-View-Binder-Blue-17670/product_614315
 - ii. http://www.staples.com/JAM-Paper-Plastic-2-Pocket-Eco-School-Folders-with-Metal-Tang-Fastener-Clasps-Clear-6-Pack-382ECCLDD-/product_2329283

2. Each binder/folder must contain a copy of:
 - a. Recipes: all recipes for the meal presentation, typed and submitted on the official recipe template. Acknowledgements and sources must be listed on each recipe in MLA formatting. Must be written in a logical sequence. See *Exhibits B and C for Recipe example*.
 - b. Recipe Costing: all recipe costing sheets for the meal presentation. Recipe cost must be calculated for each individual recipe, typed and submitted on the official costing template. See *Exhibit D and E for Recipe Cost examples*.
 - i. Small amounts of kosher/table salt and black pepper may be priced at 1% of the total recipe cost. Everything else must be costed out.
 - ii. Oil for deep frying may be priced at 2% of the total recipe cost. Everything else must be costed out.
 - c. Menu Pricing: one menu price worksheet for each of the three courses, based on the recipe costs and calculated at a 33% food cost percentage. See *Exhibit F for Menu Price example*.
 - i. Each course on the presentation menu is priced separately.
 - ii. Menu price on the presentation menu may be rounded up after applying the 33% food cost percentage for a more realistic menu price.
 - iii. Final calculation before rounding must be indicated on costing template.
 - iv. Total menu price for the three-course meal may not exceed \$125.00 after applying the 33% food cost percentage.
 - d. Color Plate Photographs: an 8½" x 11" color photo of each plate. Final plates presented to the judges are compared to the photos provided.
 - e. Menu with prices and two selected knife cuts to be used: a typed menu with menu prices printed on an 8½" x 11" sheet of paper, knife cuts listed in the footer of the page.
 - f. All materials should be organized together by course. E.g. recipe, recipe costing, menu pricing, and color photograph of the starter would be placed together, followed by all materials for the entrée, etc.
3. Binders/Folders are submitted to the judges at Product Check-In. Failure to submit the folders at Product Check-In will result in a penalty. See *Culinary Competition Penalties*.
4. Each participating team also provides one (1) copy of a presentation menu:
 - a. Presentation menu is kept with team equipment and not turned in with folders.
 - b. Must include descriptions and final menu prices for each course. Creative elements may be included on the menu, but should not obstruct the view of the required menu components.
 - c. Must include two selected knife cuts, listed in the footer of the page. Teams may include them within their menu descriptions as well, as long as they also are highlighted in the footer as required.
 - d. High School or CTE name must be clearly identified on presentation menu.
 - e. Must be displayed on the team's table at the start of competition, remain there until presentation of plates when it's left in the tasting room, and then moved to the display area with the team's display plates upon completion of the tasting and menu critiques.

Event Organizers will provide an acrylic fame to each team for display in the designated area on the workstation.

Culinary Station Blueprint

Observers



- A. Competition floor outside of Culinary Station Workspace
 - a. Floor judges have access to this space. Teams may access this area to use handwashing station ONLY.
- B. Culinary Station Doorway
 - a. A safe space to enter and exit the station; approximately 2 ½ ft wide.
- C. Culinary Station Workspace
 - a. The station tables are covered with fire-retardant materials to keep the table surface consistent across stations which must remain in use during competition.
 - b. 10ft x 10ft – All materials must be inside this designated area. Teams may store equipment under and around the tables.
- D. Two 8ft tables set up in “L” formation.
- E. Designated Team Manager space
 - a. Floor judges and the team’s timer will also have access to this space.

Note: This is a sample layout. The locations of tables, doorways, observer spaces, etc. are subject to change; however, general configuration will remain consistent. Image not to scale.

1. Event Organizers provide:
 - a. Two (2) eight-foot tables, at approximately 36 inches in height
 - b. Sanitation buckets
 - c. Two (2) 1oz containers for Knife Skills selections
 - d. Access to ice
 - e. Access to running water (available prior to and after the competition only)
 - f. All presentation dishes. Teams may only use dishes provided by Event Organizers, no exceptions. Teams must select their dishes from the dish order form due February 24th, 2025. Dishes will be distributed at check in.
 - g. Acrylic frames for presentation menus

2. Team must provide:
 - a. ALL necessary supplies to prepare the food they have selected, such as small utensils, cutting boards, small hand tools, cookware, gloves, and enough cloths for competition and clean-up
 - b. Speed rack or other appropriate storage mechanisms
 - c. (2) Butane burners and fuel

Competition Segments and Scoring

Day Prior to Competition		
Competition Segment	Time	Possible Points
Product Check-in & Critique	Open check-in during allotted timeframe	5 points
Day of Competition		
Report to Competition	15 minutes	
Team & Menu Introduction	5 minutes	<i>Included with Team Presentation & Knife Skills below</i>
Production Mise en Place	20 minutes	
Meal Production	60 minutes	
Present Plates	5 minutes	
Team Presentation & Knife Skills Critique	10 minutes	10 points
Work Skills & Organization Critique		15 points
Tasting Judges Critique	10 minutes	Starter – 15 points Entrée – 20 points Dessert – 15 points
Menu & Recipe Critique	10 minutes	5 points
Station Clean-up	20 minutes	
Sanitation Critique & Dismissal	5 minutes	15 points
Dishwashing (optional)	15 minutes	
Totals	~2 hrs, 55 minutes	100 points

Culinary Competition Rules

Uniform

1. Teams must present a uniform appearance from Product Check-In through dismissal to dishwashing.
2. Appropriate required apparel consists of:
 - a. Long sleeve, white chef coats
 - i. Logos and sponsor names are permitted on chef coats
 - ii. Accent colors are permitted, provided the chef coat remains white
 - b. Checkered or black pants
 - c. Nonporous, closed toe, non-slip, hard sole black shoes
 - d. Aprons and hats; hair must be restrained and covered with chef hat
 - e. Team manager will wear a colored arm band indicating their role
 - f. Facial piercings must be taped over; this is only required during the time from Report to Competition and end of dishwashing
 - g. Jewelry and other accessories may not be worn on the competition floor.
3. Team manager's colored arm band will be provided by Event Organizers at Product Check-In. These items are not required to be worn before or during Product Check-In, as teams will not have access to them prior to presenting at Product Check-In. Teams should add these uniform items from competition report time through dishwashing.
4. Failure to be fully uniformed or in appropriate uniform components from Product Check-In through dismissal to dishwashing will result in a penalty. *See Culinary Competition Penalties.*

Product Check-In

The team manager is allowed to fully participate in the Product Check-In segment. Teams' teacher(s) and mentor(s), are allowed to be present in a designated space adjacent to the check-in tables to observe only during the Product Check-In process, including feedback.

1. It is the responsibility of each team to store all product prior to Product Check-In.
2. Product Check-In is the first segment of the evaluation process. Team is judged according to:
 - a. Proper shipping and receiving procedures
 - i. Complete printed product inventory list of every item contained in each cooler or other container holding food items must be attached to the **inside and outside** of the cooler and/or container. The list must be attached in a plastic sleeve. Inventory list must be submitted on the official Inventory template. *See Exhibit G for Inventory List example.*
 - ii. All ingredients must be turned in at Product Check-In.
 - iii. Proper temperature of ingredients must be maintained.
 - iv. If an item has been found to be in the temperature danger zone, the item will not be available for use in the competition. *See #3 below.*
 - b. Proper packaging
 - i. Items should be packaged properly i.e. no liquid pooling from meats, poultry or fish; no seeping liquid; vegetables and fruits in proper containers and/or bags

- ii. Items should be in their original packaging, professionally/commercially labeled and packaged properly. Label should include date it was packaged, weight, item type, and where it was packaged i.e. butcher shop or grocery store.
 - For example, if you purchase a whole chicken and are only using chicken breast in your recipe, you may bring the whole chicken in its original, unopened package OR you may purchase chicken breasts and enter in their original, commercial packaging. Prepping or rewrapping proteins by the team is prohibited.
- 3. Any team that has a product disallowed during Product Check-In has until their assigned competition report time to present to the judges a replacement product for approval.
 - a. Teams will lose points if their entire product list does not meet the established criteria at the original check-in.
 - b. Replacement product that does not meet requirements at competition report time will also be discarded. The team will be assessed an additional penalty for each failed submission.
- 4. All refrigerated product is placed on a provided speed rack during check-in. Teams are limited to the product that can fit on the speed rack due to limited walk-in cooler space. Freezer storage is not provided at any point.
- 5. Team should have all dry storage product collected in a single container ready to be checked in.
- 6. Each team's food is placed in an appropriate and secure location at the competition site until the team's designated report time.
- 7. Ingredients:

Permitted Ingredients	Prohibited Ingredients
<ul style="list-style-type: none"> • Team-prepared stocks • Team-prepared clarified butter • Team-prepared pre-soaked beans • Dry goods, open but in the original packaging/not premeasured • Pre-measured butter and oil • Pre-washed produce* • Dry ice • Commercially manufactured food items such as jams, breadcrumbs, bases and mayonnaise in the original, sealed container or packaging. Must be used as an ingredient, not as a finished product. 	<ul style="list-style-type: none"> • Pre-chopped, pre-sliced, or pre-prepared food not commercially manufactured <ul style="list-style-type: none"> ○ Meat, poultry, seafood that is not in original or commercial/professional labeled packaging (see 2b Proper Packaging above) • Reductions, finished sauces, and clarified broths • Items that risk food illness • Pre-measured dry goods
<p><i>*Team may also wash produce during Production Mise en Place.</i></p> <p><i>Note: Follow your MI or school guidelines concerning alcohol in your recipes. NPSI permits the use of alcohol in Culinary competition recipes.</i></p>	

- 8. During Product Check-In, teams will be issued the dishes they ordered for their meal presentation. Teams must review their dishes at that time. Event Organizers are present with the original order forms the team submitted to confirm the order. Substitutions may be allowed on a case-by-case basis pending availability of dishes and circumstances of substitution request. All requests must be made to and approved by Event Organizers during product check-in, not when team's report to competition.
- 9. The previously prepared softbound folders are given to the judges at Product Check-In. No equipment is checked-in during this time.

10. Product Check-In Feedback will occur immediately following each team's check-in.

Day of Competition

Report to Competition

1. Team should arrive promptly to the Report to Competition area at their assigned report time to retrieve their products (No more than 15 minutes before their assigned time).
 - a) Should a team arrive late, a ½ point per 15 seconds will be assessed. If a team is more than 10 minutes late, they will be disqualified. No adjustments will be made to the schedule if a team is late.
2. Team will be introduced to their MHF assigned timer who will announce the start and end of each competition segment.
3. Teams will be allowed to place equipment on and/or otherwise organize their speed rack during their report time prior to entering the competition floor.
4. Team members should be prepared to carry and/or roll all their equipment and products onto the competition floor.
5. Teams may not move the doorway or tables in the workspace prior to or during the competition.

<i>Permitted Equipment</i>	<i>Prohibited Equipment</i>
<ul style="list-style-type: none"> • Handheld whipped cream chargers • Digital scales and thermometers • Handheld butane/propane torch for FINISHING or CAMELIZING only any item, sweet or savory • Metal, stone or other types of plates or apparatus to extend the cooking surface of the burners • Dry ice • Audio recording device to record the critique and feedback sessions • Electronic devices which contain no communication abilities (e.g. basic calculator or timer) • Additional sheet pans • Camping oven and/or smoker attachments for provided burner <p><i>All equipment must be used in a safe manner and not obstruct proper butane function.</i></p>	<ul style="list-style-type: none"> • No additional heat sources (i.e. insulated bags, MRE heater packs, etc.) • Electric, battery-operated, or compressed air/gas devices (exceptions: handheld whipped cream chargers, digital scales, digital thermometers) • Plastic or Plexiglas for the purpose of covering tables • Cell phones, tablets, smart watches, or other communication devices, unless needed for health reasons with prior approval from Event Organizers • Additional speed racks, hotel luggage carts, or equipment exceeding the external dimensions of 2 ft (width) x 4 ft (height) x 3 ft (depth) • Large equipment may not be stacked in the workspace to create additional workspace or exceed 2ft (width) x 4ft (height) x 3ft (depth) parameters • Mandolins

Team and Menu Introduction

The team has five (5) minutes to verbally present its menu to judges. During this time, students should be prepared to:

- a. Present their framed menu & describe their three-course meal.
- b. Tell what each team member is charged with executing.
- c. Explain how they designed their unique menu.

Production Mise en Place

The team has twenty (20) minutes to pre-set their station for the meal production segment.

During Production Mise en Place:

Teams are allowed to:	Teams are not allowed to:
<ul style="list-style-type: none">• Set their station• Obtain water and ice from designated areas on the competition floor• Obtain sanitizing solution from designated areas on the competition floor (provided by Event Organizers)• Measure dry and liquid ingredients• Wash produce at the vegetable washing station	<ul style="list-style-type: none">• Talk to any spectators, coaches, educators, or mentors• Process any ingredients (including but not limited to - heating, mixing, marinating, and knife work)• Teams may not alter or process any ingredients beyond their original state beyond the measuring/washing permitted.

After Mise en Place, team members may only leave the workstation to use the handwashing stations. Other requests to leave the workstation must be approved by a judge or Event Organizers.

Meal Production

The team has sixty (60) minutes to cook and plate all dishes. MHF-assigned Timers will announce the time at regular intervals, becoming more frequent towards the end of meal production time. 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, but Event Organizers will keep and display the official time.*

1. Menu Course Requirements

- a. Each team must employ a minimum of two cooking methods from the following list: Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté.
 - i. Additional techniques are also permitted.
 - ii. Molecular gastronomy in the competition:
 1. Use of liquid nitrogen is not allowed.
 2. Spherification, foams, and meat glue (transglutaminase) are allowed.

2. Knife Skills

- a. Knife skills are demonstrated during the first 20 minutes of the 60-minute Meal Production segment. Presentation/Knife Skills judges will evaluate knife cuts during this time; teams do not need to alert judges upon completion.

- b. Cutting guides (i.e. cutting boards) with rulers or other measurement aids are not permitted for selected knife cuts. They are permissible for ingredients not included in the knife cuts selected for evaluation. Mandolins are strictly prohibited.
- c. The team must demonstrate a minimum of two (2) of eleven (11) specified knife cuts to incorporate in their meal.
- d. Cuts must be demonstrated on fruits, vegetables, or herbs only.
 - i. **Rondelle**: ¼" thick disc shaped slices
 - ii. **Diagonal**: ¼" thick oval shaped slices
 - iii. **Batonnet**: Cut into long, thin, rectangular pieces ¼" x ¼" x 2"
 - iv. **Julienne**: Cut into long, thin, rectangular pieces. 1/8" x 1/8" x 2"
 - v. **Large Dice**: Cube shaped ¾" x ¾" x ¾"
 - vi. **Medium Dice**: Cube shaped ½" x ½" x ½".
 - vii. **Small Dice**: Cube shaped ¼" x ¼" x ¼"
 - viii. **Brunoise**: Very small dice. 1/8" x 1/8" x 1/8"
 - ix. **Paysanne**: Square cut ½" x ½" x 1/8"
 - x. **Chiffonade**: Leafy green vegetables such as spinach or basil that are stacked, rolled tightly, and then cut into long thin strips. Approximate width is 1/8".
 - xi. **Tourne**: football shape, ¾" diameter, 2" long, seven equal sides and flat ended
- e. Team must identify the selected cuts in the footer of their printed menu i.e. Knife cuts used: medium dice and brunoise.
- f. Team must set aside and fill a 1oz. cup **volume** measurement for each knife cut for evaluation by Team Presentation/Knife Skills judges. Event Organizers will provide 1 oz. containers. This should be done within the first 20 minutes of meal production and judge evaluations will rotate based on the schedule.

3. A team is considered done cooking when each requirement is met:

- a. The food is plated.
- b. The dishes are on the service trays.
- c. All team members have stepped away from the trays and raised their hands to signal they are finished.
 - i. Teams may present plates to judges up to three (3) minutes before the 60-minute cooking time has completed. *See Culinary Competition Penalties.*

Judge Critiques

A maximum of four (4) people comprised of designated teacher(s) and mentor(s) are allowed to be present to observe only during the Tasting & Menu critique sessions. Communication with the team is still prohibited.

After a team completes their two (2) identical meals, the team will determine which meal will be evaluated by tasting judges and which will be for display.

- a. Team members transport both service trays and their presentation menu to the judges' table and leave immediately. The team manager may accompany the team to the tasting area but may not carry plates. The team manager is permitted to carry the menu.
- b. The evaluation plates receive the most critical judging.
- c. 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. If the second meal is not

presented, the team will be disqualified. See *Culinary Competition Penalties and Disqualifications*.

1. Team returns to their station for the Work Skills/Organization and Team Presentation/Proper Knife Usage feedback.
2. Tasting judges have ten (10) minutes to evaluate the plates. At that time, the entire team (including the team manager) returns to the tasting area for a ten (10) minute feedback session. Only the designated teacher(s) and mentor for a total of four (4) people may accompany the team and listen to feedback.
3. The team will proceed next to the menu and recipe judges for a five (5) minute feedback session. Only the designated teacher(s) and mentor for a total of four (4) people may accompany the team and listen to feedback.
4. Team then takes display plates and presentation menu to the display area. *Reminder: the team is still competing, and students may only converse with their teammates.*
5. Team returns to their station to begin Station Clean-up.

Station Clean-up

1. Team has twenty (20) minutes to clean and vacate their station.
 - a. The team must return station to the condition it was in when they arrived.
 - b. The team manager is allowed to assist during Station Clean-Up.
 - c. Team or team member cannot leave the floor unless released by Sanitation judge and accompanied by their assigned Timer
2. Team receives the Sanitation feedback and is released for dishwashing.

Dishwashing

1. After teams receive Sanitation feedback, they may then collect supplies to be washed and bring all their equipment off the competition floor. Team members will be escorted by Team Timer to the appropriate area of the competition venue for dishwashing. *Reminder: the team is still competing and may only converse with their teammates.*
 - a. Teams should clean items so that food is clear from the equipment; however, teams do not need to sanitize, etc. A surface clean (scraped and cleared of debris) of all items is sufficient and will ensure that teams may move more quickly through the dishwashing process.
2. Teams have 15 minutes to complete dishwashing. Once complete with dishwashing and released by their assigned Team Timer, the team has officially completed the competition and may communicate freely.
3. The Dishwashing segment is optional but capped at 15 minutes if teams opts in. Teams will confirm whether they will opt in/out at Report to Competition time.

Post Competition

The softbound folders and framed presentation menu must be picked up by 4 pm on the last day of competition or the Event Organizers will dispose of unclaimed materials. Report to the registration desk with a team member's badge to claim the team folders. MHF will retain one copy of the folder from each team.

Culinary Competition Penalties

The following are fixed deductions:

1. Menu does not meet specifications, or was not submitted on time i.e., by **Monday, February 24, 2025** to smetcalf@mrla.org – 5 pts
2. The team is not dressed in uniform – 5 pts
3. Team did not submit folders with menu, plate photographs, recipe and recipe costing at Product Check-In – 2 pts
4. Team presented menu items that did not match submitted proposal or presented updated dishes that were not approved. – 5 pts
5. Replacement product did not meet requirements and was discarded – 2 pts
6. Team manager touches or handles any equipment or food when not allowed – 5 pts
7. Team uses dishes/glassware other than those provided by Event Organizers – 5 pts
8. Team begins any competition segment before their assigned start time – ¼ pt to 10 pts
 - a. ¼ point is deducted per 15 seconds
 - b. 10 or more minutes early, team is disqualified
9. Team does not complete any competition segment within their allotted time – ¼ pt to 10 pts
 - a. ¼ point is deducted per 15 seconds
 - b. After 10 minutes, team is disqualified
10. Use of prohibited equipment – 5 pts
11. Use of prohibited ingredients – 5 pts
12. Team produces two meals, which are not identical – 2 pts
13. Station left in unsanitary manner – 3 pts
14. Knife cut selections are not included on the presentation menu as required. – 1pt
15. Team arrives to Report to Competition late/after their assigned competition start time.
 - a. ½ point is deducted per 15 seconds
 - b. 10 or more minutes late, team is disqualified

Culinary Specific Disqualifications

1. Team submitted work, or parts of work, that was previously submitted.
2. Team started any competition segment more than 10 minutes early or finished more than 10 minutes late.
3. Team used an electric/battery operated device or additional heat source.
4. Team did not produce two (2) complete meals.

Exhibit A – Culinary

Deliverables Checklist Present at Product Check-In

Eight binders/folders, each containing

Example 1: https://www.staples.com/Avery-Flexible-5-Inch-Round-3-Ring-View-Binder-Blue-17670/product_614315

Example 2: http://www.staples.com/JAM-Paper-Plastic-2-Pocket-Eco-School-Folders-with-Metal-Tang-Fastener-Clasps-Clear-6-Pack-382ECCLDD-/product_2329283

- High School or CTE and Year on cover
- Recipes typed on official template
- Recipe Costing Sheets typed on official template
- Menu Price Sheets typed on official templates
- Plate Photographs – A separate, 8½” x 11” color photograph of each plate
- Menu with Prices - Simple typed menu 8½” x 11”

Checklist of other items required

- Complete printed list of the contents of each cooler or dry storage container on the inside and outside of each cooler or container in a plastic sleeve **(High school or CTE name and year must be included on inside and outside list).**
- One copy of framed Presentation Menu

Exhibit B – Culinary

Recipe Example

Culinary teams must complete this form prior to the competition. Make eight (8) copies to include in the folders turned in at Product Check-In.

School Name	Awesome School		
Educator Name	Chef Jane Doe		

Menu Item	French Fries		
Number of Portions	4	Portion Size	5 ounces
Cooking Method(s)	Fry		
Recipe Source (MLA)	TNN. "French Fries Recipe." <i>Times Food</i> , https://recipes.timesofindia.com/us/recipes/french-fries/rs54659021.cms Accessed 30 June 2021.		

Ingredients	
Item	Amount
Potato	500 gm
Kosher Salt	TT
Black Pepper	TT
Frying Oil	AN

Procedure
<p>Chop potatoes and soak in ice-cold water for 10-15 minutes. Heat the oil in deep bottomed pan. Once hot, add the potatoes to the pan. Cook about 5 to 7 minutes.</p> <p>Remainder of procedures...</p>

Exhibit C – Culinary

Recipe Example

Culinary teams must complete this form prior to the competition. Make eight (8) copies to include in the folders turned in at Product Check-In.

School Name	Awesome School
Educator Name	Chef Jane Doe

Menu Item	Ratatouille		
Number of Portions	6	Portion Size	5 ounces
Cooking Method(s)	Sauté		
Recipe Source (MLA)	Lagasse, Emeril. "Ratatouille." <i>Food Network</i> , http://www.foodnetwork.com/recipes/emiril-lagasse/ratatouille-recipe0.html . Accessed 30 September 2016.		

Ingredients	
Item	Amount
Olive oil	¼ cup
Yellow onion, small dice	1 ½ cup
Garlic, minced	1 tsp
Eggplant, medium dice	2 cup
Thyme	½ tsp
Green bell pepper, diced	1 cup
Red bell pepper, diced	1 cup
Zucchini squash, diced	1 cup
Yellow squash, diced	1 cup
Tomatoes, peeled, seeded, and chopped	1 ½ cup
Basil, chiffonade	1 tbsp
Parsley, chopped	1 tbsp
Salt and black pepper	TT

Procedure
<p>Set a large 12-inch sauté pan over medium heat and add the olive oil. Once hot, add the yellow onions and garlic to the pan. Cook the onions, stirring occasionally, until they are wilted and lightly caramelized, about 5 to 7 minutes.</p> <p>Remainder of procedures...</p>

Exhibit D – Culinary

Recipe Cost Example

Culinary teams must complete this form prior to the competition. Make eight (8) copies to include in the folders turned in at Product Check-In.

School Name	Awesome School		
Educator Name	Chef Jane Doe		
Menu Item	French Fries		
Number of Portions	4	Portion Size	5 ounces

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Potatoes	5 kg	\$2.65	\$0.0005/g	500 g	\$0.25
Kosher Salt					
Black Pepper					
Frying Oil					

Subtotal	\$0.25
1 % for small amounts of spices (Q Factor)	\$0.003
2 % for frying oil if using	\$0.005
Total Recipe Cost	\$0.257
Portion Cost	\$0.064

Exhibit E – Culinary

Recipe Cost Example

Culinary teams must complete this form prior to the competition. Make eight (8) copies to include in the folders turned in at Product Check-In.

School Name	Awesome School		
Educator Name	Chef Jane Doe		
Menu Item	Ratatouille		
Number of Portions	6	Portion Size	5 ounces

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Olive oil	51 oz / 6.375 cup	\$16.79	\$2.634 / cup	¼ cup	\$0.658
Yellow onion, small dice	1 lb / 4 cup	\$1.40	\$0.35 / cup	1 ½ cup	\$0.525
Garlic, minced	1 head	\$0.50	\$0.10 / tsp	1 tsp	\$0.100
Eggplant, medium dice	1 lb / 3 cup	\$2.05	\$0.683 / cup	2 cup	\$1.367
Thyme	1 bunch / 18 tsp	\$2.09	\$0.116 / tsp	½ tsp	\$0.058
Green bell pepper, diced	1 lb / 4 cup	\$2.30	\$0.575 / cup	1 cup	\$0.575
Red bell pepper, diced	1 lb / 4 cup	\$1.07	\$0.268 / cup	1 cup	\$0.268
Zucchini squash, diced	1 lb / 2.5 cup	\$1.93	\$0.772 / cup	1 cup	\$0.772
Yellow squash, diced	1 lb / 2.5 cup	\$1.93	\$0.772 / cup	1 cup	\$0.772
Tomatoes, peeled, seeded, and chopped	1 lb / 2 cup	\$2.40	\$1.20 / cup	1 ½ cup	\$1.80
Basil, chiffonade	1 bunch / 1 cup	\$1.54	\$0.096 / tbsp	1 tbsp	\$0.096
Parsley, chopped	1 bunch / ½ cup	\$0.53	\$0.066 / tbsp	1 tbsp	\$0.066

Subtotal	\$7.057
1 % for small amounts of spices (Q Factor)	\$0.071
Total Recipe Cost	\$7.128
Portion Cost	\$1.212

Exhibit F – Culinary

Menu Price Example

Culinary teams must complete this form prior to the competition. Make eight (8) copies to include in the folders turned in at Product Check-In.

School Name	Awesome School		
Educator Name	Chef Jane Doe		

Menu Category	<input checked="" type="checkbox"/> Starter	<input type="checkbox"/> Entree	<input type="checkbox"/> Dessert
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Recipe	Portion Cost
Ratatouille	\$1.212
Couscous (from additional recipe and costing sheets)	\$0.972
Garnish (from additional recipe and costing sheets)	\$0.127

Total Plate Portion Cost	\$2.311
Menu Price at 33% Food Cost	\$7.66
Actual Price on Menu	\$8.00

Exhibit G – Culinary

Product Check-In Inventory List

Product Check-In Inventory Lists must be completed and contain the inventory list of every item, IN ALPHABETICAL ORDER contained in each cooler or other container holding food items. Inventory forms must be attached to the inside and outside of the cooler and/or container. The list must be attached in a plastic sleeve.

School Name	Awesome School
Year	2025
Educator Name	Chef Jane Doe

Container Purpose	<input checked="" type="checkbox"/> Refrigerator	<input type="checkbox"/> Dry Storage
Number of Items in Container/Cooler	11	

Inventory List	
Item	Confirmed <i>(This column for judge use only)</i>
Basil	
Eggplant	
Garlic	
Green Bell Pepper	
Parsley	
Red Bell Pepper	
Thyme	
Tomatoes	
Yellow Onion	
Yellow Squash	
Zucchini	

Exhibit H – Culinary

Sample Culinary Competition Timeline

Team	Report	Team & Menu Introduction	Production Mise en Place	Start Cooking	Present Plates/ Skills Critique	Tasting Critique	Menu Critique	Clean Up	Sanitation Critique/ Dismissal	Out
1	7:45 AM	8:00 AM	8:05 AM	8:25 AM	9:25 AM	9:35 AM	9:45 AM	9:50 AM	10:10 AM	10:15 AM
2	7:45 AM	8:00 AM	8:05 AM	8:25 AM	9:25 AM	9:35 AM	9:45 AM	9:50 AM	10:10 AM	10:15 AM
3	8:05 AM	8:20 AM	8:25 AM	8:45 AM	9:45 AM	9:55 AM	10:05 AM	10:10 AM	10:30 AM	10:35 AM
4	8:05 AM	8:20 AM	8:25 AM	8:45 AM	9:45 AM	9:55 AM	10:05 AM	10:10 AM	10:30 AM	10:35 AM
5	8:25 AM	8:40 AM	8:45 AM	9:05 AM	10:05 AM	10:15 AM	10:25 AM	10:30 AM	10:50 AM	10:55 AM
6	8:25 AM	8:40 AM	8:45 AM	9:05 AM	10:05 AM	10:15 AM	10:25 AM	10:30 AM	10:50 AM	10:55 AM
7	8:45 AM	9:00 AM	9:05 AM	9:25 AM	10:25 AM	10:35 AM	10:45 AM	10:50 AM	11:10 AM	11:15 AM
8	8:45 AM	9:00 AM	9:05 AM	9:25 AM	10:25 AM	10:35 AM	10:45 AM	10:50 AM	11:10 AM	11:15 AM
9	9:05 AM	9:20 AM	9:25 AM	9:45 AM	10:45 AM	10:55 AM	11:05 AM	11:10 AM	11:30 AM	11:35 AM
10	9:05 AM	9:20 AM	9:25 AM	9:45 AM	10:45 AM	10:55 AM	11:05 AM	11:10 AM	11:30 AM	11:35 AM

Exhibit I – Culinary

EVALUATION CRITERIA	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE
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 and handling of food contact surfaces 	1	2	3	4	5	
Proper Food Handling Including but not limited to: <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	
Work Area Cleaned Including but not limited to: <ul style="list-style-type: none"> • Work area cleaned in appropriate time frame <ul style="list-style-type: none"> • Dishes & equipment properly prepared for dishwashing and packing • Return of station to original condition 	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 	1	2	3	4	5	

<ul style="list-style-type: none"> • Texture • Portion size 						
Product Taste						
Product Taste – Dessert A subjective category based on judge's expertise	1-2	3-4	5-6	7-8	9-10	

EVALUATION CRITERIA	POOR	FAIR	GOOD	VERY GOOD	EXCELLENT	SCORE
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						
Reason for Disqualification:						
_____ Team submitted work, or parts of work, that was previously submitted.						
_____ Team started any competition segment more than 10 minutes early or finished more than 10 minutes late. Disqualifying Segment _____						
_____ Team used an electric/battery operated device or additional butane burner.						
_____ Team did not produce two (2) complete meals.						
_____ Violation of the General Disqualifications on page 5.						
PENALTY						
Reason for Penalty:						
_____ Menu does not meet specifications, or was not submitted by February 24, 2025 to smetcalf@mrla.org – 5 pts						
_____ Team not dressed in uniform. 5 pts						
_____ Team did not submit folders with menu, plate photographs, recipe and recipe costing at Product Check-In – 2 pts						
_____ Replacement product did not meet requirements and was discarded – 2 pts.						
_____ Team presented menu items that did not match submitted proposal or presented updated dishes that were not approved – 5 pts.						
_____ Team manager touches or handles any equipment or food when not allowed – 5 pts						
_____ Team uses dishes/glassware other than those provided by Event Organizers – 5 pts						

_____	<i>Team begins any competition segment before their assigned start time – ¼ pt to 10 pts ¼ point is deducted per 15 seconds 10 or more minutes early, team is disqualified</i>
_____	<i>Team does not complete any competition segment within their allotted time – ¼ pt to 10 pts ¼ point is deducted per 15 seconds After 10 minutes, team is disqualified</i>
_____	<i>Use of prohibited equipment – 5 pts</i>
_____	<i>Use of prohibited ingredients – 5 pts</i>
_____	<i>Team produces two meals, which are not identical – 2 pts</i>
_____	<i>Station left in unsanitary manner – 3 pts</i>
_____	<i>Knife cut selections are not included on the presentation menu as required – 1 pt</i>
_____	<i>Team arrives to Report to Competition late/after their assigned competition start time – 1/2 pt to 10 pts 1/2 point is deducted per 15 seconds After 10 minutes, team is disqualified</i>