



**2025 Michigan ProStart Invitational®
March 10-11, 2025**

**KitchenAid®
Pasta Production 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.

Description

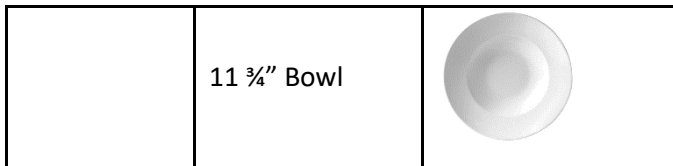
Teams will demonstrate their Pasta knowledge, skills, and creative abilities during the competition through demonstration of skills and the preparation of a unique pasta dish. Performance during the event is observed and rated by judges from the food service industry and post-secondary schools. Teams demonstrate their ability to work together while creating and presenting their dish.

Workspace & Equipment:

The workspace will be a 10 x 10 square with two (2) eight-foot table provided for each team. All preparation must be done within the workspace on the table provided. All equipment and supplied must be contained within the allotted space. Teams will be provided sanitation buckets with solution.

Event organizers will provide:

1. Two- eight-foot tables on risers covered with tablecloths.
2. Sanitation Buckets with solution
3. Extension cord and electrical power
4. Access to ice & running water (available prior to and after the competition only)
5. Access to hand washing stations
6. Trash Can
7. (2 Presentation Bowls) Teams may only use the bowls provided by Event Organizers, no exceptions.



Teams will provide:

1. All necessary supplies to produce their pasta, complimenting sauce, and optional protein.
2. Bowls, scales, thermometers, sheet pans, scrapers, pastry bags, scissors, rolling pins, other hand tools needed to prepare their pasta dish and enough cloths for competition and clean-up
3. Coolers to maintain temperature on perishable goods.
4. KitchenAid brand
 - a. 5 Quart Bowl Tilt Head Stand Mixer and 3-Piece Pasta Roller & Cutter Set
5. No other electrical appliances are allowed.
6. The only heat sources allowed will consist of two butane burners.

Disqualifications

Teams may be disqualified for any of the following reasons:

1. Failure to check-in during specified time
2. Failure to bring to the event any of the required items (three copies of the required documentation)
3. Misconduct as stated in the culinary and management rules.
4. 10 minutes over time

Planning and Preparation for Pasta Competition

1. Each team will develop a unique pasta dish. Pasta dishes must be distinct and not significantly repetitive of previously submitted work. MHF will review all submitted menus, recipes, and photographs to determine if they are significantly repetitive of work previously submitted at MPSI. Ignoring MHF guidance and submitting for review or bringing work, or parts of work, previously submitted at MPSI, will result in immediate team disqualification via email or onsite.
2. Each team prepares two (2) identical pasta dishes, 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. Pasta made on the competition floor. Pastas can be flavored, dyed, laminated, rolled, cut, fork pressed, table rolled or stuffed ravioli style. (Have an idea you aren't sure is permissible? Contact MHF for clarification)
 - b. Inclusions
 - i. Complementing sauce derived from one of the 5 mother sauces.
 - ii. Two accompaniments such as vegetables and/ or starch.
 - iii. Optional protein. Included proteins should enhance the dish rather than be the focal point
 - iv. At least one professional knife cut that must be visual and specified in recipe.
 - (a) Rondelle: $\frac{1}{4}$ " thick disc shaped slices
 - (b) Diagonal: $\frac{1}{4}$ " 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 $\frac{1}{8}$ "
 - (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

Each meal component should be appropriate to complete the dish. Flavors across the dish should have harmony for the palate. The five characteristics considered for a plated meal will be:

1. Flavor
2. Texture

3. Temperature
 4. Color
 5. Shape
3. Educator(s) and Mentor participation:
- a. May assist teams in preparing for the competition.
 - b. May not develop the menu.
 - c. Expertise is limited to menu suggestions and technique advice.
4. To allow officials and judges adequate time to review your menu, an electronic copy of the menu, recipes, and photographs of the dish must be submitted as one pdf document to smetcalf@mrla.org **no later than March 3, 2025**. Minor adjustments and corrections to the recipes are allowed, but changes to the menu are not allowed after submission. If there is a question about what constitutes a minor adjustment, please contact MHF. A penalty will be issued if the team does not submit as stated above.

Product check in:

1. All professional standards for safety and sanitation must be adhered to.
2. Teams will be required to check in the following:
 - a. Three recipe/ costing packets (stapled or bound that includes school name)
 - b. Framed picture of final product with school name (A-D if necessary) and student names for presentation. This will be placed at your station workplace and with the finished product in designated space.
 - c. All ingredients including pantry items, refrigerated goods, and frozen product.
 - d. Teams are in full uniform for check in.
 - e. Hand washing stations are available in the product check in area.
3. If teams are required to keep the product chilled, they should provide their own coolers with ice.
4. Each team's food will be secured until the designated competition check in time.

Uniform

1. Teams must present a uniform appearance from Product Check-In
2. Appropriate required apparel consists of:
 - a. Long sleeve, chef coats
 - i. Logos and sponsor names are permitted on chef coats
 - 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
3. Failure to be fully uniformed or in appropriate uniform components from Product Check-In through dismissal to dishwashing will result in a penalty.

Production

1. Teams will have 60 minutes to make 2 plated servings of their pasta, sauce and optional protein
2. During production, all team members will be involved with the creation of the dish. Teams will work without the assistance from educators, judges, or outside observers. All teams must clean their workspace prior to leaving the competition floor.
3. A team consists of **2-3** participants from a registered Michigan ProStart Program

Competition Flow

Day of Competition:

Product Check-In (Open check-in during allocated time)

Day of Competition:

Report to Competition (15 Minutes)

Team & Menu Introduction (5 Minutes)

Cook (60 Minutes – may present up to 3 minutes early)

Skills & Organization Critique (10 minutes)

Judges' Tasting Critique (10 Minutes)

Recipe & Menu Critique (5 minutes)

Station Clean-Up (20 Minutes)

Sanitation Critique & Dismissal (5 Minutes)

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. 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.

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).

Pasta Penalties

The following are fixed deductions:

1. Team did not submit packet on time – Monday, March 3, 2025. Small modifications can be made between 3/03 and final submitted work (3/10) – 2 pts
2. The team is not dressed in uniform – 5 pts
3. Team did not submit folder/envelope with cover page, costing/recipe forms and framed photo with school name and student names at Product Check-In – 2 pts
4. Finished pasta dishes did not match – 10 pts
5. Team did not complete competition within their allotted time – 1 pt to 10 pts
 - After 10 minutes, the team is disqualified
6. Used premade ingredients – 5 pts per item