

Announcing the 5th Annual

South Carolina Department of Education

Junior Chef Competition



Competition Overview

- ☐ Each team may consist of 2-5 students.
- ☐ School teams may consist of any combination of students in grades 9-12th.
- ☐ Each team must have an Adult Team Coach/Supervisor who is present for the duration of the competition. Team Supervisors must be a school employee, parent, Chef or Adult Representative of related Community organization.
- ☐ Only **1 team may represent a school**
- ☐ **Only** students may cook during the competition. The Team Supervisor and/or Coach may only **provide hands-off guidance** on cooking techniques and safety. Any other adult involvement in the cooking will result in disqualification of the team.
- ☐ The Center of the Plate item must be School Food Service Staff “friendly” allowing them to incorporate the recipe into their future planned school menu.
- ☐ Recipe must be universally accepted, **be cost effective** (\$1.80- \$2.50 for a center of plate item like chicken with vegetables and rice or similar) and able to be scaled to large quantities. **Recipe must meet the National School Lunch Program meal pattern and nutrition standards.**
- ☐ A nutritional analysis of the recipe must be included with the application packet. Teams may use district owned, USDA approved nutritional software like Meals Plus, Mosaic, Titan, NutriKids, South Carolina DOE Health-E Pro or the USDA Recipe Analysis Workbook
- ☐ Entry Fee: There is no entry fee but any expenses in accommodations or travel will to the competition will be paid by the entrants.

- ☐ **Recipe Submittal:** Teams must submit the recipe and nutritionals for all items they will be cooking at the competition for review by **October 20, 2023**. All submitted recipes will be reviewed and judged. The submitted recipes with the highest overall scores will be chosen to compete at a statewide cook off where each team will prepare their recipe in a timed competition. The statewide finals cook off will be held at the USC Culinary Demonstration Kitchen on **November 13, 2023**.

Recipes will be judged and scored by the following criteria:

ALL RECIPES MUST:

- ☐ Use of at least 3 local Certified South Carolina Grown ingredients, (a representative list will be provided by SCDE: Office of Health and Nutrition Farm to School Junior Chef Team upon request)
- ☐ Use at least 2 USDA Foods (commodity food items)
- ☐ Be replicable by local School Food Service staff
- ☐ Be Cost Effective for NSLP standards. Consult with your Cafeteria Manager or Food Service Director for price comparisons.
- ☐ Adhere to industry standard HACCP/Food Safety Guidelines
- ☐ Be submitted on SCDE:OHN provided recipe template-see application
- ☐ Adhere to all SCDE: OHN Farm to School Junior Chef Competition rules
- ☐ South Carolina grown items must be highlighted in RED
- ☐ The recipe must serve 6 people: Two presentation plates, three judge's plates and a sample plate.

Email the complete application packet to: cstrong@ed.sc.gov

OR

Send entire team application packet to:

SCDE: OHN Farm to School Junior Chef

1429 Senate St

Columbia, SC

ATTN: Chris Strong

COMPETITION RULES:

EQUIPMENT:

SCDE: OHN Farm to School Junior Chef **WILL** provide the following: (These items will be provided upon arrival to the competition)

- ☐ ALL Food items requested on the Team's Recipe/shopping list
- ☐ Hairnets
- ☐ Plates and Taste-test serving utensils for judging/presentation
- ☐ Table covers
- ☐ 2 Oven mitts for teams using ovens

ALL TEAMS must bring their own:

- ☐ Food service gloves
- ☐ Any special equipment not typically available in a standard commercial food kitchen necessary to prepare you dish
- ☐ Dish cloths and paper towels
- ☐ A large tub to carry all supplies back to your home base.
- ☐ Written work plan and a copy of your recipe placed in a folder or binder. **(one per judge-a total of three judges will be present)**
- ☐ Must wear close toe shoes, solid color collared shirt or polo, black or khaki pants (no denim). Chef jackets and Chef Hats are allowed. Hair nets are mandatory.
- ☐ Thermometers

TEAMS may NOT Bring:

- ☐ Any electric heating tool including toaster ovens, hot plates, crock pots, electric griddles, microwaves, *etc.*
- ☐ Your own plates/utensils for judging presentation. All food entries will be presented on a uniform plate provided by SCDE:OHN Farm to School Jr. Chef for the competition.

Ovens—Additional Guidelines

Ovens WILL NOT BE SET OVER 425°

- ☐ Teams may assign one member to be the "Oven Captain". The oven captain will carry the dish to the oven and be the only team member allowed in the oven area.
- ☐ The ovens are "Community Ovens" - Please allow extra time for your dish to cook as the door may be opened and closed while your dish is cooking.
- ☐ If the oven is shared and the cooking temperatures are different then the team with the lower temperature will use the oven first. Time will be adjusted and will not be counted off.

- ☐ SCDE: OHN Farm to School Junior Chef will provide 2 oven mitts per team
- ☐ **Teams will be responsible for thermometers, timers and equipment.**
- ☐ Reminder: **Dishes must be school nutrition appropriate** (a soufflé would not be practical)

COOKING CRITERIA

SCDE: OHN Farm to School Junior Chef challenges teams to create a healthy, delicious, school-food-friendly Center of the Plate dish using seasonal, local foods. All entries will be judged by the following criteria:

- ☐ Taste - kid friendly and flavorful
- ☐ Teams have 1.5 hours to complete their dish and
- ☐ 30 minutes of clean up time in their area
- ☐ Appearance - presentation on the plate
- ☐ Creativity - ingenuity of ingredients used
- ☐ Best use of Local Ingredients - highlighting local and seasonal foods
- ☐ School Food Service Appropriate - time/cost affordability, nutritional analysis

Teams are allowed to practice making their dish prior to the event, but may not bring any prepared components of the dish to the competition. Keeping in mind, dishes should fit into food service time demands. For example, it is not practical to make tortillas from scratch in a school kitchen, you may use store bought tortillas. Also as an example, you may use canned green beans.

- ☐ No desserts are allowed.
- ☐ **Dishes may not contain nuts.**
- ☐ Only Center of the Plate items (Entrees) or COP items with one side are permitted.
- ☐ All dishes **must** feature at least 3 (more is better) Certified South Carolina Grown ingredients and 2 USDA Foods (commodity foods)
- ☐ Local ingredients must be integral to the dish and included in the recipe. **Garnish will not count towards one of the 3 local ingredients.** For example, a dollop of sour cream on top of chili would count as local. Chives on top of the sour cream would be considered a garnish- great for presentation but would not count as one of your local ingredients.