

# Inside the AHF Culinary Competition

March 19, 2018



## Meet the Panel of Chefs



- Jim McGrody, UNC REX Healthcare



- Matthew Osolin, Ohio Living Breckenridge Village
- Ryan Wagner, Ohio Living Breckenridge Village



## Important Dates and Information

- *Application Deadline is May 1, 2018*
- Online Application- all supporting documents must be included before submitting
- Incomplete submissions will not be accepted
- No sponsored ingredient this year



## Choosing the Right Team



- Pick people that work well together and have complimentary strengths.
- Choose people that are organized.
- Work closely with your dietitians to ensure nutritional limits are met.



*People that work well under pressure are a plus!*

## Planning Your Menu

- **K.I.S.S**
- **Be comfortable with the meal**
- **Think seasonal**
- **Keep an eye on time – prep, cook and plate**  
Do you have enough time to make this work?
- **Start planning early**  
Have a few people from your organization give ideas and feedback before submitting the recipe. Don't wait too long!
- **Mystery Ingredient**  
Be prepared to incorporate a mystery ingredient into your original dish



## Equipment

**Think about the equipment available to use.**  
**Additional equipment must be submitted for approval.**

- |                                      |  |
|--------------------------------------|--|
| • (2) Induction burner               | • Ladle                                |
| • (2) Saucepan                       | • Towel                                |
| • (1) Small and (1) Large Frying pan | • Plastic pitchers                     |
| • (2) Cutting board                  | • (2) Chafing dish                     |
| • (2) Small and (2) Medium bowl      | • (12) Ramekins                        |
| • (2) Metal tong                     | • 12" White banquet plates for plating |
| • Metal spoon                        |  |
| • Rubber spatula                     |  |
| • (2) Whisk                          |  |



## Competition Set-up



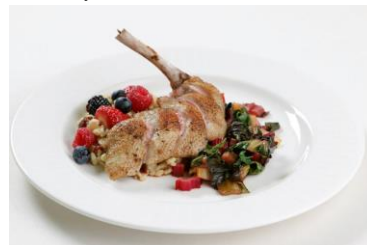
*2015 Competition Set-up, Salt Lake City, Utah*

## Tips to Help Get Selected

- Use ingredients that work well together
- Make sure the recipe is written correctly and makes sense – use the template provided
- Follow the nutritional requirements – use proper portion sizes and explore creative uses of fresh herbs and spices to enhance the taste
- Do not use **ANY** inedible garnishes
- Colorful, well executed dishes will catch the eyes of the committee that decides who is selected
- Take a high quality picture

### BE CREATIVE

Be true to the recipe you submit.  
The culinary committee will know  
what to look for!



## Example



vs



This plate has artistic flair. It looks good. It has a modern approach and it attracted attention from the selection committee.

The plate is very simple and boring looking. It actually looks like it would be bland and tasteless. Plates like this probably would not get selected and they definitely won't win.



**The dish on the left was the one picked.**

## Another Example



vs



**The plate on the left was a gold medal winner in Miami.** Using Caribbean flavors, beautiful plating and the right portion was key to it's success.

This plate is an example of trying to do too much. This plate is not functional, would probably not even make it to the judges table and actually makes no sense.



## 2017 Winning Dish

High quality photo submitted  
with application



Final plate



### Prawn Sanctioned Ashore

*An original dish, inspired by Spanish ingredients and flavors, utilizing seasonal and local ingredients.*



## OK Your Team Got Selected as a Finalist... Now What?

- You need to be ready. Practice the meal within the time frame at least 4-5 times so you understand who is doing what and when. Timing is everything in a competition.
- Practice only using the equipment that you will have available at the competition.
- Practice plating on a 12" round, white banquet plate.

**Practice, practice, practice**



## Tips to Win

- Practice making several versions until you have a winner
- Understand the competition rules thoroughly
- Judges will be looking at *mise en place*, sanitation and food safety – the final plate is not the only thing looked at

### BE PROFESSIONAL

Be true to the recipe you submit.  
The culinary committee will know what to look for!



## Judging Criteria

- **Organization - Max 15 points**

Cleanliness, *mise en place*, sanitation, time management are all being looked at. *This is where practice will pay off.*

- **Culinary Skills - Max 35 points**

Knife skills, cooking techniques, proper use of equipment and food handling. Remember a room full of people are watching you.

- **Taste and presentation - Max 45 points**

Originality, ingredient compatibility, over all presentation, plating, garnishing, etc. This is where you can get the most points, it is also where you can lose the most. Pay attention to details when plating. Taste your food all along the way to ensure proper seasoning.

- **Mystery ingredient – Max 5 points**

Be original and creative with the mystery ingredient.



# Questions?



## Contact

- Email [culinary@healthcarefoodservice.org](mailto:culinary@healthcarefoodservice.org)
- Call 703-662-0615
- Visit [Website](#)





**Thank you!**



**We look forward to seeing everyone at the  
Hyatt Regency Minneapolis,  
August 21-24, 2018!**

