

2019 CONTEST RULES



ELIGIBILITY

The AHF Culinary Competition is open to all AHF operator members regularly employed at their facility.

Members/member facilities of the Culinary Competition Planning Committee are not eligible to compete.

The team can consist of any two of the following members:

Student/Facility Intern

Chef

Director or Manager

Sr. Leader and/or Staff of Dietitian Team

Sr. Leader and/or Staff of Foodservice Team

ENTRIES

All entries will be reviewed by the Culinary Competition Committee. If chosen as a finalist, only one team per facility will be selected to compete. Five finalists will be selected to compete at the AHF conference's annual competition

Each entry must include:

- Culinary competition registration form
- Original recipes for entrees, side dishes, sauces and garnishes for 6 portions
- Food cost for one finished plate
- Nutritional analysis of one portion
- List of additional cookware and/or appliances used by the team on site
- Bio for each contestant within 150 words, summarizing career highlights leading to the culinary competition event
- Contestants' team photo (JPEG/300 DPI format)
- Color photo of finished dish with all components on a white plate

PRELIMINARY PROCEDURES

NEW TO 2019: AHF will be providing 2 Market Baskets from which 3 mandatory ingredients need to be chosen. (see page 4 for complete basket lists)

Either choose 1 ingredient (optional) from Basket A. AND, 2 ingredients from Basket B. Or, choose all 3 ingredients from Basket B.

Next create your original dish with additional ingredients which are completely your responsibility. Please follow nutrition and costing guidelines.

You are responsible for ALL ingredients to create the preliminary plate whose picture you will submit with your application and thereafter for practice if selected as a finalist.

Finalists will be responsible for providing all additional ingredients listed in the recipe submission (excluding market basket) to ensure 6 portions of the dish can be prepared at the actual competition.

Mystery ingredient

Before the competition, the finalists will be given a mandatory mystery ingredient that needs to be incorporated into their dish. The originality and creative use of this ingredient accounts for 5 points during judging

Food Cost

The raw food cost should not exceed \$8 per finished plate. This includes center of plate ingredients sides, sauces and garnishes. AHF will provide raw food cost for market basket items to be used in your calculations.

A per portion food cost breakdown for one plate needs to accompany the contestant's entry

Nutritional Guidelines

The recipe submission encompassing all ingredients must follow the nutritional guidelines below (per plate) and a nutritional analysis verifying the same

must accompany the recipe submission

- Maximum of 700 calories
- Less than 23 grams of fat (maximum of 30% of total calories)
- Less than 750mg of sodium

Equipment

AHF will provide two (2) induction burners and an assortment of small wares. A comprehensive list will be provided to each finalist team. Teams may bring additional cookware, kitchen tools and appliances such as food processors or immersion blenders (max 120V appliance) to assist in the preparation of their recipe. A detailed list of all cookware (including heat sources) and appliances need to be submitted with the initial entry. All additional appliances will be reviewed and approved or denied by the Culinary

competition committee.

Equipment listed by the contestant will be their sole responsibility. AHF will not be held responsible for providing, damage to/of and loss, of any equipment or materials.

Finalist selection

All entries submitted will be reviewed by the culinary competition planning committee who will select the most appropriate five finalist recipes based on the following criteria

- Originality/ innovation
- Applicability in healthcare foodservice environment
- Use of color and texture
- Overall plate presentation

COMPETITION

Each finalist will receive the following

- Complimentary registration to the conference
- One travel scholarship up to \$600. Covers expenses for air fare (original flight and taxes/fees only) or mileage based on IRS rates, ground transportation and conference hotel room and tax.
- Only one scholarship per person. Must be present at and throughout the awards banquet in order to receive this \$600 scholarship

Additional information

- All finalists are required to attend and mandatory pre competition briefing the day before the competition
- Only those additional ingredients and appliances / equipment listed and approved in the finalist's original entry submission will be allowed for use.
- Each team will be allowed time to gather their market basket ingredients prior to the competition and the mystery ingredient prior to the actual cook off.
- Additional ingredients need to be provided by the competing teams

in unprocessed or commercially available form (example: whole carrots allowed, not pre diced; commercially available soup broth base allowed, not the prepared broth unless manufactured and presented in original packaging)

- Finalist contestants must wear a professional chef coat /lab coat and chef hat provided by AHF. Black or black and white checkered pants and foodservice safety shoes. Athletic shoes are not allowed.

During the cook off

- Start times for each team will be determined via a draw of numbers.
- Each team will be assigned one volunteer assistant who can help with limited sanitation chores to be defined prior to the competition. This person will not be allowed to handle any ingredients or equipment to be used during the actual cooking process.
- Contestant teams have a total of 75 minutes to complete and create plates for the judging panel and display
- The finished plates will not be presented to judges until the team's



75 minutes are complete. If the plate is not complete at the end of time, the plate will be presented to judges in an “as is” manner.

- Volunteer runners will help deliver plates to the judges. No other assistance is allowed
- After the judges have received their plates, the contestants need to
 - prepare an additional “display plate” for the audience observation and photo shoots.
 - All six final plates need to be plated on plates provided by AHF
 - All teams will need to clean up after themselves. AHF will make arrangements for access to a sanitation area and materials.

APPROVED RECIPE FORMAT

Final recipes should be proofed and formatted before submitting. Each recipe should be submitted using the below format. Recipe submissions should be written based on 6 portions.

Recipe Name: _____

Recipe Description: _____

Team Member #1 Name and Title: _____

Team Member #2 Name and Title: _____

Operation Name:

Full Recipe:

- Prep Time: _____
- Cook Time: _____
- Yield*: _____

Component 1 Name

2 tsp. No Salt Sodium-Free Salt

1 tsp. Garlic Powder

METHOD OF PREPARATION:

In a bowl, combine all ingredients until evenly mixed.

Component 2 Name

1 batch Spaetzle Dumplings

2 oz. Bacon slices

METHOD OF PREPARATION:

Place the bacon in a large deep skillet on medium-high heat. Fry until the bacon is browned and crisp, turning as needed. Remove from pan and set aside.

To Plate and Serve:

1. _____
2. _____



2019 MARKET BASKET A

Choice of Protein (Optional*):

- TROUT FILET SKIN-ON
- PORK TENDERLOIN VP

2019 MARKET BASKET B

Choose From:

- POTATO YELLOW YUKON GOLD fresh
- JICAMA fresh
- RUTABAGA fresh
- TOMATO YELLOW fresh
- BROCCOLINI fresh
- PEAR RED fresh
- CARROT BABY WITH TOP fresh

+ 1 Mystery ingredient - *To Be Determined*

**If you choose a protein, select 2 items from Basket B. If you do not choose a protein, select 3 items from Basket B.*

JUDGING

The judging panel will comprise up to 5 industry experts and may include last year's gold medal winner. There is a 100 point scoring scale as follows:

ORGANIZATION: Maximum of 15 points

Cleanliness, organization / work flow, sanitation / HACCP, time management, general preparation management and team work

CULINARY SKILLS: Maximum of 35 points

Knife skills, cooking techniques, proper use of equipment, recipe compliance and proper food handling

TASTE & PRESENTATION: Maximum of 45 points

Originality / ingredient compatibility / use of color, consistent portion size / plating technique / garnishing, product doneness / texture, taste / seasoning and overall appeal

MYSTERY INGREDIENT: Maximum of 5 points

Originality and creative use of mystery item

The decisions of the judges are final.

PRIZES

First, second and third place AHF prizes will be awarded based on total points:

FIRST PLACE: Engraved Plates and AHF Culinary Competition Gold Medals

SECOND PLACE: AHF Culinary Competition Silver Medals; \$200 Gift Card

THIRD PLACE: AHF Culinary Competition Bronze Medals; \$100 Gift Card

Medals will be presented during the conference. All winners will be announced on the AHF website, through press releases and featured in *S.O. Connected*.



DEADLINES

All entries must be received at the AHF office by May 1, 2019. Please email entries to culinary@healthcarefoodservice.org. Finalists will be selected by end of May. The Culinary Competition will be held on August 7, 2019, during the 2019 AHF Annual Conference which will take place at the Westin Kierland Resort in Scottsdale, AZ.

OTHER

All recipes entered into the Culinary Competition become the property of AHF. By entering, contestants grant permission to AHF and the Culinary Competition sponsors to publish and/or use in any way the materials submitted, including the recipes, names and photos of the competitors.

Permission to use copyrighted materials, symbols, etc., must be verified with a copy of the permission from the copyright owner.

AHF, the Culinary Competition nor sponsors shall be liable or responsible for personal, healthcare institution or company equipment that is lost, stolen or broken.

