

AHF's National Culinary Competition

AHF 2019
ANNUAL CONFERENCE
AUGUST 6-8 | SCOTTSDALE, ARIZONA



Why Compete?



- Promote and share best practices within AHF
- Free ride to an awesome conference
- Great resume builder and publicity
- Camaraderie amongst healthcare professionals and culinarians
- Self gratification and helps keep your skills set sharp



Our 2018 Gold Medal Winners




*Robert Navarrete
Diane Menzie*



Rogue Valley Manor Presents

30th Street Corn Risotto (Vegan)

By
*Executive Chef Robert Navarrete
and Culinary Director Diane Menzie*



Creating the Winning Dish

- Plant Based
- Seasonal Items
- Regional
- Texture
- Tuille



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Tips to be Prepared!



- List of ALL equipment you are bringing.
- List of food items needed.
- Production timing list – who is doing what.
- Research local food sources at destination.
- **Keep Organized!**

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Practice and Collaborate!



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Impact of Winning #1

Coverage in publications and websites:

FM, FSD, FES, Plate

Robert:

Publication in local newspaper

Social Media Trends – Plant Based

Diane:

Acknowledgements
Rotary Club



AIF

Menu Planning



- Be comfortable with your choices
- Follow nutritional guidelines. Balanced CHO, Fat, Protein
- Think seasonal
- Display professional cooking methods (is your vinaigrette emulsified?)
- Display Color, Flavor, and Texture
- Consistent on all plates
- Access to limited cooking equipment
- Display proper temperatures (hot and cold)
- Plan early. Get peer feedback before submitting
- Mystery ingredient

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Market Baskets

mandatory ingredients for your dish

Basket B

- *Choose 2 if using basket A, else choose 3*

Basket A

- *Optional*
- *Choose only one*
- Trout, skin on
- Pork tenderloin, cryovac packed
- No other meat protein allowed

- Yukon gold potato
- Jicama
- Rutabaga
- Yellow tomato
- Broccolini
- Red pear
- Baby carrots with top on

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Your Team

- Choose the right team
- Complimentary strengths
- People that work well together
- People that are organized
- You need an RD partner



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Equipment

Consider the equipment provided by AHF

What can you travel with?

Additional equipment used must be submitted for approval

Provided per team

- 2 eight feet tables
- 2 induction burners
- 2 chafing dishes or provision for warm food holding
- 1+ buss tub
- Cutting boards
- Rolling rack with sheet trays
- Serving plates



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Station Layout and Set Up



- You have to cook facing the guests
- Plan layout of tools and other equipment based on workflow
- Practice set up
- Your ingredients and dish
- Hot and cold holding
- Sanitation & food safety

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Rules, Regs & Procedures

Tips to Help Get Selected

- ✓ The recipe should make sense; be applicable to healthcare environs
- ✓ Color, Texture, Presentation
- ✓ Do not use inedible garnish
- ✓ High quality picture
- Register for the competition
- Entry submission by 5/1/19
- Use Market Basket ingredients
- Recipes to be complete and formatted for 6 portions
- Include nutritionals, food cost and additional equipment list
- The sodium requirement for the dish is 750mg

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FINALISTS!

Judging

- Organization (15)
- Culinary Skills (35)
- Taste & Presentation (45)
- Mystery Ingredient (5)

- One finalist team per operator member
- Read the rules manual and understand what's expected before, during and after the contest
- The competition is on August 7th
- 75 minutes to create 5 portions
- Just because you are not a finalist doesn't mean you are ruled out.
- There are 3 prizes!
- Enjoy the conference, parties, the resort and Arizona

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QUESTIONS ???

Culinary@healthcarefoodservice.org

Culinary Competition Web Page:
HealthcareFoodservice.org
 > Events > Culinary Competition

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Thank You

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