



American Culinary Federation



ACF Professional Culinary Competition Manual

ACF Professional Culinary Competition Manual

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Goals of ACF Approved Culinary Competitions

Primary

- To continually raise the standards of culinary excellence and professionalism
- Nurture the creativity of individual chefs
- Provide a showcase for individual skills, techniques and styles
- Provide a means of earning ACF certification points

Secondary

- Provide an arena to demonstrate the mutual link between taste and health
- Provide an example and inspiration for young professionals

These goals are accomplished by:

Primary

- Maintaining established culinary standards
- Promoting camaraderie and educational opportunities among culinary professionals
- Acting as a staging area for development of culinary concepts

Secondary

- Fostering the development of cutting-edge presentations
- Nurturing future leaders of culinary, baking and pastry
- Providing rewards of recognition

Purpose of the Culinary Competition Manual

- To ensure a nationwide, uniform standard and criteria for the judging of culinary competitions
- To clearly present the criteria for all categories of culinary, baking and pastry competition
- To provide general competition guidelines for competitors and judges

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Cooking, Professional, Individual

Category A - Garde Manger

- Competitors are required to display A-4 and a choice of A-1, A-2, or A-3.
- All displays must have a menu and description of the platter and finger foods, without a name or property affiliation.
 - A-1** Cold buffet platter of meat, beef, veal, lamb or pork or game
 - A-2** Cold buffet platter of fish and/or shellfish
 - A-3** Cold buffet platter of poultry or game bird
 - A-4** Four varieties of finger foods with six portions of each, two hot and two cold varieties all presented cold and one presentation plate containing 1 piece of each variety and related accompaniments. Finger Foods must weigh between 10 to 20 grams each and should be able to be eaten in one bite.

General Guidelines for Category A

The following list provides a good beginning checklist of what is considered general guidelines for both competitors who are developing displays and judges who will evaluate them.

- Ingredients and garnishes should harmonize with the main part of the dish and conform to contemporary standards of nutritional values.
- Unnecessary ingredients should be avoided, and practical, acceptable cooking methods should be applied.
- Finger Foods may be served on porcelain, glass, cup fork or spear. They can be accompanied by a sauce and small garnish. They should not require any additional cutlery to be eaten. In addition, they should be practical to pick-up, take and eat.
- All items should display a variety of techniques, designs and shapes and should be visually appetizing.
- On buffet platters, garnishes are not to be mistaken with finger foods. No bowls, spears or small plates are allowed on buffet platters.
- Bread and butter are not judged on buffet platters.
- Platters must also be innovative, colorful and have harmonious flavors
- Competitors are encouraged to use a variety of cooking methods and ingredients.
- Use correct cooking, presentation, color and flavor combination.
- Dressing the rims of the plates results in an unacceptable appearance.
- Meat should be carved properly and cleanly.
- Meat slices should be served with the carved surface upwards and arranged in order and size.
- Numerical harmonizing of meat portions and garnishes is required.
- Fruits and vegetables must be cut or turned uniformly.
- Binding agents may be used for creams.
- The amount of gelatin used in aspics may exceed normal quantities, but not to the extent that the style of presentation is dependent on the extra gelatin content.
- Avoid all non-edible items.
- Food prepared hot, but displayed cold, should not be served on a chemise plate or platter.
- Dishes prepared hot, but displayed cold, should be glazed with aspic.
- Sauce boats should reflect the correct amount needed for the platter.
- Aspic used should refer to the product.
- Glazing work should be clean and free of defects.
- Use practical portion size. In general, portion weight should be in keeping with the norms of accepted practice and nutritional balance.

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- Demonstrate clean, crisp workmanship.
- No identification of personal or business affiliation is allowed with the exhibits until the judging is completed.
- The punctual presentation of each exhibit at the appointed time is urgent.
- Although table decorations and lighting are not part of the actual judging, a well presented and attractive table will add to the high-quality image that the competitor attempts to project.

Category B- Hot Kitchen

- Competitors are required to display their choice of two of the items in Category B.
- All displays must have a description or menu of all items displayed without any name or property affiliations.
 - B-1** Six different appetizer plates 3 cold selection and 3 hot presented cold
 - B-2** One five-course menu gastronomique for one person, prepared hot and presented cold, comprising of two appetizers, one consommé, one salad and one entree, OR one appetizer, one consommé, one salad, one entree and one dessert, all with proper portions and contemporary presentations
 - B-3** One lacto-ovo vegetarian four course menu for one including a dessert

General Guidelines for Category B

The following list provides a good beginning checklist of what is considered general guidelines for both competitors who are developing displays and the judges who will evaluate them.

- Ingredients and garnishes should harmonize with the main part of the dish and conform to contemporary standards of nutritional values.
- Unnecessary ingredients should be avoided, and practical, acceptable cooking methods should be applied.
- Competitors are encouraged to use a variety of cooking methods and ingredients.
- Use correct cooking, presentation, color and flavor combination.
- Dressing the rims of plates results in an unacceptable appearance.
- Meat should be carved properly and cleanly.
- Meat slices should be served with the carved surface upwards and arranged in order and size.
- Fruits and vegetables must be cut or turned uniformly.
- Binding agents may be used for creams.
- The amount of gelatin used in aspics may exceed normal quantities, but not to the extent that the style of presentation is dependent on the extra gelatin content.
- Avoid all non-edible items.
- Food prepared hot, but displayed cold, should not be served on a chemise plate or platter.
- Dishes prepared hot, but displayed cold, should be glazed with aspic.
- Sauce boats should reflect the correct amount or portion for the item it is accompanying.
- Aspic used should refer to the product.
- Glazing work should be clean and free of defects.
- Use practical portion size. In general, portion weight should be in keeping with the norms of accepted practice and nutritional balance.
- Demonstrate clean, crisp workmanship.
- No identification of personal or business affiliation is allowed with the exhibits until the judging is completed.
- The punctual presentation of each exhibit at the appointed time is urgent.
- Although table decorations and lighting are not part of the actual judging, a well presented and attractive table will add to the

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high-quality image that the competitor attempts to project.

Category C- Patisserie/Confectionery, Professional, Individual Category

- All Competitors are required to display their choice of two items in Category C.
- All displays must have a description or menu of all items displayed without any name or property affiliations.
- C-1** Display of fancy cookies, chocolates, petits fours, or friandises.
 - Four varieties, six portions of each and one presentation plate with one of each variety for the judges inspection
 - Individual weight of each to be 10-20 grams.
- C-2** Four different individual plated desserts.
 - One dessert with chocolate as the main ingredient, one dessert with fruit as the main ingredient, and two desserts of the competitor's own choice.
 - Each plate must be prepared as an individual plated serving.
 - All displayed cold.
- C-3** Decorated or sculpted celebration cake
 - Minimum of one tier
 - Choice of medium such as sugar paste, rolled fondant, royal icing, chocolate, marzipan, buttercream and sugar
 - Minimum of three techniques displayed
 - Minimal use of non-edible materials can be used to support tiers internally.
 - A limited amount of wires can be used for gum paste flowers.
 - Can be any shape with a maximum display area of 15" x 15"
 - No dummy cakes are permitted.
- C-4** Wedding cake
 - Minimum of three tiers with a maximum display area of 36" x 36"
 - Choice of medium such as sugar paste, rolled fondant, royal icing, chocolate, marzipan, buttercream and sugar
 - Non-edible materials can be used to support each tier and a limited amount of wires can be used for gum paste flowers.
 - No dummy cakes are permitted.
- C-5** Assorted bread display
 - Two different types of dough with two products from each dough type for a total of four different items
 - Items should be freshly baked without any spray lacquer.
 - Please have one of each product sliced or cut in half for the Judge's inspection.
 - Dough choices
 - Laminated Dough-Danish, Croissant, etc.
 - Lean Dough-French Bread, Italian Bread, Sourdough, Hard Roll, etc.
 - Rich Dough-Challah, Brioche, Stollen, Kugelhopf, etc.
 - Soft Dough- Parker House, Clover Leaf, Mixed Grain, etc.
 - Quick Bread-Muffin, Biscuit, Scones, etc.
 - Product Requirements-One product is considered as:
 - One dozen of rolls or individual items such as dinner rolls, croissant, muffins Danish, or etc.
 - Two loafs or two each of the same item such as baguette, country loaf, Stollen, Kugelhopf, or etc.

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General Guidelines for Category C

The following list provides a good beginning checklist of what is considered general guidelines for both competitors who are developing displays and the judges who will evaluate them.

- Ingredients and garnishes should harmonize.
- Unnecessary ingredients should be avoided and practical, acceptable cooking methods should be applied.
- Proper techniques and accepted methods of preparation should be adhered to throughout the display.
- Competitors are encouraged to use a variety of cooking methods and ingredients.
- Use correct cooking, presentation and flavor combination.
- Dressing the rims of plates results in an unacceptable appearance.
- Fruits and vegetables must be cut or turned uniformly.
- Binding agents may be used for creams.
- The amount of gelatin used in items may exceed normal quantities, but not to the extent that the style of presentation is dependent on the extra gelatin content.
- Avoid all non-edible items.
- Glazing work should be clean and free of defects.
- Use practical portion size. In general, portion weight should be in keeping with the norms of accepted practice and nutritional balance.
- Demonstrate clean, crisp workmanship.
- Numerical harmonizing of dessert portions, garnishes and accompaniments is required.
- Properly bake dough or crusts.
- Display proper thickness for various crusts and cookies
- Cleanly apply icings and glazes of the correct thickness and proper shine.
- All chocolate work should be properly tempered and the correct thickness.
- All piping work should be thin, delicate and show accurate workmanship.
- Coloring used should be appropriate and not excessive.
- No identification of personal or business affiliation is allowed with the exhibits until the judging is completed.
- The punctual presentation of each exhibit at the appointed time is urgent.
- Although table decorations and lighting are not part of the actual judging, a well presented and attractive table will add to the high-quality image that the competitor attempts to project.

Category D – Showpieces, Professional, Individual

- Exhibits in this category should demonstrate the difference between cookery and culinary arts.
- Showpieces are eligible to be entered in only one ACF competition.

Choice of the following mediums:

D-1 Vegetable/Fruit

- Base may not exceed 30" x 30."
- No height restrictions
- Basic internal structures may be used.
- The minimal use of tooth picks and skewers are allowed.
- Do not use any non-edible floral items or foliage.
- Demonstrate a variety of techniques.

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D-2 Tallow and Saltillage

- Base may not exceed 30" x 30."
- No height restrictions
- Basic internal structures may be used.
- Demonstrate a variety of techniques.

D-3 Bread Dough

- Base may not exceed 30" x 30."
- No height restrictions
- The use of non-edible materials is not allowed.
- Edible Lacquer can be used.
- Demonstrate a variety of techniques.

D-4 Chocolate, Cooked Sugar, Pastillage, and Marzipan

- Base may not exceed 30" x 30."
- No height restrictions
- Competitors may use a basic non-edible base or platter to mount or display the centerpiece on.
- No internal structures are allowed.
- The centerpiece must be 75% of the primary medium and the remaining 25% is a choice of medium including the primary medium.
- Use of commercial molds is not permitted with the exception of basic geometric shapes like spheres, cubes, etc. and the use of silicon noodles or metal bars.
- All chocolate work should be properly tempered and the correct thickness.
- Present smooth, properly-sanded pastillage work, free of visible cracks and seams.
- Present sugar work having the proper shine, thickness and harmonious coloring.
- Demonstrate a variety of techniques.

General Guidelines for Category D

The following list provides a good beginning checklist of what is considered general guidelines for both competitors who are developing displays and the judges who will evaluate them.

- Use a variety of techniques within each medium.
- Use of commercial molds is not permitted unless otherwise noted.
- No external supports are allowed.
- Proper techniques and accepted methods of preparation should be adhered to throughout the display.
- Avoid all non-edible items unless otherwise noted.
- Demonstrate clean, crisp workmanship.
- No identification of personal or business affiliation is allowed with the exhibits until the judging is completed.
- The punctual presentation of each exhibit at the appointed time is urgent.
- Although table decorations and lighting are not part of the actual judging, a well presented and attractive table will add to the high-quality image that the competitor attempts to project.

Category E - Live Action Showpieces, Professional, Individual

- All work must be done on-site by the competitor.

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- All work must be displayed on an acceptable food surface.

E-1 Fruit/Vegetable Carving Mystery Basket

- Theme announced in advance by show chair.
- Competitor has three hours to create and display showpiece.
- All competitors receive identical basket of fruits and vegetables.
- All items in mystery basket must be utilized in final showpiece.
- Base cannot exceed 30" x 30", height is unrestricted.
- The minimal use of tooth picks and skewers is allowed.
- Avoid the use of non-edible floral items or foliage.

E-2 Cake Decorating

- Theme announced in advance by show chair
- Competitor has three hours to decorate and display cake.
- Cake must be constructed with a minimum of three - 9 inch three layered cakes or equivalent.
- Base cannot exceed 30" x 30."
- Competitors may bring cakes of any shape filled and with a basic crumb coat (cake should still be visible).
- Cakes should not have any final finish on them.
- Competitors will finish the cake with their choice of glaze, buttercream, rolled fondant, chocolate, etc., and decorate it to fit the theme.
- Decorations cannot be brought in, only the raw materials necessary to make them (for example marzipan, chocolate, sugar, etc.).
- Cakes may be sliced for inspection by the judges to ensure that only edible cakes are used, however cakes will not be tasted.
- All decorations must be of edible materials.
- Non-edible materials can be used to support the tiers internally and a limited amount of wires can be used for gum paste flowers only.
- Competitors may bring in an air brush.

E-3 Decorative Centerpiece

- Competitors have three hours to create a decorative centerpiece of chocolate, marzipan, pastillage, or gumpaste.
- The centerpiece must be 75% of the primary medium and the remaining 25% is a choice of medium including the primary medium.
- Base cannot exceed 30" x 30", height is unrestricted.
- Competitors may bring in a basic non-edible base or platter to mount or display the centerpiece on.
- A simple, generic base of, pastillage, chocolate, nougat, etc., in a simple shape, may be brought in to build the piece on.
- The centerpiece should be entirely made of edible materials.
- A limited amount of wires will be allowed for gum paste flowers.
- Use of commercial molds is not permitted with the exception of basic geometric shapes like spheres, cubes, etc. and the use of silicon noodles or metal bars.
- Any decorating of the base must be done on-site.
- Chocolate can be brought in chopped or in coins.
- Pastillage and gum paste can be pre-made and brought in, but must be kept white. Any coloring or assembly must be done during the competition.
- Competitors are responsible for bringing their own tools.

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- Competitors may bring in a household-size (small) microwave.
- Pre-warming and tempering the chocolate in the staging area is permitted.

E-4 Sugar Centerpiece

- Competitors have four hours to create a decorative sugar centerpiece.
- A maximum of 25% of the centerpiece can be of pastillage and/or pressed sugar.
- Base cannot exceed 30" x 30", height is unrestricted.
- Competitors may bring in a basic non-edible base or platter to mount or display the centerpiece on.
- All pulling and blowing must be done on-site.
- Pastillage can be pre-made and brought in, but must be kept white. Any coloring and assembly must be done during the competition.
- Use of commercial molds is not permitted with the exception of basic geometric shapes like spheres, cubes, etc. and the use of silicon noodles or metal bars.
- Competitors are responsible for bringing their own tools, marble slabs, sugar equipment, measuring scale, warming lamp and hair dryer (for cooling).
- Competitors may bring in a household-size (small) microwave.
- Competitors can bring cooked sugar of their choice in to the kitchen ready to be poured, pulled or blown.

Attention Organizers

- Decorative centerpieces may require select room temperatures.
- Use of a microwave oven in categories E-3 and E-4 is imperative, particularly to allow full and elaborate sugar work. Electrical requirements must be evaluated before the competition and an adequate power source provided to avoid any problems.
- A kitchen is not required for category E, however each competitor must be provided with one 8 foot banquet table for working and one 6 foot banquet table for display and have access to sanitation and hand washing facilities.

General Guidelines for Category E

The following list provides a good beginning checklist of what is considered general guidelines for both competitors who are developing displays and the judges who will evaluate them.

- Ingredients and garnishes should harmonize.
- Proper techniques and accepted methods of preparation should be adhered to throughout the display.
- Use a variety of techniques and display multiple skills.
- Avoid using non-edible items unless noted.
- Demonstrate clean, crisp workmanship.
- All chocolate work should be properly tempered and the correct thickness.
- Present sugar work having the proper shine, thickness and harmonious coloring.
- The punctual presentation of each exhibit at the appointed time is urgent.
- Although table decorations and lighting are not part of the actual judging, a well presented and attractive table will add to the high-quality image that the competitor attempts to project.

Category F – Hot-Food Mystery Basket Competition, Professional

Hot-food competitions are those events in which competitors cook and present food to be judged on taste as well as execution of skills and presentation. Hot-food competitions that make use of the mystery basket are the best kind in determining the skills required of chefs and cooks. To achieve success in this F category competition, chefs are encouraged to have prior ACF competition experience in other hot food cookery categories (KC, KP-1, KP-2 &/or W). These competitions are somewhat larger in scope than cold-food competitions, in that kitchen space is required, raw products must be provided and monitored, and student

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helpers, proctors and servers must be provided. It is expected that chef competitors will dress in full professional chef's whites, including hat, apron and kitchen towels during the competition.

This is a "blind judging/tasting event." There are different judges to evaluate the kitchen production process and finished food tasting. A minimum of 4 ACF sanctioned judges are required, depending on the number of F competitors. Three dedicated to blind tasting, a minimum of one for floor production, depending on the number of stations and competitors, more floor judges may be needed in the kitchen based on the number of total competitors.

Ingredients for the mystery basket will vary in each competition, but they must always be the same for each competitor in any given competition, and must never be revealed in advance. The mystery basket must be approved by the lead judge prior to the competition and meet the category requirements. Baskets should be composed of "industry standard ingredients" and not constructed in a way to challenge the competitors with unfamiliar ingredients. The following comments will help lead judges/ show organizers prepare a mystery basket: (Sample market baskets are available in the judges portal on the ACF website: acfchefs.org) The goal of F competitions is to challenge the culinarian without unnecessary trickery while exposing competitors to local, regional and customary ingredients for a diverse competitive experience.

- A portion of every item in the mystery basket must be used in the menu.
- Use of whole items with bone and utilization of bones and protein scraps is encouraged to show the fundamental skills of the competitors.
- In addition to the main items, there should be some salad ingredients if greens are not included in the kitchen staples.
- Items suitable for a dessert should also be included if a dessert is a required part of the menu.
- Competitors are allowed to begin cooking as soon as their menu is submitted to the lead judge.
- No cooking is allowed during the set-up and menu writing stage UNTIL the menu has been submitted to the lead judge.
- F- Competitors will start at a minimum of 30-minute intervals to allow for proper tasting of courses by the judges.
- Ingredients and garnishes should harmonize with the main part of the dish and conform to contemporary standards and nutritional values. Unnecessary ingredients should be avoided. and practical, acceptable cooking methods should be applied.
- Competitors are encouraged to use a variety of cooking methods and ingredients.
- Use correct cooking, presentation and flavor combination.
- Dressing the rims of plates results in an unacceptable appearance.
- Meat should be carved properly and cleanly.
- Fruits and vegetables must be cut or turned uniformly.
- Use practical portion size. In general, portion weight should be in keeping with the norms of accepted practice and nutritional balance.
- Proper color, presentation and flavor combinations should be displayed.
- Demonstrate clean, crisp workmanship.

Procedure

1. Before the competition and during the judges' meeting, competitors will draw for starting sequence and kitchen assignments.
2. Kitchen assignments should follow the starting sequence, i.e., the competitor who starts first should have kitchen #1, and so forth.
3. While competitors are waiting to begin, they should be kept away from the kitchen area so they do not gain an unfair advantage by seeing the contents of the market basket.
4. Competitors may bring only their tools, i.e., knives and cutters.
5. Organizers must specify the number and type of small appliances that will be allowed to be brought in by competitors.
6. No substitutions for items in the basket can be made. After submitting the recipe menu, each competitor must complete the assignment within the allotted cooking time.

Kitchen Station Requirements

While all competitors may be working in the same kitchen, each must be provided with his or her own workstation. Each station must include the following:

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- Adequate worktable
- Four-to-six-burner stove with oven
- Sink with running water, may be shared
- Access to refrigeration and freezer space, may be shared
- Power supply, four outlets per station
- Cubed ice, ice supply
- Generic white china plates, various shapes and sizes (if available)
- Garbage receptacles
- Hot and cold water sanitation station in immediate vicinity
- To maintain sanitation, brooms, mops, paper towels, plastic wrap, foil, bleach and buckets
- Competitor is allowed to bring in an additional burner cooking unit.
- Large digital clock in competition area for accurate timekeeping

Community Kitchen

The community kitchen should include small appliances, such as meat slicers, pasta machines, food processors and blenders that will be shared by all competitors. All competitors must receive an exact list of items available in the community kitchen at least two weeks before the competition.

Judges' Station Requirements

A small room or private area should be reserved for the tasting judges with the following items

- Silverware
- Napkins
- Water
- Clipboards
- Notepads
- Pencils/pens
- Calculator
- Stapler
- A competitor staging area for check-in by the judges
- Copies of menus from each competitor for each judge
- Complete starting-time schedules
- All taste and skill-based score sheets and tally sheets completed with all competitor information, prepared for the judges
- Score keepers to assist judges
- An apprentice/runner to clear dirty dishes, refill water and replace silverware and napkins as needed

Apprentice

Whether or not an apprentice will be available for F category is at the discretion of the lead judge in cooperation with the Show Chair.

Apprentices Can

- Help set up and tear down, and assist in placement of ingredients and equipment
- Place things in the refrigerator or freezer and deliver the finished plates to the judges' table
- Physically open the oven and insert or remove products as instructed by the chef
- Use basic knife skills (peeling, dicing and cutting), basic kitchen skills, separating eggs, etc, for the duration of the competition. Function as a timekeeper to enable the chef to remain on track

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- Keep the chef's equipment washed and stored in a sanitary manner
- For clarification purposes all finish work should be executed by the competitor

Apprentices Can Not

- Physically combine any of the ingredients once the mise en place stage is completed
- Finish or decorate any of the plates

Note: An apprentice is not eligible to receive a competition medal for their participation.

Community Storeroom

The community storeroom, from which all competitors may draw, will include, but is not limited to, the items below. All competitors must receive an exact list of items available in the community storeroom at least two weeks before the competition. In no case should items in the mystery basket duplicate items available in the community storeroom.

Minimum mandatory requirements are as follows:

- Organizers have the ability to increase the current common kitchen. This increase must be approved by the ACF Competition Committee upon submitting of the competition application.
- Competitors may bring own spice rack.

Produce	Dairy	Staples	Stocks
Onion	Butter	Flour	Chicken
Celery	Cream	Cornstarch	Brown
Carrots	Eggs	Sugar	
Garlic	Milk	Kosher Salt	
Tomatoes		Spice Rack	
Fresh Herbs (4 varieties)		Powdered Gelatin	
Lemons		2 types of Vinegar	
		White & Red Wines	
		Liquors	

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Pastry Community Storeroom

- Organizers have the ability to increase the current common kitchen. Any increases to the community storeroom must be approved by the ACF Competition Committee upon submitting of the competition application.

Produce	Dairy	Staples	Chocolate Products	Flours & Sugars
Oranges	Milk	Vegetable Oil	White Chocolate	All-Purpose Flour
Lemons	Heavy Cream	Cornstarch	Milk Chocolate	Cake Flour
Vanilla Bean	Sour Cream	Regular Shortening	Dark Chocolate	Bread Flour
	Eggs	Honey	Cocoa Powder	Almond Flour
		Glucose		Powdered Sugar
		Vanilla Extract		Brown Sugar
		Sheet Gelatin		Granulated Sugar
		Baking Powder		
		Baking Soda		
		Spice Rack*		
		Dry Yeast		

*(Competitor to provide)

F-1 Mystery Basket: Professional, Individual

The Mystery basket will contain 1 primary Protein, one supplementary protein, two vegetables, one starch or grain, plus one other miscellaneous item. Portion of all items are required to be used on the menu.

- No substitutions of mystery basket items are permitted.

Menu Format:

4 portions of a main course, 3 portions for the judges and 1 for display and critique.

Set-Up Time & Menu Writing:

- 15 minutes
- The menu is to be submitted to the kitchen judge during or by the end of your 15 minute set-up time and preparation can begin immediately after the submission of the menu.

Allotted Cooking/Service Time:

1 hour 20 minutes total - Service window opens at 1 hour and 10 minutes

Allotted Service Time:

10 minutes - Serve 4 portions of your main course menu within 10 minutes.

Clean-Up:

To start immediately at the end of your service time. You will have 15 minutes to clean and clear the kitchen.

Sample Timeline F-1:

Set Up/Menu Writing	Production	Service Opens	Service Closes	Station Exit
8:00 a.m.	8:15 a.m.	9:35 a.m.	9:45 a.m.	10:00 a.m.

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F-2 Mystery Basket: Professional, Individual

The Mystery basket will contain 2 primary Proteins (one to be seafood) and one supplementary protein, three vegetables, one starch and or grain, plus 2 other miscellaneous items. Portions of all items are required to be used in the menu.

- No substitutions of mystery basket items are permitted.

Menu Format:

4 portions of a two-course menu, (Starter Course & Main Course) 3 portions of each course are for the judges and 1 portion is for display and critique.

The Mystery basket will contain 2 primary Proteins (one to be seafood) and one supplementary protein, three vegetables, one starch and or grain, plus 2 other miscellaneous items. A portion of all items are required to be used on the menu. * No substitutions of mystery basket items are permitted.

Set-Up Time & Menu Writing:

- 20 minutes
- The menu is to be submitted to the kitchen judge during or by the end of your 20 minute set-up time and preparation can begin immediately after the submission of the menu.

Allotted Cooking:

2 hours total - Service window opens at 1 hour and 40 minutes.

Allotted Service Time - 20 minutes - Serve 4 portions of each course within 20 minutes, allowing approximately 10 minutes per a course.

Clean-Up:

To start immediately at the end of your service time. You will have 20 minutes to clean and clear the kitchen.

Sample Timeline F-2:

Set Up/Menu Writing	Production	Service Opens	Service Closes	Station Exit
8:00 a.m.	8:20 a.m.	10:00 a.m.	10:20 a.m.	10:40 a.m.

F-3 Mystery Basket: Professional, Individual

4 portions each of a 3-course menu to include a starter course, a second course and a main course, 3 portions of each course are for the judges and 1 portion is for display and critique.

The Mystery basket will contain 2 primary Proteins (one of which to be seafood) and two supplementary proteins, four vegetables, one fruit, one starch and or grain, plus 3 other miscellaneous items. *No substitutions of mystery basket items are permitted.

Menu Format:

4 portions each of a 3-course menu to include an appetizer, a soup or salad and a main course, 3 portions for the judges and 1 for display and critique.

Set-Up Time & Menu Writing:

- 25 minutes
- The menu is to be submitted to the kitchen judge during or by the end of your 25 minute set-up time and preparation can begin immediately after the submission of the menu.

Allotted Cooking:

3 hours total - Service window opens at 2 hours and 30 minutes.

Allotted Service Time:

30 minutes - Serve four portions of each course within 30 minutes allowing approximately 10 minutes per a course.

Clean-Up:

To start immediately at the end of your service time. You will have 25 minutes to clean and clear the kitchen.

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Sample Timeline F-3:

Set Up/Menu Writing	Production	Service Opens	Service Closes	Station Exit
8:00 a.m.	8:25 a.m.	10:55 a.m.	11:25 a.m.	11:50 a.m.

F-4 Mystery Basket: Professional, Individual

4 portions each of a 4-course Savory menu to include a starter course, a second course, a third course and a main course, 3 portions or each course are for the judges and 1 portion is for display and critique. No dessert is required.

The Mystery basket will contain 2 primary Proteins (one of which to be seafood) and three supplementary proteins, four to 5 vegetables, two fruits, one starch and or grain, plus 4 other miscellaneous items. *No substitutions of mystery basket items are permitted.

Menu Format:

4 portions each of a 4-course menu to include an appetizer course, a soup and/or salad and a main course (Dessert Course is optional but if included eliminate either the soup or salad course), 3 portions for the judges and 1 for display and critique.

Set-Up Time & Menu Writing:

- 30 minutes.
- The menu is to be submitted to the kitchen judge during or by the end of your 30 minute set-up time and preparation can begin immediately after the submission of the menu.

Allotted Cooking:

4 hours total - Service window opens at 3 hours 20 minutes.

Allotted Service Time:

40 minutes - Serve four portions of each course within 40 minutes allowing approximately 10 minutes per a course.

Clean-Up:

To start immediately at the end of your service time. You will have 30 minutes to clean and clear the kitchen.

Sample Timeline F-4:

Set Up/Menu Writing	Production	Service Opens	Service Closes	Station Exit
8:00 a.m.	8:30 a.m.	11:50 p.m.	12:30 p.m.	1:00 p.m.

F-5 Mystery Basket: Professional, Two Member Team (no apprentice is allowed for the F-5)

10 portions each of a 4-course Savory menu to include a starter course, a second course, a third course and a main course of your choice, 3 portions or each course will be selected at random for the judges and 1 portions is for display/ critique, and the remaining 6 portions can be used for spectators, friends and family. No dessert is required for the F-5 category.

The Mystery basket will contain 2 primary Proteins (one of which to be seafood) plus three supplementary proteins, four to 5 vegetables, two fruits, one starch and or grain, plus 4 other miscellaneous items. ***No substitutions of mystery basket items are permitted.**

Menu Format:

10 portions each of a 4-course menu to include an appetizer course, a soup and/or salad and a main course (Dessert Course is optional but if included eliminate either the soup or salad course), 4 portions for the judges, 1 for display and critique, and 5 for service

Set-Up Time & Menu Writing:

- 30 minutes
- The menu is to be submitted to the kitchen judge during or by the end of your 30 minute set-up time and preparation can begin immediately after the submission of the menu.

Allotted Cooking:

4 hours total - Service window opens at three hours and 20 minutes.

Allotted Service Time:

40 minutes - Serve ten portions of each course menu within 40 minutes allowing approximately 10 minutes per a course.

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Clean-Up:

To start immediately at the end of your service time. You will have 30 minutes to clean and clear the kitchen.

Sample Timeline F-5:

Set Up/Menu Writing	Production	Service Opens	Service Closes	Station Exit
8:00 a.m.	8:30 a.m.	11:50 a.m.	12:30 p.m.	1:00 p.m.

FP-1 Pastry Mystery Basket, Professional, Individual

4 portions of a hot dessert; 4 portions of a cold dessert; 1 decorated 8 inch torte/cake in any shape. 3 portions of each dessert are for the judges and 1 portion is for display and critique. The torte/cake will be presented whole to the judges who will then cut and taste the torte/cake.

The mystery basket will contain 2 fresh fruits, 1 fruit puree, 2 nuts, 1 specialty dairy item, and 1 flavor agent such as an herb, spice, extract, commercial flavoring, or liqueur. *No substitutions of mystery basket items are permitted.

Menu Format:

4 portions each of a hot dessert, 4 portions of a cold dessert, and 1 decorated 8 inch torte/cake in any shape, 3 portions each of the hot and cold desserts will be for the judges and one for display and critique and the cake will be presented whole for the judges

Set-Up Time & Menu Writing:

- 30 minutes
- The menu is to be submitted to the kitchen judge during or by the end of your 30 minute set-up time and preparation can begin immediately after the submission of the menu.

Allotted Cooking:

4 hours total - Service window opens at 3 hours and 20 minutes.

Allotted Service Time:

40 minutes

- 1-10 minutes - Serve the cake.
- 10-25 minutes - Serve four portions each of the hot or cold dessert.
- 26-40 minutes - Serve four portions each of the hot or cold dessert.

Clean-Up:

To start immediately at the end of your service time. You will have thirty minutes to clean and clear the kitchen.

Sample Timeline FP-1:

Set Up/Menu Writing	Production	Service Opens	Service Closes	Station Exit
8:00 a.m.	8:30 a.m.	11:50 a.m.	12:30 p.m.	1:00 p.m.

FP-2 Pastry Mystery Basket: Professional, Two-Member Team

4 portions each of a hot dessert, 4 portions of a cold dessert, and 1 decorated 8 inch torte/cake in any shape, 4 varieties of petits fours with four portions of each (weight should be between 10-20 grams), 3 portions each of the hot and cold desserts will be for the judges and one for display and critique, the cake will be presented whole for the judges, 3 portions of the petits fours will be for the judges and one portion of each for display and critique. Additional portions of the desserts and petits fours can be distributed at the discretion of the lead judge.

The Mystery basket will contain 3 fresh fruits, 1 fruit puree, 2 nuts, 2 specialty dairy product, 1 chocolate product, and 2 flavor agents such as a herb, spice, extract, commercial flavoring, or liqueur. ***No substitutions of mystery basket items are permitted.**

Menu Format:

4 portions each of a hot dessert, 4 portions of a cold dessert, and 1 decorated 8 inch torte/cake in any shape, 4 varieties of petits fours with four portions of each (weight should be between 10-20 grams), 3 portions each of the hot and cold desserts will be for the judges and one for display and critique, the cake will be presented whole for the judges, 3 portions of the petits fours will be for the judges

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and one portion of each for display and critique.

Set-Up Time:

- 30 minutes
- The menu is to be submitted to the kitchen judge during or by the end of your 30 minute set-up time and preparation can begin immediately after the submission of the menu.

Allotted Cooking:

5 hours total.

Allotted Service Time:

40 minutes

- 1-10 minutes - Serve the cake.
- 11-20 minutes - Serve the petit fours.
- 20-30 minutes - Serve four portions each of the hot or cold dessert.
- 30-40 minutes - Serve four portions each of the hot or cold dessert.

Clean-Up:

To start immediately at the end of your service time. You will have thirty minutes to clean and clear the kitchen.

Sample Timeline FP-2:

Set Up/Menu Writing	Production	Service Opens	Service Closes	Station Exit
8:00 a.m.	8:00 a.m.	1:00 p.m.	1:40 p.m.	2:10 p.m.

General Guidelines for Category F and FP

- The cold plated dessert should be made up of a minimum of 66% cold items and the hot/warm plated dessert should be made up of a minimum of 66% hot/warm items
- Ingredients and garnishes should harmonize with the main part of the dish and conform to contemporary standards and nutritional values.
- Unnecessary ingredients should be avoided and practical, acceptable cooking methods should be applied.
- Competitors are encouraged to use a variety of cooking methods and ingredients.
- Use correct cooking, presentation and flavor combination.
- Dressing the rims of plates results in an unacceptable appearance.
- Meat should be carved properly and cleanly.
- Fruits and vegetables must be cut or turned uniformly.
- Use practical portion size. In general, portion weight should be in keeping with the norms of accepted practice and nutritional balance.
- Proper color, presentation and flavor combinations should be displayed.
- Demonstrate clean, crisp workmanship.

FMH Market Basket/Healthy Basket: Professional, Individual

This unique competition format is ideal for strengthening the established alliance with a registered dietitian. The competitor must demonstrate knowledge of Healthy Cooking principles through the development and preparation of a four-course meal. The objective is to meet through the preparation of the meal, sound nutritional principles, a focus on balance, proper portion size, and the correct use of salt, fats and sugars. The mastery of healthy cooking principles will be assessed in the formulation of the menu and its components.

This is a modified version of category F but general competition rules for category F will apply.

The market mystery basket will contain 3 primary Proteins (one of which to be seafood) and two supplementary proteins, 4 vegetables, three fruits, one starch, one legume, one grain, plus two lettuce items. Portions of All items are required to be used on the menu.

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No substitutions of market basket items are permitted.

The market basket ingredients are determined by the lead judge and emailed to the competitors by the show chair no later than two weeks prior to the competition. The competitor will then prepare their menu **and bring all of the food items needed scaled out to the recipes with whom they collaborated on with the nutritionist**. The nutritionist can be available on the day of the competition to work alongside the chef provided they adhere to proper dress code: full uniform or lab coat with kitchen-ready shoes.

Menu Format:

6 portions of a 4-course meal to include a hot appetizer or soup, salad, entrée, and dessert, 3 portions for the judges and one for display and critique. Menu and recipe booklets are to be submitted at the beginning of the set-up time. The total caloric value of the meal should not exceed 1000 kcal. The balance should be 15–20 percent protein, 45–60 percent carbohydrates and 25–30 percent fat.

Set-Up Time:

- 15 minutes.
- Menu and recipe booklets are to be submitted at the beginning of the set-up time.

Allotted Cooking/Service Time:

4 hours total - Service window. .

Allotted Service Time:

40 minutes - Serve 6 portions of each course menu within 20 minutes for service.

Clean-Up:

To start immediately at the end of your service time. You will have 30 minutes to clean and clear the kitchen.

Sample Timeline FMH:

Set Up/Menu Writing	Production	Service Opens	Service Closes	Station Exit
8:00 a.m.	8:30 a.m.	12:30 p.m.	1:10 p.m.	1:40 p.m.

General Guidelines for Category FMH

- Four cooking methods and four classical cuts are to be displayed in the menu execution.
- Competitors will submit 4 recipe books with the menu, recipes, pictures and nutritional analysis for each course at the start of the competition.
- Nutritional analysis must be confirmed and completed by a registered dietician. Confirmation must be presented in the form of a “letter” stating that the meal plan was evaluated for overall nutritional adequacy and meets the nutritional guidelines required for the competition. Also, indicate which software program was used for the analysis. This should all be included in the menu and recipe booklet.
- Ingredients and garnishes should harmonize with the main part of the dish • Unnecessary ingredients should be avoided and practical, acceptable cooking methods should be applied.
- Competitors are encouraged to use a variety of cooking methods and ingredients.
- Use correct cooking, presentation and flavor combination.
- Dressing the rims of plates results in an unacceptable appearance.
- Meat should be carved properly and cleanly.
- Fruits and vegetables must be cut or turned uniformly.
- Proper color, presentation and flavor combinations should be displayed.
- Demonstrate clean, crisp workmanship.

Category G – Edible Cold Food, Professional, Individual

The concept of an edible cold-food display demands, in essence, the same criteria as the market basket concept and can only be executed under a strictly controlled environment.

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- Such a show can only be approved if foods being brought in by the competitor are of highest quality and a full HAACP plan is included to ascertain wholesomeness and proper handling.
- The processing and handling of these foodstuffs is monitored from beginning to end to effectively verify that it conforms to all sanitation and health guidelines.
- All finished products are to be kept at 40°F or below, without interruption until tasted and evaluated.
- The facility must carry the approval and meet the requirements of the local health department.
- All requirements for kitchen setup are the same as in the hot-food kitchen (Category F).
- All procedures must be strictly monitored.
- Show organizers will need to allow two days for this competition.

KG1 Cooking:

- One cold buffet with appropriate salads, garnitures, and sauces for 12 portions 8 on platter 4 for tasting
- Hors d'oeuvres platter with 6 varieties with 12 portions 8 on platter 4 for tasting
- Market basket issued two weeks prior to the competition per F4 mystery basket guidelines
- All ingredients are to be brought in whole form by the competitor—no pre-preparation allowed

KGP1 Pastry:

- One presentation of individually prepared pastries, five varieties with six portions (weight of 50-75 grams each) of each variety
- One presentation of fancy cookies, chocolates, petits fours, or friandises with five varieties with six portions (weight of 10-20 grams each) of each variety
- Market basket issued two weeks prior to the competition per FP1 mystery basket guidelines
- All ingredients are brought in quantities needed by the competitor—pre-scaled but no mixing of ingredients.

Schedule

Day One Schedule: 8 hours

- Kitchen and station assignment
- Display time assignment
- 8 hours of proctored mise en place, preparation and cooking Day Two Schedule: 4 hours
- Allocated primarily for the competitor to complete the buffet requirements and display at the appropriate time

KG2 – Edible Garde Manger, Individual, Restaurant Charcuterie

The concept of an edible display may only be executed under a strictly controlled environment.

- All finished products are to be kept at 40°F or below, without interruption until tasted and evaluated.
- The facility must carry the approval and meet the requirements of the local health department.
- All requirements for kitchen setup are the same as in the hot-food kitchen (Category K).
- All procedures must be strictly monitored.
- Show organizers will need to allow 4 hours for the competition category.

Restaurant Charcuterie is executed as we would in a contemporary restaurant, not as we would for buffets.

One cold presentation with

- 1 main protein piece
- 1 accompanying salad
- 1 accompanying standing garnish
- 1-2 appropriate sauces
- 8 portions required; 6 portions on platter in a contemporary manner on a platter of choice (this could be traditional silver, enameled cast iron, China or hardwoods with low porosity such as maple, walnut or cherry)

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- 2 portions presented in a plated format for tasting.
- No aspic glazing is required for this category.
- Prepared items and products can be brought into the competition but the process must be fully demonstrated during the kitchen production period as stated in the recipe packet.
- The two plates are specific for tasting while the platter is for visual and technical scoring and final display.
- Competitors may choose from one of four categories;
 - 3-pound chicken or 4–5-pound duck; ancillary proteins such as fatback, bacon, giblets, ham, ground pork, etc. may be added
 - 2 ½ pound round or flat fish; ancillary proteins from the mollusks or crustacean family may be added
 - 4 rib bone in pork loin; ancillary proteins such as fatback, bacon, giblets, ham, ground pork, etc. may be added

KGP2-Edible Pastry Buffet-Cold Dessert Presentation, Restaurant Patisserie

One cold pastry presentation to consist of:

- 2 Buffet Pastries, one fruit based, and one chocolate based.
- Each variety may be presented on separate platters of choice. (this could be traditional silver, enameled cast iron, China or hardwoods with low porosity such as maple, walnut or cherry)
- 8 portions required for each variety, not to exceed 150 g each.
- 2 of these portions are to be presented in a plated format for tasting.
- Each pastry should have a minimum of 4 elements/components such as:
 - Sponge & Biscuit
 - Pâte Sucrée, Sablé, Pastry Shell
 - Dacquoise and Meringues
 - Crispy Inclusions: Feuilletine
 - Soft Inclusions: Crèmeux, Ganache, Caramel, Marmalade
 - Cooked or Macerated Fruit
 - Aerated Creams: Mousse, Bavarian, Chiboust, Crème Parisienne
 - Finishing: Glacage, Spray Chocolate, Pectin Nappage
 - Garnishes: Fruit, Chocolate, Nuts, Cooked Sugar
- At least one (1) pastry should have artistic garnish or ornament.
- Platters and presentation plates may be decorated or garnished that may allow a visual queue as to flavor profiles or compositions.
- For plated desserts, elements not included in the buffet presentation may be added to give the plated dessert a finished look (ice creams/sherbets/sorbets, fresh and macerated fruits, run outs and sauces, dusts, crunchies, foams, microgreens etc.) these accompaniments can be displayed where it makes sense in the buffet presentation (sauce boats, vessels with spoons for dusts, crunchies, fresh fruits or microgreens, etc.)

Additional Guidelines

- Mold use is allowed but pastries should not be **all** molded and glazed with a shiny glaze.
- The candidates who showcase a variety of hand skills, such as hand cut, piping, craftsmanship, correct temperatures and textures, and unique finishes will receive the higher scores.
- Construction and finishing should represent a variety of contemporary styles, techniques, and presentation skills.
- Sponges and Cakes may be brought in baked off.
- Cookie doughs, crispy cookie pastes may be brought in mixed but not shaped or portioned out.

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- Glazes may be brought in assembled, but from refrigerated state, not warmed and ready to apply.
- Dessert syrups may be brought in.
- The following ready-made dough may be brought in: bric, puff pastry, and filo dough.
- Ingredients for the recipe are allowed to be pre-scaled and measured, however, no pre-mixing is allowed other than components specified above.
- All ingredients and materials should be labeled and identified.

Competitors must bring their own food, tools, cookware, and china.

General Guidelines for Category G

- Proper sanitation and food handling
- Work in an organized manner.
- Proper cooking techniques
- Use appropriate service platters.
- Proper sequential slicing and layout
- Good use of time and display on time
- Recipes true to labeling
- Right number of pieces on platter, (main and garnish)
- Harmonious designs and flavors
- Appetizing
- Presentation on the platter with strong lines
- Variation of techniques
- Variation of shapes and design
- Proper aspic and strength
- Aspic to be clear and bubble free
- Craftsmanship and degree of difficulty will be taken into consideration.
- Portion size

Category K-Contemporary Hot and Cold Food, Professional, Individual

KC Contemporary Cooking

- Competitors are required to prepare four portions of a finished entrée plate based on the category choice.
- The proteins must be fabricated in the kitchen and portioned for four servings.
- The entrée plate should have the appropriate accompaniments, garnishes, and sauces.
- The competitors have 15 minutes for set-up, 60 minutes to fabricate and cook, 10 minutes for plate-up and 15 minutes for clean-up.
- Of the four portions, three are for the judges, and one is for display and critique.

Protein Options (Choose One):

- KC -1, 2 whole bone-in Cornish Game Hens-1-1½ pounds, both fabricated in the production window
- KC-2, 1 whole bone-in Chicken-2½-3 pounds
- KC-3, 1 whole bone-in Duck-5-6 pounds
- KC-4, Game birds-up to 2 pheasant, 4 quail, 2 squab, 2 partridge or up to 2½ pound guinea fowl
- KC-5, bone-in Pork Loin (chine bone may be removed before the competition)-other pork cuts may be included in the dish.
- KC-6, bone-in Veal Loin or Rack (chine bone may be removed before the competition)-other cuts may be included in the dish.
- KC-7, bone-in Lamb Loin or Rack (chine bone may be removed before the competition)-other cuts may be included in the dish.
- KC-8, bone-in Game (Venison rack, loin, chine bone may be removed before the competition)-other cuts may be included in the dish.
- KC-9, 1 whole Rabbit-using the leg and at least one other cut.
- KC-10, up to 2 lobsters. Other crustaceans/mollusks may be incorporated with this.
- KC-11, whole Flat or Round Fish (2 ½ to 4 pounds). Fish can be eviscerated and scaled, but the head must remain on when brought in.
- KC-12 Contemporary Hot Food- Nutritional
 - Choose any Protein from any (SKC category) The chef supplies nutritional breakdown using nutritional analysis software of their choice. The dish must fall within these guidelines: Less than 900 calories, less than 700 mgs of sodium, less than 8 grams of saturated fats, less than 10 grams of sugar. Additionally, dish must include: a whole grain, lean protein, appropriate vegetables and sauce/condiments utilizing healthy cooking principles.

General Guidelines for Category KC:

- Competitors must provide at least four judges packets that include: recipes, all ingredients and a complete diagram or a clear, close-up, color photograph of the signature dish. Packets are to be provided to judges on-site the day of the competition.
- Ingredients for the recipe are allowed to be pre-scaled and measured, however, no pre-mixing is allowed.
- No advance preparation or cooking is allowed.
- Cleaned and peeled mirepoix ingredients are acceptable. Chopped herbs, shallots and garlic are also acceptable.
- Vegetables can be peeled and sectioned but not shaped in any form. Leeks may be split for cleaning purposes. Salads may be cleaned and washed; beans may be pre-soaked.
- No finished soups or sauces are allowed. However, basic stocks may be brought in. No clarified consommés are allowed.
- The following ready-made dough may be brought in: bric, puff pastry, pizza dough and filo dough.
- All combinations of ingredients must be completed during the competitors allotted competition time.
- Competitors may also bring proteins pre-marinated, but will be required to demonstrate fabrication of protein and making of marinade during allotted time frame.
- Competitors are allowed to bring in only the whole and raw materials in the amounts stated in their recipes. However, judges may

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- allow variances in amounts for products that require further preparation (whole fish, meats, etc.).
- Competitors must bring their own food, tools, cookware and china.

Category KP - Contemporary Patisserie, Professional, Individual

KP-1 Hot /Warm Plated Dessert

- Competitors will prepare four portions of a hot/warm dessert of their choice.
- Competitors have 15 minutes for set-up, 60 minutes to cook, 10 additional minutes for plating and 15 minutes for clean-up.
- Of the four portions prepared, three are for judges' tasting and one is for display/critique.
- Main Item of dessert must be at least 105°F

KP-1GF Hot/Warm Dessert-Gluten Free

- Main item of dessert must be at least 105°F
- Competitors will prepare four portions of a hot/warm gluten-free dessert of their choice.
- The main item must be cake or tart that requires the substitution or strictly includes in the formulation a gluten free flour blend. The concept is that these main components normally contain wheat flour, and substitution for a gluten free flour blend is required. Examples might include, quick bread type formulations, biscuit mixtures, sponge cakes, pie doughs, short doughs, pate sucre, pate brisee, etc.
- Items that are naturally gluten free, such as warm lava cakes, Crème Brulee, and flourless sponge cake, to name a few, are not acceptable. Also, tarts composed of edible containers made from non-flour crusts such as seeds, coconut crusts, chocolate, caramelized sugar, and meringues, to name a few, would also not be acceptable for this style of competition.
- No commercial gluten free doughs may be brought in.

KP-2 Composed Cold Plated Dessert

- Competitors will prepare four portions of a composed cold dessert of their choice.
- Competitors have 15 minutes for set-up, 90 minutes to cook, 10 additional minutes for plating and 15 minutes for clean-up.
- Of the four portions prepared, three are for judges' tasting and one is for display/critique.
- At least 75% of the dessert should be presented cold (frozen elements included).

SP-2N Composed Cold Nutritional Dessert

- Competitors will prepare two portions (4 for KP2-N) of a composed nutritional cold dessert of their choice.
- Less than 10 grams of refined sugar per portion.
- Refined sugars include granulated sugar (sucrose), natural processed sugars such as honey, fructose, agave, maple syrup, powdered sugar, high fructose corn syrup.
- Less than 25 % of total calories come from fat.
- All desserts must contain no more than 200 calories per portion.
- The complete weight of dessert must be **at least 105 g**.
- Composition must include fresh fruit. It may be prepared in any fashion as required to fit theme or style of dessert.
- The cold **component must be ⅔ of total weight** or volume of dessert and **require refrigeration**.
- A nutritional analysis substantiating the dessert criteria is required to accompany the recipe packet. The program used to generate the analysis must be acceptable to ACF.

General Guidelines for Category KP:

- The cold plated dessert must be composed of a minimum of 66% cold items and the hot/warm plated dessert must be composed of a minimum of 66% hot/warm items.
- Competitors must provide at least four judges' packets that include: recipes, all ingredients and a complete diagram or a clear, close-up, color photograph of the signature dish. Packets are to be provided to judges on-site the day of the competition.

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- Ingredients for the recipe are allowed to be pre-scaled and measured, however, no pre-mixing is allowed.
- No advance preparation or cooking is allowed.
- Cooked ice cream bases and/or sorbet bases may be brought in ready to freeze at the competition site.
- No finished sauces are allowed.
- The following ready-made dough may be brought in: brik (brick), puff pastry and filo (phyllo) dough.
- Commercial purees may be scaled and used as an ingredient but they must be brought in unaltered from their original packaging.
- All combinations of ingredients must be completed during the competitors allotted competition time.
- Competitors are allowed to bring in only the whole and raw materials in the amounts stated in their recipes. However, judges may allow variances in amounts for products that require further preparation or may be needed in varying amounts (i.e., whole fruits, flour for dusting, eggs for egg wash).
- Competitors must bring their own food, tools, cookware and china.
- Competitors are allowed to bring in an ice cream machine of reasonable size and electrical requirements; however, freezers are not provided.
- The careful and responsible use of dry ice in appropriate containers is permitted.

Kitchen Station Requirements for KC and KP:

While all competitors may be working in the same kitchen, each must be provided with his or her own workstation. Each station must include the following:

- Adequate work table
- Small oven; convection or conventional
- Cook top, minimum two burners, induction, electric, or gas
- Cutting boards
- Sink with running water, may be shared
- Access to refrigeration, may be shared
- Power supply, four outlets per station
- Cubed ice, ice supply
- Garbage receptacles
- Hot and cold water sanitation station in immediate vicinity
- To maintain sanitation, brooms, mops, paper towels, plastic wrap, foil, bleach and buckets
- Large clock in competition area for accurate timekeeping
- Marble slab**
- Kitchen-Aid-type mixer**

** *This equipment applies to pastry kitchens only.*

Judges' Table Requirements for KC and KP

Judges for Category KC and KP will taste and score competitors in the kitchen. They will need the following items:

- Silverware
- Napkins
- Water
- Clipboards
- Notepads
- Pencils/pens

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- Calculator
- Stapler
- A competitor staging area for ingredient check-in by the judges
- Copies of judges' packets, a full set from each competitor, for each judge
- Complete starting time schedules
- All taste and skill-based score sheets and tally sheets completed with all competitor information, prepared for the judges
- Score keepers to assist judges
- An apprentice/runner to clear dirty dishes, refill water and replace silverware and napkins as needed

Sample Time Schedule for Category KC And KP-1

Chef	Setup	Receive Basket/Start	Window Opens	Window Closes	Cleanup Ends
Competitor 1	8:00 a.m.	8:15 a.m.	9:15 a.m.	9:25 a.m.	9:40 a.m.
Competitor 2	8:15 a.m.	8:30 a.m.	9:30 a.m.	9:40 a.m.	9:55 a.m.
Competitor 3	8:30 a.m.	8:45 a.m.	9:45 a.m.	9:55 a.m.	10:10 a.m.
Competitor 4	8:45 a.m.	9:00 a.m.	10:00 a.m.	10:10 a.m.	10:25 a.m.
Competitor 5	9:00 a.m.	9:15 a.m.	10:15 a.m.	10:25 a.m.	10:40 a.m.

KG Green, Sustainable, and Local Food Cooking

- Competitors are required to prepare four portions of a finished entrée plate featuring sustainable and local foods.
- The Lead Judge will choose and announce at least four weeks in advance of the competition, 1-protein item, 1-secondary protein item, 1-starch or grain, and two vegetables. These items will fall within the guidelines of being sustainable and local.
- In addition, competitors will be given a \$6.00 token and 10 minutes to shop for an additional item at the venue. If this is not a viable option, then there would be a mystery fruit or vegetable that will be revealed at the competition and it must be incorporated into the menu.
- The proteins must be fabricated in the kitchen and portioned for four servings.
- The entrée plate should have the appropriate accompaniments, garnishes, and sauces.
- The competitors have 10 minutes for shopping (if this is not a viable option, the mystery fruit or vegetable would be revealed at this time and the competitors would proceed to the set-up part of the competition), 15 minutes for set-up, 60 minutes to fabricate and cook, 10 minutes for plate-up and 15 minutes for clean-up.
- Of the four portions, three are for the judges, and one is for display and critique.

Objectives:

- Promote the use of sustainable/local foods amongst chefs.
- Ignite the excitement and passion for using sustainable/local foods in both competitors and the public.
- Bring the culinary competition to public venues such as farmer markets, food co-ops, grocers.
- Help foster relationships between chefs and the farmers, ranchers, and fisherman.
- Give the ACF greater visibility, recognition, and relevance.
- Make the competition practical, affordable, (and fun) to organize and host.

Defining Sustainable and Local:

- Sustainable Food: Sustainability rests on the principle that we must meet the needs of the present without compromising the ability of future generations to lead healthy and nourished lives. Hence food which is grown sustainably must naturally adhere to scientifically accepted standards of minimum harm to the environment, fair wages for workers, and minimum use of

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harmful additives.

- Local Food: The term “local food” commonly refers to food that is raised or grown within a prescribed geographic distance from the consumption of the food. However, since there isn’t a commonly accepted measure of this distance (100 miles being the most commonly accepted distance), for the sake of this competition category, we will adopt the definition of local to mean the larger of the following two: 100 miles or “within the state.”

General Guidelines for Category KG:

- Competitors must bring their own food, tools, cookware and china. No food items (except for the mystery fruit or vegetable) will be provided to the competitors at the show.
- Competitors must provide at least four judges packets that include: recipes, all ingredients and a complete diagram or a clear, close-up, color photograph of the signature dish. Packets are to be provided to judges on-site the day of the competition.
- The packets should also include the receipts and invoices for the proteins, starches, grains, vegetables brought into the show by competitors. This is in order to validate the use of sustainable/local foods. The ingredients list must include the farm name or a location for seafood.
- The ingredients will ideally be sourced from or near the venue of the competition. Competitors are bound by an Honor Code which assumes that the sources of the ingredients as stated by the receipts/invoices are accurate and verifiable. It should be stressed that the main ingredients must be sustainable and local. The organizers realize that verifying sustainability is often very difficult, so it is up to the competitors to ensure that the minimum standards of sustainability as defined earlier are met.
- Competitors are allowed to bring in only the whole and raw materials in the amounts stated in their recipes. However, judges may allow variances in amounts for products that require further preparation (whole fish, meats, etc.).
- Competitors wishing to bring in Pre-fabricated and marinated proteins must demonstrate the entire process in the proper sequence during the competition. Any person not following these guidelines will be disqualified.
- Ingredients for the recipe are allowed to be pre-scaled and measured, however, no pre-mixing is allowed.
- No advance preparation or cooking is allowed.
- Cleaned and peeled mirepoix ingredients are acceptable.
- Chopped herbs, shallots and garlic are acceptable.
- Vegetables can be peeled and salads may be cleaned and washed, but not cut or shaped in any form.
- Beans may be pre-soaked.
- No finished soups or sauces are allowed but basic stocks may be brought in. No clarified consommés are allowed.
- All combinations of ingredients must be completed during the competitors allotted competition time.
- Pullman loaves, breads, and dumpling wrappers will be permitted.
- As a competitor, you will represent the culinary profession in public, therefore, Competitors must wear professional attire including chef uniform, chef hat and apron and proper work shoes.

Kitchen Station Requirements for KG:

- 1 eight foot table with 2 butane burners and additional fuel
- No electrical or battery operated equipment will be allowed.
- No ovens will be available.
- Competitors will be allowed to bring one chafing dish if they desire.
- It is highly recommended that competitors bring a small cooler and ice to keep their proteins and food at optimal temperatures.
- Garbage receptacles
- Access to potable running water or bottled water
- Brooms, mops, paper towels, sanitation solution and buckets, and sanitation supplies

Judges’ Table Requirements for KG:

Chapter 3: Contemporary Competition Categories

Judges for Category KG will taste and score competitors in the kitchen or in a nearby designated area. They will need the following items:

- Silverware
- Napkins
- Water
- Clipboards
- Notepads
- Pencils/pens
- Calculator
- Stapler
- A competitor staging area for ingredient check-in by the judges
- Copies of the judges' packets, a full set from each competitor, for each judge
- Complete starting time schedules
- All taste and skill-based score sheets and tally sheets completed with all competitor information, prepared for the judges
- Score keepers to assist judges

Category W – Customized Wildcard Category

Chapters wishing to host hot-food competitions that do not follow the standard category formats must apply for approval. Any changes or exceptions to standardized categories must have the approval of the Culinary Competition Committee chair prior to the competition and before ACF medals and CEH's are awarded.

The standard application must be supplemented with a detailed description of the proposed competition, and must be submitted a full four months before the competition. The description must include the following information:

- Indicate whether an individual or team category; if a team category, indicate how many team members
- Number of portions
- Number of courses
- Time frame
- Use of any special or required ingredients

Note: For a customized individual category, competitors are required to prepare at least four portions of a four course menu. For a customized team category, teams must prepare a minimum of eight portions of a four course menu.

Chapter 4: **Competition Scoring and Critiques**

Critiques in an ACF-sanctioned culinary competition are delivered by experienced, trained, approved culinary judges. While there will be more than two judges at a competition, critiques to individual competitors will be done by a panel of, at minimum, two judges. In the learning process, there is no substitute for a professional, constructive critique, delivered in a manner of teacher-to-student and with the respect afforded a professional colleague. Critique sessions are normally held immediately following the judging session and before the opening of the show for public viewing. This allows privacy for the judge and the competitor to discuss the display. All critiques for professionals are to be done in private and not in presence of other professionals. Also, by having the critique as soon as possible after the viewing by the judges' panel, the display is still fresh in judges' minds and the critique can be more accurate and helpful. The best critiques are to the point, and should include both the strong and weak points and are specific. In addition, the judge should offer guidance on what skills and techniques could be built on or further developed. If the competitor is a student, his or her instructor should be present during the critique.

The second area of assessment is the scoring. As the judges' panel reviews a display, points are awarded in several areas and averaged to yield a single score for the display. Under no circumstances will Non-ACF Certified Judges have their scores count during the actual competition scoring assessment for competitors. Only the certified ACF Judges scores will count as the competitor's final scores of that competition. Then the ACF National Office will review each competitor's scores when they arrive and will verify this process was upheld. If there is any indication of mishandled scores the current competition committee will be notified and further actions will be taken. The scoring system is based on a possible 100 points, and displays are awarded gold, silver or bronze medals.

The ACF scoring point scale is:

Gold medal with distinction	100 points
Gold medal	90-99.99 points
Silver medal	80-89.99 points
Bronze medal	70-79.99 points
Certificate of Participation	Below 69 points

Please note that with the 100 point system, partial points (.25, .5, etc.) will no longer be allowed when a judge is scoring competitors. However, when calculating the average of multiple judges or multiple scores, the scores will be rounded to the nearest two decimal points.

Certificate of Participation:

These certificates are presented to competitors who do not qualify for a medal. For competitors to receive points/hours toward certification, an official ACF Certificate of Participation must be used.

Unlike most competitions that may have only one gold medal winner, in ACF-sanctioned competitions, the competitors compete against a standard and not each other. Since a competitor is judged on how his or her display measured up against the standard, there may be many competitors who win the same medal. ACF medals are awarded to all competitors who score sufficient point levels. If the competitor is a member of the ACF, a permanent record of each medal awarded is maintained in the ACF national office.

In a cold-food competition, the judging takes place in an empty hall, except for members of the judging panel. The competitors are absent, as are the public and the media.

Scoring and Assessment for Categories A, B, C1, and C2

Presentation – 25 points

- Dishes should be appetizing and tastefully pleasing to the eye.
- New (or a new twist on a classic preparation) and innovative ideas are presented
- Glazing - No visible aspic beads or uneven aspic
- Aspic used should refer or accompany the product.
- Glazing work should be clean and free of defects.

Composition - 25 Points

- Displays must be nutritionally well-balanced and in keeping with modern trends.
- Taste and colors should enhance each other.

Chapter 4: **Competition Scoring and Critiques**

- Displays must be practical, digestible and light.

Craftsmanship and Quality Of Work- 35 Points

- Classical names should correspond to original recipes and methods of preparation.
- Preparations must display practical craftsmanship, mastery of basic skills, chosen jellies and application of cooking methods.

Serving Arrangement and Portion - 15 Points

- Simple and practical, clean and careful serving with no fuss, no overelaborate or impractical garnishing
- Plate and platter arrangement that makes for practical serving while maintaining a strong sense of the elegance
- Slices should be moderate, portions correctly calculated and easily accessible.

Scoring and Assessment for Categories C3 and C4

Presentation - 25 Points

- The cake should have a finished look and a positive overall impression.
- The cake should be structurally sound.
- Appropriate theme for a celebration or wedding cake

Use Of Various Techniques - 25 Points

- Various techniques should be displayed in the chosen medium. Three or more techniques are preferred to show a person's versatility.
- Innovation in technique or modern approach

Craftsmanship - 50 Points

- Looking for the overall skill level and mastery of basic skills and techniques
- Properly executed techniques and skills in chosen medium
- Buttercream/icing, glaze, or fondant should be even and smooth and properly applied.
- Piping and decorations are clean and fine with a high level of execution.
- Are decorations the proper thickness and prepared correctly?
- No dummy cakes used
- Display a high degree of knowledge and skill in cake production.

Scoring and Assessment for Category C5

Presentation - 25 Points

- The overall look of the display should be pleasing to the eye.
- All the required items should be displayed and cut or sliced for the Judge's inspection.
- Display innovation or modern techniques
- The use of lacquer should not be present.

Composition - 25 Points

- Harmony of flavors and ingredient compatibility
- Display a variety of techniques in shaping and production
- Correct serving and portion size
- Nutrition consideration and balance

Craftsmanship - 50 Points

- Doneness and texture of the bread displayed
- Correct execution and proper adherence to technique and classical preparation

Chapter 4: **Competition Scoring and Critiques**

- Proper color and baking of the products
- Display a high degree of knowledge and understanding of the various types of dough and their preparation.
- Proper execution of the formation of the products such as braids, knots, loaves, croissants, etc.

Scoring and Assessment for Category D

Category D or “Showpieces” is designed to highlight the creativity and artistry skills of the culinary arts versus cookery.

Presentation - 25 Points

- The overall eye appeal and beauty of the showpiece.
- Is proper scale and proportion achieved so that the piece looks balance and has an artistic flow?
- Is the piece realistic for use as a functional showpiece?
- Does it adhere to the requirements of the base size and supports?

Artistic Achievement - 25 Points

- Is the piece artistic in nature and does it have beauty and appeal?
- Is the piece harmonizing in flow, color, structure, contrast, and depth?
- Does it achieve a sense of reality or fantasy?

Craftsmanship/Quality of Work - 50 Points

- Use of a variety of techniques and skills.
- Convey a high level of mastery of those techniques and skills.
- Precision is demonstrated in the work.
- Is the work clean and crisp in its execution?
- Innovation in technique

Scoring and Assessment for Category E

Organization - 25 Points

- Adhere to good sanitation practices.
- Does the competitor work in an organized and efficient way?
- Are ingredients properly used and organized?
- Is the competitors mise en place presented in an orderly fashion?
- Does it adhere to the requirements of the base size and supports?

Presentation - 25 Points

- The overall eye appeal and beauty of the showpiece
- Is proper scale and proportion achieved so that the piece looks balance and has an artistic flow?
- Is the piece realistic for use as a functional showpiece?
- Is the piece harmonizing in flow, color, structure, contrast, and depth?

Craftsmanship/Quality of Work - 50 Points

- Use of a variety of techniques and skills.
- Convey a high level of mastery of those techniques and skills.
- Precision is demonstrated in the work.
- Is the work clean and crisp in its execution?
- Innovation in technique

Chapter 4: Competition Scoring and Critiques

Assessment for Category F, FP, FMH, G, and W

The dynamics of judging these categories is quite different from those when judging other categories. The assessment for these categories is divided into two areas: kitchen/floor evaluation and service/tasting evaluation. Each of these components is broken into different areas, which are scored individually. The kitchen and tasting scores are added to yield a maximum score of 100 points.

Kitchen/Floor Evaluation - 40 Possible Points

- Sanitation/food handling - 5 points
- Mise en place/organization - 5 points
- Culinary & cooking technique and proper execution - 15 points
- Proper utilization of ingredients - 5 points
- Timing/work flow - 10 points

Sanitation:

Cutting boards should be scrupulously clean. Knives should be sharp. The toolbox/knife bag must be clean and sanitary inside. Sanitizing solution is at the right strength, not over or under-powered, and whether it's being used as a washing solution instead of sanitizing a pre-washed area. Are the competitors using towels correctly? For example, they should not be wiping debris off a table and then wiping a knife or a plate with the same towel. Consider whether or not competitors are using their aprons as hand wipes. Products should be stored at the correct temperature. Gloves must be used when the last contact with food is occurring, for example, plating up. Areas are required to be kept sanitized, particularly during fish-to-meat to vegetable or dairy transitions. Frequent hand sanitizing is encouraged.

Mise En Place/Organization:

Table should be kept clear of nonessentials. For example, a mixer that may not be needed for the next 30 minutes should not be displayed. Work systematically on one job at a time. Use correct cutting motions and the correct knife for the job.

Storing Of Products:

Use an organized refrigerator, rack cart, knife and equipment storage.

Waste Storage:

Is it useable or not? Useable waste is properly labeled and stored for future use. Competitors are required to store food and non-food waste in third pan in judge's view and get the judges' approval before disposing them in trash. The table should be free from debris. Floor spills must be attended too quickly. The dish area should not be used as a storage dump. Competitors should have an organized withdrawal from the kitchen, leaving it as clean as it was found. Any infractions will lead to point deductions from the kitchen score.

Butchery and Boning Skills:

Efficient and profitable removal of muscle or fish from a bone is encouraged. Sinew and/or fat removal and correct tying methods will be evaluated.

Cooking Techniques and Skills:

Follow classical cooking techniques. The competitor should use the technique as stated in the recipe. For example, pan frying instead of sautéing, or braising with a lid on. Demonstrate proper technique when deglazing a pan rather than simply adding wine or a liquid. Mirepoix should be browned properly, not just heated. Product should be roasted correctly and basted as needed, not just placed in the oven. Poached items should not be simmered. Follow correct method when preparing a farce. Consider how many different techniques have been displayed. Competitor displays good basic pastry skills and techniques such as piping, folding, and the creation of creams or meringues. Items should be baked to the correct doneness.

Utilization of Ingredients:

Follow classical and widely accepted use of ingredients and proper cooking techniques applied to food at hand. Display minimal waste such as the use of trim and bones to fortify sauces or used in stock production. Are the vegetable or fruit scraps being used for other preparations?

Timing:

Menu items should not be held too long. Consider whether or not meats have the time to rest. Serve within the five-minute window. Deduction of 1 point for every minute they competitor is late.

Chapter 4: Competition Scoring and Critiques

Work Flow:

Crossover duties should show teamwork. There should be smooth transitions from one job to another. A logical progression of jobs is admired. For example, avoid chopping herbs or mincing garlic on several occasions. Use proper timing of the menu items.

Service/Tasting Evaluation - 60 Possible Points

- Serving methods and presentation - 5 points
- Portion size and nutritional balance - 5 points
- Creativity, menu and ingredient compatibility - 15 points
- Flavor, taste, texture and doneness - 35 points

Serving Methods and Presentation:

Hot food should be hot, and cold food should be cold (including plates). Food should be fresh and colorful, visibly seasoned, presented with some height, easy to eat and pleasing to the eye. Meat/fish slices must be even, straight and evenly shingled. Items should be closely placed together to help maintain temperature and to keep the plate from resembling a smiling face.

Portion Size and Nutritional Balance:

Components of the meal must be balanced so that the main item is complemented in size/amount by the accompanying garnish(es) and/or sauce. The necessary nutritional standards should be adhered to. The protein weight must be within the set limits.

Creativity:

Dishes should show a degree of difficulty and creative flair rather than something copied and overused. If competitors use an old or classical idea, they should use a new and creative idea to transform the dish.

Menu Composition and Progression of Courses:

The menu must have a thread or a theme running throughout. For example, it is a regional, seasonal or celebration menu. No courses should be out of sync with the menu, such as an Asian-type dish inserted into an American-type menu. In the progression of courses, there should be no erratic or over-dominant flavors that disrupt the flow of the theme. The dishes should portray a high level of skill and exactness. The number of different skills employed throughout the menu must distinguish the caliber of the cook(s).

Ingredient Compatibility:

Ingredient colors should harmonize. Ingredient amounts should be correctly portioned to demonstrate a perfect harmony. Have any of the ingredients been duplicated?

Flavor, Taste, Texture and Doneness:

The stated flavor in the menu and recipe should be profound. For example, the duck broth should taste like duck. Doneness temperatures must be correct. Stated vegetable cuts should be correct. The stated cooking techniques must be applied correctly. The textures should correspond to what was implied in the recipe. The flavor of the sauce or vinaigrette should reflect what the recipe stated and should be the correct consistency. Competitors must demonstrate the correct degrees of caramelization. The dishes should taste great.

Assessment for Category KC, KP, KG, and W

The assessment for these categories is divided into three areas: organization, cooking skills and culinary techniques, and taste. Each of these areas is further divided into other specific areas which are scored individually. There is a maximum of 100 points possible.

Organization - 25 Possible Points

- Sanitation/work habits - 10 points
- Utilization of ingredients - 10 points
- Use of allotted time - 5 points

Cooking Skills and Culinary Techniques - 25 Possible Points

- Creativity, skills, craftsmanship - 15 points
- Serving, portion size - 10 points

Taste - 50 Possible Points

Chapter 4: **Competition Scoring and Critiques**

- Flavor and texture - 30 points
- Ingredient compatibility, nutritional balance - 10 points
- Serving Method and Presentation - 10 points

Sanitation/Work Habits:

Proper temperatures maintained while working with foods and ice pans should be used for proteins. The proper use of gloves should be worn when food does not require additional cooking and during service. Food should be stored properly to avoid cross contamination. Display the proper use of sanitizing solutions and sanitizing station throughout the cooking process. Display an uncluttered work area, and have a proper time line. Equipment and food are organized. Usable waste, compost, recycles, and trash are separated and disposed of properly.

Utilization Of Ingredients:

Proper cooking techniques applied to food at hand. Minimum waste.

Use Of Allotted Time:

1 point will be deducted for each minute past the service window for a maximum of a 5 point deduction.

Creativity, Skills, And Craftsmanship:

The competitor should use the right knife or tool for the job at hand and display a mastery of butchering skills and knife skills. They should execute classical cooking techniques properly such as braising, sauté, poach, roast, and the proper preparation of forcemeats. Does the dish show thought and practice behind the execution? Had enormous attention been paid to detail?

Serving/Portion Size:

Is the preparation ready in time for service? Is the flow of service smooth and efficient? Is the portion appropriate for the guest?

Flavor And Texture:

Are the different flavors and textures of the dish harmonious? Are the flavors balanced, where individual components can be distinguished and not overpowered? Is the food properly seasoned? Do the garnish components add to the taste of the main ingredient? Is there a pleasant aftertaste? Hot food HOT and Cold food COLD. Is there a variation of textures?

Ingredient Compatibility/Nutritional Balance:

Do each of the ingredients have a purpose of enhancing the overall dish? Has each ingredient been prepared in a way that enhances its flavor? Is there nutritional balance to the dish? Is there a balance of proteins, starch, vegetables?

Serving Method/Presentation:

Recipe true to the correct name of the dish? Good use of service area of the plate. There should be nothing on the rim of the plate. Is it evident what the main ingredient is? Is the presentation appetizing and inviting to the guest? Is it comfortable for the guest to eat or awkward? All items on the plate are edible. Presentations and components are not too complicated for efficient service. Is there additional sauce on the side if needed?

Chapter 5: Awards

Official ACF culinary competition medals must be awarded to competitors participating in an ACF-sanctioned competition. The host chapter for the competition is expected to purchase and present the medals to competitors.

Medals are available at the gold, silver, and bronze levels for both professional and student competitors. Each medal includes a corresponding medal certificate. These medals can apply toward ACF certification.

Scoring Criteria are as Follows:

The ACF scoring point scale is:

Gold medal with distinction certificate	100 points
Gold medal	90-99.99 points
Silver medal	80-89.99 points
Bronze medal	70-79.99 points

Certificate of Participation:

These certificates are presented to competitors who do not qualify for a medal. For competitors to receive points/hours toward certification, an official ACF Certificate of Participation must be used.



Medal Policy

Medals may be requested prior to the competition. If paying by credit card, a 50 percent deposit is required. If paying by check or money order, payment in full is required. If a pre-competition medal order is placed less than two weeks before start of competition, a rush-fee will apply.

Medals must be returned within 30 days of competition date. If medals are not returned in timely fashion, then balance due will be billed to the credit card used to make the initial deposit.

Returned medals will be processed as a return order. If a balance is owed, then the credit card used for the initial deposit will be processed for the amount due. If a credit is due, then a refund will be processed.

Cold Food Score Sheet

Categories A, B, C1 and C2

Show: _____ Exhibit/Competitor #: _____

Date: _____ Category: _____

Criteria	Possible Points	Actual Points
Presentation <ul style="list-style-type: none"> • Overall look and eye appeal of display (0-10) • Innovation (0-10) • Glazing technique (0-5) 	0-25	
Composition <ul style="list-style-type: none"> • Harmony of flavors and colors (0-10) • Practicality of the menu (0-10) • Nutritional balance (0-5) 	0-25	
Craftsmanship/Quality of Work <ul style="list-style-type: none"> • Proper preparation (0-15) • Quality and mastery of techniques and skills (0-20) 	0-35	
Serving Arrangement and Portion <ul style="list-style-type: none"> • Portion size and proper weights (0-5) • Serviceability (0-10) 	0-15	
Total	100	

Comments:

Judge's Signature: _____

Judge's Printed Name: _____

Award Guidelines	
100 points	Gold with Distinction
90 - 99.99 points	Gold
80 - 89.99 points	Silver
70 - 79.99 points	Bronze
60 - 69.99 points	Diploma

Cold Food Score Sheet

Categories C3 and C4 Decorated Cakes

Show: _____ Exhibit/Competitor #: _____

Date: _____ Category: _____

Criteria	Possible Points	Actual Points
Presentation <ul style="list-style-type: none">• Overall look and theme (0-15)• Structural design (0-10)	0-25	
Techniques <ul style="list-style-type: none">• Use of variety of techniques and skills (0-15)• Innovation (0-10)	0-25	
Craftsmanship/Quality of Work <ul style="list-style-type: none">• Application of finish of the cake (0-10)• Knowledge and skill level (0-20)• Quality and mastery of the execution of techniques (0-20)	0-50	
Total	100	

Comments:

Judge's Signature: _____

Judge's Printed Name: _____

Award Guidelines	
100 points	Gold with Distinction
90 - 99.99 points	Gold
80 - 89.99 points	Silver
70 - 79.99 points	Bronze
60 - 69.99 points	Diploma

Cold Food Score Sheet

Category C5 Bread Display

Show: _____ Exhibit/Competitor #: _____

Date: _____ Category: _____

Criteria	Possible Points	Actual Points
Presentation <ul style="list-style-type: none"> • Overall look and eye appeal of display (0-15) • Required elements (absence of food lacquer) (0-10) 	0-25	
Composition <ul style="list-style-type: none"> • Harmony and compatibility of ingredients (0-10) • Variety of techniques (0-10) • Nutritional consideration/portion and serving size (0-5) 	0-25	
Craftsmanship/Quality of Work <ul style="list-style-type: none"> • Baked correctly and texture (0-10) • Knowledge and skill level of bread production (0-10) • Quality and mastery of the execution of techniques and skills (0-30) 	0-50	
Total	100	

Comments:

Award Guidelines	
100 points	Gold with Distinction
90 - 99.99 points	Gold
80 - 89.99 points	Silver
70 - 79.99 points	Bronze
60 - 69.99 points	Diploma

Judge's Signature: _____

Judge's Printed Name: _____

Show Piece Score Sheet

Category D

Show: _____ Exhibit/Competitor #: _____

Date: _____ Category: _____

Show piece description (if necessary): _____

Criteria	Possible Points	Actual Points
Presentation <ul style="list-style-type: none">• Overall look and eye appeal (0-10)• Scale, proportion, and practicality (0-10)• Adhere to the requirements (base size, supports, etc.) (0-5)	0-25	
Artistic Achievement <ul style="list-style-type: none">• Artistic beauty and appeal (0-10)• Harmony of color and structure of displays contrast and depth (0-15)	0-25	
Craftsmanship/Quality of Work <ul style="list-style-type: none">• Use of a variety of techniques (0-10)• Displays a high degree of knowledge in the medium (0-10)• Quality and mastery of the execution of techniques and skills (0-25)• Innovation (0-5)	0-50	
Total	100	

Comments:

Judge's Signature: _____

Judge's Printed Name: _____

Award Guidelines	
100 points	Gold with Distinction
90 - 99.99 points	Gold
80 - 89.99 points	Silver
70 - 79.99 points	Bronze
60 - 69.99 points	Diploma

Live Action Showpiece Score Sheet

Category E

Show: _____ Exhibit/Competitor #: _____

Date: _____ Category: _____

Menu/Item: _____

Criteria	Possible Points	Actual Points
Organization/Mise En Place <ul style="list-style-type: none"> Sanitation/work habits (0-5) Utilization/organization of ingredients and mise en place (0-15) Adhere to the requirements and allotted time (0-5) 	0-25	
Presentation <ul style="list-style-type: none"> Overall look and eye appeal (0-10) Scale, proportion and practicality (0-10) Harmony of color and structure and displays contrast and depth (0-5) 	0-25	
Craftsmanship/Quality of Work <ul style="list-style-type: none"> Use of a variety of techniques (0-10) Displays a high degree of knowledge in the medium (0-10) Quality and mastery of the execution of techniques and skills (0-25) Innovation (0-5) 	0-50	
Total	100	

Comments:

Judge's Signature: _____

Judge's Printed Name: _____

Award Guidelines	
100 points	Gold with Distinction
90 - 99.99 points	Gold
80 - 89.99 points	Silver
70 - 79.99 points	Bronze
60 - 69.99 points	Diploma

Hot Food Kitchen / Floor Score Sheet

Categories F, FP, FMH, G and W

Show: _____ Exhibit/Competitor #: _____

Date: _____ Category: _____

Criteria	Possible Points	Actual Points
Sanitation/Food handling	0-5	
Mise en place/Organization	0-5	
Culinary and cooking techniques and proper execution	0-15	
Proper utilization of ingredients	0-5	
Timing/Work flow (1 point deduction for each minute late)	1-10	
Total	40	

Comments:

Judge's Signature: _____

Judge's Printed Name: _____

Award Guidelines	
100 points	Gold with Distinction
90 - 99.99 points	Gold
80 - 89.99 points	Silver
70 - 79.99 points	Bronze
60 - 69.99 points	Diploma

Hot Food Tasting Score Sheet

Categories F, FP, FMH, G and W

Show: _____ Exhibit/Competitor #: _____

Date: _____ Category: _____

Criteria	Possible Points	1st	2nd	3rd	4th
Serving Methods and Presentation (Fresh and colorful, easy to eat, closely placed items for maintaining temperature, hot/cold serving plate, stylistic but practical)	0-5				
Portion Size and Nutritional Balance (35:65 balance of protein and carbohydrate. Weight boundary within the tolerance of total meal. Nutritional breakdown supplied)	0-5				
Creativity, Menu and Ingredient Compatibility (Do the recipe ingredients complement each other in color, flavor, and texture? Are the ingredients balanced in size and amounts?)	0-15				
Flavor, Taste, Texture and Doneness (Do the specified major ingredients carry the dominant flavors? Do the components fit together? Are the temperatures correct? Do the textures reflect the cooking technique? Is the sauce the correct flavor for the meat/fish and is it the correct consistency and smooth?)	0-35				
Total	60				

Subtotal: _____

Number of Courses: _____

== Service/Tasting Score: _____

Comments:

Course 1:

Course 2:

Course 3:

Course 4:

Judge's Signature: _____

Judge's Printed Name: _____

Award Guidelines	
100 points	Gold with Distinction
90 - 99.99 points	Gold
80 - 89.99 points	Silver
70 - 79.99 points	Bronze
60 - 69.99 points	Diploma

Hot Food Tally Score Sheet

Categories F, FP, FMH, G and W

Show: _____ Exhibit/Competitor #: _____

Date: _____ Category: _____

Kitchen/Floor Scores		
Judge 1	0-40	
Judge 2	0-40	
Judge 3	0-40	
Judge 4	0-40	
Judge 5	0-40	
Subtotal		

Service/Tasting Scores		
Judge 1	0-60	
Judge 2	0-60	
Judge 3	0-60	
Judge 4	0-60	
Judge 5	0-60	
Subtotal		

÷ Number of Judges: _____

= Final kitchen/floor score: _____

Final kitchen/floor score: _____

+ Final service/tasting score: _____

= Final Score (0-100 points): _____

Award/Medal: _____

÷ Number of Judges: _____

= Final service/tasting score: _____

Award Guidelines

100 points	Gold with Distinction
90 - 99.99 points	Gold
80 - 89.99 points	Silver
70 - 79.99 points	Bronze
60 - 69.99 points	Diploma

Scores Compiled by: _____

Scores Reviewed by Lead Judge: _____

Printed Name: _____

Hot Food Cooking And Patisserie - Taste Based Score Sheet

Categories KC, KP, KG and W

Show: _____ Exhibit/Competitor #: _____

Date: _____ Category: _____

Menu/Item: _____

Criteria	Possible Points	Actual Points
Organization <ul style="list-style-type: none"> Sanitation/work habits (0-10) Utilization of ingredients (0-10) Adhere to the requirements and allotted time (0-5) 	0-25	
Cooking Skills and Culinary Techniques <ul style="list-style-type: none"> Creativity, skills, craftsmanship (0-15) Serving and portion size (0-10) 	0-25	
Taste <ul style="list-style-type: none"> Flavor and texture (0-30) Ingredient compatibility and nutritional balance (0-10) Serving method and presentation (0-10) 	0-50	
Total	100	

Comments:

Judge's Signature: _____

Judge's Printed Name: _____

Award Guidelines	
100 points	Gold with Distinction
90 - 99.99 points	Gold
80 - 89.99 points	Silver
70 - 79.99 points	Bronze
60 - 69.99 points	Diploma

ACF Professional Culinary Competition Manual



American Culinary Federation

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