



ACF NSW, ACT & Regions Secondary Schools Culinary Competition Friday 6th July 2018

Each year the Australian Culinary Federation (ACF) conducts a cooking competition for Secondary School Students in each Australian state. The aim of this competition is to give students an insight into the hospitality industry and to identify and encourage students who demonstrate a talent and a passion for cooking.

The competition is open to unlimited entries from each school. If you are in years 10, 11 or 12, enrolled in a Secondary School and are studying either a Hospitality or Commercial Cookery course, then you are eligible to enter.

Winners of this competition may need to compete and win at the state level to be eligible to compete in the International Secondary Schools Culinary Challenge to be held later in the year. The ACF will cover the cost of registration and entry fees. (Schools competing at state or International level will need to cover the cost of their own airfares) The time and location of state and international competitions will be announced in due course.

If for any reason the winning school is unable to continue competing in state and /or international level, the first runner up will be given the opportunity.

Successful teams from both High School and College categories will be recognised, but only one overall winner. The participating Schools of the ACT and Regions have performed well in all facets of this competition in recent years and we have no doubt this will continue.

Please read the following entry criteria carefully and if you have any further questions please do not hesitate to contact **Paul Butler, 0409 772 719** or Email:

fbmgr@npc.org.au

Or **Janette Kline** on **0262456316** or Email Janette.kline@daramalan.act.edu.au

Youngs Chicken are this year's Proud Sponsors of the event and we thank them for their continued support of our industry



Terms & Conditions of Entry;

Each team must consist of two students comprising of a Team Captain and an Assistant.

Entrants must be enrolled in Secondary School (in years 10, 11 or 12 only) with a finishing date no later than 31st October 2018.

Entrants must be studying a Hospitality or Cookery course.

Entries close on Friday **1st June 2018**, all entries are to be sent to:

Australian Culinary Federation – NSW, ACT & Regions
ACT Secondary School Competition
PO Box 164
Deakin West ACT 2600

Or emailed to: fbmgr@npc.org.au

- This year's competition will be held at the Canberra Institute of Technology (CIT), Tourism and Hospitality Building Reid Campus on the 6th July 2018.

Note: Arrival times and further details will be sent out via email by Friday 8th June 2018, after entry forms have been received. A site visit to CIT will be arranged prior to the competition for any school wishing to familiarise their students with the venue.

- The ACF will endeavour to secure the services of a professional, qualified Chef who can be allocated to each school where necessary, to assist with mentoring of participating culinary students. This is an important educational aspect of this competition and schools are encouraged to take up this offer.
- Each team must prepare, cook and display a main course for two people on two separate plates within a time limit of 1 hour. They will have 30 minutes to set up (in which time a briefing will be held) prior to the competition starting, and 30 minutes to clean up after the competition. Points will be deducted for late service to a maximum of 10 minutes. Dishes presented after this time will not be judged. Failure to clean up work areas to an acceptable level and within the allocated time frames will also result in points being deducted.
- Students must use 1 x **whole chicken (size 12)** as the main component of their dish. The dish must contain an appropriate starch, vegetable and garnish of your choice. An additional 25 grams of a different protein may be added to each serve. (Total 50 grams)
- Each team is responsible for providing all ingredients needed to create their dish. Vegetables can be peeled prior but no further preparation is permitted. Basic chicken stock will be provided on the day for competitors to use if they wish.

- Speciality utensils and plates are allowed; however, CIT have all basic equipment needed. Plates need to be suitable for restaurant service. Any electrical equipment brought in, **must be tagged and tested prior to the competition or it will not be allowed in.**
- All competitors must wear full Chef's uniform (hat, neck tie, jacket, black or check pants, apron and kitchen approved shoes)
- Your knives must be clean, sharp and ready for use.
- Standard recipes cards, a preparation list and work flows must be displayed on the day of competition. **(these must be prepared by the students and will be marked)**
- Recipes must be costed and are not to exceed a total \$12.00 combined for both dishes (Excluding the price of the chicken)
- A minimum of 1 "turned vegetable" item is to be used in each portion.
- A minimum of 1 other precision cut veg to be displayed, e.g. brunoise, macedoine, etc
- A minimum of four (4) accepted cookery methods to be used in preparation and cookery.
- Kale must be used in some way
- Students may only use vegetables from the following list in addition to the Kale

Kipfler Potato, Sweet potato, Green beans, Brown onions, Parsnip, English spinach, Choy sum, Bok choy, Eggplant, Tomato, Mushroom, Fresh peas, Beetroot, Carrot, Fennel, Purple cabbage, Cauliflower and Zucchini

- **Rules**

- All ingredients are to be prepared on the day of competition by the competitors. They will be scrutinised on arrival and during the competition. For example:
- Basic stock will be allowed but no glaze reduction. The reduction would have to be made during the time allowed for the competition;
- Vegetables can be washed and peeled but not turned or prepared any further.
- All pastry and dough must be produced during competition time;
- As a guide, it is recommended that total proteins weigh no more than 160 g for each dish and starch represents no more than 60 g of the main course. Any supplementary protein is to be a maximum of 25 g per serve.
- All submitted recipes will become the property of Australian Culinary Federation NSW ACT and Regions and may be used for promotional purposes;
- Any communication between competitors and their respective coaches / teachers during the competition, as dictated by the Chief Judge will result in disqualification of the competitors;
- Competitors must produce two (2) portions of their team's dish as per supporting documents
- Tent Cards must be supplied at the competition with a brief description of the dish.

Awards and Prizes;

All Australian Culinary Federation Competitions follow WACS guidelines, this means all competitors start with 100 points and a gold medal. Points will be deducted for incorrect skills and preparation, personal hygiene, taste and flavour of dish, unsafe storage and food handling procedures, and excess wastage.

The Team with the highest points will be announced the winner and the school will receive the Australian Culinary Federation Secondary Schools Shield and may need to compete in a state final to gain a place in the International Secondary Schools Culinary Challenge to be held later in the year.

All Competitors will receive a certificate for their participation in the competition. Gold, Silver and Bronze Medal will be handed out to teams who finish in the follows points brackets;

Gold with Distinction	100 points
Gold,	90-99 points
Silver,	80-89 points
Bronze,	70-79 points

Presentations will be at the completion of the competition. Teams will receive a general de-brief before presentations. If a team requires a more detailed de-brief, judges will make themselves available after the presentations have been held.

Judges Tips;

- Ensure all parts of your uniform are clean and tidy and your appearance is impeccable (these are easy points)
- Work Clean and well organised
- Complete all required paper work - recipes, work flows and prep lists are judged
- Ensure all cooking techniques are correct and well rehearsed
- Protein is correct weight (no **more** than 180gm per plate)
- Starch is correct weight (no **more** than 110gm per plate)
- Vegetables are correct weight (no **more** then 100gm per plate)
- Sauce and Garnishes to complement the dish and not over complicated
- If you're not sure ask, use all resources at your disposal



Secondary School's Cooking Competition
Entry Form
(each Team Member to complete)

Name of Team Member:

Address:

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Date of birth:

Telephone Contact Numbers:

Emergency Contact:

School:

Signature: Date:

A Parent or Guardian must give permission and sign below if the student is under 18 years of age.

I, give permission for

To enter and compete in the Australian Culinary Federation Secondary Schools Cooking Competition.

Parent or Guardian Signature: Date:



Secondary Schools Cooking Competition Permission for Media Release

(You have the right to refuse to give your permission and this will not impact on your entry in any section of this cooking competition)

I permit / do not permit the Australian Culinary Federation – NSW ACT and Regions to use any photos and details of recipes that have been involved in my entry or entries in this competition.

I permit / do not permit my name and any photographs of myself to be released to the media for promotional purposes.

Team Member's Signature:Date:

Parent or Guardian's Signature:Date:
(if student is under 18 years of age.)



Secondary Schools Cooking Competition School Entry Form

**(To be completed by the School the students attend,
And returned with the Entry Forms)**

Name of School:

Address:

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Phone: Fax: Email:

Students nominated:

- Competitor's Name (Captain):
- Competitor's Name (Assistant):

Teacher's Name: Teacher's Signature:

Date:

Disclaimer

The committee of this chapter of the Australian Culinary Federation and the Management of the competition venue shall not under any circumstances be responsible for any loss or damage to any exhibit, display, goods, equipment, personal effects or injuries. The competitor shall be responsible for all damages caused to the complex by any attendance at the competition (other than those under the control or direction of the Operator/Committee) and shall forward and pay to the organisers on demand the cost of rectification of damage.

JUDGES SHEET

	Team Number	Team Number	Team Number	Team Number	Team Number	Team Number	Team Number	Team Number	Team Number
Personal Hygiene - Uniform - Hand washing etc.... 10 points									
Paper Work - Work Flow Plans - Recipes - Costings 10 points									
Working Clean, Hygienic and Wastage 20 points									
Correct Preparation, Kitchen Skills and Techniques 25 points									
Presentation, Menu Balance, Taste and Flavour Profile 25 points									
Correct Finishing Time and Final Cleanup 10 points									
Points Total 100									

GOLD WITH DISTINCTION – 100 points

GOLD – 90 to 99 points

SILVER – 80 to 89 points

BRONZE – 70 to 79 points

