



National Secondary Schools Culinary Challenge Criteria

10 - 12 August 2018
Holmesglen TAFE
Victoria

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.

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 your state competition.

In 2018 the ACF will be hosting a National Final for the SSCC in Victoria with the support of Holmesglen TAFE

Premium Partner



Partners



Supporting Sponsors



Competition Sponsors



Critical Dates & Costs

Registration is \$1000 per team includes accommodation for 2 students twin share according to gender & 1 teacher single accommodation, Food & Beverage & airport & event transfers.

Any additional people \$700 includes single accommodation, Food & Beverage & airport & event transfers.

Teams are responsible for their own airfares & home airport transfers. You must be in Melbourne by noon Friday

Payment details Bank Deposit or Credit card (see form at end)

Australian Culinary Federation

NAB

BSB 083 629

Account 672350345

Friday 20th July Entry forms submitted complete with ALL required information.

Friday 27nd July Food order & Recipes submitted

Friday 10th August

Morning Teams & Teachers Fly in, I will arrange pick up & delivery to airport

Afternoon 2 pm Kitchen inspection & ingredient collection at Holmesglen Institute

Evening Dinner Steak Ministry at Glen Waverley

Saturday 11th

Morning Competition at Holmesglen Institute

Lunch Lunch & Presentation of Awards

Afternoon Culinary Demonstrations

Evening Dinner The Black Toro Glen Waverley

Sunday 12th

Morning Teams & Teachers & Fly Home

COMPETITION RULES - CONDITIONS OF ENTRY

1. A submitted entry form shall constitute acceptance by the competitor to agree to abide by the competition rules.
2. The Australian Culinary Federation (ACF) and the Competition Management shall not under any circumstances be responsible for any injuries, nor any loss or damage to any goods, equipment or personal effects.
3. Competitors are advised to consider appropriate insurance protection.
4. All entries must be on an official entry form and signed/verified by your local competition convenor.
5. All competition work, food and dishes, must comply with current health regulations.
6. The judges have the right to inspect, cut, open, test and taste all entries.
7. All judges' decisions will be final and no correspondence will be entered into.
8. ACF and the Chairman of the Organising Committee, reserve the right to rescind, modify or add to any of the rules and conditions, and their interpretation shall be final.
9. All correspondence for the competition must be directed to the responsible Convenor.
10. No additional electrical equipment other than stick blenders will be allowed in to the kitchen. **MUST BE TAGGED BY A CERTIFIED ELECTRICIAN.** Non complying equipment will not be permitted.
11. The competitors will have been selected by the ACF state chapters to represent the state
12. All competitors are required to use the product as stipulated in criteria.
13. Each team must consist of two students comprising of a Team Captain and an Assistant.
14. 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.
 - Salads cleaned, washed but not mixed or cut
 - Vegetables, fruits, potatoes, onions cleaned, peeled, washed, raw, not cut (exception for vegetables where seeds have to be removed). For example, squash, but only allowed to be cut in halves, onions can be halved to check quality, vegetables like tomatoes may be blanched and peeled, broad beans may be shelled
 - Vegetable/fruit purées can be brought in, but not reduced, seasoned or thickened. Final sauce or coulis must be prepared on site. Samples for tasting
 - Meat/Poultry not portioned, meat not trimmed, minced or ground, sausages have to be made on site
 - Pastry, sponge, biscuit, meringue can be brought in, but not cut, sliced or chopped
 - Fruit/vegetable pulps and fruit/vegetable purees can be brought in, but not reduced, seasoned or thickened. Final sauce or coulis must be prepared on site. Samples for tasting.
 - Bones for stock, bones (including extra) can be brought in cut into small pieces
 - Eggs can be separated and but not processed in any other way
 - Dry ingredients can be weighed and measured
15. 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. All submitted recipes will become the property of Australian Culinary Federation and may be used for promotional purposes.
16. 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
17. Competitors must produce two (2) portions of their team's dish as per supporting documents
18. All entries must be on official entry form & become the property of The Australian Culinary Federation and will be used in but not limited to promotions, media, sponsorship.

Judging Criteria Awards & Medals

Each team starts with 100 points and points are deducted in accordance with the following measurable elements:

MISE EN PLACE	10 points
Personal Presentation	3
Set up work station	4
Correct Mise en place level	3

PROFESSIONAL PREPARATION	30 Points
Hygiene Practices	5
Technical skills displayed	5
Correct methods of preparation	5
Wastage	5
Efficient utilisation of time/organisation skills	5
Service	5

PRESENTATION	10 Points
Suitable temperature	1
Originality/flair	2
Appropriate too class/true to menu description	2
Portion size	1
Clean arrangement and dish	2
Nutritional balance	2

TASTE	50 Points
Does the major component taste good	8
Does the sauce/garnish taste good	6
Do the complements add to the taste of the major ingredient	6
Balance of textures	6
Balance of flavours	6
Seasoning	6
Is there harmony of flavour combinations in menu	6
Taste of Food preserved	6

Judging panel

All judges are ACF Certified Judges

Assessment

Will be conducted in accordance with guidelines for ACF Culinary Competitions.

Medals

Will be awarded to any entry which attains the following points:

Gold with honours (Super Gold)	100%
Gold	90% – 99%
Silver	80% – 89%
Bronze	70% – 79%

Certificates

All Competitors will receive a certificate of participation

Prizes:

Will be awarded to the winning Team prizes can include any of the following...trophies, cash, vouchers, gifts.

Competition Guidelines

- 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.
- Speciality utensils and plates are allowed; however, plates need to be suitable for restaurant service.
- 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)**
- 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.
- Students may only use the ingredients from the supplied list

Ingredients

PROTEIN

No 12 Whole Chicken

STOCK

Chicken Stock

DAIRY

Cream

Butter

Eggs

Milk

FRUIT & VEGETABLES

Large Brown Onions

Leeks

Large Washed Potatoes

Baby Fennel Bulb

Celery Sticks

Button Mushrooms

Medium Carrots

Red Capsicum

Green Beans

Green Zucchini

Choi Sum

Thyme

Oregano

Coriander

Mint

Chives

Dill

Rosemary

stick Lemongrass

Garlic

Ginger

Kaffir Lime Leaves

Red Chillies

Lemons

DRY GOODS

Arrowroot

Balsamic Vinegar

White Wine Vinegar

Wholegrain Mustard

SR Flour

Plain Flour

Corn Flour

Polenta

Pistachio

Castor Sugar

Olive oil

Vegetable oil

Cans Cooking Spray

HERBS & SPICES

Salt

Ground Black Pepper

Ground White Pepper

Whole Black peppercorns

Bay leaves

Ground Cumin

Cinnamon Quills

Juniper Berries

Ground Nutmeg

Star Anise

Ground Cardamon

Cloves

ALCOHOL

500ml Red wine

500ml White wine

100ml Port

Equipment

Per team:

- 4 burners on a commercial stove with oven
- Fridge, minimum 2 shelves
- Workstation to accommodate 2 competitors
- 6 tea towels per team
- 1 garbage bin per team with liner
- Bottled water

General access to the following:

- Deep fryer with clean oil
- Blast Chiller
- Freezer
- Commercial food processors
- Grill plate
- Microwave
- Salamander
- Mixers
- Scales
- Pasta machines
- Cryovac machine plus bags

Small equipment:

- Assorted stainless steel mixing bowls
- Assorted stainless steel saucepans and frypans
- Baking trays and sheets
- Can opener
- Chinoise
- Colander
- Ladles

General products:

- Cleaning chemicals
- Disinfectant/sanitiser
- Disposable gloves
- Foil
- Cling wrap
- Baking paper/silicon paper
- Sponges/scourers
- Mops/ brooms / brushes
- First aid kit
- Safety equipment
- Fire blanket and extinguishers

ACF Culinary Competitions Hygiene & Food Safety Guidelines

DRESS STANDARDS

- Chef's jacket – the chef should enter the competition arena wearing a clean white chef's jacket that has been pressed
- Clean pressed necktie
- Chef's hat – normal chef's hat or skull cap is required, baseball cap style will not be accepted
- Apron – apron length can be determined by the team, Butcher stripe aprons can be used
- Shoes – a safety style shoe that is non-slip is to be worn
- No visible jewellery is to be worn except for a wedding band, ear stud or sleeper

PERSONAL HYGIENE

- Male chefs should be clean shaven
- Chefs with beards must wear a beard net
- Sleeves of chef's jackets must not be rolled up past the elbow
- Chefs should be clean and showered with good personal hygiene
- After shave and perfumes must not be over powering

FOOD & DRINK DURING COMPETITION

- Industrially bottled and packaged beverages can be consumed in the competition kitchen
- Prepared and cooked foods, like sandwiches or salads, can only be consumed during breaks and outside the kitchen

FOOD HANDLING REQUIREMENTS

- Food items to be stored correctly between -18°C to $+4^{\circ}\text{C}$
- Chefs must wash their hands prior to starting in a competition
- Chefs must wash their hands when they change tasks
- Chefs must wash their hands on return to kitchen if they are required to leave the competition kitchen for any reason
- Food items should be held at 65°C for no longer than 2 hours
- Tasting of food must be carried out with disposable single use utensils or utensils that are washed after each tasting
- Double dipping into sauces or food items with the same spoon is not acceptable
- Gloves can be worn if working with dirty items or items that stain, for example beetroot, etc.
- **Ready To Eat** food (RTE) that is not at 65°C should not be handled with bare hands. It should be handled on a plate with tongs, chop sticks, tweezers or with hands covered with gloves
- Gloves do not give an automatic exemption to proper food handling techniques. Once you change the food item, you must change your gloves
- Basic spills should be cleaned up immediately
- Ensure that knives are kept clean at all times

STORAGE OF FOOD ITEMS

- Food items should be on trays or in containers and covered
- When setting up your chiller/refrigeration, ensure items do not drip onto items stored below
- Food trimmings from your Mise en place should be kept separate and not mixed together if they are to be used later
- Food trimmings should be identified and labelled as well as covered to avoid cross-contamination
- Do not store raw food with cooked food items

Rules for Sanitation, Food Safety and Occupational Safety

When entering the competition area, contestants should look their best, wearing clean and pressed uniform with necktie, toque and wearing clean black shoes. Hands and nails must be scrupulously clean and hair restrained.

- Knives should be sharp and be appropriate for the tasks that are to be undertaken.
Is the correct knife for the job utilised and are proper cutting motions evident? Are knives kept sharp?
 - Cutting boards should be scrupulously clean and the appropriate colour coded boards used for the jobs at hand.
Are cutting boards kept scrupulously clean? Are areas kept sanitised, particularly during fish to meat to vegetable or dairy transitions? Are the right colour boards used for the right job?
 - Colour coded boards or special indicated boards (Fish boards, Meat boards etc.)
If colour coded boards are not available, then one should see that the boards used for a specific task, where risks of contamination are high, need to be washed and sanitised before moving to the next task. This could prove to be time consuming and then one has to also judge the sanitation process.
 - Keep the table clear of unnecessary equipment or debris.
Is the workspace kept clear of nonessentials, for example, a mixer that is not needed for the next 30 minutes? Is the workspace cluttered or organised? Is the setup of the workspace sensible? Is the table free from debris?
 - Keep the working floor clean at all times.
Are floor spills attended to quickly? Competitors should see that the working floor area is free from spills. When these occur, paper towels can be used to remove spills
 - Keep useable waste separated so that it can be re-used for different theoretical jobs.
Is useable waste stored properly for future use? Example: when boning a chicken and only a part of the product is used, where is the usable waste (example; the carcass) stored?
 - Systematic work flow and safe operations must be used at all times.
Does the competitor work systematically, on one job at a time? Are safety procedures being used e.g. walking around with knives pointed downwards, not working too close to others.
 - Food must be protected at all times.
Is food being handled properly, following current guidelines as to temperature and safety? Are products stored properly and at the right temperature? Is the refrigerator, knife and equipment storage well organised?
 - Sanitation of all the surfaces, tools and equipment should be done properly according to standard sanitation norms. No sanitation trigger bottles are to be left on work tops or anywhere where food might get contaminated.
Is the sanitising solution of the right strength, and is it being used properly? Are towels used correctly? Or, for example, is a towel used to wipe debris off a table and then to wipe a knife or a plate? Are the COSHH (Control of Substances Hazardous to Health) rules being observed? This is done by reading the instructions on the packing of the chemical being used and then taking the basin to the proper rubbish container (organic/inorganic). Keep the rubbish containers closed at all times
These guidelines are prepared as concisely as possible to render judging straight forward
High standards of personal hygiene will reduce the risk of contamination of food and so reduce the risk of food poisoning.
- Food handlers should wash their hands regularly throughout the day, particularly;
- When starting work and before handling foodstuff
 - After handling raw food i.e. meats, fish, vegetables
 - After handling refuse
 - After handling cleaning chemicals or equipment
 - After coughing, sneezing or blowing their nose
 - After using the toilet
 - After having a break
 - After picking-up food or tools dropped on the floor
- Food handlers must also:
- Not smoke, not spit, not eat nor drink in food preparation areas
 - Not wear jewellery which could present a risk of contamination or endanger customer's safety
 - Not wear strong perfumes or aftershaves which could taint food
 - Not present themselves for a competition if they are unwell or have an illness
 - Cover any cuts or sores with a clean, waterproof dressing which is distinctively coloured

First aid materials should be supplied by the competition organisers as part of their health and safety programme and all incidents should be logged for possible future reference.

- Wear appropriate safe clothing and have enough hand cloths for the competition

- No wiping cloths are to be left on the working tops and cloths are to be used for specific operations and not for everything.

Is the apron being used as a hand wipe? Is the wiping cloth used to handle hot plates ready for service? Bring ample amount of cloths to the competition.

- Cloths should not be tucked into belts for use as a general wiping tool as this could cause cross contamination. *Are the cloths tucked in an appropriate place or are they flanked over their shoulders, tucked into their underwear or tucked at their rear?*

- Tasting is to be carried out correctly using a 'use once only utensil' and protecting the remaining food from any dripping or putting the utensil back into the food.

Are they putting their hands or fingers in their mouth, nose, hair, eyes, ears or other parts of their body while preparing food? Do they taste by licking their fingers? No one should be allowed to put his/her finger into food to taste. Tasting should be done in the correct way only.

- Do not make unnecessary contact with food.

They should handle food only when absolutely necessary; using tongs, ladles and spoons where possible. Disposable plastic gloves are the next safest method however these should be changed between handling different foods and surfaces and as often as one would wash one's hands if one was not wearing gloves. Bare hands may be used to handle foods as long as they are thoroughly cleaned regularly according to hygiene regulations. (After touching parts of the face, hair, body or any other activity that may cause contamination of food or food contact surfaces.).

Note: The wearing of gloves does not negate the requirement that food handlers wash their hands after doing any of the above. Gloves should be changed as often as one would wash one's hands if one were not wearing gloves. Are they washing their hands frequently enough and then wiping them in correct, non-contaminated drying material? Hand drying is best accomplished with disposable paper towels.

- No eating, no drinking, no chewing gum and obviously, no smoking is allowed in food preparation areas.

Are they drinking in the kitchens or nibbling from the pots or plates or chew gum during food preparation?

Note: This is only allowed in designated areas, away from preparation areas, where food contamination is not likely to happen.

- Not wear jewellery which could present a risk of contamination. It is acceptable to wear plain wedding bands.

Are they wearing watches or rings or any other item that could prevent effective washing of hands and collects food particles that allow harbourage and growth of bacteria? Necklaces and earrings should also be avoided as physical contamination might occur.

- No breathing into any package which is to be used for food and no mouth contact to any food equipment and utensils.

Are they blowing disposable piping bags by their mouth or blowing over food to clear unwanted debris?

- Rubbish and rubbish containers should be at a safe distance away from the food preparation area.

Are they bringing the rubbish containers to close to the working area or are they preparing their food over open rubbish containers? One should separate the waste into small basins

National Secondary Schools Culinary Challenge

State

School

Name

Address

Phone

Fax

Email

Teacher

Name

Email

Mobile

Address

Emergency Contact

Name

Phone Number

Relationship

Medical Conditions, Allergies, Medications (Please include medi alerts)

Dietary Requirements (Please list)

Travel Information

Friday Arrival Time

Flight Number

Sunday Departure
Time

Flight Number

Pax

Team Leader

Name

Email

Mobile

Address

Date of birth

Emergency
Contact

Name

Phone Number

Relationship

Medical Conditions, Allergies, Medications (Please include medi alerts)

Dietary Requirements (Please list)

I permit my name and any photographs of myself to be released to the media for promotional purposes.

Signed

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 National Secondary Schools Culinary Challenge & permit any photographs of them to be released to the media for promotional purposes.

Parent or Guardian Signature:

Date:

Team Assistant

Name

Email

Mobile

Address

Date of birth

Emergency
Contact

Name

Phone Number

Relationship

Medical Conditions, Allergies, Medications (Please include medi alerts)

Dietary Requirements (Please list)

I permit my name and any photographs of myself to be released to the media for promotional purposes.

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I, _____ give permission for

To enter and compete in the Australian Culinary Federation National Secondary Schools Culinary Challenge & permit any photographs of them to be released to the media for promotional purposes.

Parent or Guardian Signature:

Date:

Additional Person

\$700

Name _____

Email _____

Mobile _____

Address _____

Emergency Contact _____

Name _____

Phone Number _____

Relationship _____

Medical Conditions, Allergies, Medications (Please include medi alerts)

Dietary Requirements (Please list)



The Australian Culinary Federation National Office Inc. A0062379W
13 Strathalbyn Street Kew East Vic 3102
ABN 25 295 509 980

NAME _____ DATE _____

ADDRESS _____

CITY _____ STATE _____ POSTCODE _____



CARD NUMBER _____

EXPIRY DATE MONTH _____ YEAR 20 _____ CCV _____

EMAIL _____

SIGNATURE _____ AMOUNT \$ _____

This credit card will be processed within 7 days

Ingredient Order Form

ITEM	UNIT	AMOUNT	ITEM	UNIT	AMOUNT
PROTEIN			DRY GOODS		
No 12 Whole Chicken	ea		Arrowroot	grams	
			Vinegar	mls	
STOCK			Vinegar	mls	
Chicken Stock	mls		Mustard	grams	
			SR Flour	grams	
DAIRY			Plain Flour	grams	
Cream	mls		Corn Flour	grams	
Butter	grams		Polenta	grams	
Eggs	ea		Pistachio	grams	
Milk	mls		Castor Sugar	grams	
			Olive oil	mls	
FRUIT & VEGETABLES			Vegetable oil	mls	
Large Brown Onions	ea		Spray	ea	
Leeks	ea				
Large Washed Potatoes	ea		HERBS & SPICES		
Baby Fennel Bulb	ea		Salt	grams	
Celery Sticks	ea		Pepper	grams	
Button Mushrooms	grams		Pepper	grams	
Medium Carrots	ea		peppercorns	grams	
Red Capsicum	ea		Bay leaves	grams	
Green Beans	grams		Ground Cumin	grams	
Green Zucchini	ea		Cinnamon Quills	grams	
Choi Sum	bunch		Juniper Berries	grams	
Thyme	bunch		Nutmeg	grams	
Oregano	bunch		Star Anise	grams	
Coriander	bunch		Cardamon	grams	
Mint	bunch		Saffron Threads	grams	
Chives	bunch		Cloves	grams	
Dill	bunch				
Rosemary	bunch		ALCOHOL		
stick Lemongrass	ea		Red wine	mls	
Garlic	cloves		White wine	mls	
Ginger	grams		Port	mls	
Kaffir Lime Leaves	ea				
Red Chillies	ea				
Lemons	ea				