



2010 Wisconsin Restaurant Expo Student Team Competition

Monday, March 8th, 2010

Overall Premise:

To provide an opportunity for college students to compete in a real world simulation.

Guidelines:

- The first ten team registrations received at the WRA EF offices will be able to compete.
- Each team will consist of four students and one alternate.
 - Role of the alternate – to be a strong versatile individual.
 - Rules for what alternates can and cannot do:
 - During set-up and tear-down periods, the alternate may act as any other team member.
 - During the cooking section, the alternate is not allowed to prepare or touch food, other than transporting it to and from a cooler or delivering the finished courses to the judges' table.
 - The alternate can keep the team on schedule, prompting team members of time checks or maintaining simmering foods on the burners. Likewise, the alternate cannot strain, or remove items from the burners.
 - During the dish-up, the alternate may wipe any smudges or debris on the finished plates.
 - At no time may the alternate assist a team member, for instance, hold a pastry bag while it is being filled.
 - In short, the role of the alternate is to keep the team on track, bring and remove foods and equipment to the table or range top surfaces and monitor cooking times.
- Teams will be allowed in the competition area at least 30 minutes before the competition begins to set-up.
- Each team will develop and prepare two (2) – four-course meals.
- One meal will be delivered to the judges, and one complete meal (of four courses) will be displayed for photographs and critique.
- Teams are expected to bring only their required products, weighed, separated, and clearly marked. Teams will have 90 minutes to prepare and serve the four courses. At 75 minutes into the competition, the 15-minute serving period will begin. The first course is expected to be delivered to the judges at the beginning of the serving window. After the 90-minute period has ended, one-half a point per minute will be deducted for late serving. Teams that run overtime by five minutes or more must serve their meal (or the remaining part of it) to the judges after every other team has finished serving.

- At the end of the 90-minute period, each team will be allowed 30 minutes to break down and clean their station, leaving it in the same condition as it was found. Failure to comply will result in a point(s) deduction.

- Menu literacy and written menu composition will be taken into account in the creativity and skill demonstration score.

- A menu must be composed in the following order:

- Soup or Appetizer

- Salad or Salad-Appetizer (when a soup is used as a first course)

- Entrée

- Dessert (no exceptions).

- Beef **AND** Veal must each be used at least once in the menu. (Stocks do not count).

- Beef requirement.** Chuck Eye Roll, Boneless (IMPS/NAMP 116D) must be used in the meal.

- Veal requirement.** a cut from the veal breast (IMPS/NAMP 313) must be used in the meal

- Teams must show a variety of basic cooking techniques.

- Protein weights should be in the 5-6 oz. range for entrees and 3-4 oz. for appetizers.

- Rules and menu parameters must be strictly adhered to. Points will be deducted if rules are not followed.

- Teams must provide six sets of recipes with food cost breakdown, and a list of all ingredients. These must be presented to the judges in booklet form upon entering the competition area at the stated competition start time.

- No advanced preparation is allowed other than peeled potatoes, carrots, onions, garlic, shallots, and cut mire pox. Vegetables and salads may be washed, but not cut or shaped in any form.

- Teams are allowed to bring in only the whole and raw materials in the amounts stated in the recipe to execute the assignment. Leeks may be split for cleaning purposes.

- Neither finished sauces nor clarified broths are allowed to be prepared in advance, but appropriate stocks are permitted to be prepared in advance.

- Puff and phyllo dough may be brought in.

- Teams must bring in all foods and chinaware for all parts and phases of the competition.

- Teams must pre-scale their recipes.

- Basic nutritional balance in recipe development is essential. On each recipe, a breakdown of calories, calories from fat, sodium, and minerals must be indicated. As a guideline, based on overall calories, no more than 30% of daily calories should come from fat. 50-60% of calories should come from carbohydrates and 15-20% of calories should come from protein.

Equipment:

- Teams must bring in all equipment that is needed to execute the meal such as knives, and small wares.
- Teams should only expect the organizer to provide two tabletop burners, two 8-foot tables, garbage receptacle, and ice supply. There will be **NO ELECTRICITY** provided and battery operated equipment is not permitted.
- Holding/hot boxes or chafing dishes using sterno will be allowed.

Judging Criteria:

Menu Design
Cost Analysis
Taste
Sanitation
Plate Design

Role of Team Coaches and Instructors

The coach has NO ROLE during the competition. Once you arrive at the competition, your work is done. If you talk to your team while they are competing, your team will be DISQUALIFIED on the spot, and this rule will be enforced by the floor judges.

Registration:

All registrations are per person and MUST be in by February 15, 2010. If the entire team is not in at this time, you will only be able to compete if there is still room in the competition.

Registration Forms are found at (copy and paste the link in a web browser): http://www.wirerestaurant.org/pdf/2010_expo/2010_attendee_college_sch.pdf

Questions:

Contact Carrienne Wolfe: cwolfe@wirerestaurant.org or [800/589-3211](tel:8005893211).

College Competition Sponsored By:

