

Chapter 3: **Contemporary Cooking Categories (Student)**

Category SK – Practical and Contemporary Hot-Food Cooking, Student, Individual

SK Category Options:

Competition organizers have the option to preselect a specific category from the choices below and that information should be available when the show categories are announced. Additional category/protein choices not on the list will also be allowed but the organizers must obtain prior approval from the Culinary Competition Committee. Student portions are two finished plates versus four finished plates for professional chef entries.

- Competitors will fabricate and prepare two (2) portions of a signature entrée one would find on a fine dining restaurant menu. This is differentiated from a gastronomique menu, tasting menu, wine menu or other such multi-course menus in both portion size and concept. The entrée should be focused on the selected protein with accompanying sauce(s) and/or relishes/condiments, balanced with starch and vegetable as appropriate to maintain a good nutritional balance.
- Competitors have 15 minutes for set-up, 60 minutes to fabricate and cook, 10 additional minutes for plating and 15 minutes for clean-up.
- 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.
- Of the two portions prepared, one is for judges' tasting and one is for display/critique.

SKC: Practical and Contemporary Hot-Food Cooking, Student, Individual

SKC-1 Whole Bone-in Rock Cornish Game Hen–1-1½ pounds

SKC-2 Whole Bone-in Chicken–2½-3 pounds

SKC-3 Whole Bone-in Duck–5-6 pounds

SKC-4 Game Birds–1-1½ pound pheasant, quail(s), squab(s), partridge(s) or up to 2½ pound guinea fowl using the whole or part of the bird

SKC-5 Bone-In Pork Loin (chine bone may be removed before the competition).

SKC-6 Bone-In Veal Loin or Rack (chine bone may be removed before the competition).

SKC-7 Bone-In Lamb Loin or Rack (chine bone may be removed before the competition).

SKC-8 Bone-In Game (Venison rack, loin, chine bone may be removed before the competition).

SKC-9 Whole Rabbit–using the leg and at least one other cut.

SKC-10 1-2 pound Live Lobster. Other crustaceans/mollusks may be incorporated with this.

SKC-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.

SKC-12 Escoffier's "Le Guide Culinaire" Savory

- While maintaining the integrity of the original version's flavor profile. Chefs are required to use the ingredients from the original recipe and are encouraged to use modern techniques, sensibilities and presentation combined with classical principals to create their new dish. Chefs may present their four individual portions on their choice of service wear in any style they see fit. Chefs will be required reference the classical dish number they intend to use and include an (100/150-word) explanation of the modernizations made as part of their recipe packet. Total of 2 finished plates, 1 for the judges to taste and 1 to present for critique.

SKC-13 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.

SKS Student Skills Category

- SKS-1, Basic Skills Salon Demonstration,

Vegetables

Potato: Julienne (3 oz), Paysanne (3 oz any shape), Tourner 3 ea
2 each tomatoes; peel, seed and concassé

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Peel and small dice one onion

- no pre-peeling of vegetables is permitted

Chicken Fabrication

Butchery to specification with a focus on yield (removing all flesh from the carcass), symmetry (both breasts should look the same, etc.) and conformity (parts should resemble the requirements)

- Two (2) each airline breast skin on, wing bone Frenched, marrow exposed.
 - Separate leg and thigh oyster attached to thigh
 - Carcass should be prepared for stock production
 - Sanitation
- Standard student skills salon timing: 10 min set up; 60 min production time; 10 min presentation window; 10 min clean-up. Scoring to be done on the SKS1 Score Sheet.

General Guidelines for all SK Categories

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

ACF Contemporary Competition Category (SKW)

This Category is to be used for contract food service companies, restaurants, taverns, diners and educational operations. Earning medals by participating in this category of competition will earn CEH points to become a certified fundamentals' cook or a certified fundamentals' pastry cook.

Becoming a member of the ACF is invaluable in networking in the hospitality industry while increasing culinary skills and earning certifications will advance your career. ACF professional culinary Judges will give priceless critique and feedback to help you grow in your career. While companies and Restaurant Institutions sponsoring their Culinarians will benefit from the research and development of their recipes and professional growth.

This category can act as a great tool in developing strong relationships with Industry sponsors. This category can also give competitors an opportunity to work with an array of unique ingredients and equipment, highlighting the competitors' skills and the sponsor's products.

Competitors are encouraged to draw from Global cuisines around the world. Some examples are, but not limited to: Asian, Mexican, South American, European, Korean, Middle Eastern, and American regional.

Competitors will also be given the opportunity to create food highlighting industry trends not commonly seen in ACF competitions. Street foods, fast casual, modernist cooking, and nutritional cookery are just some examples of themes that can offer chefs endless possibilities to showcase and hone their culinary skills in diverse, unconventional and exciting ways.

Specific SKW guidelines require pre-approval from the Culinary Competition Committee and will be made available by the Show Chairperson.

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Category SP - Practical and Contemporary Patisserie, student, Individual

SP-1 – Hot/Warm Dessert

- At least 66% (two-thirds) of the dessert should be hot or warm
- Competitors have 15 minutes for set-up, 60 minutes to cook, 10 additional minutes for plating and 15 minutes for clean-up.
- Of the two portions prepared, one is for judges' tasting and one is for display/critique.
- Main item of dessert must be at least 105°F

SP-1GF – Hot/Warm Dessert-Gluten Free

- Main item of dessert must be at least 105°F
- Competitors will prepare two 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 of 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, cocoanut 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.

SP-2 – Composed Cold Dessert

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

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. (Guidance will be provided in the narrative)
- Less than 25 % of total calories come from fat. (Guidance will be provided in the narrative)
- 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 $\frac{2}{3}$ 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. (Guidance will be provided in the narrative)

SKP-3 - Escoffier's "Le Guide Culinaire" Pastry

- While maintaining the integrity of the original version's flavor profile. Chefs are required to use the ingredients from the original recipe and are encouraged to use modern techniques, sensibilities and presentation combined with classical principals to create their new dish. Chefs may present their four individual portions on their choice of service wear in any style they see fit. Chefs will be required reference the classical dish number they intend to use and include an (100/150-word) explanation of the modernizations made as part of their recipe packet. Total of 2 finished plates, 1 for the judges to taste and 1 to present for critique.

SPS Student Pastry Skills Category

SPS-1 – Basic Skills Salon Demonstration

Students will arrive with their cake pre-frosted with a base layer of white buttercream. Buttercream for all piping must be supplied

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by the students competing. Students must mix color (of choice) into the buttercream during the competition time frame. The cookies are to be pre-measured but not mixed. The student is also responsible for bringing the orange.

Baking Skills

1. Bake a dozen of a drop cookie of choice (scored on appearance and taste)
2. Segment and zest on orange (Display appropriately with all by products)

Cake decorating

1. Three roses are piped evenly and attractively with piped leaves (15 points)
2. Write "Happy Birthday" (10 points)
3. Bottom border a must (top border optional)

Station Sanitation/Organization

- Standard student skills salon timing: 10 min set up; 60 min production time; 10 min presentation window; 10 min clean-up. Scoring to be done on the SPS1 Score Sheet.

General Guidelines for Category SP

- 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.
- 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: bric, puff pastry and filo dough.
- 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 (i.e., whole fruits).
- 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

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
- Marble slab**
- Kitchen-Aid-type mixer**
- 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