Teams

- Each team may consist of 3-5 students.
- High School teams are any combination of 9-12th graders.
- Each team must have an Adult Team Supervisor who is present for the duration of the competition. Team Supervisors must be a school employee, parent, Chef or Adult Representative of related Community organization.
- Each team is also allowed but not required to have a Team Coach. The Team Coach could be a school food service professional, chef, farmer, Family Consumer Science Teacher or foodie who helps the team create and practice a recipe in preparation for the event.
- Only students may cook during the competition. The Team Supervisor and/or Coach may only provide hands-off guidance in cooking techniques and safety. Any other adult involvement in the cooking will result in disqualification of the team.
- Dish must meet the NSLP menu guidelines.
- Dish must be Food Service Staff “friendly” allowing them to incorporate the recipe into their school menu.

Entry Fee: There is $150.00 entry fee per school. Entry fees should be paid by check made payable to: Kentucky State Treasure, entry fees are non-refundable.

Permission Release Form: Each team member must submit a signed "Parental Permission and Release Form".

Recipe Submittal: Teams must submit the recipe they will be cooking at the competition for review by February 28, 2014. (Postmarked by February 24, 2014) Recipes will be checked for the following criteria:

- Use of at least 5 local ingredients, (provided by Kentucky Farm to School Junior Chef at the final competition in Louisville)
- Replicable by School Food Service staff
- Adherence to all Kentucky Farm to School Junior Chef Competition rules

The recipe must be submitted using the recipe example found on the Farm to School homepage. You can use the example to share draft recipes with your team members. Your recipe should make 6 -1 cup servings. Two of your servings will be plated as demonstration plates. One of these will be sent to the judges to view how the plated dish looks, and one will be put on display for attendees to view. The remaining servings need to be split into 3, ¼ cup or 2 fl. oz. servings. These are servings the judges will taste.

Remember, your final recipe MUST be submitted by February 28, 2014. (Postmarked by February 24, 2014)
Kentucky Farm to School Junior Chef reserves the right, upon review, to reject recipes or ask for adjustment. Once your recipe is approved, you may not make any changes.

Team Entry Fee, Permission Forms, Team application and recipe must be postmarked by February 24, 2014.
Send checks and permission forms, recipe, and team application to:

**Kentucky Farm to School Junior Chef**

**Kentucky Department of Agriculture**
107 Corporate Drive
Frankfort, KY 40601

ATTN: Tina G. Garland

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**EQUIPMENT:**

Kentucky Farm to School Junior Chef WILL provide the following: (These items will be provided at the district level and are to be used if further advanced)

- Aprons for all team members
- Food service gloves
- Hairnets
- Plates and Taste-test serving utensils for judging/presentation
- Table covers
- 2 Oven mitts for teams using ovens
- 1-2 sheet pans (to place under dish while baking)
- Ovens

All teams **MUST** bring:**

- Cleaning supplies
- Dish cloths and paper towels
- A large tub to carry all cooking supplies back to your home base. **NOTE: THERE ARE NO DISH CLEANING FACILITIES AT THE COMPETITION**
- A bucket for trash and compost
- Heavy Duty (at least 12 gauge) 3-prong extension cord
- For teams using ovens: Stainless or Aluminum tray or pan to bake dish. - NO GLASS OR CERAMIC DISHES
- Written work plan and a copy of your recipe placed in a folder or binder. (one per judge)
- Must wear close toe shoes, solid color collared shirt or polo, black or khaki pants. Chef jackets are allowed.

Teams **MAY** bring:**

- Gas-fueled tabletop cook burners-- **Tanks must be 1 lb. or smaller** **NO ELECTRIC HEATING TOOLS ARE ALLOWED!**
- Blender and/or food processor*
- Non-electric hand tools (e.g. whisks, mixing spoons, etc.)
- Cooking pots and pans
- Cutting boards and knives
- Pot-holders and trivets
- Hats and/or uniforms
- Team signs to put on your cooking station (signs must fit on your 6 x 3 foot work station)
- Copies of your recipe for the audience
- Thermometer (if using oven)
- Timer

* If you are bringing an electric utensil (e.g. blender, food processor, etc.). You MUST bring a Heavy Duty 3-prong extension cord.
* All team equipment should be labeled with your team name.

Teams **MAY NOT** bring:

- Any electric heating tool including toaster ovens, hot plates, crock pots, electric griddles, microwaves, etc.  **The competition cannot support the electric demands of ANY electric heating device. Teams that use any of these items will be disqualified.**
- Your own plates/utensils for judging presentation. All food entries will be presented on a uniform plate provided by the competition.

If you have questions about competition tools/equipment and/or need help acquiring equipment, please contact tina.garland@ky.gov

### OVENS—Additional Guidelines for teams using ovens

**ALL OVENS WILL BE SET at 350°**

- Teams must sign up during the recipe submission process to use an oven at the competition.
- Kentucky Farm to School Junior Chef will provide volunteers who will operate the ovens.
- Teams must assign one member to be the "Oven Captain". The oven captain will carry the dish to the oven and be the only team member allowed in the oven area. The oven captain will be assisted by a chef volunteer to carry their hot dish back to their table.
- Each team will be responsible for keeping time on their dish and must notify the chef volunteer when to remove the dish from the oven.
- The ovens are "Community Ovens" - Please allow extra time for your dish to cook as the door may be opened and closed while your dish is cooking.
- Each team that signs up for an oven on the recipe submission form will be assigned a rack in one oven.
- Kentucky Farm to School Junior Chef will provide:
  * 1-2 half sheet pan per team (placed under dish in oven)
  * 2 oven mitts per team

- **Teams will be responsible for thermometers, timers and stainless or aluminum trays or pans to bake their dish** – NO GLASS, POTTERY OR CERAMIC DISHES WILL BE ALLOWED.
- Keep in mind the judging will happen over time so your dish may be cool when judged.
- Reminder: **Dishes must be school meal appropriate** (a soufflé would not be practical)

### COOKING CRITERIA

Kentucky Farm to School Junior Chef challenges teams to create a healthy, delicious, school-food-friendly dish using seasonal, local foods. All entries will be judged by the following criteria:

- Taste - kid friendly and flavorful
- Appearance - presentation on the plate
- Creativity - ingenuity of the ingredients used, how dish is prepared, how it is presented
- Best and Most Use of Local Ingredients - highlighting local and seasonal foods
- School Food Service Appropriate - time/cost affordability, nutrition level
Here are some tips to keep in mind while you are preparing for the competition:

- Teams are encouraged to use original recipes. If you are using a recipe from a known source, you must credit that source.
- Think Substitutes: Recipes that use summer produce can often be made with winter vegetables instead. For example, zucchini and peppers in your favorite chili recipe could be replaced with a mixture of root crops. Remember, greater use of seasonal and local vegetables gives you a higher "local ingredient" score.
- Consult the Experts: Talk to your School Food Service staff, local chefs and farmers, and your friends to get recipe ideas.
- All recipes must be received by February 28, 2014 (postmarked by February 24, 2014) for review by Kentucky Farm to School Junior Chef.
- **All preparation and cooking must happen onsite**, during the Competition portion of the event. Teams are allowed to practice making their dish prior to the event, but may not bring any prepared components of the dish to the competition. Keeping in mind, dishes should fit into food service time demands. For example, it is not practical to make tortillas from scratch in a school kitchen. In that case, you may use store bought tortillas.
- No desserts are allowed.
- **Dishes may not contain nuts.**
- Any savory item is permitted including entrées, side dishes, soups, sandwiches, salads, finger foods, and snacks.

All dishes **must** feature at least 5 (more is better) of the following seasonal Kentucky Proud ingredients. These ingredients will be provided by Kentucky Farm to School Junior Chef only at the final competition in Louisville.

**Vegetables and Fruits**

- Beets
- Apples
- Carrots
- Onions
- Potatoes
- Zucchini
- Summer Yellow Squash
- Butternut squash
- Turnips
- Sweet Potatoes
- Kale
- Lettuce
- Tomatoes
- Cucumbers
- Strawberries
- Black Raspberries
- Blueberries
- Watermelon
- Green Peppers
- Broccoli
- Cauliflower
- Corn
- Green beans
- Cabbage
- Permelon
- Herbs
- Peaches
- Peppers all variety
- Blackberries
- Eggplant
- Okra
- Brussels Sprout

**Meats**

- Beef
- Poultry
- Pork
- Fish
- Eggs

**Grains**

- Cornmeal
- Whole Wheat Flour

**Dairy**

- Milk
- Cheese
- Butter
- Sour cream

**Plus**

- Sorghum
- Honey

The above ingredients will be provided to teams on the day of the competition *(at the Kentucky State Fair final competition in Louisville)* based on team requests submitted with your recipe. Teams may use any other ingredients in the dish but must bring those ingredients to all competitions. Teams are encouraged to use fresh, whole ingredients, local products, and federal commodity foods that are available to School Food Service programs. Contact your Food Service Director for a list of these commodities.

**NOTES:**

- Local ingredients that you bring from home **will not** count towards your minimum of 5 local ingredients, although we encourage you to source additional ingredients from your local farmers.
- Local ingredients must be integral to the dish and included in the recipe. **Garnish will not count towards one of the 5 local ingredients.** For example, a dollop of sour cream on top of chili would count as local. Chives on top of the sour cream would be considered a garnish- great for presentation but would not count as one of your local ingredients.

**Questions?** Contact tina.garland@ky.gov

**AWARDS AND PRIZES:**
There will be three awards recognized at the final competition in Louisville.

**General:**

**When and where is this event taking place?**

The 2nd Annual Kentucky Farm to School Junior Chef competition will be held at the Kentucky State Fair August 14 – 23, 2014.

The event is open to the public (gate fee) and will feature fun activities for the whole family including chef demonstrations, food vendors, and entertainment throughout the day.

**Who can participate?**

Any KY student in grades 9-12 is eligible. Each team must have between 3 and 5 member. Teams may have an alternate student, but the total number of team members on the day of the competition may not exceed 5. NOTE: Alternate team members must also submit their contact information and permission slip.

**How can I be involved with Kentucky Farm to School Junior Chef?**

If you are a student in grade 9-12, you can show off your cooking skills by competing in Kentucky Farm to School Junior Chef.

Otherwise, you can join the fun by volunteering or sponsoring Kentucky Farm to School Junior Chef.

**All entries will be judged by the following criteria:**

- Taste – kid friendly and flavorful
- Appearance – presentation on the plate
- Creativity – ingenuity of the ingredients used, how dish is prepared, how it is presented
- Best and Most Use of Local Ingredients – highlighting local and seasonal foods *(more points awarded for more than 5 local ingredients used in the recipe)*
- School Food Service Appropriate – time/cost affordability and nutrition level.

**Teams:**

**How do I register my team?**

Team applications and all other forms are available at [www.kyagr.com](http://www.kyagr.com) Farm to School page. Parental Release Form for each student participant. **Final application deadline is February 28, 2014 (postmarked by February 24, 2014)**; teams are encouraged to sign up ASAP.

Winner and runner-up of District competition will advance to Regional competition. Winner and Loser of same District **do not** compete in first round of Region.
What are the registration fees?

There is a $150 entry fee, registration fees help cover hosting costs of Kentucky Farm to School Junior Chef. Teams are encouraged to seek local sponsors to support all expenses associated with participation including entry fee, cost of ingredients, etc.

OK, we're registered...now what?

Make sure that all of your signed Permission and Release Forms for each team member, recipe, and application along with the $150 entry fee has been postmarked by February 24, 2014 or else your team application will be cancelled.

What if there is more than one application from one school?

There will be a cook-off within that school to determine who will advance to the next competition. The Food Service Director and her staff will be in charge of that event. Entry fee only applies to the winner representing the school.

I want to ask a local business to sponsor my team, how can I do that?

Teams are welcome to find local businesses and organizations to sponsor their participation costs ($150 entry fee goes for cost of ingredients, etc.). Here are four steps to keep in mind when searching for a team sponsor:

- Think of some of your favorite businesses, such as restaurants where you like to eat, movie stores/theaters, or stores where you like to shop.
- Write a letter to these businesses explaining what Kentucky Farm to School Junior Chef is, why you want to participate, and how the business could help sponsor your team. Make sure you include your contact information and how much money you are asking from the business.
- Follow-up the letter with a phone call or a visit.
- Don’t forget to send your sponsoring businesses thank you notes. They would love to see pictures of you and your team at the competition and hear about the dishes you prepared.

How can my team find a chef to work with?

Including a professional chef on your team can help in a lot of ways. First, your chef probably has some great ideas for recipes using local ingredients, plus s/he can help you make sure your dishes come out just like you hope. Also, getting to know a chef can be a fun way to connect with a local restaurant. So, where can you find a chef to join your team?

- Think about what your favorite restaurants are; do they have a chef who could help.
- You can also consider asking one of the cooks from your school cafeteria if they could help you. They know a lot about cooking food that kids love and might have some secret recipes that are sure to win the competition.
• Once you have found chefs that you are interested in, you should write them a letter or call them on the phone that explains what Kentucky Farm to School Junior Chef is and why you want their help. If you are calling avoid calling right at lunch or dinner time when the chefs are super busy.

Rules:

What do we need to bring with us and what will be provided?

Read the Kentucky Farm to School Junior Chef rules for a complete list of equipment you will need to bring. Review pages 1-4

How much time do teams have to cook?

Teams have 1.5 hours to cook and .5 hour to clean up. Remember, you may not bring any prepared foods to the competition and must perform all food preparation at the event.

Can our adult/chaperone help us cook?

No Team Coaches or Supervisors may help cook at the competition. However, these adults may provide hands-off guidance and advice.

Is it okay if we don't use at least 5 of the local products provided by Kentucky Farm to School Junior Chef?

NO. All competing recipes must include at least 5 ingredients from the local foods list. These ingredients will be provided by Kentucky Farm to School Junior Chef (only provided at the final competition in Louisville) and will be waiting for you when you get to the competition. You are encouraged to consider using more than 5 local ingredients (more points are awarded if you use more than 5 local ingredients).

What other ingredients are we allowed to use?

Your team may bring and use any ingredients that can easily be integrated into school food service programs. This includes most basic pantry items including, bread, tortillas, rice, pasta, vegetable broth, etc. These ingredients must come to the competition in their raw state. Remember, your team may not do any preparation of ingredients before the event; anything your team makes from scratch needs to be made during the competition.

How are the recipes reviewed?

Once you have submitted your recipe (no later than February 28, 2014) the Kentucky Farm to School Junior Chef Recipe Committee will review your recipe for school food service duplication and presence of at least 5 local ingredients.

If your recipe does not meet the criteria outlined, we will contact you and request that you make changes.
We request recipes to confirm compliance with Kentucky Farm to School Junior Chef rules including food safety requirements, presence of local ingredients, compliance with School Food Service criteria, etc. The submitted recipes also confirm the quantities of the local product that we will provide your team.

**How many servings should my team make?**

Your recipe should make 6 x 8 oz. servings. Two of your servings will be plated as demonstration plates. One of these will be sent to the judges to view how the plated dish looks, and one will be put on display for attendees to view. The remaining servings need to be split into 3, ¼ cup or 2 oz. servings. These servings will be divided between the judges for taste testing. Kentucky Farm to School Junior Chef will provide plates and tasting materials; **your team should not bring plates to serve your food.**

If you have additional questions, contact: tina.garland@ky.gov

**Kentucky Farm to School Junior Chef Sweet 16 and Final 4**

- School cook-off (if more than one team in a school and the Food Service Director will be responsible for this event)
- District cook-off (By the end of April)
- Regional cook-off (By the end of May)
- State cook-off (16 teams at State Fair Louisville August 14 – 23 2014)
- Winner (will be announced at the State Fair)

**The locations for school, district and regional cook-off’s will be announced at a later date.**