

# Junior Chef Rules



## Teams

- Each team may consist of 2-5 students.
- High School teams may consist of any combination of students in grades 8-12th. **Note: Seniors may not be able to attend State competition due to event timing. Absence of a Senior team member does not allow a team to withdraw from competition. Also all transportation needs and finance approvals should be discussed with your local administration by May 31<sup>st</sup> of program year in order to allow time for a replacement team if you cannot attend State competition. You must communicate to KDA if you are not going to compete in the State Fair on or before June 1<sup>st</sup> of program year.**
- 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.
- Only **1 team may represent the High School**. If more than 1 team is interested in competing, there must be a "cook off" in the High School prior to the deadline to select which team will represent the school at the District. **Please contact your Food Service Director ASAP** if you are interested in competing to determine if there needs to be a cook off. We follow the same District and Region brackets as the High School athletics. If you are a larger county you may be competing against schools from your own county that make up your District. Please let me know if you have questions.
- 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 be Food Service Staff "friendly" allowing them to incorporate the recipe into their school menu.
- Recipe must be universally accepted. Waiver for a product your school may have is not acceptable for the competition.
- Recipe meets the National School Lunch Program meal pattern and nutrition standards. **Please have your recipe analyzed by KDE and include the nutritionals in your recipe application.**

**Entry Fee:** There is \$150.00 entry fee per school. Entry fees should be paid by check made payable to: **Kentucky State Treasurer**, 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 and nutritionals they will be cooking at the competition for review by March 15, of program year Recipes will be checked for the following criteria:

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

The recipe **must** be submitted using the recipe card example found on the KDA Farm to School homepage, <http://www.kyarg.com/junior-chef>. All Kentucky Proud ingredients **MUST** be highlighted in red. You can use the example to share draft recipes with your team members. **Your recipe should serve six.** Two of your servings will be plated as presentation plates. One plate will be for

judges to view, and one will be put on display for viewing audience. The remaining servings will be split into three tasting plates to the judges.

**Remember, your final recipe MUST be submitted by March 15, of program year.**

KDA 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 mailed to our office.**

Send checks and permission forms, recipe, and team application to:

**KDA Farm to School Junior Chef**

**Kentucky Department of Agriculture**

**107 Corporate Drive**

**Frankfort, KY 40601**

**ATTN: Tina G. Garland**

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## EQUIPMENT:

KDA 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)

- Hairnets
- Plates and Taste-test serving utensils for judging/presentation
- Table covers
- 2 Oven mitts for teams using ovens

### All teams **MUST** bring: \*\*

- Food service gloves
- Cleaning supplies
- Dish cloths and paper towels
- A large tub to carry all cooking supplies back to your home base. **NOTE: THERE MAY NOT BE DISH CLEANING FACILITIES AT THE COMPETITION**
- A bucket for trash and compost
- 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 (no denim). Chef jackets and Chef Hats are allowed. Hair nets are mandatory.
- Thermometer

### 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
- 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
- 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](mailto:tina.garland@ky.gov)

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### **OVENS—Additional Guidelines for teams using ovens**

**ALL OVENS WILL NOT BE SET OVER 425°**

- Teams must indicate during recipe submission process that use of an oven is needed.
- KDA 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.
- 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.
- If only one oven is available and cooking temperature is the same then each team will be assigned a rack.
- If the oven is shared and the cooking temperatures are different then the team with the lower temperature will use the oven first. Time will be adjusted and will not be counted off.
- KDA Farm to School Junior Chef will provide:

\*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

KDA 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 ingredients used
- 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 and nutritional must be received by March 15, of program year for review by KDA 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, you may use store bought tortillas. Also as an example, you may use fresh canned green beans, which canning green beans is an allowable step for FSD's and staff.
- No desserts are allowed.
- **Dishes may not contain nuts.**
- **Only entrées are permitted.**
- All dishes **must** feature at least 5 (more is better) of the following seasonal Kentucky Proud ingredients. **These ingredients will be provided by KDA 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
- Egg Plant
- 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 **(Only at the Kentucky State Fair final competition in Louisville)** based on team requests submitted with your recipe **(All KY Proud ingredients must be highlighted in red on the 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 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](mailto:tina.garland@ky.gov)

**All personal hygiene standards are covered in the competition rules. All food service safety concerns are covered under state guidelines.**

<https://www.fns.usda.gov/ofs/food-safety>

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## AWARDS AND PRIZES:

There will be four awards recognized at the final competition in Louisville.

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## When and where is this event taking place?

The 7th Annual KDA Farm to School Junior Chef competition will be held at the Kentucky State Fair August of program year.

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

## Who can participate?

Any Kentucky student in grades 8-12 is eligible. Each team must have two to five members. Teams may have an alternate student, but the total number of team members on the day of the competition may not exceed five. NOTE: Alternate team members must also submit their contact information and permission slip.

## How can I be involved with KDA Farm to School Junior Chef?

If you are a student in grade 8-12, you can show off your cooking skills by putting together a team to compete in KDA Farm to School Junior Chef.

Otherwise, you can join the fun by volunteering or sponsoring KDA 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
- 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 meets the National School Lunch Program meal pattern and nutrition standards.



## **Teams:**

### How do I register my team?

Team applications and all other forms are available at [www.kyagr.com/junior-chef/](http://www.kyagr.com/junior-chef/) Junior Chef page. A parental permission and release form is needed for each student participant. **Final application deadline is March 15, of program year;** teams are encouraged to sign up as soon as possible.

### What are the registration fees?

There is a \$150 entry fee, registration fees help cover hosting costs of KDA 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. **Fee may be paid by your Food Service Director per Kentucky Department of Education School Nutrition Division and is non-refundable.** **Note: your application will serve as a receipt.**

### 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 have met the deadline of March 15, of program year. KDA will review your recipe and contact you if changes are needed. Practice for your district or region competitions.

### What if there is more than one application from one school or district?

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 county.

## 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, hosting cost, 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 KDA 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?
- Contact the KDA Chefs.
- 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 to explain what KDA 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 KDA 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 KDA 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 KDA 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, commodity products, 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.**

## Local products and How recipes reviewed?

Once you have submitted your recipe and nutritionals (no later than March 15, of program year) the KDA Farm to School Junior Chef Recipe Committee will review your recipe for school food service duplication and presence of at least five 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 KDA 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 serve six.  
Two presentation plates.  
Three tasting plates for the judges.

KDA Farm to School Junior Chef will provide plates and tasting materials; **your team should not bring plates to serve your food. Plating for the semi and finals will be on a school lunch plate that KDA Junior Chef will provide.**

[If you have additional questions, contact: tina.garland@ky.gov](mailto:tina.garland@ky.gov)

## KDA Farm to School Junior Chef Chain of Events

- School cook-off if more than one team (in county school district) 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 of program year)
- Winner (will be announced at the State Fair)

**\*\***The locations for school, district and regional cook-offs will be announced at a later date.