26TH ANNUAL PROSTART CULINARY TEAM COMPETITIONS

KEISER UNIVERSITY

CULINARY COMPETITION

CENTER FOR CULINARY ARTS

FLORIDA RESTAURANT & LODGING ASSOCIATION

Participating teams are responsible for understanding and following all the procedures and rules contained in this document; they will not be reviewed at the ProStart Culinary Team Competitions. Please read this document carefully to maximize your opportunity for success and to avoid receiving penalties during the competition.

GENERAL COMPETITION OVERVIEW

Event Personnel

The ProStart Culinary Team Competitions are hosted by the Florida Restaurant & Lodging Association Educational Foundation (FRLAEF) and made possible through the generous support of industry sponsors, donors, and volunteers. Together, these partners help provide a high-quality, industry-driven experience that showcases student talent and supports the development of future restaurant and hospitality leaders.

Personnel Group	Who They Are	Primary Responsibilities
Event Organizers	FRLAEF staff members	Plan, manage, and oversee all aspects of the ProStart Culinary Team Competition; coordinate competition operations, logistics, and participant experience.
Volunteers	Trained and assigned by FRLAEF	Provide event support, assist with competition operations, guide participants, and help ensure a successful event experience. Serve as official timekeepers, escort teams through the competition process, communicate timing milestones, and support fair competition procedures.
Judges	Restaurant and foodservice industry professionals and post-secondary educators	Evaluate team performance, provide feedback, and score competitions according to established criteria.

Eligibility Requirements

Students	
Enrollment	Students must be currently, actively enrolled in a Full or Premier ProStart program. The program must be a confirmed ProStart program as recognized by the National Restaurant Association Educational Foundation.
Team Member Definition	Active Competitors are students cooking and preparing the meal.
Competition Limit	May compete for a maximum of three (3) competition years: • Active competitors must be Juniors or Seniors. • **Team Manager may be a sophomore.** Students can serve as Team Manager in any year of participation (Sophomore, Junior or Senior). However, Sophomores may only be Team Managers. Team Managers that are Sophomores may only replace an Active Competitor during the actual competition and not in advance.
Competition Categories	A student may only compete in one competition
Teams	
Team Size	Two (2) to four (4) active competitors plus one (1) optional Team Manager. (*Max 5 students)*
School	The team must consist of students from the same school or career center. If the students are not from the same school or career center, the team will be disqualified. Only one team per school may compete in the Culinary Competition.
Alternates	No alternate competitors are allowed. Only the Team Manager may replace a competitor if approved by Lead Judges and FRLAEF.
Replaced Competitor	Must leave active team area and may not return; may not communicate with team until competition dismissal.

Team Manager (Optional)	
Competition Status	Considered part of the team and subject to all communication restrictions.
Communication	May not communicate with anyone outside of the team and event personnel.
Emergency Replacement	May replace a competitor with approval from Lead Judges and FRLAEF.
Post-Replacement	If Manager replaces a competitor, they remain in that role for the rest of the competition.
Culinary-Specific	May serve as an expediter. May talk to the team at any time. May have printed materials, writing utensils, notebooks, timers, etc., to help keep team on track. May taste food during production (must carry their own supply of tasting spoons). May fully participate in Equipment/Product Check-In, organization prior to arriving at station, feedback segments, and station clean-up. May carry framed menu to tasting room after production segment. *May not handle, organize, or prepare anything during Mise en Place or Production segments.* *May not carry backpack to hold materials. Small bags such as fanny packs are allowed.*
There are no additional provisions for teams without a Team Manager.	

COMPETITION EXPECTATIONS & GENERAL DISQUALIFICATIONS

Failure to comply with the following information may result in disqualification. See full lists of disqualifications and penalties in the sample Culinary Competition Score Sheet.

Participation

- Teams will send all required information to the FRLAEF no later than January 29, 2027. (If necessary, you will be able to make changes after you turn in your information.) If all the required information is not received by January 29, 2027, the first team on the waiting list will replace your team in the competition.
- Teams must attend all assigned competition segments.
- Teams are responsible for arriving on time and following all competition schedules and instructions.
- If a team experiences a medical emergency competition staff, at their discretion, may stop the timer until the medical situation is resolved. The team will then be given the time remaining to complete the meal.

If you encounter **unexpected travel delays** beyond the control of your team **that impact your attendance** at any portion of the event, please **notify FRLAEF** in a timely manner to avoid disqualification.

Communications

- From check-in through the completion of competition, competitors may not receive coaching, assistance, or communication from spectators, educators, mentors, family members, or other supporters.
- The determination of what constitutes coaching or unauthorized communication is solely at the discretion of FRLAEF and Judges.
- FRLAEF strives to provide fair and consistent evaluations; however, all judged competitions involve professional discretion. All judges' decisions and scores are final. All questions regarding scoring must be directed to laura@frla.org. Judges should not be contacted directly after the competition by teams, or educators.

Conduct & Professionalism

- Competitors are expected to conduct themselves in a safe, respectful, and professional manner throughout the event.
- Competitors must follow safe foodservice and workplace practices at all times. Unsafe behavior, horseplay, or actions that create a risk of injury will not be tolerated.

- Prohibited behavior includes, but not limited to, illegal activity, nonprescription drug use, alcohol use, unsportsmanlike conduct, harassment, or any behavior that threatens the safety or integrity of the competition.
- Teams must comply with all written and verbal instructions provided by FRLAEF.
- Educators, mentors, chaperones, family members, and other team supporters share responsibility for supporting appropriate conduct and compliance with competition rules. Misconduct by any adult associated with a team that compromises the fairness, safety, or operation of the event may result in penalties or disqualification of the team.
- Educators and mentors may assist team in preparing for the competition but may not develop the menu. Their expertise is limited to menu suggestions and technique advice.

Culinary Competition Overview

Teams demonstrate their culinary knowledge, skills, and creative abilities during the competition through demonstration of skills and the preparation of a unique three-course meal consisting of (i) a starter; (ii) an entrée; and (iii) a dessert. Performance during the Culinary event is observed and rated by judges from the foodservice industry and post-secondary schools. Teams demonstrate their ability to work together while creating and presenting their meal.

1. Each team prepares two (2) identical three-course meals, garnished and served appropriately. One meal is evaluated by the judges for both taste and presentation, and one meal will be used for display.
2. To promote student-led innovation and creativity, each team develops a unique three-course menu. The team's work must be unique and not built off previously submitted work. Submitting work, or parts of work, that was previously submitted may result in disqualification.
3. Each meal component should be appropriate to the complete menu. Flavors across the menu should have harmony for the palate. Dishes will be evaluated across five characteristics.

Meal Components	Description & Specifications
Starter	Soup, salad or appetizer 4-6 ounces total edible weight
Entrée	Center of the plate item (suggested 4-6 ounces) Two accompaniments, e.g., vegetable and/or starch (suggested 2-3 ounces each) Sauce
Dessert	Something sweet served at the end of a meal 3+ ounces of total edible weight
Category	**Five Characteristics**
Oral	Flavor, Texture, Temperature
Visual	Color, Shape

Competition Segments and Scoring

Segment	Time (in minutes)	Possible Points
Competition Day		
Equipment/Product Check-In	15	5
Station Report	15	
Production Mise en Place	30	
Meal Production	60	
Floor Critique	10	40
Tasting and Menu Critique	10	Starter: 15 / Entrée: 20 / Dessert: 15/ Menu & Recipe: 5

Station Clean-up	20	
Dishwashing (Optional)	Unlimited	
Totals	**~2 hours, 40 minutes**	**100 points**

In the event of a First-Place tie:

- The tying teams will each be interviewed by a panel of judges for further insights into their performance.
- Teams will answer questions regarding the methods, preparation and presentation of their meal/concept.
- Judges will discuss and make a group determination as to the ranking of final winner(s).

Competition Schedules

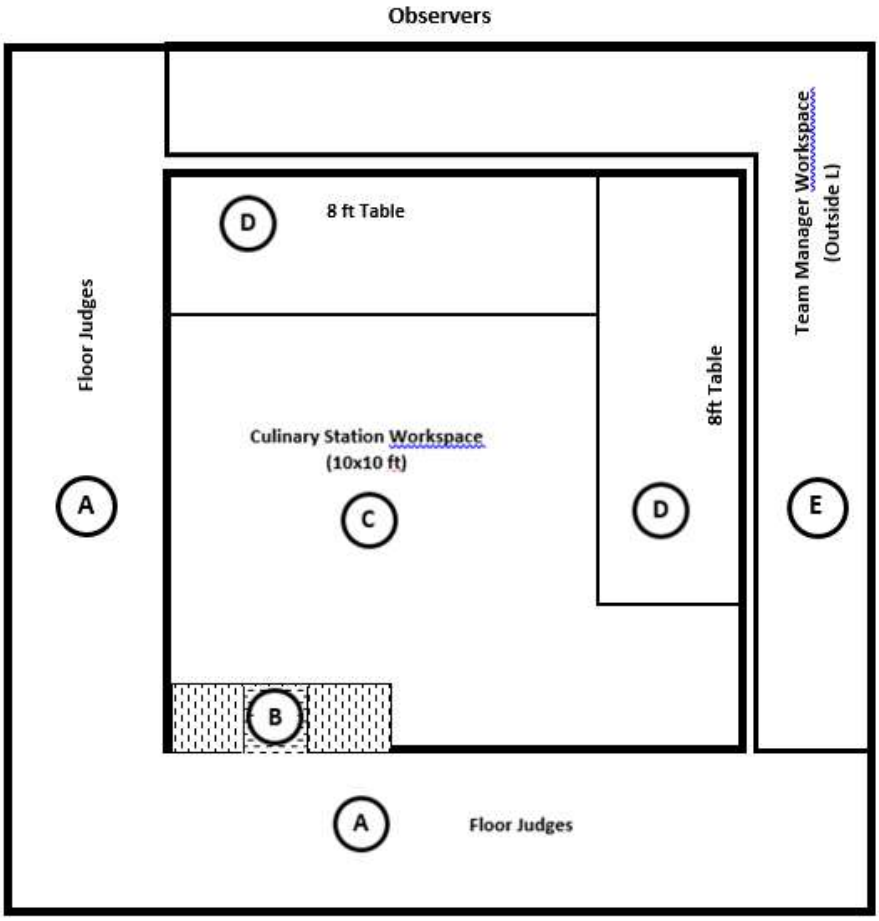
Competition schedules will be distributed in advance of the event once all teams have been identified. The schedule will include assigned start and finish times for all competition segments. All schedules are subject to change and will be communicated with as much advance notice as possible.

Equipment & Workspace

Item	Notes
Provided prior to Arrival	
Uniform Elements: • Aprons • Hats • Name Badges	Teams will receive Aprons, Hats and Name Badges in advance of the event. Teams must wear provided aprons and hats. Team Manager must wear their name badge since role is indicated on Name Badge.
Provided at Product Check-In	
1 speed rack	No additional tall speed racks may be used.
Provided at Workspace for Production	
Two (2) Tables	See Workspace section for more details.
Two (2) BTU burners and fuel	No additional burners are permitted, but fuel will be replenished as needed.
Access to ice	Available prior to and after the competition only.
Access to running water	Available prior to and after the competition only.
Dishware for Meal Presentation	Teams will be asked to submit the dishes they need prior to competition and should review issued dishes for accuracy when they arrive at the Workspace. Teams should immediately notify their timer if they need to make changes to their dishes. Teams may only use the dishes provided, no exceptions. The starter will be served on one plate. The entrée will be served on one plate. The dessert will be served on one plate.
Two (2), 1 oz. containers for Knife Skills selections	Knife cuts for judging must be presented within the first 20 minutes of production.

Teams must provide ALL necessary supplies to prepare the food they have selected, such as small utensils, cutting boards, knives, small hand tools, cookware, hair/beard nets, gloves, and enough cloths for competition and clean-up.

Culinary Station Blueprint



Note: This is a sample layout. The locations of tables, doorways, observer spaces, etc. are subject to change; however, general configuration will remain consistent. Image not to scale.

Area	Description & Specifications
(A) Competition Floor	• This area falls outside of the team's Culinary Station Workspace. • Floor judges have access to this space.
(B) Presentation Staging Area *~2.5 ft. wide*	• Space designated for presentation trays. • No equipment is allowed in this area (space is not marked). • Tray jacks will be set within the final ten (10) minutes of production.
(C) Culinary Station Workspace *10ft. x 10ft.*	• All materials must be inside this designated area. • Teams may store equipment under and around the tables, but storage should not impede movement. • Teams may not move doorway or tables in the workspace at any point. • Team Managers may not enter this space.
(D) Two Tables *8ft (long) x 36in (height)*	• Set up in "L" formation.
(E) Team Manager Workspace	• Team members are not allowed in this space. • Judges and Timers may access this space.

Evaluation Criteria, Penalties and Disqualifications

Evaluation criteria for each judging category, penalties, and disqualifications are included in the Sample Culinary Competition Score Sheet.

Team Proposal Submission

Each team must prepare a packet of materials that allows judges to review preparation and execution of the meal on a menu. Teams are required to provide the following, with specifications, procedures and deadlines in the next sections:

1. Nine (9) identical packets, 8 ½ x 11 white paper, single-sided and stapled with the team's number clearly shown on the cover. (Judges may remove the copies for judging while teams are competing.)
2. One presentation menu to be left on corner of the table for judge review.
3. If you would like your packets and/or presentation menu, they can be picked up by 3 PM on Sunday, March 7 at the Registration Desk outside of the ballroom. FRLAEF will retain one copy of the packet from each team. Any packets not picked up at the end of the competition will be discarded.

Materials Formatting

- All materials should be typed and submitted on 8½" x 11" sized documents.
- All pages should be single sided.
- All documentation must use the official templates provided in the rules exhibits.

Materials Requirements	
Materials must be organized in this order for all courses. *Presentation menu only needs to be included once at the beginning of the packet.* *Teams will receive a penalty if documents are not arranged in the correct order.*	
Cover Page	• Team number and year
Presentation Menu	• Team number prominently placed at the top of the page • Menu item descriptions • Menu item prices • Two (2) knife cuts and two (2) cooking methods selected for judging in the footer • *Creative elements may be included but should not obstruct required components*
Recipes *Exhibit B*	• All recipes used for any element of the meal presentation • Acknowledgements and sources listed in MLA formatting • Written in a logical sequence
Recipe Costing *Exhibit C*	• Recipe cost must be calculated for each individual recipe • Small amounts of kosher/table salt and black pepper may be priced at 1% of the total recipe cost • Oil for deep frying may be priced at 2% of the total recipe cost • Everything else must be costed out, including garden-grown ingredients
Menu Pricing *Exhibit D*	• One menu price worksheet for each course • Calculations should be based on the recipe's costs and calculated at a 33% food cost percentage • Final calculation before rounding must be indicated in the costing template • Total menu price for the entire menu may not exceed $125 after applying the 33% food cost percentage
Plate Photographs	• Color photographs only • Photos should be large enough to fill the page • One photo/dish per page

Please review the Culinary Competition Checklist for competition deadlines, proposal outline, and other general competition requirements.

Equipment/Product Check-In

15 minutes | 5 points

Equipment/Product Check-in is the first segment of the competition, occurring 15 minutes prior to the Station Report time.

All team members must be present and in uniform. The Team Manager is allowed to fully participate in the Equipment/Product Check-in segment.

Teams will:

- Present their dry and refrigerated ingredients for review
- Present their equipment for review.

Policies and Procedures

- Teams' teacher(s), and mentor may **observe only**, from a designated distance, during the entire Equipment/Product Check-in process.
- Food and/or drinks unrelated to a team's ingredient check-in are prohibited.
- Failure to comply with FRLA and Judge instructions, or any form of communication or coaching will result in team disqualification.

Submission Specifications

Complete printed product inventory lists must be placed on ALL containers holding food items. Inventory lists must:

- Be attached to both the inside AND outside of containers
- Be placed in plastic sleeves to protect from damage
- Include every item in the container, in alphabetical order
- Be submitted on the official Inventory Template (Exhibit E)

Equipment/Product Check-in Specifications

Equipment:

- All equipment will be reviewed.
- Non-available equipment will be removed, and no replacement will be allowed.
- See page 11 for equipment details.

Product:

- All product will be reviewed.
- Disallowed product will be removed. Teams will have until their assigned competition cooking time to present to the judges a replacement product.
- Replacement products that do not meet requirements will also be discarded. Team will be assessed an additional penalty for each failed submission.
- Judging and scoring is based on the initial check-in by team.

SEGMENT NOTES

Teams are responsible for storing all ingredients and equipment pre-competition.

- Cooler storage is not available until Friday afternoon
- Freezer storage is not provided at all

Besides one speed rack and two butane burners, all other equipment must be provided by the team.

As judges review the product, teams may place product on the provided speed rack.

DISQUALIFICATIONS

Unauthorized coaching or communication.

Team did not compete in a required segment.

Equipment/Product Check-In (continued)

15 minutes | 5 points

Permitted Ingredients

- Team-prepared stocks
- Team-prepared clarified butter
- Team-prepared pre-soaked beans
- Dry goods, open but in the original packaging/not premeasured
- Pre-measured butter and oil
- Pre-washed produce (may also be washed during Mise en Place)
- Dry ice
- Spray pumps (i.e. instead of Pam)
- Commercially manufactured food items used as an ingredient, not a finished component. (i.e. Jam, breadcrumbs, mayonnaise, etc.)

Prohibited Ingredients

- Pre-chopped, pre-sliced, or pre-prepared food not commercially manufactured
- Meat, poultry, seafood that is not in original or commercial/professional labeled packaging
- Reductions, finished sauces, and clarified broths
- Items that risk food illness
- Pre-measured dry goods
- Sprays that use compressed air/aerosol as propellant or require electric or battery power to operate (i.e. Pam).

Ingredient Specifications and Review

Packaging	Produce and proteins must be submitted in the manner in which it was purchased. Products must remain in original, professionally/commercially labeled packaging. They must be properly contained with no leaking or pooling liquids. Repackaged ingredients are not permitted.
Required Label Information	Labels must include item type, weight, packaging date, and source (e.g., grocery store, butcher shop, etc.)
Ingredient Approval	Ingredients that do not meet competition requirements (e.g., temperature, packaging, prohibited items) will be discarded.
Replacement Products	Disallowed ingredients may be replaced and resubmitted for approval before the team's assigned report time. If it does not meet requirements, it will be discarded.

SEGMENT NOTES

Any items not listed on the permitted list are prohibited even if not on the prohibited list.

_____

No alcohol may be used. FL State Statue 562.1111 K-12 public schools may not use alcohol (including cooking wine, cooking sherry, non-alcoholic wine or beer), taste it or have it on campus. This rule applies to alcohol the students can purchase without being ID'd. Teams will be disqualified if alcohol is used.

RELATED PENALTIES

Replacement product did not meet requirements and was discarded — 2 pts

_____

Use of prohibited ingredients — 5pts

_____

Used prohibited equipment — 5pts

Uniform Requirements

Element	Specifications	When to Wear
Chef Coat	White, Long-Sleeved May include school name, sponsor name/logo and accent colors	All Segments
Pants	Loose, Long, Black or Checkered	All Segments
Shoes	Black, hard sole, non-slip, non-porous, closed toe **AND** heel	All Segments
Apron & Hat	MUST wear items provided	All Segments
Name Badge	Team Manager MUST wear item provided	All Segments

Teams should refer and adhere to ServSafe standards as they relate to uniform and hygiene in the workspace to include: Hair completely covered, facial piercings taped over. Per Florida health code, no jewelry may be worn except for a wedding band (covered by a glove) and a medical alert bracelet (kept inside uniform and away from food).

Station Report

15 Minutes | Not Scored

Teams will:

- Move from Equipment/Product Check-in to their assigned station when escorted by the Head Floor Judge.
- Meet their assigned Timer, who will time each segment of competition
- Place presentation menu and stapled packets on corner of table
- Finish organizing the speed rack after Equipment/Product Check-in
- May straighten equipment following Equipment/Product Check-in
- May not begin any portion of Mise en Place

REPORT TO COMPETITION

SEGMENT NOTES

Once teams report, they are not allowed to communicate with or receive assistance from anyone outside of FRLAEF, Judges, Timer.

RELATED PENALTIES

A .5 penalty will be assessed for every 15 seconds a team arrives late. More than 10 minutes late results in disqualification.

TEAM STATION REPORT

Teams may organize their speed rack after Equipment/Product Check-in and before Mise en Place begins.

RELATED PENALTIES

Team not in uniform — 5pts

Presentation menu not displayed correctly or on time — 1 pt

———————

Started segment early or finished segment late — ¼ -10 pts (1/4 pt per 15 seconds)

DISQUALIFICATIONS

Team arrives more than 10 minutes late.

———————

Unauthorized coaching or communication.

———————

Failed to compete in a required segment.

———————

Started or finished segment 10 or more minutes early or late.

Mise en Place

30 Minutes | Evaluations considered in category critiques

Teams will:

- Set up station for meal production; organize equipment/ingredients
- Check burner functionality
- Measure dry and liquid ingredients; put ingredients together in bowls (without combining or mixing)
- Obtain water/ice from designated area; wash produce at sinks

Policies and Procedures

- Teams may not alter, process, or transform ingredients beyond their original state, or perform any tasks beyond what is permitted during Mise en Place.
- After Mise en Place, team members may only leave the workstation. Any requests to leave the workstation must be approved by a competition official.
- Large containers or items may not be larger than 2ft x 4ft x 3 ft. Stacked containers may not exceed dimensions above, may not be used to create additional workspace, and may not block station entryway.

Equipment

Category	Permitted	Not Permitted
Workspace Storage & Prep	• Additional sheet pans	• Plastic or Plexiglass for covering tables • Additional speed racks or luggage carts
Burners & Heat Sources	• Camping oven and/or smoker attachments for provided burner • Metal, stone, or other types of plates or apparatus to extend cooking surface • Handheld butane/propane for FINISHING & CARAMELIZING only (must bring own fuel)	• Additional burners or butane fuel (except handhelds) • Additional heat sources (e.g., insulated bags, MRE heat packs, etc.)
Meal Production	• Dry ice • Handheld whipped cream chargers • Digital scales • Digital thermometers • Cutters, slicers, spiralizers, etc., for decorative cuts (e.g., crinkle, waffle, ribbon, noodle)	• Electric, battery-operated, or compressed air/aerosol or gas devices • Mandolines, cutters, choppers, etc., for uniform cuts (e.g., dices, minces, and cuts from the Knife Cut List) • Cutting guides or measurement aids
Electronic Devices	• Devices with no communication abilities (basic calculator or timer) • Audio recording device for feedback sessions only	• Cell phones, tablets, smart watches, meta glasses or other internet-connected communication devices, unless needed for health reasons.

SEGMENT NOTES

Teams must carry all containers, along with their dry ingredients and speed rack, without assistance from anyone, in one trip, from Equipment/Product Check-in to station.

All equipment can be stored on or under tables, or around the station perimeter. Containers may be stacked.

Ingredients may be stored on speed rack or on tables as needed.

Students who need electronic devices for health reasons should email their request in advance to laura@frla.org. FRLAEF will confirm the accommodation with appropriate event personnel.

All equipment must be used in a safe manner and must not obstruct proper butane function.

RELATED PENALTIES

Team manager touches or handles any equipment or food — 5pts

Started segment early or finished segment late — ¼ -10 pts (1/4 pt per 15 seconds)

Used prohibited equipment — 5pts

Used prohibited ingredients — 5pts

DISQUALIFICATIONS

Unauthorized coaching or communication.

Failed to compete in a required segment.

Started or finished segment 10 or more minutes early or late.

Used prohibited electrical equipment or heat source.

Production

60 Minutes | Evaluations considered in category critiques

Each team must cook and plate two (2) identical, three (3) course meals consisting of a starter, entrée and dessert. The Timer will announce the time at regular intervals, becoming more frequent towards the end of meal production.

- Teams must demonstrate proficiency in two (2) cooking methods, with one (1) method selected by Event Organizers. Teams will choose a second method for judge evaluation from the approved list below.
- Both the required cooking method and the team-selected cooking method must be listed in the footer of the presentation menu and must be used in the meal.
- Additional cooking methods and techniques are permitted in addition to the required cooking methods.
- Molecular Gastronomy such as spherification, foams, and meat glue (transglutaminase) is allowed; Liquid nitrogen is prohibited.

Required Cooking Method	Shallow Poach
Approved Cooking Methods	Braise, Pan Fry, Poach, Steam, Sauté

Knife Skills

First 20 Minutes | 10 points w/ Team & Menu Presentation

Teams must demonstrate two (2) of eight (8) knife cuts from the list below.

- Knife cuts for evaluation must be demonstrated in the first 20 minutes of production time.
- Teams must set aside and fill a one (1) oz. cup volume measurement for each knife cut for evaluation in the designated workspace area.
- Knife cuts may only be demonstrated on fruits, vegetables, or herbs.
- Selected knife cuts must be listed in the footer of the presentation menu and must be used in the meal.
- Additional cuts are permitted in addition to the selected cuts.

Knife Cuts	
Rondelle	¼” thick disc shaped slices
Diagonal	¼” thick oval shaped slices
Batonnet	Cut into long, thin, rectangular pieces ¼” x ¼” x 2”
Julienne	Cut into long, thin, rectangular pieces 1/8” x 1/8” x 2”
Brunoise	Very small dice 1/8” x 1/8” x 1/8”
Paysanne	Square cut ½” x ½” x 1/8”
Chiffonade	Leafy green vegetables stacked, rolled tightly, and then cut into long thin strips. Width approx. 1/8”
Tourne	football shape, seven equal sides, flat ended ¾” dia. x 2” long

Production segment ends when food is plated, dishes are placed on service trays, and all team members have stepped away and raised their hands.

PRODUCTION SEGMENT NOTES

Team is responsible for knowing their start time and be ready to begin when start is announced.

RELATED PENALTIES

Started segment early or finished segment late — ¼ -10 pts (1/4 pt per 15 seconds)

Used prohibited equipment — 5pts

Used prohibited ingredients — 5pts

Team manager touches or handles any equipment or food — 5pts

Team uses unapproved dish/glassware — 5pts

Did not use required/approved cooking method(s) — 1pt

KNIFE SKILLS SEGMENT NOTES

Cutting guides or measurement aids are not permitted.

Judges will observe and evaluate knife cuts on a rotation. Teams do not need to notify judges when they are complete.

RELATED PENALTIES

Knife cuts not listed on menu — 1pt

Unapproved knife cuts presented — 1pt

Post-Production: Category Critiques, Cleanup & Dishwashing

40+ Minutes | Evaluations considered in category critiques

After production, teams receive feedback from production category judges and clean up their stations before dismissal.

Teams will:

- Designate which set of plates will be evaluated by tasting judges and which will be for display
- Transport both trays and presentation menus to the tasting room
- Return to station for Floor Judge critiques from
- Return to the tasting room for Tasting Judge critiques as well as Menu and Recipe Judge
- Return to station for clean up
- Complete Dishwashing segment (optional)

Policies and Procedures

- Timers will escort teams to the tasting room. Timer will track time and ensure teams remain on time for all Judge critique segments.
- Tasting judges will have ten (10) minutes to evaluate plates.
- Only the educator(s), and mentor may observe during the Tasting and Menu & Recipe critiques. Communication with the team is still prohibited.
- During station clean up, teams must clean and pack all items to be taken to dishwashing or dismissal. Stations must be left in the same condition as the start of competition in preparation for the next team.
- Dishwashing is an optional, unscored segment of the competition. Teams may opt out of dishwashing and go straight to dismissal.

Awards

The first-place team will advance to the 24th Annual National ProStart Invitational to be held April 23-25, 2027, in Baltimore, Maryland. FRLAEF, along with its sponsors, will cover the cost of the trip.

The teams that finish in the top five will receive medals.

Various colleges may award scholarships.

SEGMENT NOTES

Teams must produce two identical meals. There should not be a major variance between the two sets of plates.

Evaluation plates receive the most critical judging.

Team Manager may carry the framed menu to tasting room.

RELATED PENALTIES

Started segment early or finished segment late — ¼ -10 pts (1/4 pt per 15 seconds)

Used prohibited equipment and/or ingredients — 5pts

Team manager touches or handles any equipment or food — 5pts

Team uses unapproved dish/glassware — 5pts

Meals not identical — 2pts

Did not use required/approved cooking method(s) — 1pt

Cooking methods not listed on menu — 1pt

Menu differed from approved proposal — 5pts

Station left in an unsanitary manner — 3pts

DISQUALIFICATIONS

Unauthorized coaching or communication.

Failed to compete in a required segment.

Started or finished segment 10 or more minutes early or late.

Previously submitted work.

Team did not produce two (2) complete meals.

Exhibit A: Recipe Worksheet Example

Team Number: **Your Team Number Here**

Educator Chef Jane Doe

Menu Item	Ratatouille		
Dish Element *(e.g., Protein, garnish, sauce, etc.)*	Accompaniment (Vegetable)		
Number of Portions	500	***Portion Size:***	5 ounces
Cooking Method(s)	Sauté		
Recipe Source	Lagasse, Emeril. "Ratatouille." *Food Network,* http://www.foodnetwork.com/recipes/emeril-lagasse/ratatouille-recipe0.html. Accessed 30 September 2016.		

Ingredients	
Item	***Amount***
Olive oil	¼ cup
Yellow onion, small dice	1 ½ cup
Garlic, minced	1 tsp
Eggplant, medium dice	2 cups
Thyme	½ tsp
Green bell pepper, diced	1 cup
Red bell pepper, diced	1 cup
Zucchini squash, diced	1 cup
Yellow squash, diced	1 cup
Tomatoes, peeled, seeded, and chopped	1 ½ cup
Basil, chiffonade	1 tbsp
Parsley, chopped	1 tbsp
Salt and black pepper	TT

Procedure

Set a large 12-inch sauté pan over medium heat and add the olive oil.
Once hot, add the yellow onions and garlic to the pan.
Cook the onions, stirring occasionally, until they are wilted and lightly caramelized, for about 5 to 7 minutes.
Remainder of procedures…

Exhibit B: Recipe Costing Worksheet Example

Team Number: **Your Team Number Here**

Educator Chef Jane Doe

Menu Item	Ratatouille		
Dish Element *(e.g., Protein, garnish, sauce, etc.)*	Accompaniment (Vegetable)		
Number of Portions	6	***Portion Size:***	5 ounces

Ingredient	*Purchase Unit*	*Purchase Cost*	*Unit Cost*	*Amount Needed*	*Ingredient Cost*
Olive oil	51 oz / 6.375 cup	$16.79	$2.634 / cup	¼ cup	$0.658
Yellow onion, small dice	1 lb / 4 cup	$1.40	$0.35 / cup	1 ½ cup	$0.525
Garlic, minced	1 head	$0.50	$0.10 / tsp	1 tsp	$0.100
Eggplant, medium dice	1 lb / 3 cup	$2.05	$0.683 / cup	2 cups	$1.367
Thyme	Harvested	$0.00	$0.00	½ tsp	$0.000
Green bell pepper, diced	1 lb / 4 cup	$2.30	$0.575 / cup	1 cup	$0.575
Red bell pepper, diced	1 lb / 4 cup	$1.07	$0.268 / cup	1 cup	$0.268
Zucchini squash, diced	1 lb / 2.5 cup	$1.93	$0.772 / cup	1 cup	$0.772
Yellow squash, diced	1 lb / 2.5 cup	$1.93	$0.772 / cup	1 cup	$0.772
Tomatoes, peeled, seeded, and chopped	1 lb / 2 cup	$2.40	$1.20 / cup	1 ½ cup	$1.80
Basil, chiffonade	Harvested	$0.00	$0.00	1 tbsp	$0.000
Parsley, chopped	Harvested	$0.00	$0.00	1 tbsp	$0.000
Herb Garden Seeds	3 seed packets	$8.00	$0.080 / recipe	Recipe share	$0.080
Soil/Compost	2 cu.ft. bag	$12.00	$0.120 / recipe	Recipe share	$0.120
Fertilizer	1 lb. bag	$6.00	$0.060 / recipe	Recipe share	$0.060
Water	Seasonal usage	$1.00	$0.010 / recipe	Recipe share	$0.010
Pest Control	24 oz. bottle	$8.00	$0.080 / recipe	Recipe share	$0.080
Tool Depreciation	Seasonal allocation	$5.00	$0.050 / recipe	Recipe share	$0.050
Garden Labor ($15.00/hr)	2 hrs	$30.00	$0.300 / recipe	Recipe share	$0.300

Subtotal	$7.537
1% for small amounts of salt and Pepper (Q Factor)	$0.075
2% for frying oil (if used)	$0.00
Total Recipe Cost	$7.612
Portion Cost	$1.269

Exhibit C: Menu Pricing Worksheet Example

Team Number: **Your Team Number Here**

Educator Chef Jane Doe

Menu Item	Ratatouille		
Menu Category	☒ ***Starter***	☐ ***Entrée***	☐ ***Dessert***

Recipe	***Portion Cost***
Ratatouille	$1.212
Couscous *(from additional recipe & costing sheets not provided in sample)*	$0.972
Garnish *(from additional recipe & costing sheets not provided in sample)*	$0.127
Total Plate Portion Cost	$2.311
Menu Price at 33% Food Cost	$7.003
Actual Price on Menu	$8.00

Exhibit D: Inventory List Example (Culinary)

Team Number: **Your Team Number Here**

Educator Chef Jane Doe

Container Purpose	☒ ***Refrigerated Storage***	☐ ***Dry Storage***
Number of Items in Container	11	

Item	***Confirmed*** *(Column for Judge use only)*
Basil	
Eggplant	
Garlic	
Green Bell Pepper	
Parsley	
Red Bell Pepper	
Thyme	
Tomatoes	
Yellow Onion	
Yellow Squash	
Zucchini	

Sample Culinary Competition Score Sheet

EVALUATION CRITERIA	*POOR*	*FAIR*	*GOOD*	*VERY GOOD*	*EXCELLENT*	*SCORE*
Product Check-In						
Including but not limited to: • Proper temperature • Proper packaging • Complete product inventory list(s) • Uniform and hygiene	1	2	3	4	5	
Work Skills/Organization						
Work Organization/ Teamwork Including but not limited to: • Utilization of a team plan • Mastery of skills required for individual tasks • Workload evenly distributed • Team cohesiveness • Communication • Professionalism • Proper Production Mise en Place • Proper time management	1	2	3	4	5	
Proper Cooking Procedures Including but not limited to: • Appropriate cooking method for product used • Required cooking techniques used minimum of two cooking methods from provided list • Cooking procedures done in a time efficient manner • Proper amount of product for recipe requirements • Effective use of remaining product • Proper pans and tools for intended use	1	2	3	4	5	
Degree of Difficulty Including but not limited to: • Creativity • Complicated techniques • Preparation of item during competition rather than using commercial product	1	2	3	4	5	
Team Presentation/Knife Skills						
Team Appearance Including but not limited to: • White chef coats, long sleeve • Loose, black or checkered pants • Uniform clean & presentable • Hard sole shoes • Hats, aprons, and arm band (provided) • Team uniformity	1	2	3	4	5	
Proper Knife Usage • Appropriate Selection Consistency • Accuracy • Safety • Waste	1	2	3	4	5	
Safety and Sanitation						
Follows Safety and Sanitation Procedures Including but not limited to: • Personal hygiene • Proper knife safety • Proper use and handling of food contact surfaces	1	2	3	4	5	
Proper Food Handling Including but not limited to: • Proper use of gloves • Appropriate temperature control of ingredients • Proper sanitation practices regarding food contact surfaces • Proper storage of food	1	2	3	4	5	

EVALUATION CRITERIA	*POOR*	*FAIR*	*GOOD*	*VERY GOOD*	*EXCELLENT*	*SCORE*
• Avoidance of cross contamination						
Work Area Cleaned Including but not limited to: • Work area cleaned in appropriate time frame • Dishes & equipment properly prepared for dishwashing and packing • Return of station to original condition	1	2	3	4	5	
Product Taste						
Product Taste – Starter A subjective category based on tasting judges' expertise	1-2	3-4	5-6	7-8	9-10	
Finished Product						
Appearance – Starter Including but not limited to: • Balance of color • Shape • Texture • Portion size	1	2	3	4	5	
Product Taste						
Product Taste – Entrée A subjective category based on tasting judge's expertise	1-3	4-6	7-9	10-12	13-15	
Finished Product						
Appearance – Entrée Including but not limited to: • Balance of color • Shape • Texture • Portion size	1	2	3	4	5	
Product Taste						
Product Taste – Dessert A subjective category based on judge's expertise	1-2	3-4	5-6	7-8	9-10	
Finished Product						
Appearance – Dessert Including but not limited to: • Balance of color • Shape • Texture • Portion size	1	2	3	4	5	
Menu and Recipe Presentation						
Presentation Including but not limited to: • Typewritten • Recipe structure • Menu presentation • Recipe costing • Menu pricing • Within food cost guidelines • Sources and acknowledgements listed	1	2	3	4	5	

DISQUALIFICATIONS		
	Team and/or individual competitor failed to meet eligibility requirements.	
	Team does not return all required paperwork by January 29, 2027	
	Unauthorized coaching or communication.	
	Unsafe, illegal, or unsportsmanlike misconduct from team member(s) and/or adult supporters.	
	Alcohol was used in the meal preparation.	
	Team is comprised of students from different schools or career centers.	
	Team began a segment more than 10 minutes early.	
	Team finished a segment more than 10 minutes late.	
	Team arrived 10 or more minutes late to Report to Competition or after their assigned competition start time.	
	Team used a prohibited electrical/battery-operated device, additional burner, or additional heat source.	
	Team did not produce two (2) complete meals.	
	Team did not compete in a required segment.	
PENALTIES		
	Replacement product did not meet requirements and was discarded.	2 pts
	Team was not dressed in uniform.	5 pts
	Team arrived to Equipment/Product Check-in late or after their assigned competition start time.	1/2 pt per 15 secs
	Team began any competition segment before their assigned start time.	1/4 pt per 15 secs
	Team did not finish any competition segment within their allotted time.	1/4 pt per 15 secs
	Team Manager touched or handled any equipment or food when not allowed.	5 pts
	Use of dishware or glassware other than those provided by FRLAEF	5 pts
	Knife cuts are not listed in the footer of the presentation menu.	1 pt
	Team presented knife cuts that were not approved.	1 pt
	Team did not use the required cooking method or did not use an approved cooking method.	1 pt
	Cooking methods are not listed in the footer of the presentation menu.	1 pt
	Use of prohibited equipment.	5 pts
	Use of prohibited ingredients.	5 pts
	Team produced two meals that are not identical.	2 pts
	Station left in unsanitary manner.	3 pts