

ProStart

National Restaurant Association
Educational Foundation



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**2023 APSI
Culinary Competition
Judges' Training**



Welcome Judges!

There are 105 students competing at APSI this year. To them, you are more than judges.

You're role models and experts who are giving time and talent to help these students succeed.

The impact you have on these young people will outlast their memories of this event.

Thank you!



How should we evaluate the students?

- Scores should be based on objective observation.
- Record clear and descriptive sentences in the comments box.
- Maintain thorough note taking based on judging criteria.
- Please feel free to discuss amongst yourselves and share observations.
- Establish a baseline
- Take detailed notes to refer to later when deciding on a score
- Judges are allowed to ask students questions, but they should relate to the team's presentation—DO NOT COACH OR HELP

PSI Scoring- Online Scoring System

- Can access your account by going to www.psiscoreing.com
- If you have judged before you should be able to use the same email address to access your account, please confirm you still have access before training on Sunday, February 26th
- If you have not received an email to create an account please reach out to Chef Jess at alprostart@gmail.com before the training Sunday, February 26th or we can finalize the account set-up that evening

Judges Scoring

- Ensure scores are entered for each school by the judge in their assigned category in the PSI Scoring Program
- Points may be awarded in quarters, i.e. 3.75, 4.25 (but not smaller than .25)

Culinary Team

- Consists of:
 - A minimum of 2 members and maximum of 4 members
 - An optional Team Manager
 - One ProStart Educator
 - One optional Restaurant/Foodservice Mentor



Team Members

- Only current high school students enrolled in a confirmed ProStart recognized by the NRAEF are eligible
- All members must participate in the execution of the menu
- A Team Manager is allowed to be used as an expediter only and as a substitute in the event of injury/illness

Team Manager

- Can act as the expediter and communicate with team members.
- Allowed to fully participate in Station Clean up
- May assist in transporting equipment and food products to the competition area
- May not assist in any unpacking or set-up

Team Manager cont.

During the Station Set-up, Production Mise en Place and Cooking segments:

- Must stay on the outside of the L of the tables
- May not touch any equipment, food, or any other item on the table or production area
- May talk to the team at any time and may have any printed materials, including timelines, recipes or notes to assist in keeping the team on track
- May not have any verbal or non-verbal communication with anyone outside the competition area

Team Manager cont.

- May taste food if they bring their own supply of tasting spoons
- May accompany the team to the tasting area, but may not carry plates
- There are no provisions for teams without a team manager.
- The team manager will wear something to designate their role

Educator & Mentor

- **May not verbally or nonverbally communicate with the team or JUDGES during competition**
- Designated teacher, mentor, and state coordinator are allowed to be present to observe only during the Tasting & Menu critique sessions

Communication Devices

- No cell phones, tablets, or communication devices are allowed on the competition floor; including smart watches
- Teams are allowed to bring an **audio** recording device to record the critique and feedback sessions. **The device must be given to the team's timer during the competition segments, and may only be used during critique times.**

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Evaluation & Scoring

- Product Check-In - 5 points
- Work Skills / Organization – 15 points
- Team Presentation / Knife Skills – 10 points
- Safety and Sanitation – 15 points
- Product Taste / Finished Product – 50 points
- Menu and Recipe Presentation – 5 points

- Total Points → 100

Culinary Flow

Two Teams Start every 20 Minutes

- Benefit:
 - Complete competition in a manageable time
- Potential issues:
 - Judges' split attention - Allowing diminished level of scrutiny
 - Mixing up teams – scoring on wrong score sheet – wrong critique
 - Comparing teams

Product Check-In

- This step is completed on Sunday afternoon by the Lead Culinary Judges the day before the competition begins
- Each container must have a complete printed product inventory list on the inside and outside of container.
- Items missing from list will be available but result in a penalty.
- Team must be able to fit all checked in product on the provided speed rack.

Competition Flow

Team Reports to Product Check-in (15 Minutes in advance of assigned start time)



Team & Menu Introduction (5 Minutes)



Production Mise En Place (20 Minutes)



Cook (60 Minutes-can present 3 minutes early)



Work Skills / Knife Skills Critique / Judges' Tasting (10 minutes)



Judge's Tasting Critique (10 Minutes)



Recipe & Menu Critique (5 minutes)



Station Clean-Up (20 Minutes)



Sanitation Critique & Dismissal (5 Minutes)

Work Skills / Organization (15 Points)

Areas of Evaluation

1. Work Organization / Teamwork – 5 points
2. Proper Cooking Procedures – 5 points
3. Level of Difficulty – 5 points

Work Skills / Organization (15 Points)

#1: Organization/Cooperation (5 Points)

- Utilization of a team plan
- Mastery of skills required for individual tasks
- Workload evenly distributed
- Team cohesiveness
- Communication
- Professionalism
- Proper Station/Production Pre-Set
- Proper time management

Work Skills / Organization (15 Points)

#2: Proper cooking procedures (5 Points)

Proper Cooking Procedures:

- Appropriate for:
 - Product
 - Time
- Application/mastery
- Proper utilization of knife cuts
- Use of a minimum of two of the required techniques: *Poach, Shallow Poach, Braise, Pan Fry, Steam and Sauté*
- Waste

Proper use of Equipment and Tools:

- Appropriate for:
 - Product
 - Time
- Application/mastery
- Safety

Work Skills / Organization (15 Points)

#3: Level of Difficulty (5 Points)

- Define difficulty as increasingly greater demand for exact execution of basic skills and inclusion of a greater number of basic skills to achieve the end result. Look for “stacked” fundamental skills.
- However, remember as Judges:
 - Match the level-of-difficulty-expectation to the competitors (These are High School students)
 - Key on fundamental skills, not intricacy or exotic

Cooking Methods

- Teams must use at least two cooking methods from list: *Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté.*
- The use of liquid nitrogen is **not** allowed.
- Dry ice is allowed
- Molecular gastronomy (i.e. spherification and foams) is allowed

Equipment

- Students will cook on two portable butane burners provide by Event Organizers
- No electric, batter-operated or compressed air/compressed gas appliances may be used with the exception of battery-operated or manual timers/clocks, thermometers and digital scales.



Sterno Model
50108 15,000 BTU
burner

Exceptions to the compressed gas rule:

- Handheld whipped cream chargers



- Hand-held propane burners for caramelization only



Equipment

The use of metal, stone or other types of plates or apparatus to extend the cooking surface of the burners by extending between and covering both burners simultaneously is not allowed

Event Organizers provide 1 speed rack per team. No additional speed racks are permitted.

Equipment exceeding the external dimensions of 2 ft width X 4 ft length X 3ft height

Team Presentation / Knife Skills (10 Points)

Areas of Evaluation

1. Team Appearance – 5 points
2. Proper Knife Usage – 5 points

Team Presentation / Knife Skills (10 Points)

#1: Team Appearance (5 Points)

- White Chef Coats w/ long sleeves
 - Accent colors and Sponsor logos are acceptable
- Black or checkered pants
- Uniform clean & presentable
- Non-slip, non-porous black shoes
- Hats & Aprons
- Team Uniformity

Team Presentation / Knife Skills (10 Points)

#2: Knife Skills (5 Points)

- Knife skills are demonstrated during the 60-minute Meal Production segment. Team Presentation/Knife Skills judges may evaluate knife cuts anytime during Meal Production segment.
- The team must demonstrate a minimum of two (2) of eleven (11) specified knife cuts to incorporate in their meal.
- Cuts must be demonstrated on fruits, vegetables, or herbs only.
 - i. Rondelle: $\frac{1}{4}$ " thick disc shaped slices
 - ii. Diagonal: $\frac{1}{4}$ " thick oval shaped slices
 - iii. Batonnet: Cut into long, thin, rectangular pieces $\frac{1}{4}$ " x $\frac{1}{4}$ " x 2"
 - iv. Julienne: Cut into long, thin, rectangular pieces. $\frac{1}{8}$ " x $\frac{1}{8}$ " x 2"
 - v. Large Dice: Cube shaped $\frac{3}{4}$ " x $\frac{3}{4}$ " x $\frac{3}{4}$ "
 - vi. Medium Dice: Cube shaped $\frac{1}{2}$ " x $\frac{1}{2}$ " x $\frac{1}{2}$ ".
 - vii. Small Dice: Cube shaped $\frac{1}{4}$ " x $\frac{1}{4}$ " x $\frac{1}{4}$ "
 - viii. Brunoise: Very small dice. $\frac{1}{8}$ " x $\frac{1}{8}$ " x $\frac{1}{8}$ "
 - ix. Paysanne: Square cut $\frac{1}{2}$ " x $\frac{1}{2}$ " x $\frac{1}{8}$ "
 - x. Chiffonade: Leafy green vegetables such as spinach or basil that are stacked, rolled tightly, and then cut into long thin strips. Approximate width is $\frac{1}{8}$ ".
 - xi. Tourne: football shape, $\frac{3}{4}$ " diameter, 2" long, seven equal sides and flat ended
- d. Team must identify the selected cuts and ingredients used in their menu.
- e. Team must set aside a 1oz. cup **volume** measurement for each knife cut for evaluation by Team Presentation/Knife Skills judges. Event staff will provide 1oz. containers.

Plates down, Hands up!

Time officially stops
when all team
members raise their
hands → → →



****Recording the finishing time (and if there's any overage) is the responsibility of the Timers! They will have a sheet of paper to record the exact finish time and any overages.****

Safety and Sanitation (15 Points)

Areas of Evaluation

1. Follows Safety and Sanitation Procedures – 5 points
2. Proper Food Handling - 5 points
3. Work Area Cleaned – 5 points

Safety and Sanitation (15 Points)

- Personal Hygiene
- Knife and Equipment Safety
- Proper Glove use
- Station is clean throughout

- Does the Team have control throughout the competition of:
- Time
 - Temperature
 - Cross-Contamination

Product Taste & Appearance

Taste

Starter - 10 points

Entrée – 15 points

Dessert – 10 points

Appearance

Starter – 5 points

Entrée – 5 points

Dessert – 5 points

Product Taste & Appearance

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. The meal consists of:
 - a. A starter consisting of:
 - i. A first course: soup, salad, appetizer
 - ii. Size appropriate: 4-6 ounces total edible weight
 - b. An entrée consisting of:
 - i. Center of the plate item: 4-6 ounces suggested
 - ii. Accompaniments such as vegetable or starch: 2-3 ounces each suggested
 - iii. Sauce
 - c. A dessert consisting of:
 - i. A little something sweet served at the end of the meal
 - ii. Size appropriate: 3± ounces total edible weight

Each meal component should be appropriate to the complete menu. Flavors across the menu should have harmony for the palate. The five characteristics considered for a plated meal will be:

- a. **Oral:** Flavor, Texture, Temperature
- b. **Visual:** Color, Shape

Product Taste

Is it apparent that they achieved:

- Fully developed flavors
- Carefully built flavors resulting in clarity not confusion
- Appreciation of the various flavors
- Harmony of flavors amidst diversity
- Utilization of aroma, as well as, taste in development of flavor
- Patience to reach the ultimate flavor in their dish

Did they:

- Apply heat, not just cook
- Consider carry over cooking
- Go for quality not quantity
- Go for quality not flash
- Let the ingredients get married, not just live together!

Plate Appearance

Did the plate presentation enhance the appeal of the food?

- Arrangement
- Plate Size
 - Colors
 - Shapes
 - Textures

Do not put 10 pounds of stuff in a 5 pound bag!

C. Sinkledam, CMPC, CEC, AAC, HOF

Menu and Recipe (5 Points)

The Physical Menu and Recipe Packet

- Soft bound folders
 - no hard side 3 ring binders
- Professional quality printing and presentation
- Should Contain:
 - School Name and Year on cover
 - Recipes typed on official template
 - Recipe Costing Sheets typed on official template
 - Menu Price Sheets typed on official templates
 - Plate Photographs – A separate, 8½” x 11” color photograph of each plate
 - Menu with Prices - Simple typed menu 8½” x 11”
- The order of the information as described in the rules:
 - ***Please place all materials together by course. E.g. recipe, recipe costing, menu pricing, and color photograph of the starter would be placed together, followed by all materials for the entrée, etc.***

Menu and Recipe (5 Points)

The ***Content*** of the Menu and Recipe Packet

Including but not limited to:

- Typewritten
- Recipe structure
 - Does the recipe make sense?
- Menu presentation
- Recipe costing
 - Small amounts of kosher/table salt and black pepper may be priced at 1% of the total recipe cost. Everything else must be costed out.
 - Oil for deep frying may be priced at 2% of the total recipe cost. Everything else must be costed out.
- Menu pricing
 - 33% food cost per course / maximum of \$125.00 menu price
- Within food cost guidelines
- MLA Formatted sources and acknowledgements listed

Penalty Points

Reason for Penalty:
_____ Menu does not meet specifications or was not submitted on time. 5 points.
_____ Team not dressed in uniform. 5 points.
_____ Team did not leave station in a sanitary manner. 3 points.
_____ Team begins any competition segment before their assigned start time. 1/4 point per 15 seconds up to 10 minutes.
_____ Team did not complete within allotted time. 1/4 point per 15 seconds up to 10 minutes.
_____ Team started early. 1 point/min. up to 10 minutes.
_____ Team used prohibited pre-prepared ingredient. 5 points.
_____ Team produced two meals, but not identical. 2 points.
_____ Team used dishes/glassware other than those provided by Event Organizers. 5 points.
_____ Replacement product did not meet requirements and was discarded. 3 points.
_____ Team did not submit folders with menu, plate photographs, recipe and recipe costing at Product Check-In. 2 points.
_____ Team did not utilize knife cuts in final plate presentation. 2 points
_____ Team manager handled equipment or food during competition. 5 points

Please mark up these as you'd like but final decision on these deductions will come from ProStart Director

Disqualification

Reason for Disqualification:
<input type="checkbox"/> Team received coaching during the event.
<input type="checkbox"/> Team used an electric/battery operated device or additional butane burner.
<input type="checkbox"/> Team did not produce two (2) complete meals.
<input type="checkbox"/> Team started Meal Production more than 10 minutes early.
<input type="checkbox"/> Team completed Meal Production more than 10 minutes late.
<input type="checkbox"/> Team did not arrive at proper time.
<input type="checkbox"/> Team did not compete in each segment.
<input type="checkbox"/> General disqualifications listed on page 5.

Please mark up these as you'd like but final decision on a disqualification will come from ProStart Director

Critique and Feedback

- Goal of Critique
 - Provide constructive input
 - Reduce and eliminate confusion and uncertainty
 - Reinforce and celebrate successes
 - **Encourage and inspire** for accepting future challenge-make them want to come back
 - Positive while still being honest

Critique and Feedback

Something to keep in mind during critique

There is a desirable balance of protecting the students by noting the positive aspects of their performance and not squelching their dreams while still providing accurate and educational feedback on areas of improvement.

We know you will be:

Brilliant but Succinct

“Sage Like” but Brief

“A source of wisdom practicing the wisdom of brevity.”

Thank You!

We appreciate you sharing your
talent and time with these
students!