



# FCCLA Culinary Competition

**FCCLA Culinary Competition** – an individual event, showcasing the student's knife skills, ability to create a menu and demonstrate culinary skills in safety, sanitation, and professionalism.

## Eligibility

1. Entries are limited to one entry total per chapter.
2. Participation is open to any nationally affiliated FCCLA chapter member that has been, or is currently, enrolled in a Culinary Arts class.
3. Participants must be registered for Virtual FCCLA Fall Rally and the event by the published deadline in the Virtual FCCLA Fall Rally Adviser Guide. Event cost is \$5.00.

## Event Divisions

- High School (Grades 9-12)

## Awards

The top three individuals will be recognized during the Virtual FCCLA Fall Rally and receive the following cash prizes: 1<sup>st</sup> place (\$100), 2<sup>nd</sup> place (\$75), and 3<sup>rd</sup> place (\$50).

## Contest Rules

1. Participants will prepare a video with commentary and captions as they demonstrate their knife skills as well as compiling an original meal that consists of a protein, an appropriate starch, and one vegetable.
2. Each participant will be judged on the following knife skills:
  - a. 2 oz Julienne Carrot
  - b. 2 oz. Onion Dice
  - c. 1 Whole Tomato Concasse
  - d. 1 oz. Brunoise Carrot
3. Each participant will need to prepare and compile a video of one hot plated meal consisting of
  - a. 1 Protein
  - b. Appropriate Starch
  - c. 1 Vegetable
4. Each video will be judged on the following criteria:
  - a. Safety & Sanitation
  - b. Food Handling
  - c. Equipment & Tools
  - d. Presentation & Appearance
  - e. Commentary & Captions on Video
5. Each video should provide the recipe ingredients in captions and commentary about the cooking experience throughout. (For inspiration, think of the video as if it was cooking show.)
6. The recipe must include at least one Georgia Grown ingredient.
7. The video must be within 15-25 minutes.
8. The work on this video must be accomplished by the participant. The participant may receive instruction in filming and editing from an outside source, however, the actual production must be that of the participant.
9. Credits must include sources and may include the participant name and school.
10. Participant is responsible for acquiring all releases to use any music or trademarked products in the video.
11. In submitting the video, participant gives Georgia FCCLA and Georgia Department of Education the right to publish the video in part or whole in any medium without additional compensation.
12. Participant **MUST** upload their video to either YouTube or SchoolTube prior to submission. Only YouTube/SchoolTube links will be accepted for submission.

13. Participants will submit their videos and recipes by September 24<sup>th</sup> at 5:00 pm to <https://gafccla.wufoo.com/forms/2020-virtual-culinary-competition/>.
14. Winners will be announced during Virtual Fall Rally Awards Session on Wednesday, October 14.

## Food Requirements

1. No restriction is placed on food ingredients. All ingredients used in the recipe must be from approved sources and maintained in accordance with approved Food Safety guidelines.
2. No pre-prepared foods are allowed – with the exception of canned items.
3. No pre-prepared sauce mixes or pre-mixed powders are allowed.
4. All potentially hazardous foods must be kept chilled.
4. At least one Georgia Grown ingredient should be used within the recipe.
5. Each participant must upload at least one copy of the recipe using the Wufoo submission link found above.
6. No alcohol can be used in the preparation of the chili.
7. All ingredients must be clearly labeled during the video.

## Judges will look at the following:

1. Commentary about the recipe during the video.
  - a. Why certain ingredients chosen, how flavors complement, etc.
2. Captions of the recipe ingredients are displayed during the video.
3. Sanitation; cold food cold and hot food hot.
4. Use of sanitation techniques for cleaning, food storage and potential cross contamination.
5. Use of tasting spoons by competitor, if applicable.
6. Workspace and time management.
7. Realistic use of ingredients, equipment and work environment in relation to the recipe.
  - a. **Temperature:** Indication that all components are cooked to the appropriate food safety temperatures.
  - b. **Color:** Must be bright, fresh and appealing. Not dull or faded.
  - c. **Seasoning:** Complimenting use of spices including salt and pepper to compliment and balance use of spices. No excessively hot peppers to be used