

# Student Chef Competition 2021

## Team

Team must consist of 2-4 students in grades 6-8 (for the middle school competition) and grades 9-12 (for the High School competition). Students must attend a school that participates in the National School Lunch Program. Each team must have at least one adult team advisor that is a school employee. Team may have additional advisors that are non-school employees.

## Recipe

- For the High School Competition, the recipe must be an entrée for school lunch.
  - An entrée is defined as the main course of a meal that has a combination of:
    - Meat/meat alternate + whole grain rich food;
    - Vegetable + meat/meat alternate;
    - Fruit + meat/meat alternate
- For the Middle School Competition, the recipe must be a ½ cup vegetable side dish.
- Recipe must include 2 or more Georgia Grown foods that are integral to the dish. At least one of the Georgia Grown items must be one of the following Harvest of the Month items:
  - Blueberries
  - Mustard Greens
  - Vidalia Onions
- Recipe must serve 6 people.
- Nuts are not an allowable ingredient.
- Recipe must include all preparation steps and equipment necessary to recreate the dish.
- Recipes must be prepared and plated within 1.5 hours.
- Recipe must be replicable by school nutrition. Scoring will take into consideration:
  - Ease of preparation
  - Number and types of ingredients
  - Availability of ingredient(s) to school nutrition
  - Use of culinary techniques appropriate for school nutrition, cooking time, and use of cost-effective ingredients
- Recipes must include at least one USDA Food commodity.

## Food Safety

Teams are expected to follow appropriate food safety procedures.

## Acceptability

Recipe must be taste tested with students as part of the recipe development.

## Photo

Teams must take an original photograph of one serving of the recipe. It should be attractively presented; consider lighting, positioning, and focus.

## Recipe Name and Description

Teams must provide a recipe name and recipe description. The description should cover taste, texture, and appearance of the dish.

## Deadlines

### EXTENDED REGISTRATION DEADLINE JANUARY 29, 2021

Register to participate by January 29, 2021.

To register, email [fuelingga@gadoe.org](mailto:fuelingga@gadoe.org) with the subject line Student Chef.

### FEBRUARY 26, 2021

Steps 1-11 due by February 26, 2021.

- Step 1: Team Creation
- Step 2: School Meals
- Step 3: Georgia Grown
- Step 4: USDA Foods
- Step 5: Food Safety
- Step 6: Recipe Development
- Step 7: School Nutrition Application
- Step 8: Taste Test #1
- Step 9: Recipe Modifications
- Step 10: Taste Test #2
- Step 11: Nutrient Analysis

### MARCH 26, 2021

Steps 12-15 due by March 26, 2021.

- Step 12: Recipe Modifications
- Step 13: Final Recipe
- Step 14: Recipe Photograph
- Step 15: Recipe Name and Description

All submissions can be completed on the website: <https://studentchef.gadoe.org>

For questions regarding the Student Chef Program, please contact **Michael DuBose**, Culinary Specialist at [michael.dubose@doe.k12.ga.us](mailto:michael.dubose@doe.k12.ga.us).