



Student Chef Competition

Team

Teams 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. Students can only participate on one team. Each team must have at least one adult team advisor that is a school employee. Teams 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
 - High School recipes must include at least one USDA Food commodity (This is not required for Middle School). USDA Foods <https://www.fns.usda.gov/usda-fis/usda-foods-available> must be noted on the recipe.
 - For nutrient analysis, the recipe must fall below these maximums: 850 calories, 9 grams saturated fat and 740 mg sodium content per serving.

- For the **Middle School Competition**, the recipe must be a ½ cup vegetable side dish. For nutrient analysis, the recipe must fall below these maximums: 400 calories, 4 grams saturated fat and 375 mg sodium content per serving.

- Must be an original recipe.
- Recipe template** must be used. Must submit as a Microsoft Excel file (not pdf, etc.). Please name the file according to instructions in each step. i.e. RecipeName.TeamName.District (example: SPUDtacularSweetPotatoes.TeamAwesome.AppleCounty)
- Recipe must include 1 (or more) Georgia Grown item(s) for Middle School and 2 (or more) Georgia Grown item(s) for High School that are integral to the dish. Georgia Grown ingredients must be noted on the recipe. Although it is recognized that some Georgia Grown items are only available at certain times, the intent should be to identify that item as one that you would source from Georgia when possible, knowing that it will be sourced from somewhere else when not possible. Please reference this page for inspiration: <https://snp.gadoe.org/SCE/Pages/Harvest-of-the-Month.aspx>
- 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

Food Safety

Teams are expected to follow appropriate food safety procedures. Food safety steps taken should be noted in the recipe.

Acceptability

The recipe must be taste tested with students as part of the recipe development process. It is recommended that you conduct a taste test with a minimum of 20 students. The taste test must have 60% student acceptability (Liked It and/or Okay).

If possible, test beyond the culinary class. Use this [Microsoft form template](#) or [paper form](#) when conducting the recipe taste test. Enter taste test results on the competition website (<https://studentchef.gadoe.org/>).

Photographs

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

Teams must also submit a team photograph.

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

JANUARY 13, 2023

Register to participate by January 13, 2023. The registration process will be rolling registration so that you can begin registering in October 2022 but no later than January 13, 2023.

Team Advisors can request a user ID and password for the competition website by emailing fuelingga@gadoe.org. To best support teams, please ensure all emails include Student Chef 2023, Advisor Name, and School District.

JANUARY 20, 2023

Steps 1-11 due by January 20, 2023.

- 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

FEBRUARY 3, 2023

Steps 12-15 due by February 3, 2023.

- Step 12** Recipe Modifications
- Step 13** Final Recipe
- Step 14** Recipe and Team Photographs
- 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 Culinary Specialists:

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