

AHF's Culinary Competition



AHF 2021
ANNUAL CONFERENCE
AUGUST 23-26 | DALLAS, TEXAS



ASSOCIATION FOR HEALTHCARE FOODSERVICE
2021
CULINARY
COMPETITION



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HEALTHCARE
FOODSERVICE

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WELCOME

Introducing Today's Panel:

Michael Salvatore, III CEC
Michael Vetro, CEC
Rick Farmer, CEC



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WHY COMPETE?



- Promote and share best practices within AHF
- Free scholarship to an awesome conference
- Great resume builder and publicity
- Camaraderie amongst healthcare professionals and culinarians
- Self gratification and helps keep your skills set sharp



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OUR 2019 GOLD MEDAL WINNERS



*Executive Chef - Training & Development, Rick Farmer, CEC (left)
Executive Chef & Interim Director Michael Vetro, CEC (right)*



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PEOPLE'S CHOICE AWARD


AHF 2020 VIRTUAL CULINARY SHOWCASE

PEOPLE'S CHOICE AWARD

CONGRATULATIONS!
SYSTEM DIRECTOR & EXECUTIVE CHEF
TIM SCHOONMAKER, CEC
AND
OPERATIONS MANAGER JON SMITH
CENTRA HEALTH, LYNCHBURG, VA



BLACKENED GROUPEL FILET SERVED OVER ZOODLES WITH
AVOCADO PESTO, AND PINEAPPLE CITRUS SALSA



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BEST VIDEO AWARD

AHF 2020 VIRTUAL CULINARY SHOWCASE

BEST VIDEO AWARD

CONGRATULATIONS!

EXECUTIVE CHEF
ANTONIO SANCHEZ, CEC
AND
COOK LUIS MEDINA

HENNEPIN HEALTHCARE, MINNEAPOLIS, MN





GROUPER AROUND THE WORLD: INSPIRED BY FLAVORS AND INGREDIENTS USED IN THE CARIBBEAN, AFRICAN, CENTRAL AMERICAN & ASIAN COUNTRIES.



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CREATING THE WINNING DISH

- Plant Forward
- Seasonal Items
- Regional
- Texture
- Level of Difficulty
- Team Oriented
- Flavor!

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TIPS TO BE PREPARED!



- List of ALL equipment you are bringing
- Use a timer
- *Mise en place*
- Separate all tools for the competition from production
- List of food items needed
- Production timing list – who is doing what
- Research local food sources at destination
- **Keep Organized!**

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PRACTICE AND COLLABORATE!

Photos Matter. Start Early. Try Different Plate Combinations.



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IMPACT OF WINNING

Coverage in publications and websites:
FM, FSD, Twitter

Michael:
Publication in local newspaper

Rick:
Televised demonstration of our dish on cable



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MENU PLANNING



- Be comfortable with your choices
- Follow nutritional guidelines.
Balanced Carbohydrates, Fat, Protein
- Think seasonal
- Display professional cooking methods
(is your vinaigrette emulsified?)
- Display Color, Flavor, and Texture
- Consistent on all plates
- Access to limited cooking equipment
- Display proper temperatures (hot and cold)
- Plan early. Get peer feedback before submitting
- **Mystery ingredient**



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MARKET BASKETS

mandatory ingredients for your dish

Basket A

Optional, Choose only one

- Flank Steak
- Pork Tenderloin
- Red Fish

Basket B

Choose 2 if using Basket A, if no protein was selected, choose 3

- Okra
- Sorghum
- Ruby Red Grapefruit
- Edamame (frozen)
- Collard Greens (fresh)
- Brown Rice
- Carrots
- Potato



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YOUR TEAM

- Choose the right team
- Complimentary strengths
- People that work well together
- People that are organized



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NEW RULES

- Teams must submit a third team member, as the alternate.
- Alternate will serve as the team's runner and will substitute if one of the primary team members cannot compete.
- All finalists will be treated like hotel associates. Must follow the daily health screenings and take the hygiene training the day before the competition.
- All ingredients (market basket AND additional items) will be provided by AHF/Omni Hotel.
- Teams must use a minimum of (2) classic knife cuts and (2) cooking methods.



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EQUIPMENT

- Consider the equipment provided by AHF
 - What can you travel with?
 - Additional equipment used must be submitted for approval
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Provided per team

 - 3 six feet tables
 - 2 induction burners
 - Induction pans and pots
 - 2 chafing dishes or provision for warm food holding
 - 1+ bus tub
 - 2 Cutting boards
 - Rolling rack with sheet trays
 - Serving plates



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STATION LAYOUT & SET UP



- You must cook facing the guests
- Plan layout of tools and other equipment based on workflow
- Practice set up
- Your ingredients and dish
- Hot and cold holding
- Sanitation & food safety

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RULES, REGS & PROCEDURES

Tips to Help Get Selected

- ✓ The recipe should make sense; be applicable to healthcare environs
- ✓ Color, Texture, Presentation
- ✓ Do not use inedible garnish
- ✓ High quality picture
- Register for the competition
- Entry submission by **May 15, 2021**
- Use Market Basket ingredients
- Recipes to be complete and formatted for 6 portions
- Recipes submitted using the provided AHF template – no PDFs
- Include nutritionals, food cost and additional equipment list
- The sodium requirement for the dish is <750mg

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FINALISTS!

Judging

- Organization (15)
- Culinary Skills (35)
- Taste & Presentation (45)
- Mystery Ingredient (5)

- One finalist team per operator member
- Read the rules manual and understand what's expected before, during and after the contest
- The pre-competition orientation is on August 23rd
- The competition is on August 24th
- 75 minutes to create 6 portions
- Just because you are not a finalist doesn't mean you are ruled out.
- There are 3 prizes!
- Enjoy the conference, receptions, and Dallas!



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QUESTIONS ???

Culinary@healthcarefoodservice.org

Culinary Competition Web Page:
<http://ahfconference.org/culinary-competition-submission>



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