

2023 CONTEST RULES



ELIGIBILITY

The AHF Culinary Competition is open to all AHF operator members regularly employed at their facility.

Members and member facilities of the Culinary Competition Planning Committee are not eligible to compete.

FOR 2023! The AHF Culinary Competition will return to a two-person competition team model.

The team can consist of any TWO of the following members:

Student/Facility Intern

Chef

Director or Manager

Sr. Leader and/or Staff of Dietitian Team

Sr. Leader and/or Staff of Foodservice Team

THE CHALLENGE

Develop an original recipe using three ingredients from two Market Baskets established by the Culinary Competition Committee. Any additional ingredients can be used in your recipe to produce six portions. Each portion must meet the cost and nutrition guidelines below.

Food Cost

Raw food cost must not exceed \$8 per portion. The raw food cost includes all ingredients for the center of plate, sides, sauces, and garnishes.

Nutritional Guidelines

One portion of the recipe with all ingredients must not exceed these nutritional guidelines.

- Maximum of 700 calories
- Less than 23 grams of fat (maximum of 30% of total calories)
- Less than 750mg of sodium

Market Baskets

Select three ingredients from two Market Baskets.

Choose one ingredient from Market Basket A plus two ingredients from Market Basket B

ENTER THE COMPETITION

Each entry must include:

- AHF Culinary Competition registration form: AHFConference.org/culinary-competition-submission/
- Original recipes written in AHF format* for entrees, side dishes, sauces, and garnishes. Recipes must use two classic knife cuts and two classic cooking methods.
- Raw food cost for one portion
- Nutritional analysis of one portion
- Color photo of finished dish on a white plate showing all components
- (2) Classic Knife cuts and (2) cooking methods
- A list of special cookware and/or appliances used to produce the recipe beyond standard equipment provided for the competition

DEADLINES

All entries must be received at the AHF office by **May 12, 2023**. Use the AHF online submission portal for entries.

Email any questions to:
culinary@healthcarefoodservice.org.

*AHF recipe format is the last page of this packet.

FINALISTS SELECTION

All entries are evaluated anonymously by the Culinary Competition Committee and five finalists are selected to compete at the AHF Conference Culinary Competition.

Finalists are selected based on the entry criteria listed above and:

- Originality and innovation
- Applicability in healthcare foodservice use
- Appealing use of color and texture
- Overall plate presentation

If chosen as a finalist, only one team per facility will be selected to compete.

If you are one of the five finalist teams selected, you will be asked to submit a short video. We recommend you check in with your facility's PR or marketing and communications department, they may have a team that can help film/produce the video for you.

The video must follow the guidelines:

- Maximum video length of 60 seconds
- Should be filmed individually using a 4K Camera - most smartphones record in 4K, iPhone, Android, Google Pixel
- Horizontal orientation

Our recommendation is to follow:

- First 10 seconds, introduction of team members and name of your dish
- 20 seconds overview of mise en place and market basket, techniques used, overall inspiration

Strongly Recommend: Using a tripod or stabilizer to get the best quality video. Prior to recording check your lighting as well.

Each finalist receives the following:

- Complimentary conference registration.
- One travel scholarship up to \$600 for expenses including air fare (original flight and taxes/fees only) or mileage based on IRS rates, ground transportation, and conference hotel room and tax.
- Finalists cannot combine other scholarships and are limited to one.

Finalists will be selected by early June and must register for the conference as soon as possible. In the event that a selected finalist is unable to attend, travel and registration scholarship is transferable to another member of the facility's team that will be competing in place of the original selected finalist. The Culinary Competition will be held on Tuesday, August 8, 2023 during the 2022 AHF Annual Conference at the Omni Championsgate in Orlando, Florida.

**Program rules subject to change based on capacity and public health restrictions.*

CULINARY COMPETITION RULES

COMPETITION INGREDIENTS

- All Market Basket ingredients will be provided by AHF. Teams will need to shop locally and provide their own additional ingredients.
- Only the additional ingredients approved in the finalist's original entry submission can be used.
- Finalist teams will be assigned a mandatory Mystery Ingredient at the pre-competition briefing. The Mystery Ingredient must be incorporated into their dish. Judges will score 5 points for originality and creative uses of the Mystery Ingredient.
- Each team is allowed time to gather their Market Basket ingredients and Mystery Ingredient following the pre-competition briefing.

COMPETITION EQUIPMENT

- AHF provides two (2) induction burners per finalist team and assorted smallwares. A comprehensive equipment list will be provided to each finalist team.
- Teams may use additional cookware, kitchen tools and appliances (power maximum is 120V) to prepare their recipe. Additional equipment must be submitted with the initial entry. Additional equipment will be reviewed and approved or denied by the Culinary Competition Committee
- Only the additional equipment approved in the finalist's original entry submission can be used.
- No additional plug in heat sources will be permitted. This includes but is not



limited to toaster ovens, electric pressure cookers, sous vide cookers, etc.

- Additional equipment must be provided by finalists and will be their sole responsibility. AHF will not be held responsible for providing, damage to/of and loss of any equipment or materials.

COMPETITION PRE-WORK

- Finalist teams must submit a bio for each contestant in less than 250 words. Please summarize career highlights leading to the culinary competition event.
- Finalist teams must submit a hi-resolution team photo (JPEG/300 DPI format). Photos must be portrait/vertical format and have a neutral background. Contestants must wear a chef coat or lab coat and photos must show most of the body (minimum waist up).
- All finalists must attend a mandatory briefing held before the competition. Start times for each team will be determined via a draw of numbers during the briefing.

THE COMPETITION

- A face mask may be required, and teams must abide by social distancing rules.
- Finalists must wear a chef hat provided by AHF and professional chef coat /lab coat. Black or black/white checkered pants and foodservice safety shoes are required and must be provided by the finalists. Athletic shoes are not allowed.
- Finalist teams will have 75 minutes to complete and create plates for the judging panel and display. Plates may not be presented to the judges early.
- AHF will provide plates that must be used for the finished product presentation.
- Finished plates will not be presented to judges until the team's 75 minutes have expired. If plates are not complete at the end of time, they will be presented to judges "as is" for scoring.
- Culinary Competition Staff will help deliver plates to the judges.
- All teams must clean their workstations. AHF will plan for access to a sanitation area and materials.
- Following the competition, each team will have the opportunity for a critique and debriefing with AHF's panel of expert judges.

JUDGING

The judging panel will comprise up to 5 industry experts and may include last year's gold medal winner. There is a 100 point scoring scale as follows:

ORGANIZATION: *Maximum of 15 points*

Cleanliness, organization / work flow, sanitation / HACCP, time management, general preparation management and team work

Sanitation in this setting is just as important as it is in our operations. Sanitation will be carefully watched.

CULINARY SKILLS: *Maximum of 35 points*

Knife skills, cooking techniques, proper use of equipment, recipe compliance and proper food handling

TASTE & PRESENTATION: *Maximum of 45 points*

Originality / ingredient compatibility / use of color, consistent portion size / plating technique / garnishing, product doneness / texture, taste / seasoning and overall appeal

MYSTERY INGREDIENT:

Maximum of 5 points

Originality and creative use of mystery item

EXCLUSIVE OPPORTUNITY FOR COMPETITORS:

All teams will have the opportunity to receive feedback and advice in a private debriefing following the competition for our expert panel of judges.



PRIZES

First, second, and third place AHF prizes will be awarded based on total points:

FIRST PLACE: Engraved Plates and AHF Culinary Competition Gold Medals;
Exclusive First Prize to be Announced at Competition

SECOND PLACE: AHF Culinary Competition Silver Medals; (2) \$200 Gift Card

THIRD PLACE: AHF Culinary Competition Bronze Medals; (2) \$100 Gift Card

Medals will be presented during the conference. All winners will be announced on the AHF website, through press releases and featured in **S.O. Connected**.

2023 MARKET BASKET A

Choice of Protein:

- Grouper
- Gulf Shrimp
- Portobello Mushroom
- Hanger Steak

2023 MARKET BASKET B

Choose From:

- Key limes
- Guava
- Artichoke
- Oranges
- Black Garlic
- Blueberries
- Brussels Sprouts
- Farro
- Swiss Chard
- Avocado

+ 1 Mystery ingredient - To be revealed at the pre-competition orientation on Monday, August 7th.

OTHER

All recipes entered for the Culinary Competition become the property of AHF. By entering, contestants grant permission to AHF and the Culinary Competition sponsors to publish and/or use in any way the materials submitted, including the recipes, names, and photos of the competitors.

Permission to use copyrighted materials, symbols, etc. must be verified with a copy of the permission from the copyright owner.

AHF, the Culinary Competition, nor sponsors shall be liable or responsible for personal, healthcare institution, or company equipment that is lost, stolen, or broken.

In the event of a power loss, the team will be given a set designated time to complete their work. A member of the committee will keep time to ensure lost time is compensated.



APPROVED RECIPE FORMAT

Final recipes should be proofed and formatted before submitting. Each recipe should be submitted using the below format. Recipe submissions should be written based on 6 portions.

Recipe Name: _____

Recipe Description: _____

Full Recipe:

- Prep Time: _____
- Cook Time: _____
- Yield*: _____

Component 1 Name

2 tsp. No Salt Sodium-Free Salt
1 tsp. Garlic Powder

METHOD OF PREPARATION:

In a bowl, combine all ingredients until evenly mixed.

Component 2 Name

1 batch Spaetzle Dumplings
2 oz. Bacon slices

METHOD OF PREPARATION:

Place the bacon in a large deep skillet on medium-high heat. Fry until the bacon is browned and crisp, turning as needed. Remove from pan and set aside.

To Plate and Serve:

1. _____
2. _____

