

ACF / CCAC, Los Angeles Chapter
 Chef of the Year 2005
 Hot Food Competition (K-8 Category Live Lob)
 Hosted by Cal Poly Pomona. Aug. 29th
 The Collins School, 3801 W. Temple Ave.
 Deadline For Entry Aug. 15, 2005 -



You must be a Sous Chef or higher level working in the greater Los Angeles area. Top scoring chef must also commit to competing at the ACF western regional competition for a shot at the ACF national "Chef of the Year USA" competition. Top scoring chef as determined by ACF Judges will receive a \$1000 cash prize - towards air & lodging for the regional competition. Donated by [World Wide produce](#). You will be informed of your check in time. Award Ceremony will be held 5:00PM day of in The Collins School Auditorium!

ACF Medals will be awarded - Winner will receive Chef of the Year Medal

Culinary Diploma	24 - 37 Points
Bronze	28 - 31 Points Upwards of 60% of attainable points
Silver	32 - 35 Points Upwards of 75% of attainable points
Gold	36 - 40 Points Upwards of 90% of attainable points

Quick Notes:

This competition will take place on Monday, Aug.29, 2005 in its entirety.

Deadline to submit entries is Wednesday, Aug.15, 2005.

For more information contact Chef Whitney Werner, CEC, Executive Chef, The Beach Club, 201 Palisades Beach Road, SM, CA 90402, Ph. 310-394-0755, chefwhitney@msn.com

Contact Show Chair Carole Lung Ph. 714-615-4434. cklung@surfcity.net

You will be contacted with your check in time and competition time.

All Competitors must supply their own practice & competition lobster!

Mail in your applications as soon as possible! Please read the rules, regulations and explanations carefully before completing the application. **Fill in all the information requested on page five.** If more space is needed, attach a separate page. The form may be photocopied.

This competition will take place on Monday, August 29, 2004 from 9AM-4PM in its entirety.

This competition is open to all chefs (ACF and non-ACF). Awards, medals, and cash prizes will be given away after the competition that day. Up to 12 chefs will compete in this ACF Contemporary Competition.

ACF Judging guidelines will be followed for K-8 Live Lobster:

Each competitor will be responsible to create four (4) portions of a signature entree recipe using a minimum of 1 protein product. The competitor must submit signature recipe and a complete diagram or color photograph to the Show Committee for review. Once the application and recipe is received, the head ACF judge shall review. Thirty days prior to the competition, competitors will be notified of their selection, receive all documents for competition, time schedules and a map and entrances to the Energy Resource center.

Competitors will work in identical kitchens, which will consist of:

- One 6ft. Table
- One 8ft. Demonstration Table
- One Four Burner Range with Oven and shared Salamander
- Shared Hot Food Holding Cabinet
- One 3-compartment sink will be shared by all competitors.
 1. All competitors will report to the Culinary Show Committee Area where they will be required to check in one hour prior to start time.
 2. Competitors will then have a 15 Min to set up and test all cooking equipment.
 3. Competitors will then begin preparation and cooking at the official starting time.
 4. Competitors will have 1 hour of preparation and cooking time & 5 min. for plating.
 5. Within 65 min. competitor will plate and serve all four portions: 3 for tasting, 1 for display.
 6. Competitor must bring all cooking equipment, tools and food to participate.
 7. No advanced preparation or cooking is allowed. Vegetables and salads may be cleaned and washed, but not cut or shaped in any form; Beans may be pre-soaked. Exceptions are chopped herbs, shallots, garlic, and mire poix. Competitors may also bring proteins pre-marinated, but will be required to demonstrate fabrication of protein and making of marinade.
 8. Competitor must bring in their own china to display their final presentation.
 9. 110 Power available
 10. There will be no common table of ingredients.

NOTE: Items and cooking equipment above may not be available at the ACF Regional or National Chef/Year USA Competition.

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Contact Whitney Werner, CEC, President. Los Angeles Chapter at Ph. 310-394-0755,
chefwhitney@msn.com

Contact Carol Lung, Chef of the Year 2005 Committee Chairman at 714-615-4434 cklung@surfcity.net

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TASTING JUDGES EVALUATE...

1. SERVING METHODS AND PRESENTATION. Hot food Hot! And Cold Food Cold! (including plates) Food is fresh and colorful, visibly seasoned, presented with some height, easy to eat, and pleasing to the eye. Meat/fish slices are even, straight, and evenly shingled. Items are closely placed together to help maintain temperature and keep the plate from resembling a smiling face.
2. PORTION SIZE AND NUTRITIONAL BALANCE. Components of the meal are balanced so that the main item is complemented in size/amount by the accompanying garnish/s and/or sauce. The necessary nutritional standards are being adhered to. The protein weight is within the set limits.
3. INGREDIENT COMPATIBILITY. Ingredient colors harmonize. Ingredient amounts are correctly portioned to give a perfect harmonization. Have any of the ingredients been duplicated?
4. CREATIVITY AND PRACTICALITY. The dish can be produced with comfort for a party of 40. The dish shows a difficult and creative flair rather than something copied and overused. If using an old or classical idea, new, creative ideas have been used to transform the dish.
5. FLAVOR, TASTE, TEXTURE AND, DONENESS. The stated flavor in the menu and recipe are profound. For example, the duck broth tastes like duck. Doneness temperatures are correct. Stated vegetable cuts are correct. The stated cooking techniques have been applied correctly. The textures correspond to what was implied in the recipe. The flavor of the sauce or vinaigrette reflects what the recipe stated and is of the correct consistency. The correct degrees of caramelization have been shown. It tastes great.
6. MENU COMPOSITION AND PROGRESSION OF COURSES. The menu has a thread or a theme running throughout; for example, it could be a regional, seasonal, or celebration menu. No courses are out of sync with the menu, for example, an Asian-type dish inserted into an American-type menu. In the progression of courses, there should be no erratic or over-dominant flavors that disrupt the flow of the theme. The dishes portray a high level of skill and exactness. The number of different skills employed throughout the menu distinguish the caliber of the cook(s).

FLOOR JUDGES EVALUATE...

1. ORGANIZATION. Table is kept clear of nonessentials, for example, a mixer that may not be needed for the next 30 minutes. Working systematically on one job at a time. Using correct cutting motions and the correct knife for the job. Storing of products. An organized refrigerator, rack cart, knife, and equipment storage. Waste storage. Is it useable or not? How the useable waste is stored for future uses. The table is free of debris. Floor spills are attended to quickly. The dish area is not being used as a storage dump. An organized withdrawal from the kitchen, leaving it as clean as it was found.
2. SANITATION. The cutting boards are scrupulously clean. Knives are sharp. The toolbox/knife bag is clean and sanitary inside. Sanitizing solutions is at the right strength, not over - or - underpowered and whether it's being used as a washing solution instead of sanitizing a pre-washed area. Team members are using towels correctly, for example,

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not wiping debris off a table and then wiping a knife or a plate with the same towel. Whether team members are using their aprons as hand wipes. Products are stored at the correct temperature. Gloves are being used when the last contact with food is occurring, for example, plating up. Areas are kept sanitized, particularly during fish to meat to vegetable or dairy transitions. Frequent hand sanitizing.

3. WORK FLOW. Smooth transitions from one job to another. A logical progression of jobs, for example, avoiding chopping herbs or mincing garlic on several occasions. Teamwork, especially at service time, instead of everyone focusing on their own dish.

4. COOKING TECHNIQUES AND SKILLS. Following classical cooking techniques. The chef should be using the technique as stated in the recipe. Proper technique used to deglaze a pan rather than simply adding wine or a liquid. Mirepoix browned properly, not just heated. Product roasted correctly and basted as needed, not just placed in the oven. Poached items are not being simmered. Correct method followed in preparing a forcemeat. How many different techniques have been displayed.

5. BUTCHERY AND BONING SKILLS. Efficient and profitable removal of muscle or fish from a bone. Sinew and/or fat removal and correct tying methods will be evaluated.

ACF / CCAC, Los Angeles Chapter Chef of the Year 2005 Competitor Registration

Fill out and mail in this competitor registration page along with five (5) copies of your menu, recipe and plating photo to:

**ACF/Chefs de Cuisine of CA.
Show Chair Carole Lung,
11664 National blvd.
#410 Los Angeles, CA 90064**

I accept the nomination and would like to register for the Chef of the Year Los Angeles 2005 – K-8 Category Live Lobster, Practical and Contemporary Hot Food Cooking Competition on Aug. 29th at Cal Poly Pomona:

PLEASE PROVIDE THE FOLLOWING INFORMATION

E-mail address: (personal / business) _____ :
Name: _____ Local Chapter: _____ (optional)
ACF ID #: _____ (If you are a member)
Address: _____ City: _____ State: _____
Zip Code _____
Home Tel: _____ Work Tel: _____
Fax Tel _____

(If you have an e-mail address, please write it. We prefer to email your competition information to you rather than mailing or faxing.)

I, the undersigned, do hereby pledge myself to observe the rules, and regulations, of the competition, and to abide by the decisions of the judges. Furthermore, I acknowledge that the ACF/CCAC, Salon Director, Show Chairmen, Committee and their agents, are not responsible for breakage or loss of property before, during, or after the competition. All recipes become the property of the ACF/CCAC and the event sponsors. My likeness, voice, name and recipe may also be used in connection with promoting this event or by the event sponsors in promoting their product(s).

Signature _____

Date _____

Thank you for your participation in this year's competition. When you choose to compete you inspire and educate younger chefs as well as elevate our profession with your excellence and passion.

**Best wishes and good luck to you!
2005 Competition Committee.**

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