



# Grilled Cheese Challenge

The Grilled Cheese Challenge is an opportunity to showcase sandwich-making skills using simple or complex ingredients of your choice. This is an individual or team event with no more than 2 participants.

The challenge is to create a grilled cheese sandwich that is unique! Student members will have 20-minutes to create a grilled cheese. Key requirements much include a recipe that must include at least one type of cheese and any additional ingredients as the member sees fit. Student members must provide their own ingredients (bread, cheese, additional ingredients - protein, fruits, vegetables) and equipment. Electric Griddles are provided for use or the student(s) are able to bring their own electric griddle. Members should make sure that all products brought are well refrigerated in a cooler. Members only need to prepare one sandwich for the judging panel. Please include a recipe card and a placard (something fun - plate, napkins, etc.) displaying your sandwich.

**Competitors will have 40 minutes to:**

Prepare one (1) sandwich for the judging panel, clean and sanitize station.

**EACH ENTRY MUST SUBMIT BOTH:**

- |   |  |
|---|--|
| <p>1. <b>Recipe card</b> must include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Recipe name</b></li> <li><input type="checkbox"/> <b>Ingredient list (with measurements)</b></li> <li><input type="checkbox"/> <b>Preparation/cooking instructions</b></li> <li><input type="checkbox"/> <b>Competitor Name(s)</b></li> </ul> | <p>2. <b>Placard</b> must include:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Sandwich name</b></li> <li><input type="checkbox"/> <b>Competitor name(s)</b></li> <li><input type="checkbox"/> <b>Chapter</b></li> <li><input type="checkbox"/> <b>Competitive Event Level</b></li> </ul> |
|---|--|

*All ingredients must be transported and stored with proper SERV Safe handling, storage and temperature controls.*

COMPETITION TIMING	
<b>10 minutes</b>	Competitors will wash their hands, clean and sanitize their work area, and preheat appliances to preferred temperature.
<b>20 minutes</b>	Competitors will prepare one (1) grilled cheese sandwich
<b>10 minutes</b>	Participants will have 10 minutes to clear, clean and sanitize their workstation.
<b>Total Time: 40 Minutes</b>	
SPECIFICATIONS	
<b>Uniform and Appearance</b>	Participants will be well groomed and will wear appropriate, clean attire, meeting the following standards: Ohio FCCLA Official Dress (with FCCLA Blazer Removed) or State Chef Attire.
<b>Equipment and Supplies</b>	<ul style="list-style-type: none"> <li>• Participants must supply all utensils, cleaning &amp; sanitizing supplies, and food ingredients needed for their recipe. Griddle will be available if needed, or each team may supply their own.</li> <li>• Foods must be transported and stored at food safe temperatures. Any perishable products must be brought to competition in an ice chest or cooler bag <b>with a thermometer to verify food safety requirements</b>. Temperatures will be verified during the 10-minute inventory check.</li> <li>• <b>Please transport/store perishable foods with enough ice or freezer packs for travel time and storage until challenge time.</b></li> <li>• Please cut/prepare all food items prior to competition to facilitate quick sandwich assembly/preparation and to reduce the number of dirty dishes. <b>Participants are not guaranteed a place to clean their dishes at the conclusion of the competition.</b></li> <li>• Workstation must be returned to a clean state by the end of the 10-minute cleaning period at</li> </ul>

	the conclusion of the competition round. If griddle is used it must be cleaned and returned to the stage within the cleaning period.
<b>Safety and Sanitation</b>	<ul style="list-style-type: none"> <li>• Participants and their work areas are kept sanitary and organized in a safe and sanitary manner.</li> <li>• Hand washing completed as required.</li> <li>• Food contact surfaces are cleaned and sanitized frequently, using proper equipment and following safety protocols in accordance with industry standards.</li> <li>• Complete final cleanup.</li> </ul>
<b>Mise en Place</b>	<p>Work efficiently and display organizational skills.</p> <ul style="list-style-type: none"> <li>• Mise en Place is well executed. Food is cut/prepare prior to competition to facilitate quick sandwich assembly/ preparation and to reduce the number of dirty dishes. <b>Participants are not guaranteed a place to clean their dishes at the conclusion of the competition.</b></li> </ul>
<b>Product</b>	<p><b>Size:</b> Appropriate, industry standard portion  <b>Presentation:</b> Clean and visually appealing, with appropriate garnish  <b>“Melly” Factor:</b> The cheese thoroughly melted.  <b>Bread Quality:</b> Golden, toasty, not overly greasy.  <b>Balance:</b> The flavors should complement each other, not just be a pile of ingredients.</p>

<b>GRILLED CHEESE CHALLENGE RUBRIC</b>							<b>Point Value</b>
<b>Recipe Card Included</b> Recipe name Ingredient list (with measurements) Preparation/cooking instructions Competitor name(s)	Not Submitted  <b>0</b>	1 of 4 components included  <b>1</b>	2 of 4 components included  <b>2</b>	3 of 4 components included  <b>3</b>	4 of 4 components included Format is unprofessional  <b>4</b>	Recipe is complete and presented in professional format  <b>5</b>	
<b>Placard Included</b> Sandwich name Competitor name(s) Chapter Competitive Event Level	Not Submitted  <b>0</b>	1 of 4 components included  <b>1</b>	2 of 4 components included  <b>2</b>	3 of 4 components included  <b>3</b>	4 of 4 components included Format is unprofessional  <b>4</b>	Placard is complete and presented in professional format  <b>5</b>	
<b>Required Ingredients Included</b> Bread Spread Cheese Filling Optional Garnish	No effort  <b>0</b>	1 of 4 components included  <b>1</b>	2 of 4 components included  <b>2</b>	3 of 4 components included  <b>3</b>	4 of 4 components included Format is unprofessional  <b>4</b>	Recipe is complete and presented in professional format  <b>5</b>	
<b>Recipe Creativity and Balance</b>	No effort  <b>0</b>	Follows a standard, basic recipe with no modifications. Flavor is one-dimensional (e.g., salty) or completely flat.  <b>1</b>	Includes minor ingredient variation. One flavor dominates without counter-balance. (e.g., lacks an acidic component)  <b>2</b>	Includes novel ingredients that are well-chosen but don't quite harmonize with the cheese  <b>3</b>	Ingredient choice is thoughtful, correctly seasoned. Layered, balanced flavors (e.g., sweet, savory, and acidic). All components feel purposeful.  <b>4</b>	Ingredient choice and use is innovative, and the balance of textures and tastes is complex and of marketable-quality.  <b>5</b>	
<b>Taste/Flavor</b>	No effort  <b>0</b>	Poor flavor or lack of attention to detail/execution  <b>1</b>	Unbalanced flavors/textures or execution flaws  <b>2</b>	Mostly balanced flavor/texture minor execution flaws  <b>3</b>	Good flavor/texture well balanced flavors well-executed techniques  <b>4</b>	Refined, rich flavors professionally executed  <b>5</b>	
<b>Grilled Exterior of Bread</b>	No effort  <b>0</b>	Bread is either not toasted or charred/ blackened, resulting in a bitter taste or overly greasy with butter/mayo  <b>1</b>	Bread is toasted with over/ undercooked areas or overly greasy/saturated with butter/mayo.  <b>2</b>	Bread is toasted with minor inconsistencies. The texture provides crunch but lacks a professional "crisp."  <b>3</b>	Bread is uniform golden brown/exterior has a consistent, deep golden color. Notable professional "crisp" when bitten into.  <b>4</b>	Golden brown, delicious finish. Texture is remarkably crisp without being hard, the crust is buttery and well seasoned  <b>5</b>	
<b>Grilled Interior of Sandwich</b>	No effort  <b>0</b>	Cheese remains solid or "sweaty" rather than melted. Interior bread faces are soggy or mushy due to excessive fat or moisture from fillings.  <b>1</b>	Cheese is not fully melted. Fillings are unevenly distributed, leading to uneven bites  <b>2</b>	Cheese is fully melted, may be "stringy" or separated. Interior bread not soggy. Flavor is one-dimensional.  <b>3</b>	Cheese is smooth, creamy, no oil separation. Fillings are layered well and balanced.  <b>4</b>	Has classic cheese pull when cut. Textures are balanced between creamy cheese and added elements, every bite contains all flavor components. Structural integrity of the sandwich is uncompromised.  <b>5</b>	
<b>Plate/Dish Visual Presentation</b>	No Plating  <b>0</b>	Unappetizing or messy, obvious crumbs, smears/smudges  <b>1</b>	Dull, unbalanced color, presentation minor crumbs/smears  <b>2</b>	Clean, but lacks cohesion or balance of colors  <b>3</b>	Very clean, strong visual appeal with minor flaws in balance  <b>4</b>	Impeccably clean, excellent layout, balance, color, and contrast  <b>5</b>	
<b>Demonstrated proper food safety storage, holding &amp; sanitation</b>	Inedible Unsafe food temps/practices  <b>0</b>	Workspace unorganized/ cluttered Unsafe food temps/practices  <b>1</b>	Some food safety & sanitation standards met  <b>2</b>	Most food safety/ & sanitation standards met  <b>3</b>	All food safety & sanitation standards met  <b>4</b>	Impeccable work station All food safety & sanitation standards met  <b>5</b>	
<b>TOTAL POINTS 45 possible points</b>							