



Raise the Steaks!



An event that recognizes an individual or a team of 2 Ohio FCCLA Members for their ability to produce a quality Ohio Beef product, based on the yearly theme. Participants will be evaluated based on their use of industrial culinary arts/food service techniques and equipment, using the rubric below. Participants must cook and present the beef product and any other associated sauces, toppings, etc., at the event.

ELIGIBILITY & GENERAL INFORMATION

1. Review the Requirements and Policies as outlined in the yearly themed specifications sheet prior to event planning and preparation.
2. This competition is open to any Ohio FCCLA member registered for the Ohio FCCLA State Leadership Conference.
3. There will be no food or equipment supplied by Ohio FCCLA for this competition. All food and equipment must be supplied by the participant(s). Ohio FCCLA will provide a table for food preparation.
4. Participants must be in Regional or Ohio FCCLA Chef attire for this competition.
5. Recipes must be original and created by the entrants in conjunction with their adviser.
6. No electricity will be provided.
7. Competitors must supply their own ABC Fire Extinguisher.
8. Competitors must supply their own gas burner to cook their products.
9. Each competitor must make enough for 100 one (1) ounce portions of Chilli and one 3-5 ounce portion of Chilli for the production and presentation portion of the rubric.

COMPETITION FORMAT & TIME REQUIREMENTS

COMPETITION FORMAT	
Competition Recipes/Formulas	Recipes must be original and created by the entrants in conjunction with their advisor.
TIME	
15 Before Competition	Competitors must arrive prior to their competition to check in with the facilitators. Competitors will be assigned their table numbers before the event begins.
10 minutes	Set Up. During this time, competitors may set up their table with their equipment and supplies. All produce should be washed ahead of time. Any produce, spices, meats, liquids, and other ingredients may be prepped and scaled in advance of the competition. No commercial or retail chili mixes may be used. Competitors must bring all their own food, equipment, and supplies, including gas burners. Competitors must bring all their own food, equipment, and supplies, including an ABC Fire Extinguisher. A 6-foot table will be provided for each team. There will no access to other resources except hand washing and clean, potable water.
90 minutes	Participants will have 90 minutes to prepare their food items, present, and prepare to give out samples. Samples may be distributed during this time, if teams have finished early. Sampling supplies will be provided by the Ohio Beef Council.
30 minutes	Competitors will have 30 minutes to hand out their samples to the judges and Tasters' Choice participants.
20 minutes	Competitors will have 20 minutes to clean up their workstations and pack up their supplies.
15 minutes	Judges will use the rubric to score and write comments for each participant throughout the session by observing their work habits, techniques, development and use of an original recipe, product presentation, appearance, and creativity.
Total Time: 2 Hours 30 minutes	

SPECIFICATIONS

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Uniform and Appearance	<p>Participants will be well groomed and wear appropriate, clean attire meeting the following standards: Wear clean and appropriate professional chef attire. This attire consists of any color chef coat or jacket, industry pants or commercial uniform pants, an apron, a hair covering or chef hat, and closed-toe kitchen shoes with non-slip soles and sealed, non-melting uppers (CANVAS SHOES ARE NOT SUITABLE). No jewelry or accessories are allowed. Facial hair is permitted if adequately covered. If your hair extends beyond the neckline, it must be properly restrained with a hairnet. Keep makeup minimal and avoid using cologne. In cases where nail polish or artificial nails are worn, gloves are required. Chef attire may feature acceptable graphics such as the FCCLA logo, school, chapter, or state name or logo, and individual name. Additional logos are not permitted and must be covered with cloth tape.</p> <p>For those not in the Culinary and Hospitality pathway, uniform is, FCCLA Professional Dress (No Blazer, tie, or ascot required) and a hair cover. No jewelry or accessories are allowed. Facial hair is permitted if adequately covered. If your hair extends beyond the neckline, it must be properly restrained with a hairnet. Keep makeup minimal and avoid using cologne. In cases where nail polish or artificial nails are worn, gloves are required.</p>
Clean-up	Participants must complete clean-up within the allotted 20-minute time frame.
Safety and Sanitation	Participants and their work areas are to be kept sanitary and organized, meeting the following standards: The workstation is kept neat, clean, and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated, and small equipment is handled properly. Complete final cleanup and return supplies after the event within the designated time.
Food Production	Participants will have 90 minutes to prepare food product (s) using beef and garnish appropriately. Participants will demonstrate the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products for appearance and taste.
Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of food products and garnishes. Use proper amount of product in food production and incorporate usable by-products or return to safe storage. No electricity will be provided. Competitors must supply their own gas burner to cook their products and an ABC fire extinguisher. Teams will not be able to compete without them.
Use of Products	Follow directions for recipes in proper sequence, amounts, and preparation. Incorporate usable by-products into recipes, if appropriate.
Mise en Place	Work efficiently and display organizational skills. Mise en Place is well executed.
Food Taste and Presentation	Each participant will prepare 100 Tasters' Choice portions and enough product for the presentation portion of the rubric. The finished product must be prepared, presented, and sampling begins by the end of the 90-minute period. There will be no extra time allowed to complete the preparation or presentation. All sampling must stop at the end of the 30-minute sampling time.
Plating and Presentation	Beyond the tastings, competitors will present one dish for evaluation on presentation using the appropriate portion size, functional garnish, and visual appeal.
Taste, Texture and Seasoning	Food items are prepared with appropriate color, texture, flavor, mouth feel, and appropriate seasoning and balance.
Cooking Methods and Technique	Preparation of product utilizing proper cooking methods and techniques. All food is served at safe and proper temperatures and with appropriate consistency.

Participant(s) Name: _____

Chapter: _____

Station #: _____

RAISE THE STEAKS! - PRODUCTION & PRESENTATION RUBRIC (FOR USE WITH EVALUATORS)

EVALUATOR NAME: _____					
SAFETY & SANITATION					POINTS
Safety 0–5 points	0 Station is disorganized, safety is disregarded	1 2 Station is lacking neatness and organization, questionable knife and small equipment safety	3 4 Station is neat and organized, knife safety is good and most small equipment is handled safely and properly	5 Station is very neat and organized, all knives and small equipment are handled safely and properly	
Sanitation 0–5 points	0 Disregards safety and created unsafe and unsanitary conditions	1 2 Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing	3 4 Inconsistently follows most safety and sanitation practices, food contact surfaces are cleaned and sanitized occasionally, occasional hand washing	5 Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing	
Clean-up 0–5 points	0 Participant did not complete station clean-up within allotted 20 minutes			5 Participant completed station clean-up within allotted 20 minutes	
FOOD PRODUCTION					POINTS
Equipment, Tools & Techniques 0–10 points	0 1 Selection and usage of tools/equipment lacks understanding and demonstration of skills	2 3 4 Selection and usage of tools/equipment demonstrate some understanding of skills	5 6 7 Selection and usage of tools/equipment demonstrates most understanding of skills	8 9 10 Selects and uses all tools/equipment correctly and safely follow understanding of skill	
Mise en Place 0–5 points	0 1 Mise en Place is poorly executed and displays unacceptable organizational skills	2 3 4 Mise en Place is fairly organized and displays marginal organizational skills	5 6 7 Mise en Place is organized and displays sufficient organizational skills	8 9 10 Mise en Place is well executed and displays excellent organizational skills	
Use of Products 0–5 points	0 1 Excess amount of products are prepared and used in each preparation. Useable by-products are not incorporated in the recipes or returned to safe storage	2 3 4 Uncalculated amounts of product are prepared and used in each preparation. Usable by-products are not incorporated properly into the recipes or returned to safe storage	5 6 7 Proper amount of product is prepared and used in most preparations. Some useable by-products are incorporated properly into the recipes or returned to safe storage	8 9 10 Proper amount of product is prepared and used in each preparation. Usable by-products are incorporated properly into the recipes or returned to safe storage	
Cooking Method & Technique					POINTS
Cooking Methods & Technique 0–5 points	0 1 Improper cooking methods & techniques; food and sauces served at unsafe or incorrect temperatures. Poor Maillard reaction execution.	2 3 4 Improper cooking methods & techniques used; some food and most sauces served at incorrect temperatures or consistency. Maillard reaction poorly executed.	5 6 7 Mostly proper cooking methods & techniques used; food and sauces generally served at correct temperatures. Maillard reaction is executed, if required	8 9 10 Proper cooking methods and techniques used; All food and sauces served at safe and proper temperatures and correct consistency. Maillard reaction is properly executed, if required	
PLATING & PRESENTATION					POINTS
Plating & Presentation 0–5 points	0 1 Items are visually unappealing. Use of non-functional garnish	2 3 4 Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	5 6 7 Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	8 9 10 Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing	
Evaluator's Comments—Include two things done well and two opportunities for improvement: _____ _____ _____ _____ _____ _____					TOTAL (65 Points Possible)
Evaluator #: _____ Evaluator Initials: _____ RC Initials: _____					