Jr. Chef Cooking Competition 2021

Team
Team must consist of 2-4 students in grades 9-12. Students must attend a school that participates in the National School Lunch Program. Each team must have at least one adult team advisor that is a school employee. Team may have additional advisors that are non-school employees.

Recipe
✓ The recipe must be an entrée for school lunch.
   - An entrée is defined as the main course of a meal that has a combination of
     o Meat/meat alternate + whole grain rich food;
     o Vegetable + meat/meat alternate;
     o Fruit + meat/meat alternate

✓ Recipe must include 2 or more of Alabama Grown foods that are integral to the dish.

✓ Recipe must serve 6 people.

✓ Nuts are not an allowable ingredient.

✓ Recipe must include preparation steps and equipment necessary to recreate the dish.

✓ Recipe must be prepared and plated within 1.5 hours.

✓ Recipe must be replicable by school nutrition. Scoring will take into consideration:
   - Ease of preparation
   - Number and types of ingredients
   - Availability of ingredient(s) to school nutrition
   - Use of culinary techniques appropriate for school nutrition, cooking time, and use of cost-effective ingredients

✓ Recipe must include at least one USDA Foods Commodity.

Food Safety
Teams are expected to follow appropriate food safety procedures

Acceptability
Recipe must be taste tested with students as a part of the recipe development.
**Photo & Video**
Teams must take an original photograph of one serving of the recipe. It should be attractively presented; consider lighting, positioning, and focus. Teams must submit a link with the corresponding cooking video of the recipe being prepared. The video will be judged on culinary techniques appropriate for school nutrition, cooking time, and food safety.

**Recipe Name and Description**
Teams must provide a name and recipe description

**Deadlines**
**REGISTRATION DEADLINE** February 5, 2021
To register, complete The Junior Chef Competition Entry Form and email the form to cnpnslp@alsde.edu with the subject line Jr. Chef Entry Form.

**March 5, 2021**
Steps 1-12 due by March 5, 2021
☐ Step 1: Team Creation
☐ Step 2: Parental Permission Forms
**Videos:**
☐ Step 3: NSLP Meal Pattern
☐ Step 4: USDA Foods Commodity
☐ Step 5: Farm 2 School & Alabama Sweet Grown
☐ Step 6: Food Safety
☐ Step 7: Video Observation Forms
☐ Step 8: Recipe Development Entry Form
☐ Step 9: Taste Test #1
☐ Step 10: Recipe Modification (If Applicable)
☐ Step 11: Taste Test #2 (If Applicable)
☐ Step 12: Nutrient Analysis

**April 5, 2021**
☐ Step 13: Recipe Modifications (If Applicable)
☐ Step 14: Final Recipe (If changes were applied)
☐ Step 15: Recipe Photograph & Video
☐ Step 16: Recipe Name & Description

All forms must be submitted to cnpnslp@alsde.edu by the submission deadline date. Please contact LaKecia Love at llove@alsde.edu for any assistance.