

# Georgia School Nutrition Association District/State Culinary Arts Competition



## Mission Possible: Are You Ready to Complete Your Mission?

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### Purpose

- To recognize exceptional culinary skills of school nutrition professionals in Georgia.
- To enhance the quality of school food.
- To develop and provide tested standardized recipes that is acceptable to our customers – students, administration, teachers, and parents.
- To recognize **Georgia Grown** commodities as a leader in industry.

**Categories:** It is recommended that each category include **at least ONE Georgia Grown** product and/or commodity (up to 3 may be used) Such as: **Poultry**, beef, pork, **peanuts, pecans, blueberries, peaches**, soybean, **Vidalia/sweet onion, sweet corn**, watermelon, cucumbers, tomatoes, cabbage or eggs to name a few.

**1. WG Dessert: Mission Possible:** Create and prepare a delicious and nutritious WG Dessert using the following letters in the ingredient list: **A**dvocacy, **C**onference, **P**assion. WG Dessert should credit for no more than 2 grains in the meal pattern. Please show crediting documentation on recipe.

**2. Lunch: (Entrée): Mission Possible:** Create and prepare a delicious and nutritious Lunch Entrée using **ONE** of the following letters as the main ingredient. The other letters should also be used within the recipe: **M**ission, **T**eamwork, **S**ervice. Lunch Entrée must credit for a 2 M/MA and 2 Grain Equivalent. Please show crediting documentation on recipe.

**3. Lunch: (Side Dish): Mission Possible:** Create and prepare a delicious and nutritious Lunch Side Dish using **ONE** of the following letters as the main ingredient. The other letters should also be used within the recipe: **N**utrition, **M**embership, **L**eadership. Lunch Side Dish must credit for a ½ cup Fruit or ½ cup Vegetable. Please show crediting documentation on recipe.

1. Awards for all culinary categories based on quality food products exhibiting exceptional characteristics typical of the product.
- 2. Awards given only for products that meet the criteria.**
3. State level awards for first, second and third place in each category will be awarded
4. "Participation" Awards can be presented to participants whose entries are disqualified for any reason.
5. State Competition Awards announced at the GSNA State Conference.
6. Awards for each category at the state level are as follows:

**First Place - \$250** monetary award and certificate

**Second Place - \$175** monetary award and certificate

**Third Place - \$100** monetary award and certificate

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### GSNA Culinary Contest Rules

- Submissions for District Competition must be sent to District Culinary Chair
  - No later than February 1, 2024**
  - Entry form
  - Standardized recipe form
  - Nutrition analysis information  
Include name of software program used  
Recipe yield must match nutritional analysis
- Submissions for State Competition must be submitted by District Culinary Chair to State GSNA Office
  - No later than March 1, 2024**
  - Entry form
  - Bio and Picture of Contestant – Submitted Electronically, this will be shared with local media outlets
  - Standardized recipe form
  - Nutrition analysis information  
Include name of software program used  
Recipe yield must match nutritional analysis  
Entries without nutritional analysis may receive a deduction of points or be disqualified  
Entry Guidelines – reduction in points or elimination from competition may occur for any missing element
- Contestants must be employed in a National School Lunch Program and be a member of the Georgia School Nutrition Association (GSNA).
- Entry must be for an individual, not a school.
- The recipe must be standardized and typed on the form provided. A word formatted form is available at [www.georgiaschoolnutrition.com](http://www.georgiaschoolnutrition.com) or by calling the GSNA office.
- Contestant must prepare a maximum of **6** servings and present three samples on a disposable plate or container for judging. The remaining **3** servings will be samples for other participants.
- All recipes must meet the requirements for the specific category.
- All contestants must leave the show/cook area at the scheduled judging time.
- No overt identification materials highlighting an individual, school or school system.
- No Coaching** is allowed during the competition, and **no one is allowed in the prep kitchen other than the contestants.**
- Contestants are allowed to pre-prepare ingredients prior to contest but ALL cooking must be done on site.
- Contestants are limited to entering and competing in one category at both the district and state level. This includes No exceptions.
- District level competitions must be announced at least two weeks prior to competition. This announcement must include date, time and location.

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### Judging Guidelines

1. Each entry will be assigned a number by category. The name of the applicant, school and school system may be written on an index card and placed upside down under the display for identification after the judging.
2. Each category will be prepared at different time periods with contestants having an assigned area in the kitchen. Judges will be in kitchen areas during competition prep to allow for judging in both Sanitation and Food Safety.
3. Judges will review the score card for each category judged and enter a numerical number for each quality standard.
4. If a tie should occur after the tally is made from all the judges' score cards, the judges will decide first, second and third place.
5. The judges' score cards must be given to the culinary Arts Chair for final tabulation. The chair must record the total score of each participant. After the winners have been announced at conference and the scores recorded, the judges' score cards may be given to the participant.
6. Winners will be announced at GSNA State Conference. All monetary prizes and certificates will be awarded during an awards session at this conference.
7. All contestants are responsible for bringing all cooking equipment, food products and for all other supplies needed for product preparation. GSNA will not be held responsible for any equipment or displays damaged, misplaced etc. The same recipe used at the local competition must be used at the district competition, and then must be used at the state competition.
8. See Judges' score card, attached to this document, for further information and breakdown of points credited for Quality Standards for this competition.
9. All district contestants must have won at the local level. All state contestants must have won at the district level. The first-place district winner in each category is **required** to participate in the **on-site** state competition to be eligible in the state contest. **State competition will be held at Lamar County High School, 1 Trojan Way, Barnesville, GA 30204 on Saturday, March 9, 2024.**

**Contestants at the district and state level may only enter in ONE category.**

### Judging - Judges for all competitions

Judging will be conducted at the district and state competition by those

- Knowledgeable in school food service and meal pattern regulations
- Knowledgeable in food production

State judges will receive training on the guidelines and judging criteria.

Districts are encouraged to provide training on the guidelines and judging criteria.

Awards for District Level: Certificates are available on line at:

<http://www.georgiaschoolnutrition.com/Resources/Culinary-Arts-Competition> or contact Daphne at [daphne@georgiaschoolnutrition.com](mailto:daphne@georgiaschoolnutrition.com)

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### General Information

#### Writing the Recipe

To meet the needs of today's school nutrition programs food service recipes must:

1. Be acceptable to students.
2. Be economical
3. Be low in fat (<30% total calories from fat and < 10% calories from saturated fat)
4. Low sodium (grades k-5  $\leq$  1230 mg, grades 6-8  $\leq$  1360 mg, grades 9-12  $\leq$  1420 mg)
5. Low in calories (max calories for entire lunch: grades k-5 650 calories, grades 6-8 700 calories, grades 9-12 850 calories)
6. Minimum number of ingredients and steps for preparation
7. Be practical in school meal production and service environment
8. *Use USDA commodities to the maximum*
9. Include component crediting.

#### Standardized Recipes

##### Recipes must be standardized for school food service use.

Standardized recipes provide a list of measured ingredients and a set of directions for preparation and service. These are necessary to prepare a menu item of consistent quality, consistent portion size and consistent nutritional value.

Standardized recipes insure

- quality control
- fewer instances of "running out" and substitutions
- improved cost control
- time savings in food preparation
- closer control of inventory
- ensure that anyone with basic cooking skills can produce consistent results every time.

##### A standardized recipe contains:

1. Recipe name and how it credits in meal plan
2. Classification – bread, dessert, salad, soup, entrée, etc.
3. Ingredients List – form, pack, measure, or weight of each item
4. Preparation Directions – method, times, temperatures for all cooking or baking
5. Service Directions – total yield, pan size, serving utensil, weight or measurement as served

All recipes submitted for the district and state contest must be submitted both as a standardized for **100 servings** and the **6 servings recipe**. Recipes must be reduced and prepared at state completion on site with a maximum of six servings – three of which will be presented for judging on a disposable plate or container and 3 will be used for samples for Attendees' Favorite.

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### Recipe Writing Hints

1. Use as few ingredients and preparation steps as possible – making the recipe labor efficient.
2. Use economical and commonly known ingredients.
3. List ingredients, quantities, and directions in the appropriate columns in block form, in the order in which they are used in preparation of the final product.
4. Use both weight and volume measure for all dry ingredients. For liquids and seasonings in amounts less than 2 ounces use volume measures only.
5. For canned items use number and size of cans in the measure column and the total net weight of the cans used in the weights column.
6. Record weight in pounds and ounces, state volume measure in terms of standard measuring utensil, that is, teaspoons, tablespoons, cups, quarts, and gallons.
7. Limit added fat and sodium to a minimal without jeopardizing acceptability.

### Writing Directions

1. Write directions for combining ingredients in step-by-step fashion: step 1, step two, etc.
2. Make directions as clear, concise, simple, and complete as possible.
3. Include descriptions of the condition or appearance of the product at various stages of preparation.
4. Describe mixing times and speeds, cooking times and temperatures for both conventional and convection ovens or combi-oven. Include types and size of cooking equipment if it is important to the preparation process.
5. Record exact size baking pans and portioning utensils.
6. Include amount of batter, dough, or mixture, in both weight and volume measure, to be placed in each pan.
7. Include spacing of the food on the pan if important to recipe success. (i.e., place cookies 3 inches apart on greased baking sheet).

### Baking Directions

Directions for baking should include oven temperatures in Fahrenheit degrees and length of cooking time.