**2021 Maine Farm to School Cook Off**

**Rules and Guidelines**

**Overview**

This year the Farm to School Cook Off is following in the footsteps of schools and going with a hybrid model! The Maine Farm to School Cook-off is a statewide culinary competition for teams of school nutrition professionals and students to promote local foods in school meals. The annual competition is organized by the Maine Department of Education, Child Nutrition team. The goal is to recognize school nutrition professionals and students for their culinary skills and creativity, while producing high-quality meals that can be replicated in a school kitchen.

**Recipe Guidelines**

The Summer Food Service Program (SFSP) meal pattern will be used for the SY 2021 cook-off. All recipes must be tested in a school kitchen. The crediting will be checked by the Maine Department of Education, Child Nutrition staff.

* The breakfast meal must include at least one grain serving and ½ cup fruit, with meat/meat alternate as optional. Milk can be excluded from the recipe.
* The lunch meal must include at least one grain serving, 2 oz meat/meat alternate, and ¾ cup fruit/vegetable (must be from two types). Milk can be excluded from the recipe.
* Both meals must contain:
	+ At least one USDA food
	+ At least three local ingredients (defined as grown, raised, caught or manufactured in Maine) with one being a challenge ingredient. **Eggs** will be the challenge ingredient for breakfast and **parsnips** will be the challenge ingredient for lunch. The challenge ingredients will be sourced by the individual teams. We ask that the teams source these products locally. If having trouble to do so, please contact Robin Kerber at Robin.Kerber@maine.gov for assistance.
* **Recipes must be submitted electronically. They must be in a typed, editable format and due no later than February 19, 2021. Recipes must be scaled to 50 servings.**
* **Recipes must contain the following information:**
	+ Name of recipe
	+ Type of dish (ex: breakfast entrée, lunch entrée, side)
	+ Number of servings
	+ Portion size
	+ Ingredients in measurable amounts (ex: 2 ½ cups tomatoes, not 5 tomatoes)
	+ Complete Instructions
	+ Meal pattern contribution information
* **Any recipe submitted incorrect or incomplete will be returned for corrections.**
* All recipes submitted will be used in a Farm to School Cook- book.

**Round 1 – Virtual!**

Participating teams with be required to submit two videos. One of their breakfast meal and one of their lunch meal.

* The video presentation should include details on local ingredients, USDA foods that were used, techniques used, feasibility, and anything else the team would like to share.
* Videos must be no more than 5 minutes long.
* **Videos MUST be submitted to Stephanie Stambach at** stephanie.stambach@maine.gov **no later than March 12, 2021.**
* Videos will be posted on the Child Nutrition website, and voting will take place from March 22-April 2, 2021 for people to vote on their favorite meals! Child Nutrition staff will email the voting link to each team to share with family, friends and the community. The top two finalists will advance to round 2.

**Round 2 - Final Cook Off at the Culinary Classroom!**

The following equipment will be available for the two finalists to use on the day of the final competition:

* Individual team equipment
	+ Two worktables
	+ 1 – 2 Burner induction range
	+ 3 pots
	+ 2 pans
	+ Scale
	+ Measuring cups/spoons
* Shared Equipment
	+ 2 Convection Ovens
	+ 1 Robot Coupe
	+ 1 Kitchen Aid Mixer
	+ 1 Small immersion blender
	+ 1 Tomato slicer
	+ 1 Wedger
	+ 1 Sheet Pan Rack
	+ 1 Reach in fridge
	+ 1 Reach in freezer
	+ Cutting Boards
	+ Knives, spatulas, whisks, etc.
* Each team will also have access to their own power source so if you desire to bring any of your own equipment you may.

For the cook off finals all meal preparation must be done on site during the allotted time for the competition. Each team will have one hour of kitchen time to prepare breakfast and work on lunch prep. This will be followed by a presentation and judging of the breakfast meal. Contestants will then have an additional 30 minutes of kitchen time to complete lunch, followed by another presentation and judging of the lunch meal.

**Challenge ingredients will be provided to the two teams participating in the final cook off**. Chef coats and matching skull caps will also be provided for the teams. Teams will be required to meet the dress code of the culinary classroom while participating in the cook off. This includes the following:

* Beard restraint, if applicable.
* Closed toe/back shoes.
* Long pants, no leggings.
* A plain wedding band is the only jewelry allowed.
* Nails must be clean and trimmed. Nail polish and artificial nails will not be allowed.

*Please note all necessary precautions will be taken due to COVID-19, including face coverings and social distancing of teams in the Culinary Classroom.*

**Day of Competition Reminders**

* Arrive early to review rules and guidelines and to tour the kitchen facility
* Bring all recipe ingredients (besides challenge ingredients), recipes and receipts
* Bring small wares, if needed
* Clean the kitchen, equipment, and small wares used prior to leaving the location. Participants will be made accountable for any damages to equipment.
* Come with a backup plan
* Practice good sanitation throughout the entire competition
* No coaching is allowed in the kitchen during the competition

**TIMELINE AT A GLANCE**

* December 18, 2021 – Electronic Agreements Due (click [here](https://www.maine.gov/doe/schools/nutrition/programs/localfoods) for link)
* February 19, 2021 – Recipes Due to Child Nutrition
* March 12, 2021 – Video Submissions Due to Child Nutrition
* March 22-April 2, 2021- Cook-off voting- share widely!
* April 5, 2021 – Finalists Announced
* May 5, 2021 – Cook Off Finals at the Culinary Classroom!