



## 2022 Maine Farm to School Cook Off Rules and Guidelines



### Overview

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 National School Lunch Program (NSLP) meal pattern will be used for the SY 2022 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 meet the **required offering for grades K-12**. This includes 1 oz grain, 1 cup fruit and one additional item. Milk can be excluded from the meal.
- The lunch meal must meet the **required offering for grades 9-12**. This includes 2 oz grain, 2 oz meat/meat alternate, 1 cup fruit and 1 cup vegetable. Milk can be excluded from the meal.
- 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. **Buckwheat flour** will be the challenge ingredient for breakfast and **beets** will be the challenge ingredient for lunch. The challenge ingredients will be sourced by Child Nutrition and supplied to each team on the day of the competition.
- **Recipes must be submitted electronically. They must be in a typed, editable format and due no later than February 18, 2022. 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.

## **Judging Procedure and Criteria**

Four servings of the breakfast and lunch meal will be prepared. One display plate and three plates for the judges to sample.

The following criteria will be used to evaluate the dishes:

- Incorporation of local and USDA foods
- Creative use of challenge ingredients
- Presentation, Taste, and Feasibility to be used in school nutrition programs
- Food safety and time management in the kitchen

The judging panel will consist of:

- K-12 student (past cook-off winner if possible)
- Professional Chef
- School Nutrition Director

This competition is all about promoting and educating people about the wonderful things happening in school nutrition programs. We have selected people as judges who have a diverse range of culinary and food expertise and to get the student perspective.

## **Important Competition Details**

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. Teams will then have an additional 30 minutes of kitchen time to complete lunch, followed by another presentation and judging of the lunch meal.

*Child Nutrition will provide:*

- Cook-off hats for all participants in the regional competitions
- Chef coats and skull caps for those that advance to the finals
- Challenge ingredients (buckwheat flour and beets)

*Team Expectations:*

- All preparation must be done on site
- Test your recipes beforehand
- Teams that would like to get reimbursed for mileage and food expenses may do so by bringing receipts on the day of the competition or emailing them after the competition. Up to \$150.00 for food expenses and \$200.00 for travel may be reimbursed. Mileage is calculated at \$0.44 per mile.

- Teams are expected to look professional and 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.*

### **Day of Competition Reminders**

- Arrive early to review rules and guidelines and to tour the kitchen facility
- Bring recipes and all recipe ingredients
- 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**

- January 14, 2022 – Electronic Agreements Due (click [here](#) for link)
- February 18, 2022 – Recipes Due to Child Nutrition
- March 23, 29 & 31, 2022- Regional Competitions take place!
- April 8, 2022 – Finalists Announced
- April 26, 2022 – Cook Off Finals at the Culinary Classroom!