

**ACF / CCAC, Los Angeles Chapter
Chef of the Year 2004
Hot Food Competition (K-9 Category)
Hosted by the Southern California Gas Co.
Energy Resource Center in Downey, California.
Sept 01, 2004 - Deadline For Entry**



You must be a Sous Chef or higher level working in the greater Los Angeles area. Top scoring chef must also commit to competing at the ACF western regional competition for a shot at the ACF national "Chef of the Year USA" competition. Top scoring chef as determined by ACF Judges will receive a \$1000. cash prize. Donated by [World Wide produce](#). You will be informed of your check in time. Award Ceremony scheduled for 5:00PM

ACF Medals will also be awarded _____

Culinary Diploma	24 - 37 Points
Bronze	28 - 31 Points Upwards of 60% of attainable points
Silver	32 - 35 Points Upwards of 75% of attainable points
Gold	36 - 40 Points Upwards of 90% of attainable points

Quick Notes:

This competition will take place on Monday, Sept. 13, 2004 in its entirety.

The competition fee is \$50 per individual.

Deadline to submit entries is Wednesday, Sept 01, 2004.

There will be a set limit of 8 individuals that will be allowed to compete.

Contact Show Chair Dennis Sheeler for specific guidelines on product type and choices available. 818-434-8645 sheelerdandv@aol.com

Click here to [view Santa Monica Seafood General Products List](#)

Send in your applications as soon as possible! Please read the rules, regulations and explanations carefully before completing the application. Fill in all information requested. If more space is needed, attach a separate page. The form may be photocopied. Mail the registration forms & menus, together with \$50 FEE (Payable to **Chefs de Cuisine Association of California**)

Mail to:

Dennis Sheeler, (Chapter President and Show Chairman)
284 N. Florence St,
Burbank Ca. 91505

This competition will take place on Monday, September 13, 2004 in its entirety.

This competition is open to all chefs (ACF and non-ACF). Awards, medals, and cash prizes will be given away after the competition that day. Eight (8) individuals will compete in this ACF Contemporary Competition.

ACF Judging guidelines will be followed for K-9 Category Fish: Fabricate a 2 to 2 pound flat or round fish. Fish can be eviscerated and scaled, but the head must remain on when brought in. Prepare as recipe specifies.

Each competitor will be responsible to create four (4) portions of a signature entree recipe using a minimum of 1 sponsor protein product. The competitor must submit signature recipe and a complete diagram or color photograph to the Show Committee for review. Once the application and recipe is received, the head ACF judge shall review. Thirty days prior to the competition, competitors will be notified of their selection, receive all documents for competition, time schedules and a map and entrances to the Energy Resource center.

Competitors will work in identical kitchens, which will consist of:

- One 6ft. Table
- One 8ft. Demonstration Table
- One Four Burner Range with Oven and shared Salamander
- Shared Hot Food Holding Cabinet
- One 3-compartment sink will be shared by all competitors.
 1. All competitors will report to the Culinary Show Committee Area where they will be required to check in.
 2. Approximately 1hour before official starting times, the competitors will be escorted from the Culinary Office to the competition kitchen area. Competitors will then have a 15 Min to set up and test all cooking equipment.
 3. Competitors will then begin preparation and cooking at the official starting time.
 4. Competitors will have 1 hour of preparation and cooking time.
 5. Within 1 hour, competitor will plate and serve all four portions: 3 for tasting, 1 for display.
 6. Competitor must bring all cooking equipment, tools and food to participate.
 7. No advanced preparation or cooking is allowed. Vegetables and salads may be cleaned and washed, but not cut or shaped in any form; Beans may be pre-soaked. Exceptions are chopped herbs, shallots, garlic, and mire poix. Competitors may also bring proteins pre-marinated, but will be required to demonstrate fabrication of protein and making of marinade.
 8. Competitor must bring in their own china to display their final presentation.
 9. 110 Power available
 10. There will be no common table of ingredients.

NOTE: Items and cooking equipment above may not be available at the ACF Regional or National Chef/Year USA Competition.

TASTING JUDGES EVALUATE...

1. SERVING METHODS AND PRESENTATION. Hot food Hot! And Cold Food Cold! (including plates) Food is fresh and colorful, visibly seasoned, presented with some height, easy to eat, and pleasing to the eye. Meat/fish slices are even, straight, and evenly shingled. Items are closely placed together to help maintain temperature and keep the plate from resembling a smiling face.
2. PORTION SIZE AND NUTRITIONAL BALANCE. Components of the meal are balanced so that the main item is complemented in size/amount by the accompanying garnish/s and/or sauce. The necessary nutritional standards are being adhered to. The protein weight is within the set limits.
3. INGREDIENT COMPATIBILITY. Ingredient colors harmonize. Ingredient amounts are correctly portioned to give a perfect harmonization. Have any of the ingredients been duplicated?
4. CREATIVITY AND PRACTICALITY. The dish can be produced with comfort for a party of 40. The dish shows a difficult and creative flair rather than something copied and overused. If using an old or classical idea, new, creative ideas have been used to transform the dish.
5. FLAVOR, TASTE, TEXTURE AND, DONENESS. The stated flavor in the menu and recipe are profound. For example, the duck broth tastes like duck. Doneness temperatures are correct. Stated vegetable cuts are correct. The stated cooking techniques have been applied correctly. The textures correspond to what was implied in the recipe. The flavor of the sauce or vinaigrette reflects what the recipe stated and is of the correct consistency. The correct degrees of caramelization have been shown. It tastes great.
6. MENU COMPOSITION AND PROGRESSION OF COURSES. The menu has a thread or a theme running throughout; for example, it could be a regional, seasonal, or celebration menu. No courses are out of sync with the menu, for example, an Asian-type dish inserted into an American-type menu. In the progression of courses, there should be no erratic or over-dominant flavors that disrupt the flow of the theme. The dishes portray a high level of skill and exactness. The number of different skills employed throughout the menu distinguish the caliber of the cook(s).

FLOOR JUDGES EVALUATE...

1. ORGANIZATION. Table is kept clear of nonessentials, for example, a mixer that may not be needed for the next 30 minutes. Working systematically on one job at a time. Using correct cutting motions and the correct knife for the job. Storing of products. An organized refrigerator, rack cart, knife, and equipment storage. Waste storage. Is it useable or not? How the useable waste is stored for future uses. The table is free of debris. Floor spills are attended to quickly. The dish area is not being used as a storage dump. An organized withdrawal from the kitchen, leaving it as clean as it was found.
2. SANITATION. The cutting boards are scrupulously clean. Knives are sharp. The toolbox/knife bag is clean and sanitary inside. Sanitizing solutions is at the right strength, not over - or - underpowered and whether it's being used as a washing solution instead of sanitizing a pre-washed area. Team members are using towels correctly, for example, not wiping debris off a table and then wiping a knife or a plate with the same towel. Whether team members are using their aprons as hand

wipes. Products are stored at the correct temperature. Gloves are being used when the last contact with food is occurring, for example, plating up. Areas are kept sanitized, particularly during fish to meat to vegetable or dairy transitions. Frequent hand sanitizing.

3. WORK FLOW. Smooth transitions from one job to another. A logical progression of jobs, for example, avoiding chopping herbs or mincing garlic on several occasions. Teamwork, especially at service time, instead of everyone focusing on their own dish.

4. COOKING TECHNIQUES AND SKILLS. Following classical cooking techniques. The chef should be using the technique as stated in the recipe. Proper technique used to deglaze a pan rather than simply adding wine or a liquid. Mirepoix browned properly, not just heated. Product roasted correctly and basted as needed, not just placed in the oven. Poached items are not being simmered. Correct method followed in preparing a forcemeat. How many different techniques have been displayed.

5. BUTCHERY AND BONING SKILLS. Efficient and profitable removal of muscle or fish from a bone. Sinew and/or fat removal and correct tying methods will be evaluated.

Mail in this Application Page along with your Check, Menus and Photo to: Chapter President and Show Chairman, Dennis Sheeler, 284 N. Florence St, Burbank Ca. 91505

Competition Chef of the Year Los Angeles 2004 – K-9 Category. Practical and Contemporary Hot Food Cooking. \$50 entry fee.

PLEASE PRINT OR TYPE THE FOLLOWING INFORMATION:

Total Amount Submitting: \$ _____

Checks or money orders will be accepted, sorry no cash or credit cards accepted.

NOTE: Entry fees are 100% refundable if applicant is not chosen to compete.

Entry fees are non-refundable if applicant cancels after deadline.

E-mail address: (personal / business) _____:

Name: _____ Local Chapter: _____

ACF ID #: _____

Address: _____ City: _____ State: _____

Zip Code _____

Home Number: _____ Work Number: _____

If you have an e-mail address, please put it down. Your competition information will be e-mailed to you rather than being mailed.

I, the undersigned, do hereby pledge myself to observe the rules, and regulations, of the competition, and to abide by the decisions of the judges. Furthermore, I acknowledge that the ACF/CCAC, Salon Director, Show Chairmen, Committee and their agents, are not responsible for breakage or loss of property before, during, or after the competition. All recipes become the property of the ACF/CCAC and the event sponsors. My likeness, voice, name and recipe may also be used in connection with promoting this event or by the event sponsors in promoting their product.

Signature _____

Date _____