

Food Production: Salads

Safety, Appearance & Sanitation

Participants will be well groomed and wear appropriate, clean attire meeting restaurant and hotel industry standards including:

<i>Chef Coat or Jacket/Apron</i>	Chef coat/jacket (school name and logos are permitted but not required); professional apron (put on after arriving at the work station)
<i>Pants</i>	Black & white check industry pants, commercial uniform or black pants Leggings and yoga pants are not appropriate
<i>Hair Covering or Chef Hat</i>	Chef hat, skull cap or hairnet; Hair should be secured and off the collar
<i>Shoes/Socks</i>	Kitchen shoes with closed toe, low heel, with non-slip soles and sealed with non-melting uppers, non-skid; canvas shoes are not appropriate. Socks must be worn.
<i>Appearance</i>	No jewelry (watches are acceptable); minimal make-up; no cologne or nail polish; facial hair is permitted if appropriate covering is used

Participants will demonstrate the ability to keep their work area organized and clean in a safe and sanitary manner:

<i>Table/Work Station</i>	Sanitize table at the start of the competition; Keep the sanitizer on the floor while food is on the table; No supplies or food used in preparation were on the floor; Use clean work towels, kept off the work table and/or shoulder during the competition; Table clean for final presentation; Neat work area at the end of the competition, including the floor; Properly disposes items at the end of the competition
<i>Gloves/Food Handling</i>	Gloves used for preparation and plating; Practice safe food handling and safe knife usage

Food Production

Participants will work within the time allotted to prepare a food product that meets industry standards.

<i>Time Management</i>	Participant should not take less than 15 minutes and no more than 45 minutes in which to demonstrate the required knife cuts, prepare and display the salad and clean up; Items are under the table prior to the start of competition
<i>Equipment, Tools and Techniques</i>	Has all tools/equipment necessary (4x6 cards with notes are acceptable during prep); Cutting board is secure; No pre-preparation, other than washing of items (nothing pre-cut or peeled)
<i>Culinary Skill</i>	Uses proper preparation techniques; Proper knife usage skills demonstrated; Proper use of ingredients and tools; Proper salad components: base, body, dressing and garnish; All items used are edible
<i>Menu Planning</i>	Menu has a theme and courses flow together: salad, entrée, starch, vegetable, bread, dessert and beverage; Salad and dressing recipes are included in display

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Food Presentation

<i>Salad Appearance</i>	Appropriate portion sizes; Dressing to salad ratio is appropriate; Garnish reflects creativity and is appropriate to the salad made
<i>Overall Presentation</i>	Menu is displayed attractively, printed or typed on plain side of a 4"x6" index card or cardstock; Salad and dressing recipes are displayed attractively, printed or typed on plain side of a 4"x6" index card or cardstock; Recipes are placed at the TOP of the placemat; Area for the display is no larger than 20"x20"; Flatware (chopsticks are acceptable) displayed fits menu (not just the salad); Items displayed properly include: plate or bowl no larger than 10" wide for round or square plates or 8"x12" for rectangular plates (larger liner plates are acceptable), flatware, folded napkin, beverage glass; No other items may be displayed in the setting except a container for the salad dressing if needed; No alcoholic related items are used in the display; Display is creative and unique; Participant answers the judges questions regarding menu and recipes appropriately; Participant remains professional throughout the entire competition