

# COMPETITION MANUAL

*Please take the time to read this document very carefully and thoroughly. All information is subject to change and will be communicated upon revision.*

**The winning chef and assistant's** airline tickets, hotel accommodations and entry fees for the National Competition will be handled by the HMRSSS. (See Entry Form) **All food/recipe ingredients, etc. will be the responsibility of the competing chef or as individually arranged.**

## COMPETITION RULES & GUIDELINES

All entries should demonstrate regional and national cooking techniques and, first and foremost, basic culinary preparation skills and sanitation skills. You are asked to use SC seafood whenever possible – a list will be provided by the SC Seafood Alliance to all participating chefs as to the available seafood and its sources.

Each competitor is allowed one sous chef. Each competitor will have one hour TOTAL to prepare and submit individually plated servings of the pre-submitted domestic seafood recipe. Of the 5 portions to be prepared, 3 are for the judges' tasting and 1 is for display for photos and 1 is for the critique/press. Judges will have 10 minutes to hear the presentation from the chef and judge the dish.

## INGREDIENTS AND TOOLS

All competitors must provide **the raw seafood product(s) in the pre-portioned amounts needed** to prepare the required total of 5 portions. Competitors are welcome to bring extra portions for preparing post-judging time to share as food samples to guests and media.

Competitors must provide **all ingredients for the submitted recipe entry**. No advance preparation or cooking is allowed. Vegetables can be peeled 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 must bring their own tools including small wares, knives, cutters, pans, etc. to prepare recipes and china (plates, platters, bowls, etc.) to display the finished dishes. Small electrical appliances are allowed to be brought in by competitors. **No electrical appliances will be supplied.**

**The following fresh SC seafood may be available in January:**

- Gray Triggerfish
- Golden Tile
- Vermilion Snapper
- King Mackerel
- Dolphin (mahi-mahi)
- Wahoo

- Swordfish
- Yellowfin Tuna
- Flounder
- Blue Crabs
- Stone Crabs
- Oysters
- Clams
- Amber Jack

### **WORK STATIONS AND KITCHEN AREA** (at the rear of the HMRSSS Show Floor)

**NO branded products may be displayed on cooking** stations unless supplied and approved by the South Carolina Hospitality Association or HMRSSS. This is a strict policy and valuable opportunity available only to products provided by event sponsors of high level sponsorships as determined by the South Carolina Hospitality Association and HMRSSS.

While all competitors may be working within the event staging area, each will be provided with their own workstation, which will consist of an adequate 6' front and back worktable, microwave, oven/range, refrigeration and 2 portable burner cook-tops with butane. Additional burners are available with advance request. **Competitors must bring any other electrical (no gas) table top cooking equipment (fryer, etc.) or small wares as needed to prepare their recipe.** We suggest you also bring extension cords, as needed. A safe and efficient working environment must be maintained. The South Carolina Hospitality Association and the HMRSSS will inspect all cooking equipment and areas. (\*See recap below)

All competitors are responsible for cleaning and storing, set up and break down, etc. of all personal tools, small wares, china, cooking stations, etc. All equipment supplied by South Carolina Hospitality Association and HMRSSS is the sole property of such and should NOT be removed from the staging areas/storage room/on the show floor.

**Professional Chefs:** All entries should demonstrate regional cooking techniques and, first and foremost, basic culinary preparation skills and sanitation skills. Each competitor will have one hour to prepare the pre-submitted seafood recipe. Ten minutes will be allowed for finalizing the plating of the 7 individual servings and serving the judges with time for them to ask questions and tally your scores. Of the 5 portions to be prepared, 3 are for the judges' tasting, 1 is for display for photos/critique/press and 1 is for media to taste.

### **\*Items Provided in Kitchen Area**

- **2 – Stainless Tables**
- **1 – Oven/Range**
- **2 – Butane Burners**
- **Refrigerator Access**
- **Microwave**
- **Additional Electrical Outlet**

## **TASTING JUDGES EVALUATION**

Presentation, General Impression and Serving Methods: Hot food is served hot and cold food is served cold (including plates). Food is fresh and colorful, visibly seasoned, presented with some height, easy to eat, and pleasing to the eye. Items are closely placed together to help maintain temperature and keep the plate from resembling a smiling face. Simple and practical, clean and careful serving with no fuss, no over-elaborate or impractical garnishing, plate and platter arrangement that makes for practical serving while maintaining a strong sense of the elegant.

Creativity and Practicality/Ease of Preparation: The dish shows a degree of difficulty 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. Degree of difficulty, artistic achievement, work involved, and originality are evaluated.

Composition and Harmony of Ingredients: Ingredients are compatible. Ingredient colors harmonize. Ingredient amounts are correctly portioned to give a perfect harmonization. Have any of the ingredients been duplicated? Taste and colors should enhance each other, display practical craftsmanship, and should be practical, digestible.

Correct Preparation and Craftsmanship: Classical names should correspond to original recipes and methods of preparation. Preparations must display mastery of basic skills. Stated vegetable cuts are correct. Fish slices are even, straight, and evenly shingled. The dish portrays a high level of skill and exactness. The number of different skills employed throughout the menu distinguishes the caliber of the cook(s). ***Ingredients and preparation must follow the original recipe submitted for participation.***

Flavor, Taste and Texture: The stated flavor in the menu and recipe are profound. Doneness and temperatures 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 wonderful and showcases the quality of the seafood!

## **COMPETITION SCORING**

As the judges critique an entry/display, points are awarded in several areas and averaged to yield a single score for the entry/display.

### **Service / Tasting Evaluation - (100 possible points)**

- 15 points – Presentation, General Impression and Serving Methods
- 20 points – Creativity and Practicality/Ease of Preparation
- 20 points – Composition and Harmony of Ingredients
- 20 points – Correct Preparation and Craftsmanship
- 25 points -- Flavor, Taste and Texture

## **GENERAL GUIDELINES FOR COMPETITORS & JUDGES**

The following list should provide a good beginning checklist of what are considered the most general guidelines for both competitors who are developing judging entries/displays and for judges who will evaluate them.

**More than one seafood product, but ONLY sustainable seafood products** may be used in the entry. The winning chef of SCSC is NOT required to use the same recipe for the GASCO competition.

**The criterion for judging all dishes is the submitted recipe**, with an accurate listing of ingredients and methods of preparation. *Competitors are penalized in judging scores for inaccurate recipes or not adhering to the submitted recipe.*

**NO corporate or business branded seafood product names/logos** allowed on chef wear or displayed on working station or promoted through the event in any way unless they are using sponsor's products. (i.e. Inland Seafood, P & J Oysters, etc.). *Chefs are encouraged to promote their restaurants, so chef wear with restaurant logos are acceptable.*

**Judging will be open to the event, not anonymous.** The chef teams will serve the judges and give a short verbal description of the dish. The judges will be allowed to ask the lead chef questions during the service time only. Following that time of judging, plated dishes will be displayed for viewing and photography and identified by the information as submitted on the entry forms.

- It is expected that chef competitors will dress in full professional chef's uniforms (white preferred, but colors ok). Chef's jackets may have the restaurant or operating business name of the representative chef.
- Plate arrangement and decoration should be practical yet appealing and should comply with daily standards.
- Ingredients and garnishes should harmonize with the main part of the dish and conform to contemporary standards of nutritional values.
- Unnecessary ingredients should be avoided and practical, acceptable cooking methods should be applied.
- Product juices should not make a dish look unappetizing.
- Vegetables must be cut or turned uniformly.
- Food prepared hot should not be placed on buffet platters or mirrors.
- Plated portions must be proportional to the dish itself and the number of servings specified.
- Sauce boats should be only half full.
- In general, portion weight should be in keeping with the norms of accepted practice and nutritional balance.
- If fruit is used to garnish, it should be cut into small pieces or sliced thinly.

*Finally, the punctual presentation of each entry/display at the appointed time is a matter of urgent necessity.*

### **COMPETITORS SHOULD CONCENTRATE ON**

- Originality -- new ideas!
- Garnishes
- Practical portion size
- Proper color, presentation and flavor combination
- Presenting a natural, appetizing look
- Properly cooked seafood
- Time considerations (one hour or less)

### **COMPETITORS SHOULD AVOID**

- Entering a previously judged piece or unoriginal recipe;
- Serving of food on the rim of the plates or platters, resulting in an unacceptable appearance;
- Repetition in preparatory methods;
- Excessive use of food coloring;
- Use of plastic ornaments, flowers, non-edible items, etc.;
- Use of tarnished silver or unsuitable serving dishes;
- Presenting hot food on mirrors;
- Decorating with parsley, watercress, etc.;
- Cluttering the plates or platters;

### **COLD FOOD MAY BE DISPLAYED ON**

- Silver trays and platters
- Stainless steel
- Mirrors
- Formica
- Polished wood
- China plates
- Any other approved food surface

### **HOT FOOD MAY BE DISPLAYED ON**

- Lined copper dishes
- Imitation pewter or Stainless steel platters
- Earthenware dishes (oven proof)
- Dinner plates (china, porcelain, or ceramic)
- Silver trays and platters
- Glass containers
- Any non-porous food surface