



## **Research Chefs Association Student Culinology® Savory Competition Manual**

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## **Section 1: Competition Overview**

### **Overall Competition Objective:**

**Phase I:** Student teams will develop a proposal for an Entrée. This entrée will be for a quick serve / C – store type of entrée. Examples might be Panera Bread, Shears, Subway, Qdoba, 7 -11 . Entrée should be all natural clean label product. Bringing in a flair of the food from the regional area of the conference. Entrée will be reheated in a Merry Chef Speed cook Oven. Teams will develop both gold standard and the corresponding manufactured product formulations. The concept must feature all ingredient partner companies that sign up prior to October 1, 2018. The concept does not need to incorporate ingredients from partners that come in after this date though there is opportunity to earn additional points if you do.

**Phase II:** Following the proposal round (Phase I), up to six (6) finalist teams will manufacture and ship their item to the competition site at the annual national conference. On the day of the competition, finalists will create the fresh product version (gold standard) judged against how well the commercialized item matches up against the gold standard.

### **Eligibility:**

- All contestants, including alternate, must be active RCA members (student membership fee is \$30.00). Competing team members must register to attend the conference.
- Teams will consist of up to three (3) students and one (1) alternate student (optional).
- During the onsite component of the Competition, the alternate may assist their team members during setup and cleanup and with instructions to the judges during reheating of the commercialized item.
- A team member may be replaced by the alternate only one (1) time, who in turn may be replaced.
- Teams may include one graduate student.
- Students graduating in December and not continuing their studies are not eligible to compete.
- A faculty sponsor is required for verification of the student's eligibility and originality of the work submitted. Note: a faculty member may sponsor no more than two teams.
- Faculty and other industry sources may be consulted and if utilized their participation must be documented by the team as part of their proposal's bibliography, but consultants cannot be a major contributor in the actual work.
- A "team leader" must be designated to act on behalf of the team.
- The winning team is eligible to receive one prize to be divided and disbursed by the faculty sponsor.
- Only one (1) team from each school may be selected to compete. Exceptions can be made.

### **Awards:**

- The First Place Team will receive a \$2,500 cash prize.
- The Second Place will receive a \$1,000 cash prize.
- The Third Place Team will receive \$500 cash prize.
- Awards will be announced at the RCA Annual Conference Awards Reception. Finalist team members are required to be present in order to be eligible to receive an award.

- Medals: Official RCA Medals will be awarded in either Bronze, Silver, or Gold to the teams that reach the appropriate final score and will be rewarded as follows. RCA continuing education points will be given toward certification / recertification as listed
  - [Gold Medal 360-400 / 6 CE]
  - [Silver 320-359.99 / 4 CE]
  - [Bronze 280-319.99 / 2 CE]
- [Certificate of Participation 279.99 and below / 1 CE]
- Applicable taxes are the sole responsibilities of winners.
- Each winning team will receive national recognition in RCA media.
- If the combined proposal and on-site scores result in a tie between two or more teams, judges will further question team members on any of the areas related to their participation in the Competition to determine the team's final place.

**How to Enter:**

**By October 1, 2018 submit your "Letter of Intent" to submit a proposal to the Research Chefs Association, attention Emily Nuzzo at [enuzzo@culinology.org](mailto:enuzzo@culinology.org)** "Letter of Intent" should include the following:

- Team Name
- School Name
- Team members' names including team leader
- Graduation date and contact information for each team member
- Faculty contact information

*Note: Once a Letter of Intent is received, teams will be provided contact information for required and preferred ingredient sponsors and assigned a unique 3-digit number. Teams will be required to identify their proposal with their 3-digit number in the header of all pages.*

**Following letter of intent submissions, we will host a call for all applicants to cover questions on the written proposal portion of the competition.**

- By December 1, 2018, submit a written proposal.
- By December 20, 2018, team leaders will be informed whether their team has been selected to move onto the finals.
  - Finalists will be asked to provide six servings of their Quick Serve Menu Item, Finalists are given the option of shipping product\* or transporting their product themselves.
- The on-site component of the RCA Student Culinary<sup>®</sup> Competition will take place at the 2019 RCA Annual Conference & Culinary<sup>®</sup> Expo. On-site Competition scoring will be allocated toward an evaluation of the gold standard product that is prepared on-site (50%), and the Culinary<sup>®</sup> Match Test (50%) a product comparison of the gold standard made recipe versus the plated commercialized formula. Please note that On-site Competition Scores will count toward 50% of a team's final score.

## Section 2: Written Proposals

### **Proposal Background:**

- By the due date December 1, 2018 all proposals must be complete. **NO EXCEPTIONS.** Incomplete proposals will not be accepted.
- Proposals must incorporate at least one ingredient from each supplier sponsors confirmed prior to **October 1, 2018.** Finalists may incorporate ingredients from supplier sponsors who are confirmed after October 1, 2018 if they choose.
- **Format** – the proposal must be formatted using Times New Roman, 12-point font, 1.5 line spacing, and 1" margins all around. It must also include page numbers and team number in the Footer.
- **Submissions** – Teams will submit an electronic PDF version of their proposal in two parts: Part I with Biographical Information, and Part II the Proposal Body with the header of each page identified with the team's unique 3-digit number only, in order to ensure the impartiality of judges. The file size of each submission should not be greater than 8 MB. Send file to Emily Nuzzo at [enuzzo@culinology.org](mailto:enuzzo@culinology.org), subject line should be "Team #, Student Culinology® Competition".

**Proposal Content:** Complete proposals will contain the following elements:

### **Part I: Biographical Information**

- **Title Page** with team names, faculty advisor name, university affiliation and unique 3-digit number.
- **Faculty Verification Letter**
- **Biographies** of team members and faculty advisor, including area of study, each person's food "philosophy," and identification of the team leader (1 page maximum).
- **Digital Photograph** of the team and faculty advisor.
- Each participant's home addresses, telephone numbers, email addresses and university/school affiliation.

### **Part II: Proposal Body**

(Note: please identify all pages in the Proposal Body with the team's unique 3-digit number in the header in order to ensure the impartiality of judges. Please do not include any information in the Proposal Body which could identify team members or their university affiliation- any proposals that do, will be considered incomplete.)

- Title Page.
- Table of Contents.
- Proposal Body (See below for components.) Should not be longer than 19 pages.
- Bibliography.

Proposal Body: Proposals will be judged on the following eight elements worth a total of 200 points:

1. **A Two-Page (max) Sell Sheet** that includes information on the following elements:
  1. A one-paragraph executive summary including the following: name and description of your cuisine. Explanation of target market and basis for potential success of your product
  2. Photo

3. Nutritional fact panel/ Ingredient statement, with reference to allergens
  4. Packaging
  5. Shelf-life/holding  
Serving options  
**(40 points)**
2. **Description/Definition** of the cuisine your team is using as your signature item and the market rationale, including a justification for the quantities chosen and how the concept addresses the rationale of the competition. Lastly, please include the Gold Standard from scratch recipes demonstrating classic culinary techniques using fresh ingredients for six servings with preparation instructions.  
**(20 points)**
3. **The Application Formulation Sheet** for one serving of each commercialized item component (e.g. pastry, filling, sauce etc.) should be comprised of the following five columns (See *Appendix B*, page 12 of RFP):
- Ingredient/Supplier: All ingredients and ingredient suppliers should be identified.
  - Amount (g): The formula should be written in terms of gram weight measurements of each ingredient used to formulate each item component, listed in decreasing order of magnitude with the resulting total equal to the weight of food in one serving of sufficient size to feed one adult.
  - Percent (%): The formula should also be written in terms of the percentage of each ingredient used to formulate each item component. Percentages should be listed in decreasing order of magnitude with the resulting total equaling 100%.
  - Wholesale Price Per Pound (\$): A 500,000 portion limited production run should be used as the volume target for purposes of sourcing and pricing ingredients. Also, the price per serving of the sum total of all ingredients used for your concept should be appropriate and justified. Information for determining yield and portion size, and calculating metric conversions can be found in *The Book of Yields* by Francis T. Lynch.
  - Cost of Ingredient in the Formula (\$).
  - Preparation instructions for the commercialized formula only need to be provided once.  
**(40 points)**
4. **Identification, Description and Justification** of use or non-use of technical ingredients used in each component of the commercialized product. See *Appendix A* as a resource. (1 page max.)  
**(20 points)**
5. **Identification, Description, and Justification** of the following elements used in the quick serve recipe of the components of the product, especially as they impact process feasibility – the extent to which the product can be mass produced practically and successfully:
- Equipment and processing methods
  - Provide complete manufacturing instructions, including flow chart/diagram, for all commercialized formulas, from raw to ready to ship  
**(30 points)**

6. **Identification, description and justification (including cost) of packaging used.** The product must be able to withstand traditional shipping and handling practices.  
**(20 points)**
7. **Preparation instructions** and rationale for reheating method.  
**(10 points)**
8. **Originality of Concept** (based on expertise of judges).  
**(20 points)**

**Judging Evaluation:**

An expert panel of RCA professional members representing the food industry in culinary arts, R&D, food science, retail and flavor/ingredients will judge the proposals. The judges will render a decision by, December 20, 2018 based on the eight (8) Proposal elements outlined above. All teams will receive a record of their scores following the Competition. Please see **Appendix D** "Scoring Sheet". These are criteria set by the RCA Education Committee whose decisions are final and binding on matters related to this contest. \*Please note that proposal scores will count toward 50% of a finalist team's final score.

Post-competition, participating teams will be provided an average of the judges' scores per category for their respective team, their team's individual ranking per category and the Competition high score per category.

**Section 3: On-Site Competition**

Based on proposals received by RCA, up to six (6) top-scoring teams will advance at their school's expense to the RCA Student Culinology Competition.

**On-Site Preparation of Gold Standard Recipes:**

- Teams will have equal access (in terms of timing, space, and equipment) to food preparation/kitchen facility. The preparation area will include equipment typically found in a commercial kitchen (**Appendix C** page 12 of RFP). Teams will be required to provide any needed equipment not found in Appendix C. *Note: some equipment may have to be shared among teams. Also, teams may supply their own small wares.*
- Teams will supply any small wares, pots and pans needed to execute their gold standard recipes and thermalize and plate their manufactured items. *Note: any frying may be done on a stove top in a pot of oil.*
- Team representatives are expected to report to the preparation area on a specified date and time (TBD) before the on-site competition, in order to set up their speed racks, locate previously shipped manufactured product and place groceries for on-site preparation of Gold Standard recipes in a refrigerator. Team leaders will be notified of exact location.
- Teams will be given their official start time in advance of the Annual Conference. On the day of the competition, teams are expected to report to the viewing area 15 minutes in advance of their start time. Finalist teams must bring six copies of their product sell sheet and list of technical ingredients: five for reference by the judges and one to accompany their show plates.
- The team alternate shall have two roles:
  1. Assist team members during setup and cleanup,

2. Guide and assist judges with reheating the commercialized item.

- Preparation time will be one and one-half (1.5) hours, in addition to 15 minutes of set up, for a total of 1.75 hours in the preparation area.
- During set up, teams may locate speed racks, pull grocery items from their speed racks and locate and organize equipment, but no advance preparation or cooking of any kind is allowed during this 15 minutes.
- Team start times will be staggered.
- Teams must supply all groceries and food products needed to execute five (5) servings of their Gold Standard recipes plus one (1) show plate for a total of six (6) servings of their signature dish for final judging.
- Teams are allowed to bring in only the whole and raw materials needed for the Gold Standard components. Fabrication of any grocery items must take place during the competition.
- Only puff pastry and filo ready-made doughs are allowed to be brought in. They may not be baked, rolled, or molded prior to the competition.
- Ready-made stocks are allowed to be brought in as may be soaked beans.
- Teams must bring with them side towels, thermometers, calculators, timers and scales if needed.
- Teams must bring with them any equipment not supplied by RCA .
- Teams will present plated Gold Standard product to judges.
- Sanitation – teams must exhibit the proper handling, tasting (one-time use of tasting spoons), and storage of food and show proper use of equipment during the competition. The following sanitation supplies will be provided: garbage receptacles, brooms, mops, paper towels, sanitizing lotion, bleach or other sanitizing buckets.
- Dress Code – all competitors are required to dress professionally and to supply their own kitchen/laboratory clothing, including chef / lab coats, aprons, hats or head coverings, checkered or black pants, side towels, and closed toe, hard sole-slip resistant shoes.
- The name of the school can appear on the uniform as well as additional sponsors.
- No jeans, t-shirts, tank/tube tops, shorts, or sneakers allowed.

**On-Site Re-heating and/or Assembly of Product:**

The Gold Standard product will be prepared by the teams and all shipped components of the manufactured item will be reheated in the Merry Chef Speed Cook Oven by the judges following the packaging instructions provide. The manufactured product will have to be plated by the judges after reheating. The components of the manufactured item will be compared by judges against the freshly made Gold Standard product. As the employee of a facility may not have access to suggested garnishes, no garnishes of any kind (except those that are included in your manufactured product) may be added to your manufactured product before being presented to the judges. Use garnishes sparingly on gold standard plates as they could affect the overall similarity to the commercialized product. Garnishes may be used on both the manufactured and gold standard show plates for the display table.

**Judging Evaluation:**

An expert panel of judges will judge the final on-site presentations. Judging will be based on the criteria below set by the RCA Competition Committee whose decisions are final and binding on matters related to this contest.

**Gold Standard Criteria (100 points)** – an evaluation by the judges of the freshly made product will be determined according to the following criteria:

1. **Flavor /Aroma (25 points)** – The flavor and aroma of the gold standard item are appropriate to the concept and ingredients used.
2. **Texture (15 points)** – Ingredients and components of the gold standard item have been properly prepared resulting in the appropriate texture as determined by judges.
3. **Ingredient Composition/Authenticity (15 points)** – Ingredients chosen are appropriate and assembled in a way that supports the concept and makes culinary sense.
4. **Presentation (15 points)** – The gold standard item is plated in a way appropriate to the concept, is representative of the Sell Sheet photo, and served at the appropriate temperature.
5. **Professionalism (10 points)** – Team's adherence to on-site competition rules and ability to work in a way generally accepted as appropriate in a commercial kitchen
6. **Technical Skills (10 points)** – Team's use of proper culinary technique in the preparation of all item components.
7. **Safety & Sanitation (10 points)** – See sanitation in onsite competition guidelines (Page 8-9).

**Culinology® Match Test (100 points)** – a comparison of the freshly made gold standard recipe(s) prepared onsite versus the shipped manufactured product, thermalized and plated for the designed amount of servings will be determined according to the following criteria:

1. **Flavor /Aroma (25 points)** – The flavor and aroma of the freshly made gold standard recipe and manufactured formula are comparable and appropriate to the concept and ingredients used.
2. **Texture (15 points)** – The ingredients and components of the freshly made recipe and manufactured formula have been properly selected and prepared, resulting in appropriate and comparable textures.
3. **Presentation (10 points)** – A comparison of the gold standard items to the manufactured product.
4. **Overall Similarity to Gold Standard (25 points)** – An overall comparison of the manufactured concept to the freshly made gold standard.
5. **Overall Similarity to Sell Sheet Photo (10 points)** – A visual comparison of the manufactured product to the Sell Sheet photo. Manufactured product is prepared as described on the sell sheet instructions.
6. **Ease and Accuracy of Preparation Instructions (15 points)** – An evaluation of the ease of use and logic of the preparation instructions for the manufactured product, as well as the ability to plate product at the appropriate temperature. *(Note: food temperature at service should be validated by Kitchen Judges to ensure appropriate temperature.)*

Post-competition, participating teams will be provided an average of the judges' scores per category for their respective team, their team's individual ranking per category and the Competition high score per category.



**Final Score: See *Appendix D* “Scoring Sheet”**

**Indemnity:**

All decisions of RCA and RCA judges are final. Application and interpretation of Competition rules are solely within the discretion of RCA. The Competition may be postponed, cancelled, or rescheduled, and prizes withheld, at the discretion of RCA. No warranties, express or implied, are given by RCA or the competition venue in connection with the Competition. Each Entrant releases RCA and the competition venue from, and waives all claims against RCA and the competition venue for, any loss, damage, expense, cost, claim, or injury to person or property arising directly or indirectly from the Competition. Each Entrant also shall indemnify, defend, and hold RCA and the competition venue harmless with respect to any claim, demand, or cause of action against RCA or the competition venue arising from any act or omission of the Entrant. Entrants consent to the use of their name, picture, and likeness by RCA for publicity purposes and irrevocably license to RCA the right to reproduce, distribute, publish, display, and otherwise use the proposals and other materials submitted in connection with the Competition, in any form and via any media. Void where prohibited by law. This Agreement shall be governed by the laws of the State of Illinois, and the sole forum for any legal action related to the Competition shall be State or federal court within Cook County Illinois.

RCA retains the rights to the submitted application content.

**Culinology<sup>®</sup>, Defining the Future of Food<sup>®</sup>, and Research Chefs Association<sup>®</sup> are registered trademarks, service marks, and trade names of the Research Chefs Association.**

## **Appendix A: Technical Ingredients**

### **I. FUNCTIONAL INGREDIENTS**

Acidulants/Buffering Agents  
Anti-caking Agents  
Antimicrobial Agents  
Antioxidants  
Bulking Agents  
Chelating Agents  
Clarifying Agents  
Curing Agents  
Colors  
Emulsifiers  
Fat/Oil Replacers  
Flavors  
Flavor Enhancers (MSG, HVP, AYE, etc.)  
Humectants  
Hydrocolloids (Gums, Starches)  
Leavening Agents  
Preservatives  
Salt Replacers/Enhancers  
Sweeteners (Nutritive, Non-nutritive; Natural, Synthetic)

### **II. NUTRITIONAL INGREDIENTS**

Antioxidants  
Egg-derived ingredients  
Minerals  
Milk proteins/powders  
Nutraceuticals  
Nutritional Supplements  
Prebiotics  
Probiotics  
Soy products  
Soluble/Insoluble fiber  
Vitamins

**Appendix B: Formulation Sheet (for one serving)**

<b>Product:</b>				
<b>Ingredient/Supplier</b>	<b>Amount (g)</b>	<b>Percent (%)</b>	<b>Wholesale Price Per Pound (\$lb)</b>	<b>Cost of Ingredient in Formula (\$)</b>
<b>TOTAL</b>		<b>100 %</b>		

**Preparation Instructions:**

## Appendix C: Commercial Kitchen Equipment Provided On-Site

1 x hand wash station (per 2 teams)  
1 x vegetable wash station (per 2 teams)  
1 x 3-bay dish wash station (per 2 teams)  
1 induction range stove top and convection oven base (per team)  
1 x 4-plug outlet (20 amp/120 volt),  
2 x refrigerators (shared among teams),  
1 x stainless steel table and 1 x banquet table (per team)  
1 speed rack with 8 sheet pans (per team)  
1 x Merry Chef Speed Cook Oven (per team)  
1 stand mixer (per 2 teams)

1 food processor (per 2 teams)**Sanitation:**

Garbage receptacle

Brooms/dust pans

Mops

Sanitizing buckets

Paper towel

Sponges

Dish soap/hand soap

Note: some equipment may have to be shared among teams.

## Appendix D: Scoring Sheet

### Written Proposal Scoring (200 points total)

- Sell Sheet written as if you were marketing your idea /concept to a major retail grocery store. (40 Points maximum)
- Description/definition of **Quick Service Restaurant + Gold Standard recipes**. (20 points maximum)
- The **Application Formulation Sheet** for one serving of each commercialized component of the concept. (40 points maximum)
- Identification, description, and justification of use or non-use of **technical ingredients** used in each commercialized component. (20 points maximum)
- Identification, description, and justification of elements used in **Commercial Production** of the components of the product, especially as they impact **process feasibility**. (30 points maximum)
- Identification, description, and justification (including cost) of **packaging** used. (20 points maximum)
- **Preparation** instructions and **rationale for reheating method**. (10 points maximum)
- Originality of Concept. (20 points maximum)

### On-site Competition Scoring (200 points total)

#### *Gold Standard Criteria* (100 points)

Flavor /Aroma (25)

Texture (15)

Ingredient Composition/Authenticity (15)

Presentation (15)

Professionalism (10)

Technical Skills (10)

Safety & Sanitation (10)

#### *Culinology® Match Test* (100 points)

Flavor /Aroma (25)

Texture (15)

Presentation (10)

Overall Similarity to Gold Standard (25)

Overall Similarity to Promotional Photo from Sell Sheet (10)

Ease and Accuracy of Preparation Instructions (15)

**Final Score** (max 400 points): \_\_\_\_\_