



Mississippi's Junior Chef Competition "Savor the Flavor of Mississippi"

JR CHEF FACT SHEET

Each regional team (North, Central & South) must adhere to the following guidelines:

Teams:

- **MUST** have a spokes person.
- May consist of 2-4 students; one (1) team alternate will be allowed.
- May have no more than two (2) teams participate.
- High School teams may consist of any combination of students in grades 9th-12th.
- Each team must have a Culinary Arts Instructor present.
- Instructor's must be a school district employee.
- Only students are allowed to cook during the competition. Instructor may only observe. Any hands-on involvement during the competition will result in disqualification of team.
- Dish must meet the National School Lunch Program menu guidelines.

Recipes:

- Must have Nutrient Analysis submitted with application packet
- Must include at least **two (2) "MS GOODS"** ingredients provided by DoD, local MS Farmers (teams must provide names, locations and if farmers have GAP/GHP certification).
 - Teams will earn one (1) point for every "MS GOODS" ingredient above the required two (up to three (3) points).
 - "MS GOODS" can be fresh, frozen or preserved (must have details on how item was preserved).
 - "MS GOODS" are seasonal and recipes should reflect peak seasonal items (if applicable).
- Recipes must yield at least six (6) servings:
- Two servings will be plated as demonstration plates for the judges and audience. The remaining servings will be portioned out for judges to taste.
- Once recipes are approved, no changes can be made.

Competition Hosting Venue:

- Must provide clean, spacious venue that can accommodate 2-3 cooking teams at a time.
- Must have adequate equipment for competition (stove, refrigerator, sink etc).
- Serving utensils to include (**teams have the option to bring their own utensils**)
 - Pot's & Pan's
 - Serving dishes prep spoons, knives, spatula's, forks etc.
 - Eating utensils (forks, spoons & knives)