



# 2010 Wisconsin Restaurant Expo Student Cold Plate Competition

Monday, March 8<sup>th</sup>, 2010

## Entry Requirements

1. Prepare a plate. This plate must consist of an entree, starch, & other side
2. No silver or glassware, placemats, napery, etc. are permitted.
3. An aspic glaze must be used to preserve the food products, as accepted in most culinary competitions. Note: Some items, such as fried foods, do not require aspic glazing.
4. Beef **OR** Veal must each be used at least once in the menu.

**Beef requirement:** Chuck Eye Roll, Boneless (IMPS/NAMP 116D) must be used in the meal.

**Veal requirement:** a cut from the veal breast (IMPS/NAMP 313) must be used in the meal

5. The edible portion cost of food for each entry is limited to \$9.00. A "Food Cost Breakdown Card" **is** required for the competition and must be computer generated on card stock. Food supplies may be obtained through the school, a supplier, employer, or from a supermarket if desired. *Advice may be sought, but the entry must be presented solely by the student.*
6. The "Recipe Card" must be computer generated on card stock with all the ingredients included in your display, along with the directions, temperatures, and yield. This will be judged and is a requirement.
7. Present on white plates.

## General Guidelines

1. Ingredients and garnishes should harmonize with the main part of the dish.
2. Avoid all non-edible items and unnecessary ingredients.
3. Plated portions must be proportional to the dish itself. In general, portion weight should be in keeping with the norms of Wisconsin dining.
4. Beads of aspic on meat, trimmings or garnishes do not make for a good impression and should therefore, be carefully removed.

## Other Information

1. To add to the professionalism of the competition, students are required to dress in chef's attire, including chef coat, white or checkered pants, scarf, and chef's hat.
2. Awards presentation: Students and instructors **MUST** be present for the awards ceremony.
3. For media purposes, pictures will be taken following the ceremony.
4. Prizes: Gold, Silver, Bronze medals according to judges points and cash prizes for the top three scoring plates.

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