



COOK-OFF RULES & REGULATIONS

COMPETITION GOAL:

The goal is to promote the flavors of Jamaica through the Culinary Arts, and to demonstrate the extraordinary talents and creativity of the participating individual.

ELIGIBILITY:

The Publix Cook-off is open to Chefs, Professionals or Amateurs.

ENTRIES

Our team will provide the preparation area set-up. Each competitor will provide all ingredients, grills and cooking utensils necessary to prepare and cook their entries.

- Each entry must include:
 - Cook-Off Registration Form
 - List of small appliances that competitors' team will bring onsite. (Blenders, Food processors, Stovetop burners)
 - Attach a short profile of each competitor (maximum of 100 words)
 - Competitors' team photo

- Each competitor will provide:
 - Their own grills, knives, cookware and small appliance. (a list of small appliances brought must be provided with the initial application)
 - One (1) tabletop burner
 - Coolers and ice for cold storage. (competitors must make sure that perishables including meats are stored below 40 degrees for food safety)
 - All competitors must have a food thermometer to monitor food temperatures.

- Each competitor will be allowed up to one hour of organization time the day of the competition.
 - No advance preparation, measuring or cooking is allowed during the organization period. Vegetable and salads may be cleaned and washed but not cut or shaped in any form.
 - Team members will be the only people allowed in the prep area.
 - Each competitor must prepare a Chicken and Seafood dish
 - The competitors will also cook with a surprise ingredient which will be unveiled right before the competition.
 - Each appetizer, salad and entrée may be presented with an appropriate accompaniment of his/her choice.

REGULATIONS:

- All competitors will be ready and in position at their work stations at 1:30pm
- Competitors must adhere to all health, electrical, fire codes whether city, county, state or federal
- No cooking of any kind may begin before the competition starts and prior to being inspected by the official meat inspector
- Work stations will be inspected by the judges before start of competition
- A dress code of black pants, white shirt and chef's cap are mandatory for all participants.
- Aprons will be provided to participants by organizers.

COMPETITION

All individuals and teams are required to attend a pre-competition briefing at times determined by the organizers.

Each competitor must prepare 4 standard portions of an original Appetizer, Salad and Entrée. All standard portions must be presented on a plain white plate supplied by Cook-Off organizers and color-coded sticker as assigned to each individual. Each of the three judges will be presented with their own plate for judging purposes and the fourth plate will be displayed.

Competitors will have a total of 90 minutes to compete and create 3 plates for the judging panel.

- The time allotted will be as follows
 - 30 Min to complete Appetizers
 - 20 Min to complete Salad
 - 40 Min to complete Entrée

The finish plates will be presented to the Judges. If the plate is NOT complete, it will still be pulled at the call time and presented to the Judges as is.

COMPETITION COOKING STATION

- Each competition cooking station will be supplied with the following:
 - 10x10 Tent
 - 2 6' Tables (One for prep and one for manual ware washing)
 - White Plates
 - 2 Sanitation Buckets
 - 2 Bussing Pans (one with soapy water and one with plain water)

The only *heat source allowed for recipe preparation will be tabletop burners supplied by the competitors. Additionally, competitors may bring small appliances (such as food processors or immersion blenders) to assist in the preparation of the recipe during the competition. A list of appliances must be submitted with the initial entry submission. An extension cord is necessary which will allow competitors to plug into the main source for electricity.

Volunteers will deliver plates to the judges. No other assistance is allowed.

JUDGING

The judging panel will consist of three (3) Judges

The judges will be using a point scale as follows:

- **Taste and Presentation - 50 points**
 - Originality
 - Ingredients compatibility
 - Use of Color, consistent portion size
 - Plating technique
 - Garnishing
 - Product completion
 - Texture
 - Seasoning and overall appeal

- **Organization - 15 points**
 - Cleanliness
 - Organization
 - Workflow
 - Sanitation
 - Time management and general preparation management

- **Culinary Skills - 35 points**
 - Knife skills
 - Cooking Techniques
 - Proper use of equipment
 - Recipe compliance
 - Proper food handling

THE DECISIONS OF THE JUDGES ARE FINAL!

PRIZES - DUTCH POT AWARDS

- First Place - Gold \$1,000
- Second Place - Silver \$ 500
- Third Place - Bronze \$ 250



PUBLIX COOK-OFF OFFICIAL APPLICATION FORM

PLEASE PRINT CLEARLY

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____ CELL _____

E-MAIL _____

NUMBER ASSIGNED _____ AMOUNT PAID _____

Upon execution hereof it is expressly understood and agreed upon by contestant that the promoters, or anyone associated therewith, shall not be held liable for any physical and/or property damage, or any loss during the term of this agreement.

I the undersigned have read and understood the terms and conditions of the Cook-Off and agree to abide by them throughout the duration of this event.

Signature:

_____ Date: _____

Approved by:

_____ Date: _____