



# The New England Minor's Culinary Challenge

**Category W — Customized Wildcard Category: Mystery Basket, Professional/Student two-man team  
Minor's Culinary Challenge at Le Cordon Bleu Culinary School, March 6, 2010**

The Sunday main event is perhaps the most interesting aspect of the competition. In an effort to put the focus on the importance of the Professional/Student; Mentor/Novice; Master/Apprentice aspect of the Culinary Profession, this Wildcard category would team a Professional ACF Chef with a Student/Apprentice Cook in an F-2 Mystery Basket format would provide a number of benefits.

First and most obviously, it would greatly benefit the student working side by side in this setting with a serious competitor in a fast-paced, think-on-your-feet mystery box format. To that end, and in order to get the most out of it, the apprentices do more than a normal apprentice would in this situation. Being led by the Chef, the student should do whatever the Chef asks him/her to do; following their lead and advice, to include any prep, finishing a cooking procedure, help plating or whatever might be required. To that end, we will include a piece in the scoring that judges the Professional Chef in how well he/she uses the apprentice and how well they work together; to be finished by the Lead Judge. Final details and changes will be at the discretion of the Lead Judges and contestants will be notified of any changes.

Student/Apprentices will be drawn at random, as in a CMC exam, the day of the event. Only those students that pass the strict criteria will be accepted, to ensure that all apprentices have a good base of knowledge and can perform the necessary duties of a cook. For the final judging, however, the medals given will not be assured to be the same for both Chef and Apprentice. As the Judges see the food in progress, the ability to perform to the role given to each and the final execution and level of culinary expertise, the Chef and Apprentice might not score at the same level.

**Category W — Customized Wildcard Category: Mystery Basket, Professional/Student two-man team**

- Teams will prepare Ten (10) servings of a four-course menu of their choice. (Dessert course is optional.)
- Total time for competition is four hours, not including set-up and clean-up.
- Menu must be submitted/picked up within first 30 minutes. Cooking may begin immediately upon submission of menu.
- Service window opens at 3 hours, 20 minutes.
- All items in the mystery basket must be utilized in the menu. No substitutions of mystery basket items are permitted.
  - Additionally, any 2 Minor's items from supplied products shall be incorporated into the menu.
- Of the ten portions prepared, three are for judges tasting, one is for display/critique, and the 6 remaining will be served to sponsors of the event, the courses progressing in order, as in a regular restaurant setting.
  - Medals will be awarded to both the Professional Chef (regular) and the Apprentice (student) based on the performance of each Culinarian and the overall presentation of the team.

### **Professional Chef Guidelines.**

The Chef will maintain the role of the Chef in the kitchen, planning the menu, directing the cooking and delegating tasks to the apprentice. The Chef will be judged not only on his or her own organization, cooking skills and culinary techniques and taste, but also in how the Chef uses the Apprentice, delegates the proper tasks, follows up and the overall success of the team. Required Mise en place tasks and plate up requires that the Chef first perform the task, showing the student what is required, allowing them to assist and or finish said task, and following up. Butchery of main proteins, sauce finishing, vegetable and starch cookery and the overall flavor profile of each item is the responsibility of the Chef, though tasks can be delegated to the apprentice to assist in the completion of each job. The presentation of each course should be conceived and directed by the Chef, with the initial task being done by the Chef, with follow up repetition by the apprentice. For example, during plate up the Chef could place the first item on the plate, directing the student as to the exact technique and placement, and the student would place the exact amount in the same place for the other plates. Final slicing of proteins, if required should be done by the Chef.

Should the Chef attain a Silver medal or higher, regardless of the student medal awarded to the apprentice, it shall count toward his/her taking of the practical exam towards ACF Certification.

### **Student Apprentice Guidelines:**

The role of the Student/Apprentice is to perform the job duties of a typical cook in the kitchen, under the supervision of Chef that is to do what needs to be done to the best of his/her ability. The Chef will delegate or demonstrate a job duty, and it shall be preformed or replicated by the student. To receive a Student Medal, the student must perform the required tasks and they shall fit within the menu in form and function. The Chef shall be consulted as to their applicability and suitability within the time frame allowed, but the apprentice shall be responsible for the task and it will reflect against their score.

### **Apprentice Requirements**

- To qualify as an apprentice the person must meet the following criteria:
- Be a current ACF Student Culinarian Member
- Be enrolled in an accredited post-secondary program or apprenticeship program
- Submit letter of recommendation from instructor or Chef Employer.
- Maintain a current 3.2 GPA from present culinary school.

### **Apprentices CAN**

- Help set up and tear down, and assist in placement of ingredients and equipment
- Place things in the refrigerator or freezer and deliver the finished plates to the judges' table
- Physically open the oven and insert or remove products as instructed by the chef
- Use basic knife skills (peeling, dicing and cutting) in preparation for mise en place
- Start stocks, prep sauce ingredients, internal ingredients for recipes.
- Monitor the cooking of items, via timers, thermometers or visual.
- Aid, as directed by the Chef, in the cooking of vegetables, starches and garniture.
- Function as a timekeeper to enable the chef to remain on track
- Keep the chef's equipment washed and stored in a sanitary manner

### **Apprentices CANNOT**

- Butcher main protein items.
- Cannot finish sauces other than the student requirement.
- Cannot finish any other final cuts for plating other than the student requirement.
- Slice proteins for plating.

**Student Medal Requirements:** During the event and within the framework of the menu, the Student must prepare the following:

- A basic Mirepoix (can be integral to another item, i.e. roasted for sauce, ect.)
- One Classical cut to be used in a finished item
- One Sauce, to be used in finished form.
- One applicable, edible garnish for any of the four courses. This added garnish is not fulfilled by the requisite vegetable and starch accompaniments to the dish; i.e. blanched Asparagus would be the vegetable accompaniment; the garnish could be a crispy item, a relish or such a suitable accompaniment that fits the dish.

**Note:** The apprentice will not automatically receive the same medal as the Chef, but must also perform these tasks during the course of the event.

**Note:** Any changes by the Lead Judge will be communicated to the accepted applicants prior to the day of the event if possible.