

North Carolina Jr. Chef Competition (NCJCC)

The North Carolina Jr. Chef Competition (NCJCC) seeks student created and tested recipes for school meals. The goal of the NC Jr. Chef Competition is to inspire students to be involved in the development of healthier eating habits, especially when it comes to school meals. In addition, the intent of the competition is to inspire the next generation of culinary professionals, stimulate interest in locally produced agriculture, provide nutrition education, and ultimately increase consumption of healthy school meals.

The NCJCC will recognize students for their ability to work as members of a *team* to demonstrate valuable skills in recipe development, food preparation, marketing, public presentation, organization, and local food systems. The NCJCC consists of two parts: 1) a recipe contest and 2) cook-off. Student teams must **develop a recipe** that meets the guidelines to submit for the NCJCC recipe contest. During the NCJCC cook-off, finalist teams must **prepare, cook and plate their recipe and present (2) plates of their prepared recipe** to judges.

CAREER CLUSTERS

- Agriculture, Food and Natural Resources
- Hospitality & Tourism
- Human Services

ELIGIBILITY:

1. Teams of 2-4 high school students (grades 9-12) currently enrolled in North Carolina Career and Technical Education Food, Nutrition, and Culinary Arts courses can participate in the NCJCC. Individuals may not be on more than one team.
2. Only one team per school is permitted an entry. The school may choose to hold a preliminary competition judged by School Nutrition professionals and community stakeholders to determine which team advances, but each school may only submit one entry.
3. Each team must have an Adult Team Supervisor which is a FCCLA Adviser/FCS Teacher. The Adult Team Supervisor should provide the team with culinary guidance, teach food safety techniques, assist with costing and nutrient analysis, help meet contest deadlines and arrange for team travel to the cook-off. Each team is also allowed, but not required, to have a Team Coach. The Team Coach could be a School Nutrition professional, chef, farmer, or FCS teacher. Teams are strongly encouraged to work with their local School Nutrition Program to ensure that recipes will be replicable for school meals.

DEADLINES:

1. Teams interested in participating in the NCJCC should submit an Intent to Compete by **November 15, 2019**.
2. **By December 6, 2019, teams must submit a Photo of their Recipe along with a completed Application** and a signed NCJCC Permission and Release Form for each team member. The NCJCC Intent to Compete, Application, Recipe Photo and Permission Forms should be emailed to NCJrChef@gmail.com.
3. Based on review of recipes, 8 teams will be selected as finalists to compete in the cooking competition to be held **February 6-7, 2020** at Johnson & Wales University in Charlotte. Teams will be notified by **December 18, 2019** if they have been selected as a finalist.

RECIPE CONTEST:

1. Prior to the competition, student teams will develop a lunch entrée recipe (yield of 6 servings) that meets the USDA School Nutrition Program requirements and includes at least 2 North Carolina grown ingredients and 1 USDA Food item. Recipes must be replicable by School Nutrition professionals for school meals. Local items used as garnish do not count towards recipe requirements. **Dishes must not contain nuts or nut products.** Teams must conduct a student taste test and summarize the results. Students must calculate a cost per serving and nutrient analysis for their recipe.
2. The NCJCC recipe review panel will check recipes for use of 2 local ingredients and 1 USDA Food item along with adherence to NSLP requirements, USDA Smart Snacks nutrition criteria and NCJCC guidelines. The NCJCC reserves the right, upon review, to reject recipes or ask for adjustment. Once the recipe is approved, no changes can be made for the NCJCC cook-off.

COOK-OFF:

1. If selected as a finalist, teams will compete in a cook-off and present their dish along with the results of the student taste test, nutrient analysis and calculated cost per serving to a panel of judges.
2. Each team must have an Adult Team Supervisor who is present for the duration of the competition. Only students may cook during the competition. Any adult involvement in the cooking during the competition will result in disqualification.
3. Finalist teams will report to the specific location at the specified time with all ingredients and required equipment and wearing appropriate, clean attire.

4. Finalist teams will turn in 6 copies of their recipe, nutrient analysis, costing worksheet, and time management plan.
5. Twenty minutes will be scheduled for equipment and ingredient check. Finalist teams will have 15 minutes (station setup) to organize work area, obtain supplies, and adapt the time management plan, if required.
6. Finalist teams will have 1.5 hours to prepare, cook, and plate their recipe (yield of 6 servings). No food preparation may be done in advance.
7. After 1.5 hours, teams will present 2 plates for evaluation of appearance, taste, and temperature. Remaining servings will be used to provide tasting plates for the judges.
8. Participants must give the judging panel a brief presentation of their dish that includes an introduction of team members, a description of the dish, an explanation of the dish creation including local ingredients and USDA Foods used and how it is replicable for school meals, and student taste test results.
9. Teams will have 30 minutes to clean workstations.
10. Evaluators will use the rubric to score and write comments for each participant throughout the session by observing their food safety and work habits, culinary techniques, product presentation, appearance, taste, and creativity. Then, evaluators will meet with each other to discuss participants' strengths and suggestions for improvement.

GENERAL INFORMATION								
Individual or Team Event	Prepare Ahead of Time	Equipment Provided	Electrical Access	Evaluator Review Time	Participant Set Up Time	Maximum Oral Presentation Time	Evaluation Interview Time	Total Event Time
Team (2-4)	Recipe, nutrient analysis, time management	Large equipment	Provided	20-minute ingredient check	15 minutes set-up/station check	90 minutes food production; 5 minutes presentation	30 minutes cleanup	2.5-3 hours

GENERAL INFORMATION

1. This competition **does not advance to the FCCLA National Leadership Conference**, but it does advance to the Southeast Jr. Chef Competition.
2. Students must be enrolled in a North Carolina school that participates in the National School Lunch Program. Participants must be enrolled in a culinary arts/food service training program, which includes one or more of the following Family and Consumer Sciences courses: Culinary Arts and Hospitality, Food and Nutrition, Food Science and Technology, or ProStart.
3. Student teams will develop a recipe for an entrée that can be served as part of a complete reimbursable school meal. Only one recipe can be submitted per team. Entrée recipes should be an original creation by the students. Team advisors can provide guidance. Recipes should be replicable by School Nutrition professionals and meet the nutrition and cost requirements for school meals. Input and approval should be received from the School Nutrition Program prior to recipe submission.
4. Recipes should comply with USDA School Nutrition Program requirements. See below for additional information. The NCJCC Application includes a worksheet for nutrient analysis and calculation of cost per serving. In addition, the USDA [Food Composition Database](#), [Food Buying Guide](#), and/or Recipe Analysis Workbook may be helpful in conducting nutrient analysis.
5. Recipes must include at least 2 North Carolina grown products and 1 USDA Food. The items must be identified in the recipe. See below for a list of North Carolina grown products. [Use this list to determine eligible USDA Foods.](#)
6. Teams should expect to have access to typical commercial kitchen equipment; **do not create recipes that involve deep-fat fryers**. Please note that equipment (i.e., ovens, etc.) may be shared among teams. Consider this in developing your team recipe. If you have a specific/unique request or equipment question, please email NCJrChef@gmail.com. Teams will be responsible for cleaning their work station, including equipment and returning items to their proper place.
7. The materials and ingredients needed for developing and preparing the recipe are the responsibility of the team/program/school and will not be reimbursed by NCJCC. Ingredients will **not** be provided during the NCJCC. Ingredients should be purchased and transported to the cook-off location. Food should be stored safely with ice for perishable items, with meat/poultry/seafood stored separately. **Food will be inspected and food that does not meet temperature controls will be discarded.** Teams should plan to bring unique small wares and equipment. If you have questions email NCJrChef@gmail.com.

Equipment listed below will be provided. NCJCC will provide disposable gloves as well as taste testing plates, napkins and utensils.

8. Teams will receive scores on recipe development, uniform and appearance, safety and sanitation, food production, food taste and presentation.
9. Teams are expected to follow appropriate food safety procedures. For information related to safe minimum cooking temperatures and preventing cross-contamination, visit www.foodsafety.gov. Raw milk, eggs, meat, poultry or seafood may **not** be served for consumption.
10. Recipes should be taste tested with students as part of the recipe development, prior to recipe submission for the NCJCC. Results of student taste testing should be kept and shared by the team as part of their presentation to the judging panel at the cooking competition.
11. The results of the NCJCC cooking competition will be announced during the NC FCCLA awards ceremony.
12. For the North Carolina Jr. Chef Competition, Sullivan University is offering the following scholarships: 1st place \$16,000 for each student team member, 2nd place \$10,000 for each student team member, and 3rd place \$6,000 for each student team member.
13. The North Carolina winning team will advance to the Southeast Jr. Chef Competition **May 7-8, 2020** in Louisville, KY. The Southeast Jr. Chef Registration Form is due by **May 1, 2020**. Each team must have a State Agency Representative and Adult Team Supervisor (FCCLA Advisor) who is present for the duration of the regional competition.
14. For the SE Jr. Chef Competition winners, Sullivan University is offering the following scholarships: 1st place full tuition and fees for each student team member (value of \$45,000 - \$55,000 each), 2nd place tuition for each student team member (value of \$47,000 each), and 3rd place \$20,000 scholarship for each student team member.

EQUIPMENT			
Teams will have access to typical commercial kitchen equipment:			
Oven and Range	Blenders/Food processors	Prep and Hand Sinks	Refrigerator/Freezer
Spoons (Mixing, Slotted)	Measuring spoons/cups	Mixing bowls	Strainers
Spatulas	Vegetable peelers	Baking pans/sheets	Cleaning supplies
Tongs	Oven mitts	Sauté and Saucepans	Cutting boards
Whisks	Rolling pin	Presentation plates	
Teams should expect to provide their own (All team equipment must be labelled with team name.):			
Knives	Thermometers, Timers	Electric mixers	Aprons, hairnets/covers
Garnishing kit	Scales	Dish cloths, paper towels	

NATIONAL SCHOOL NUTRITION PROGRAM GUIDELINES

The National School Lunch Program (NSLP) is a federally assisted meal program operating in schools throughout the nation. The NSLP meal pattern and nutritional standards, based on the Dietary Guidelines for Americans, must be met in order for schools to receive federal reimbursement. Use the following guidelines to assist in developing a recipe that meets the requirements for school meals.

Considerations:

- Schools must meet Daily and Weekly component requirements. A component is one of five food groups. The components of a school meal are Grains, Fruit, Vegetable, Meat/Meat Alternate (protein and dairy products) and Milk.
- Recipes must document the amount of each component in the dish.
- For an ingredient to be creditable as a component, it must be visible in the final product or be a recipe that is widely known to contain that component.
- All food offered counts toward the nutrient requirements, this includes condiments.
- Federal reimbursement received is used to cover all School Nutrition Program expenses. School Nutrition Programs are advised to allocate resources as follows: food 40%, labor 40%, and equipment/other direct and indirect costs 20%.

Nutrition Standards *

Nutrient	Entree
Calories	350 calories or less
Sodium	480 mg or less
Total Fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0
Sugar	35% by weight or less

A school lunch entrée* is defined as the main course of a meal that has a combination of:

- meat/meat alternate + whole grain-rich food;
- vegetable + meat/meat alternate;
- fruit + meat/meat alternate; and a
- meat/meat alternate alone, except for meat snacks (e.g., beef jerky), yogurt, cheese, seeds, and seed butters.

*Smart Snacks in Schools Nutrition Standards

Food Component Requirements

Meat/Meat Alternate (M/MA)	<ul style="list-style-type: none"> • Credited in oz eq. • Beef, poultry, pork, beans, seeds, cheese, yogurt and tofu are all creditable. Nuts and nut products are creditable for school meals but are not allowed in the NCJCC. • Use the USDA Food Buying Guide (FBG) to determine how products credit and convert as purchased into edible portion and oz eq.
Grain	<ul style="list-style-type: none"> • Credited in oz eq. • All grains must be whole grain rich (i.e. $\geq 50\%$ of the grains in the product are whole grains) • Purchased breads, buns, bagels and biscuits credit 1 oz by weight = 1 oz eq. • Purchased pastas, rice and oats credit as 1oz dry or $\frac{1}{2}$ cup cooked = 1 oz eq. • Flour in from scratch recipes credits 16 g per serving = 1 oz eq. • Cereal grains in from scratch recipes credit 28 g = 1 oz eq.
Fruit	<ul style="list-style-type: none"> • Credited in cups • Dried fruit credits as double the volume • Minimum creditable amount is $\frac{1}{8}$ cup • Use the USDA FBG to convert as purchased into edible portion
Vegetable	<ul style="list-style-type: none"> • Credited in cups • Weekly vegetable subgroup requirements • Minimum creditable amount is $\frac{1}{8}$ cup • Raw leafy greens credit as half the volume • Use the USDA FBG to convert as purchased into edible portion

SCHOOL PROGRAMS MEAL, SNACK AND MILK PAYMENTS TO STATES AND SCHOOL FOOD AUTHORITIES Expressed in Dollars or Fractions Thereof Effective from: July 1, 2019 -June 30, 2020							
NATIONAL SCHOOL LUNCH PROGRAM ¹		LESS THAN 60%	LESS THAN 60% + 7 cents ²	60% OR MORE	60% OR MORE + 7 cents ²	MAXIMUM RATE	MAXIMUM RATE + 7 cents ²
CONTIGUOUS STATES	PAID	0.32	0.39	0.34	0.41	0.40	0.47
	REDUCED PRICE	3.01	3.08	3.03	3.10	3.18	3.25
	FREE	3.41	3.48	3.43	3.50	3.58	3.65

North Carolina Grown Products - For more information on North Carolina grown products, visit www.gottobenc.com.

Grains Millet Rye Sorghum Wheat	Vegetables Beans, Butter Beans, Green Broccoli Corn Cucumbers Eggplant Leafy greens (cabbage, collards, kale, turnip, mustard) Lettuce Okra Peas, Field Peppers Potatoes, White Potatoes, Sweet Pumpkins Squash Tomatoes	Protein Foods Beef Bison Chicken Eggs Goat Lamb Pork Seafood Soybeans Turkey
Fruit Apples Asian Pears Blueberries Blackberries Cantaloupe		Dairy Cheese Milk Yogurt
Grapes Peaches Raspberries Sprite melons Strawberries Watermelon		

Additional Resources

- USDA National School Lunch Program, <https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>
- USDA Food Buying Guide, <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>
- USDA Whole Grain Resource for the National School Lunch and School Breakfast Programs, www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf
- North Carolina Department of Instruction, School Nutrition Services, <http://childnutrition.ncpublicschools.gov>
- North Carolina Department of Public Instruction, Career and Technical Education, www.ncpublicschools.org/cte
- North Carolina Department of Agriculture & Consumer Services, www.ncagr.gov
- North Carolina Farm to School Program, www.ncfarmtoschool.com
- Farm to School Coalition of NC, www.farmtoschoolcoalitionnc.org



North Carolina Jr. Chef Competition Specifications

Recipe Development

Participants will create an original recipe meeting the following standards:

Creativity and Ingredients	Recipe should be creative, meet at least the minimum number of local (to North Carolina) ingredients and USDA Foods, and showcase those ingredients in an appealing way
School Nutrition Program Appropriate	Recipe should be able to be replicated in a School Nutrition Program, demonstrating understanding of time constraints, affordability, and compliance with the National School Lunch Program standards
Development Process	Teams should test their recipe on a group of peers and solicit feedback. During the brief presentation, they should articulate the process they used and how the recipe was changed.

Uniform and Appearance

Participants will be well groomed and wear appropriate, clean attire meeting the following standards:

Uniform, Jewelry and Personal Hygiene	Clean and appropriate <i>uniform</i> including <i>professional</i> chef attire (chef coat/jacket; industry pants or commercial <i>uniform</i> pants; apron; hair covering or chef hat; closed-toe, low heel, kitchen shoes made with non-slip soles and sealed non-melting uppers (canvas shoes are not appropriate). Facial jewelry is concealed with bandages. No additional jewelry, with the exception of a watch, is allowed. Facial hair is permitted if appropriate covering is used. Hair is properly restrained with hairnet if hair extends past the neck line. Minimal makeup, no cologne or nail polish.
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Safety and Sanitation

Participants, and their work areas, are kept sanitary and organized, meeting the following standards:

Safety and Sanitation	Work station is kept neat, clean and organized in a safe and sanitary manner. Hand washing is done frequently. Food contact surfaces are cleaned and sanitized frequently. Proper knife safety is demonstrated and small equipment is handled properly, according to industry standards. Complete final cleanup, and return supplies after event within designated time period.
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Food Production

Participants will have 120 minutes to prepare food products and garnish. Participants should be proficient in the preparation of their developed recipe. Participants will demonstrate industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards for appearance and taste.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques in the preparation of food products and garnishes. Use proper amount of product in food production and incorporate usable by-products or return to safe storage.
Shared Workload and Time Efficiency	Complete all tasks efficiently within the time allowed. Members evenly share the workload; equally contribute to the completion of the tasks, and display technical and leadership skills. Timeline is accurate.
Use of Products	Follow directions of recipes in proper sequence, amounts, and preparation. Incorporate usable by-products into recipes, if appropriate.
Mise en Place	Work as an effective, contributing team and display organizational skills. Mise en place is well executed.

Food Taste and Presentation

Each *team* will prepare two identical plates that have been attractively garnished. The *team* will present all plates for evaluation of appearance, taste, and temperature at the end of the 2-hour period. There will be no extra time allowed to complete preparation or presentation. All work must stop at the 2-hour time limit.

Plating and Presentation	Prepare two plates consistently, with appropriate portion size, functional garnish, and visual appeal.
Taste, Texture and Seasoning	Food items are prepared with appropriate color, texture, flavor, mouth feel, and appropriate seasoning and balance.
Cooking Methods and Technique	Preparation of product utilizing proper cooking methods and techniques. All food is served at safe and proper temperatures and with appropriate consistency. Maillard reaction is properly executed, as required by recipe.
Brief Oral Presentation	Prepare a brief oral presentation for the evaluators that articulates the recipe development process and knowledge of nutrition, school meals and farm to school. Should not exceed 5 minutes.



NC Junior Chef Competition Cook-off Rubric

Name of Participant _____

Chapter _____ State _____ Team # _____ Station # _____ Category _____

RECIPE					Points
Creativity & Innovation 0-10 points	0 Recipe shows no innovation or creativity in its inception	1-2-3-4 Recipe shows little innovation and does not come together well	5-6-7-8 Recipe shows some innovative use of ingredients and comes together well	9-10 Recipe is highly creative and the use of ingredients is innovative. The dish overall demonstrates high creativity in its inception and showcases local ingredients	
Time & Affordability in SNP 0-10 points	0 Recipe would not work in a School Nutrition Program	1-2-3-4 Recipe may work in a School Nutrition Program with some adjustments	5-6-7-8 Recipe would likely work in a School Nutrition Program	9-10 Recipe would most definitely work in a School Nutrition Program	
Nutrition Compliance to NSLP 0-10 points	0 Recipe is not healthy and does not comply with the NSLP standards	1-2-3-4 Recipe meets few of the NSLP guidelines.	5-6-7-8 Recipe meets most of the NSLP guidelines.	9-10 Recipe is highly nutritious and meets all NSLP guidelines.	
SAFETY AND SANITATION					Points
Safety 0-5 points	0 Station is disorganized, safety is disregarded	1-2 Station is lacking neatness and organization, questionable knife and small equipment safety	3-4 Station is neat and organized, knife safety is good and most small equipment is handled safely and properly	5 Station is very neat and organized, all knives and small equipment are handled safely and properly	
Sanitation 0-10 points	0 Disregards safety and created unsafe and unsanitary conditions	1-2-3-4 Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing	5-6-7-8 Inconsistently follows most safety and sanitation practices, food contact surfaces are cleaned and sanitized occasionally, occasional hand washing	9-10 Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing	
FOOD PRODUCTION					Points
Equipment, Tools & Techniques 0-5 points	0 Selection and usage of tools/equipment lacks understanding and demonstration of skills	1-2 Selection and usage of tools/equipment demonstrate some industry techniques	3-4 Selection and usage of tools/equipment demonstrates most industry techniques	5 Selects and uses all tools/equipment correctly and safely following industry techniques	
Workload Shared and Time Efficiency 0-5 points	0 All members are unskilled in individual tasks, workload is very unevenly distributed and team members are challenged to complete tasks. Timeline is not used	1-2 Some members are skilled in individual tasks while others seem challenged, work load is unevenly distributed and team members contribute unequally. Timeline is poorly developed	3-4 All members are adequately skilled in individual tasks, work load is evenly distributed and most team members contribute equally. Timeline is mostly accurate	5 All members are highly skilled in individual tasks, work load is evenly distributed and all team members contribute equally. Timeline is accurate	
Mise en Place 0-5 points	0 Mise en place is poorly executed and team displays unacceptable organizational skills	1-2 Mise en place is fairly organized and team displays marginal organizational skills	3-4 Mise en place is organized and team displays sufficient organizational skills	5 Mise en place is well executed and team displays excellent organizational skills	

NCJCC Rubric (continued next page)

FINAL PRODUCT					
Plating and Presentation 0-5 points	0 Items are visually unappealing. Use of non-functional garnish	1-2 Obvious over or under sized portions. Improper size and/or stained plate is used with smudges	3-4 Slightly over or under portion size. Proper size plate with some smudges. No evidence of non-functioning garnish	5 Clean plate, appropriate portion size. No evidence of non-functional garnishing. Visually appealing	
Taste, Texture & Seasoning 0-5 points	0 Poor use of contrasting colors and visible texture. All food items are seasoned incorrectly and out of balance with one another	1-2 Fair use of contrasting colors, visible texture, flavor and mouth feel. Most foods are seasoned incorrectly and are out of balance with one another	3-4 Good use of contrasting color, visible texture, flavor and mouth feel. Most foods are seasoned correctly and in balance with one another	5 Excellent use of contrasting colors, visible texture, flavor and mouth feel. Food items are all seasoned correctly and in balance with one another	
Cooking Methods & Technique 0-5 points	0 Improper cooking methods and techniques used. Food served at unsafe temperatures. All sauces/dressings are served at incorrect temperature or consistency. Maillard reaction is poorly executed, if required	1-2 Improper cooking methods and techniques used to produce food. Some food served at an unsafe or improper temperature. Most sauces/dressings are served at the incorrect temperature and consistency. Maillard reaction is improperly executed, if required	3-4 Proper cooking methods and techniques mostly used to produce quality food. Most food is served at a safe and proper temperature. Most sauces/dressings are served at the correct temperature and consistency. Maillard reaction is mostly properly executed, if required	5 Proper cooking methods and techniques used to produce quality food. Served at safe and proper temperatures. All sauces/dressings are served at the correct temperature and consistency. Maillard reaction is properly executed, if required.	
BRIEF PRESENTATION					
Organization & Delivery 0-5	0 Presentation is not done or was not planned and does not cover components of the project	1-2 Presentation covers some topic elements	3-4 Presentation gives complete information but does not explain the project well	5 Presentation covers all relevant information with seamless and logical delivery	
Knowledge of Nutrition, School Meals, and Farm to School 0-5 points	0 Little or no evidence of knowledge	1-2 Minimal evidence of knowledge	3-4 Some evidence of knowledge	5 Knowledge of subject matter is evident	
Delivery- Voice, Body Language, Grammar, Pronunciation 0-5 points	0 Voice qualities not used effectively; avoids eye contact; uses inappropriate body language; extensive grammatical and pronunciation errors	1-2 Voice quality is adequate; inconsistent body language; some grammatical and pronunciation errors	3-4 Voice quality is good, but could improve; appropriate body language; good eye contact; few grammatical and pronunciation errors	5 Voice quality is pleasing; body language enhances presentation; no grammatical or pronunciation errors	

Evaluator's Comments:

TOTAL
(90 points possible)

Evaluator # _____

Evaluator Initial _____

Room Consultant Initial _____



North Carolina Jr. Chef Competition Recipe Example

The following recipe is provided as an example format for teams to follow. The recipe is the Grand Prize Winner from the USDA, Food and Nutrition Service *Recipes for Healthy Kids* Competition.

School	South Education Center Alternative School, Richfield, Minnesota		
Menu Item	Porcupine Sliders		
Number of Portions	6	Portion Size	1 slider
Cooking Method(s)	Boil, Simmer, Bake		

Ingredients	
Item	Amount
Brown rice, long-grain, regular, dry	1/8 cup
Canola oil	1 tsp
Fresh onion, peeled, diced	1 ½ Tbsp
Fresh celery, diced	¼ cup
Fresh garlic, minced	1 ½ tsp
Raw ground turkey, lean	1 lb
Egg, beaten	1
Dried cranberries, chopped	5 Tbsp
Fresh baby spinach, chopped	¾ cup
Worcestershire sauce	1 tsp
Salt	½ tsp
Ground black pepper	½ tsp
Ground white pepper	1/8 tsp
Mini whole wheat rolls	6 (1 ounce each)

Preparation Time: 30 minutes

Cooking Time: 1 hour 20 minutes

Procedure
<ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. 3. Heat canola oil in a small skillet. Add onions, celery and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled. 4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice and sautéed vegetables. Mix well. Shape into 6 patties. 5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet. 6. Bake uncovered for 20-25 minutes at 350°F to an internal temperature of 165°F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. 7. Remove from oven and serve on a mini whole wheat roll. Serve immediately.
<p>Nutrients per Serving: Calories 247, Protein 16 g, Carbohydrate 26 g, Total Fat 9 g, Saturated Fat 2 g, Sodium 366 mg 1 slider provides 2 oz equivalent Meat/Meat Alternate and 1 oz equivalent Grain</p>
<p>Source: <i>Recipes for Healthy Kids Cookbook for Homes, USDA Team Nutrition</i></p>



North Carolina Jr. Chef Competition Recipe Cost Example

The following recipe is provided as an example format for teams to follow. The recipe is the Grand Prize Winner from the USDA, Food and Nutrition Service *Recipes for Healthy Kids* Competition.

School	South Education Center Alternative School, Richfield, Minnesota		
Menu Item	Porcupine Sliders		
Number of Portions	6	Portion Size	1 slider

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Brown rice, long grain	32 oz	1.99	\$0.362 / cup	1/8 cup	\$0.045
Canola oil	48 oz / 6 c	\$3.29	\$0.548 / cup	1 tsp	\$0.011
Onion, diced	3 lb / 12 cup	\$1.29	\$0.107 / cup	1 ½ Tbsp	\$0.010
Celery, diced	1 lb	\$2.49	\$0.809 / cup	¼ cup	\$0.202
Garlic, minced	1 head / 12 cloves	\$0.50	\$0.042 / .5 tsp (.5 tsp / 1 clove)	1 ½ tsp	\$0.125
Raw ground turkey, lean	1 lb	\$5.12	\$5.12 / lb	1 lb	\$5.12
Egg, beaten	1 dozen	\$1.59	\$0.132 / ea	1	\$0.132
Dried cranberries, chopped	6 oz	\$2.29	\$0.382 / oz (10 g / Tbsp)	5 Tbsp	\$0.682
Fresh baby spinach, chopped	8 oz	\$2.29	\$.286 / oz or cup	¾ cup	\$0.215
Worcestershire sauce	10 fl oz	\$0.99	\$0.099 / fl oz (0.169 fl oz/ tsp)	1 tsp	\$0.017
Salt	26 oz	\$0.39	\$0.015 / oz (6 g / tsp) \$0.003 / tsp	½ tsp	\$0.001
Ground black pepper	4 oz	\$2.79	\$0.697 / oz (2.8 g / tsp) \$0.0697 / tsp	½ tsp	\$0.035
Ground white pepper	1 oz	\$3.99	\$3.99 / oz (2.8 g / tsp) \$0.399 / tsp	1/8 tsp	\$0.050
Mini whole wheat rolls	12 rolls/1 doz	\$3.29	\$0.274 / ea	6	\$1.645

Total Recipe Cost	\$8.290
Portion Cost	\$1.382

CONDITIONS OF PARTICIPATION/RELEASES:

1. By submitting an entry, your team and advisor(s) agree to the contest conditions. All material submitted as part of entries will become the property of the Jr. Chef Competition and will not be returned. Jr. Chef Competition Sponsors reserve the right to publish and share the material without compensation to the students. Photos and video will be taken during the Jr. Chef Competition cook-off. Team members and advisors must understand that their name, school name, recipe, other Materials submitted as part of the competition entry, and photos, videos and/or quotes from the cook-off may be posted online and shared through outreach in connection with the Jr. Chef Competition.
2. The Jr. Chef Competition is void where prohibited or restricted by law. All federal, state and local laws and regulations apply. Organizers/Sponsors reserve the right to change these Jr. Chef Competition rules at any time. Notice shall be given to team members at the e-mail address shown on the entry form. By participating, teams agree to be bound by these official guidelines and the decisions of the Jr. Chef Competition Organizers/Sponsors, which shall be final in all respects. All team members must submit a completed and signed parental permission and release form to participate. By participating in this Jr. Chef Competition and/or by accepting any prize that they may win, team members/teams agree to release the Jr. Chef Competition Organizers/Sponsors; their parent, subsidiary and affiliated companies, units and divisions and advertising and promotional agencies and prize suppliers; each of their respective officers, directors, agents, representatives and employees; and each of these companies and individuals' respective successors, representatives and assigns (collectively, the "Released Parties") from any and all actions, claims, injury, loss or damage arising in any manner, directly or indirectly, from participation in this Jr. Chef Competition and/or acceptance or use of the prize. Entrants authorize the Released Parties to use their name, voice, likeness, biographical data, city and state of residence and entry materials in programming or promotional material, worldwide in perpetuity, or on a winner's list, if applicable, without further compensation unless prohibited by law. The Released Parties shall not be liable for: (i) late, lost, delayed, stolen, misdirected, postage-due, incomplete, unreadable, inaccurate, garbled or unintelligible entries, communications or affidavits, regardless of the method of transmission; (ii) telephone system, telephone or computer hardware, software or other technical or computer malfunctions, lost connections, disconnections, delays or transmission errors; (iii) data corruption, theft, destruction, unauthorized access to or alteration of entry or other materials; (iv) any injuries, losses or damages of any kind caused by the prize or resulting from acceptance, possession or use of a prize, or from participation in the Jr. Chef Competition; or (v) any printing, typographical, administrative or technological errors in any materials associated with the Jr. Chef Competition. Jr. Chef Competition Organizers/Sponsors disclaim any liability for damage to any computer system resulting from participating in, or accessing or downloading information in connection with this Jr. Chef Competition, and reserve the right, in their sole discretion, to cancel, modify or suspend the Jr. Chef Competition should a virus, bug, computer problem, unauthorized intervention or other causes beyond Sponsors' control, corrupt the administration, security or proper play of the Jr. Chef Competition. Jr. Chef Competition Organizers/Sponsors may prohibit you and your team from participating in the Jr. Chef Competition or winning a prize if, in their sole discretion, they determine you or your team are attempting to undermine the legitimate operation of the Jr. Chef Competition by cheating, hacking, deception, or any other unfair playing practices of intending to annoy, abuse, threaten or harass any other players or Jr. Chef Competition Organizer/Sponsor representatives.
3. This institution is an equal opportunity provider. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.