Step Up to the Plate

Johnson & Wales University, the world-renowned culinary educator, invites all high school students to enter our culinary contest. Through this competition, which receives national media attention, students can earn full-tuition scholarships to Johnson & Wales University, and a personal meeting with celebrity chef, author and JWU alum, Tyler Florence.

The Johnson & Wales University National High School Chef of the Year® Contest Organizer, designed specifically for foods teachers, provides educational materials including a lesson plan, a quiz and sample recipes.
This lesson plan will introduce your students to the Johnson & Wales University National High School Chef of the Year® Contest and will offer them valuable guidelines as they create and prepare recipes to be entered.

If some of your students don’t want to compete for full-tuition scholarships, they can work in groups of two or three and learn about dietary guidelines and how to develop a recipe.

_We hope that this will serve as a valuable tool for you and your students._
Remember...
“How to begin” is a challenge for all students. A good way to get started is to have students spend some time looking through recipe books or going through their family recipe files to familiarize themselves with standard recipe formats. Ask them what kind of recipes appeal to them.

Decisions, decisions...
Students must decide whether they would like to enter a DINNER ENTRÉE or DESSERT

No matter which category students choose to enter — dinner or dessert — they should still keep nutritional values in mind.

Recipes submitted should be nutritionally balanced, keeping in mind that the daily caloric intake should range between 1300 to 3000 calories per day with:

- 45–65 percent of calories from carbohydrates
- 20–35 percent of calories from fat with less than 10 percent from saturated fat
- 10–35 percent of calories from protein
- 300 mg or less of cholesterol
- 2400 mg or less of sodium

Have your students figure out what a nutritionally balanced recipe might look like. They can refer to www.mypyramid.gov for information, and research in class or for homework. Discuss the pyramid and how this information might influence the recipe that they develop.

Ask your students to bring in a recipe either from their family, a cookbook or from a Website. They can review the nutritional value of their recipe in class and decide if it’s nutritionally sound or not.

If it’s not nutritionally sound, have students decide how they might tweak the recipe to make it more healthful.

Quiz – Once students have explored nutritional balance, give them the nutritional quiz (Handout 1) at the back of this organizer.

Lesson will take approximately 45 minutes.

Assignment — Have students convert their recipes to adhere to USDA dietary guidelines.
Objective — At the completion of this assignment, students will have an understanding of a nutritionally-balanced recipe.
Remember...
All recipes MUST have “eye appeal,” be nutritionally balanced and be entirely made from SCRATCH. No convenience food items (i.e., no pudding mixes, cake mixes, bought pasta, etc.) are allowed.

Very creative and delicious recipes have been eliminated from the contest because students did not follow the guidelines. Review the rules below with your class before they begin working on their recipes.

Rules
A. Each student must submit only ONE entry by mail (either dessert OR dinner entrée).
B. The recipe must consist of four servings.
C. Finalists will present the entrée dinner or dessert on four 12-inch round, off-white plates supplied by Johnson & Wales University.

Dinner entrée will be complete with
• a meat, fish, poultry, or protein substitute (6–8 ounces) as a main dish.
• side dishes of a starch AND a vegetable (approximate serving size is 4 ounces each). Starch is defined as a carbohydrate-based food (e.g., potato, rice, corn, pasta). In keeping with nutritional guidelines, remember to limit sources of refined carbohydrates.
• a garnish. This garnish must complement the entrée, be edible, and appear on the recipe and ingredient list. A garnish can be as simple as a sprinkling of fresh herbs or as sophisticated as a decorative fennel bulb.

Dessert will be complete with
either a hot OR cold plated item. To improve their entries, your students may want their plated desserts to include four components:
• The main item is an individual serving of a dessert. It is usually between 3–5 ounces.
• The sauce(s) is usually between 1–2 ounces. One sauce is all that is necessary but multiple sauces are often used on a plated dessert.
• The garnish can be a simple dusting of powdered sugar or a more complex use of sorbet or ice cream. It must complete the dessert, be edible, and appear on the recipe and ingredient list.
• The crunch component is a decorative element that gives textural contrast to the main item. It is always used when the main item itself does not contain “crunch” (flour), but it can be used for any dessert if desired.

Lesson will take approximately 45 minutes.

Assignment — Have your students give examples of creative garnishes for both the dinner and dessert categories. If class time allows, have them prepare garnishes.

Objective — At the completion of this assignment, students will have explored alternative garnishes for creative presentation.
Step 3
Creating a recipe

Let’s Get Started!

Remember...
Once your students have a completed recipe, have them review it to make sure the number of preparation steps is accurate, and that there are no spelling errors or inconsistencies.

Review the following steps on how to write a recipe and the naming of the recipe with your class.

1. Writing the recipe
   - Recipe should be typed on 8½-by-11-inch white paper.
   - List ingredients in order of preparation. Exceptions to this would be in listing a major ingredient first (i.e., turkey) even though it may not be used until midway in the recipe.
   - Each step in the preparation process must be numbered.
   - Greater amounts always appear first (e.g., 1 cup sugar, ½ cup flour).
   - All measured amounts must be spelled out and not abbreviated.
   - List all ingredients in terms of standardized measuring equipment (i.e., measuring cups, measuring spoons). Ounces may be used when describing items such as cans or packages that are sold according to weight such as a 15-ounce can of coconut milk.
   - List all appliances and equipment required (including stove, cutting board, small sheet pan, and even small items such as a whisk, knife or roll of aluminum foil. Items not on the list will not be provided for finalists at the cook-off.
   - If item is to be prepared in an oven, indicate oven temperature (e.g., preheat oven to 350ºF).

2. Naming the recipe
   Review with students that it is important to name their recipe. Emphasize that the title should represent the character, healthfulness and flavor of the recipe. It should also pay homage to the origin and heritage of the recipe.

Lesson will take approximately 45 minutes.

Assignment — Have the students create the written submission in class. Provide copies of sample recipe. (See Handout 2.)
Objective — At the completion of this assignment, students should have created a recipe that can be submitted.
Step 4

Testing the recipe

Remember...

The method of preparation and/or ingredients cannot be changed once the recipe has been submitted. Also, avoid extremes — the recipe should not be too complicated or too simple. Focus on originality, creativity and quality!

Note to teacher

Testing can be a take-home assignment. If it is given as homework, have students bring in their completed dish for tasting or a picture for judging of eye appeal. Teachers can also choose one recipe and have their students prepare it in class.

1. Preparation time (including cooking and plating) must not exceed three hours. This is the time that will be allotted to your student if he/she is chosen as a finalist. They must be comfortable preparing their entrée or dessert within this time frame.

2. No prior preparation is allowed (i.e., no overnight processes or procedures).

3. If this is a homework assignment, stress the importance of a taste-testing with family and friends.

4. Review with your class the importance of sanitation and being neat and organized in their preparation. Mise en place is very important to the judges!

5. Review with the class the importance of a finished plate. Does it have definition, color and eye appeal?

Lesson will take approximately three hours.

Assignment — Have students prepare recipe within time allowed.

Objective — At the completion of this assignment, students will be able to determine the amount of time it takes to prepare their recipe.
Remember...
Before your students submit their creations, have them check their recipes for creativity and originality.

Judgement criteria
The following criteria will be used for preliminary judging of the entrées and desserts:
1. Presentation (eye appeal, plating)
2. Accuracy of recipe
3. Originality
4. Cost effectiveness (maximizing use of all ingredients and being mindful of excess or leftover ingredients)
5. Nutritional value
6. Adherence to the rules

Finalists will be judged by the following criteria:
1. Food safety and sanitation
2. Mise en place/organization
3. Cooking skills and culinary techniques
4. Creativity, skills and craftsmanship
5. Portion size
6. Taste and presentation skills

Review the judging criteria with your class.

Lesson will take approximately 30 minutes.

Assignment — Copy the judging criteria and have students review each other’s recipes. Ask them to be judges for their peers and answer the question: Does this recipe meet all judging criteria?

Objective — After completion of this assignment, students’ recipes will meet judging criteria.
1. Remember, the recipe submission must be typed on an 8½-by-11-inch sheet of paper.

2. An official entry form (Handout 3) must be included with the submission. The student’s parent/guardian must attest to the originality of the recipe. An entry form is included in this organizer or at www.jwu.edu, select “Academics,” and click on “Culinary.”

3. Two (2) copies of an original 4-by-6-inch unaltered print/digital color photograph of the (one serving) prepared entée/dessert must be included with the submission. This photo will be used for comparison purposes during the final presentation. Make sure the photo is clear and in focus.

4. The student must print his/her name on the back of all photos.

5. All completed print entries must be postmarked or e-mailed by February 23, 2009. For more information about contest details or guidelines, go to www.jwu.edu.

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**Homework Assignment**

*Assignment* — Have students send in their entries.  
*Objective* — To win a full-tuition scholarship to Johnson & Wales University and a personal meeting with celebrity chef, author and JWU alum, Tyler Florence.
1. According to the American Cancer Society guidelines, a healthy diet should include five or more of which of the following food groups each day:
   A. meat, fish or poultry
   B. vegetables or fruit
   C. whole grains, rice, bread and pasta
   D. dairy foods

2. What is a healthy method of preparing meat, poultry or fish?
   A. broiling
   B. baking
   C. poaching
   D. all of the above

3. Which portion amount does NOT qualify as one healthy serving size?
   A. 1 medium apple, banana or orange
   B. 6 ounces of cooked lean meat, poultry or fish
   C. 1 slice of bread
   D. 1 cup of raw, leafy vegetables

4. Which food group provides the largest amount of carbohydrates?
   A. fruits and vegetables
   B. dairy foods and eggs
   C. grains, cereals, rice and pasta
   D. meats, poultry and fish

5. One serving size of peanut butter is:
   A. 2 tablespoons
   B. ¼ cup
   C. 4 ounces
   D. none of the above

Answer key on bottom of Handout 2.
Oven Roasted Chilean Sea Bass stuffed with Crab and Citrus Israeli Couscous Cake

Materials List
- 2 12-inch nonstick stainless steel sauté pans
- Side towels
- Chinois strainer
- Half-sheet pan
- Convection oven
- 3 cutting boards
- 2 chef knives
- 8 medium stainless steel mixing bowls
- Micro-plane grater
- Measuring spoons
- 1 set of dry and wet measuring cups
- Whisk
- Vegetable peeler
- 1 4-quart sauce pan
- Potato ricer
- 3-inch ring mold

Ingredients List
- 2/3 cup Champagne vinegar
- 1/3 cup orange juice
- 1/2 cup whole wheat bread crumbs
- 2 small Yukon potatoes
- 1 tablespoon turmeric
- 2 teaspoons minced garlic
- 2 tablespoons fresh cilantro
- zest of 1 lemon
- zest of 1 orange
- 2/3 cup orange juice
- 1/3 cup Champagne vinegar

Method of preparation
1. Fill 12-inch sauce pan with water and bring to a boil.
2. Put through potato ricer and add salt and pepper to taste.
3. Combine 1/2 cup breadcrumbs and potatoes to couscous mixture and fold together. Split up into 4 3-inch ring molds and store in refrigerator until ready to plate.

Oven Roasted Chilean Sea Bass stuffed with Crab

Method of preparation
1. Place couscous in the center of the plate and squared in decreasing circles.
2. Place sea bass on plate angled and sea bass. (Stack high.)
3. Apply salad mixture on top of cake and plate.

Fennel and Watercress Salad

Ingredients
- 4-ounce Chilean Sea Bass, filleted and squared
- 1 1/2 cup pearled Israeli couscous
- 4 tablespoons salt, kosher
- 4 tablespoons pepper, black ground
- 2 cups tangerine juice
- 1 cup pinenuts
- 1 cup currants
- 4 whole scallions
- 1/2 cup orange juice
- 1/2 cup Champagne vinegar
- Zest of 1 lemon
- 1 fennel bulb
- 3 tablespoons Persian lime oil
- 1 medium tangerine
- 2 cups tangerine juice
- 3 tablespoons Persian lime juice
- 1/2 vanilla pod

Method of preparation
1. In bowl combine chopped arugula, watercress and Persian lime oil; mix together.
2. Separate into 4 small metal bowls and add 3 tangerine segments and 4 paper-thin fennel slices and toss together in each bowl.

Plating instructions
1. Place couscous in the center of the plate and remove the ring mold.
2. Place sea bass on plate angled and 1/2 inch from cake so crab stuffing is visible. (Stack high.)
3. Apply salad mixture on top of cake and sea bass. (Stack high.)
4. Place 5 vanilla/tangerine dots around in decreasing circles.

Answer key for quiz
- 1) B.
- 2) D.
- 3) B.
- 4) C.
- 5) A.

Brett Eisen of Chesterfield, Missouri, submitted this winning entry. He was the 2008 first-place winner in the Healthful Dinner category. Brett received a four-year full-tuition scholarship, as well as a personal meeting with celebrity chef, author and JWU alum Tyler Florence.

Sample Recipes (Handout 2)
All contest entries must be typed and postmarked by February 23, 2009.

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<th>Home School (if different from high school)</th>
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Photos of the finalists may be requested for public relations purposes before and/or after the contest. Students may also be asked to participate in interviews with the media, although this is not mandatory.

**Declaration of Originality**

The enclosed recipe* and picture are hereby submitted as the original work of the entrant. All winning recipes become the property of Johnson & Wales University. The entrant (and parent/guardian if entrant is under the age of 18) further agrees and authorizes Johnson & Wales University to publish, for public relations purposes, the entrant’s photograph or photographs in which he/she appears. Any entries found not to be original will be disqualified. All decisions made by Johnson & Wales and the judges are final and cannot be disputed.

<table>
<thead>
<tr>
<th>Entrant’s Signature</th>
<th>Date</th>
<th>/</th>
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*Entries are limited to one of the two categories.

All signatures are required for the entry to be considered complete.

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**Checklist for Submitting Recipes**

- Entry form with all required signatures
- Typed ingredients list (including the amounts)
- Typed original recipe, including method of preparation *(Each step should be numbered.)*
- Typed list of equipment needed
- Two (2) copies of 4-by-6-inch original, unaltered print/digital color photograph of entry *(Please print entrant’s name on the back of each photo.)*

This checklist must be complete in order for your application to be accepted and meet the minimum standards.

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**Please Note**

- The method of preparation, the ingredients list and the equipment list cannot be changed once the recipe has been submitted.
- Faxed entries will not be accepted.
- Only one entry may be submitted by each contestant by mail, although there is no limit to the number of entries submitted from a particular school.
- Entries that have been submitted previously will not be accepted.

I am submitting a recipe for the following category: *(Check only one.)*

- Dinner for Four
- Dessert for Four

**MAIL TO:**
Johnson & Wales University National High School Chef of the Year® Contest
Admissions Office, Johnson & Wales University
1701 N.E. 127th Street, North Miami, Florida 33181