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CULINARY COMPETITION REGISTRATION FORM

Please fully complete this registration form and sent via fax or email to Michelle Romero at (502) 589-3602 or culinarycompetition@healthcarefoodservice.org. Applications must be received by April 1st. Teams must consist of a foodservice manager/director/dietitian and a member of their culinary staff. One member of the team must be an AHF member.

Foodservice Manager/Director/Dietitian

AHF Member Yes No

Name: _____ Credentials: _____

Title: _____ Facility: _____

Address: _____

City, State: _____ Zip: _____

Phone: _____ Email: _____

Culinary Entrant

AHF Member Yes No

Name: _____ Credentials: _____

Title: _____ Facility: _____

Address: _____

City, State: _____ Zip: _____

Phone: _____ Email: _____

Recipe Entry Requirements

- List nutritional information (one plate): maximum of 700 calories, less than 23 grams of fat (maximum of 30% of total calories), less than 750 mg of sodium and must contain a minimum of 7 grams of fiber.
- List ingredients: product, prep method, quantity and unit.
- List sub-recipes for all sides in order of preparation.
- List all procedures for cooking, assembly and service.
- List any small appliances that would be used on-site
 - See rules for list of permitted appliances
- List raw food costs for one finished plate.
- Bio for each contestant (maximum of 150 words each).
- Provide contestants' team color photo (JPEG format / 300 DPI).
- Provide a color finished plate photo (JPEG format / 300 DPI).

Entry Information

Recipe Created By: _____

Recipe Title: _____

Yield: _____ X _____ Portions
How many Weight in ounces

Please break down costs in the following categories:

(Raw food cost for one portion of completed recipe is not to exceed \$5.00. Please use \$0.72 for the cost of the 7 oz. chicken thigh; this is the estimated manufacturer price.)

Entrée: \$ _____ Sides: \$ _____

Sauces: \$ _____ Garnish: \$ _____

Total raw food for one finished plate: \$ _____

Nutritional Information *(Please include per portion/plate):*

Calories _____

Fat _____ (grams)

Sodium _____ (milligrams)

Fiber _____ (grams)

Recipe Description

Please submit your team's recipe on a separate sheet using the format provided in the example below:

Description: Grilled Pork in a cucumber sauce with a special garnish and inspired accompaniment.

Cooking Temp: 350°	Yield: 6 portions
Prep Time: 35 minutes	Cooking Time: 40 minutes

Ingredients and Instructions (EXAMPLE)

Tyson® Boneless Center Cut Pork Chop – 6 oz. 6 each
(product code 011170-1208)

Cucumber herb sauce:

Cucumber 1 each
Peeled, deseeded, finely grated or chopped and drained.
Yogurt – plain 1 cup
Sour cream – low fat 1 cup
Cilantro – fresh (leaves only) 2 tablespoon
Washed, dried and finely chopped
Dill weed – dried 1 teaspoon
Chives – fresh
Fine dice 1 tablespoon
Lemon juice 1 tablespoon
Salt To taste

Method of Preparation:

1. Slack pork overnight in refrigerator to defrost.
2. Combine chopped cucumber, herbs, yogurt, sour cream, lemon juice and salt & pepper in a bowl, mix well.
3. Grill pork loin till golden brown and internal temperature reaches 160°.
4. Slice pork loin and fan out on plate.
5. Serve cucumber salad in a fresh radicchio leaf next to pork.

Conditions Of Entry

By entering your name and that of the AHF member above, you confirm the following:

- All information on this entry form is accurate.
- The recipe(s) is an original recipe (never before published).
- You have read the 2011 AHF Culinary Competition Contest Rules.
- Either the foodservice manager/director/dietitian or the culinary entrant on your registration form is a member in good standing of AHF.
- You have provided a bio for each contestant (maximum of 150 words each).
- You have provided contestants' team color photo (JPEG format/300 DPI).
- You have provided a color finished plate photo (JPEG format/300 DPI).

Complete and return this form to Michelle Romero at AHF Headquarters no later than Friday, April 1, 2011.

Thank you for participating!

Questions?

Michelle Romero
AHF Headquarters
455 South Fourth Street, Suite 650
Louisville, KY 40202
Phone: (502) 574-9942
Fax: (502) 589-3602
Email: culinarycompetition@heathcarefoodservice.org