

2022 CA ProStart Cup

Competition Overview + Update

General Update:

- March 7+8, 2022 @ The Long Beach Convention Center
- There is no designated hotel room block. You can stay wherever you'd like!
- Team registration: \$325 per team
 - o Registration includes per team member:
 - Breakfast on 3/7 + 3/8
 - Lunch on 3/7 + 3/8
 - Swag bag
 - Competition t-shirt
 - Apron and hat if competing in culinary competition
- Individual competition registration: \$35 per student
 - o Registration includes per student:
 - Breakfast on 3/7 + 3/8
 - Lunch on 3/7 + 3/8
 - Swag bag
 - Competition t-shirt
 - Apron
- No Innovation Cup this year!

**The following updates have been noted in the rules.
This is merely to highlight the changes in one area for you to reference:**

Culinary Update:

Uniform (pg. 8 of rules):

- Teams will be responsible for providing their own long sleeve, white chef coats
 - o Chef coats may have the school or culinary program's logo. Chef coats cannot have any other additional logos.

Plateware (pg. 6 of rules):

- Teams will be required to provide their own plates for plating the two identical three (3) course meals (2 starters, 2 entrees and 2 desserts).
- Plates must all be white in color
- No additional supplemental plating is allowed:
 - o Ex.: No gravy boats, pipettes, etc.
- Courses can be served in martini glasses or wine glasses, like in the past years. They must be placed on a white plate.

Submission:

- Teams will submit four (4) soft bound folders instead of five (5). (pg. 7 of rules)
- Recipe outline removed from this year's competition
- Costing removed from this year's competition
- Menu prices removed from this year's competition
- Ingredient List Per Recipe has been added to this year's competition (pg. 7 of rules)
 - o Teams will simply outline a list of ingredients for each recipe, so judges are aware of all the ingredient incorporated in your menu.

Management Update:

Uniform (pg. 6 of the rules):

- CRF will provide a ProStart short sleeve t-shirt for each competitor at registration to be worn while competing. This year, CRF will not be providing long sleeve, white button-down shirts.

Presentation & Q+A:

- CRF has removed the trade show style Q+A. This year, teams will be asked questions from judges immediately following their verbal presentation.

Written Proposal + Posters:

- Menu recipe has been removed from this year's competition
- Menu costing has been removed from this year's competition
- Organizational chart has been removed from this year's competition
- Photo submission of a menu has been removed from this year's competition
- Menu items are not required to have a price
- The requirement to create two (2) marketing tactics has been reduced to one (1) for this year's competition
- The requirement to submit two (2) posters has been removed from this year's competition