

2022 California ProStart Cup Individual Competitions



Wiener Schnitzel's Dress Your Dog Competition



Loaded Idaho Baked Potato Competition

Participating students, educators and mentors are responsible for understanding and following all of the procedures and rules contained in this document. Please read this document carefully to avoid receiving any penalties during the competition.

A welcome orientation at the event will be dedicated to the introduction of judges and review of the competition schedule. Competition rules will not be reviewed during the orientation meeting.

Questions regarding competition rules should be sent to Natalie Tong prior to arriving in Long Beach. She can be reached at ntong@calrest.org.

The Basics:

1. Eligible students are high school students, currently enrolled in a program that uses the ProStart curriculum are eligible to participate.
2. The Wienerschnitzel's Dress Your Dog Competition and Loaded Idaho Baked Potato Competition are individual based competitions and not team competitions.
3. For a ProStart student to be eligible for the individual competition, the school must be competing in one of the team (culinary or management) competitions.
4. The student competing in the individual competition does not have to be competing in the team competition.
5. A student can enter in both The Wienerschnitzel's Dress Your Dog Competition and Loaded Idaho Baked Potato Competition.
6. Each school may only have a maximum of two competitors per individual competition.
7. There will be 20 available slots per competition. Registration works on a first come first serve basis via registration page. After the slots are filled, students will be put on a waitlist and notified.
8. Scholarships are not tied to the individual competition.
9. Cost: \$35 per student, per competition

Final Scoring

Judges have been carefully selected for their related skills, experience, and expertise. Judges have reviewed the rules in advance of the competition. By participating in the competitions, each competitor acknowledges that while every effort will be made to provide fair and impartial judging, some discretion and subjectivity is present in any judged competition. All decisions and scoring by judges are final.

Judges may be, but not limited to, scoring on:

- Creativity and originality
- How well-rounded and thorough the product has been described
- Degree of difficulty
- Presentation
- Taste

General Provisions

Competitors will be using tools that may cause cuts, burns or injury if not used appropriately. Proper safety techniques must be followed by all competitors. The mentors, teachers, and families are expected to ensure that competitors comply with all applicable laws, rules and regulations. Competitors shall comply with all other written as well as verbal instructions or warnings provided by CRF.

Timeline:

Check in – 15 minutes
Set-up – 5 minutes
Competition (assemble + prepare) – 10 minutes
Judges Tasting – 15 minutes
Clean-up – 5 minutes

Wienerschnitzel's Dress Your Dog Competition

Everyone knows that a well-developed and excellent tasting condiment enhances the overall experience of the almighty hotdog. So, show us what you got by developing your own signature hotdog!

The Overview:

- A warm bun and pre-cooked hot dog will be provided
- Butane burners will be provided as an option for competitors
- Competitors will provide their own white plateware
- Competitors will plate up one completed hotdog for presentation and tasting

The Details:

- You can create and add up to 6 toppings/elements (exhibit C)
 - A sauce is 1 topping
 - A relish is 1 topping
 - A product is 1 topping (Ex. lettuce)
- Condiment topping can be of chunky or smooth consistency
 - Example: pico de gallo, relish, chutney, pesto sauce, bbq sauce
- Condiment topping can be cooked and/or raw
- Condiment topping should be original and entirely made from scratch
- Students may prep, pre-cook and prepare items prior to competition. There is no product check-in.
- Students will be simply assembling their dish onsite

Submission Element:

- 8x10 Framed Menu (exhibit B) will be placed on their station
 - Student name
 - High school
 - Condiment topping name (Ex. Mikey's Flaming Pico de Gallo, Nothing but Truffle)
 - Description (think about how you would describe this condiment if you put it on a menu)

Loaded Baked Potato Competition

Potatoes are an American classic and can be found on nearly every menu! Show us what you got and create the best loaded baked potato!

The Overview:

- Warm, pre-cooked baked potato will be provided
- Butane burners will be provided as an option for competitors
- Competitors will provide their own white plateware
- Competitors will plate up one completed baked potato for presentation and tasting

The Details:

- You can create and add up to 6 toppings/elements (exhibit C)
 - A sauce is 1 topping
 - A product is 1 topping (Ex. Lettuce)
 - An product is 1 topping (Ex. Bacon)
- Potato topping could be of chunky and/or smooth consistency
 - Example: bacon + cheddar, truffle melted cheese blend with candied bacon
- Potato topping can be cooked and/or raw
- Potato topping should be original and entirely made from scratch
- Students may prep, pre-cook and prepare items prior to competition. There is no product check-in.
- Students will be simply assembling their dish onsite

Submission Element:

- 8x10 Framed Menu (exhibit B) will be placed on their station
 - Condiment topping name (Ex. Mikey's Flaming Pico de Gallo, Nothing but Truffle)
 - Description (think about how you would describe this condiment if you put it on a menu)

Exhibit A

Station set-up

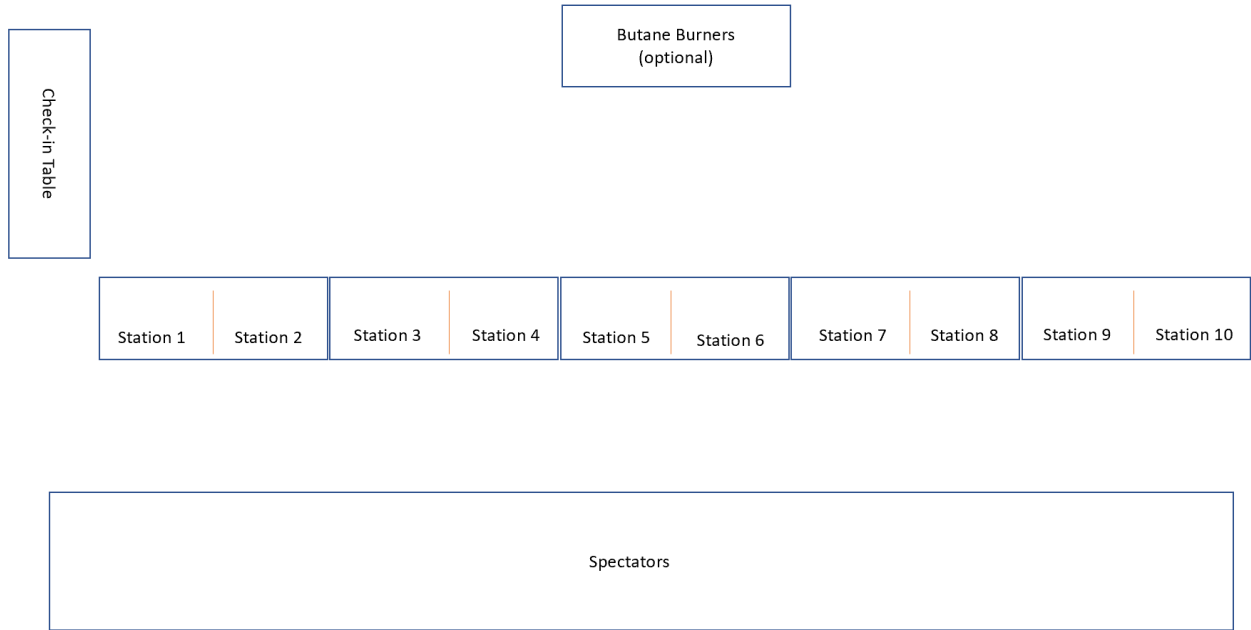


Exhibit B
8x10 Framed menu

Robert Brownie Jr.
Hamster High School

The California BLT Hot Dog

This classic hot dog is topped off with chunks of California grown avocados, crisp bacon, crisp iceberg lettuce and organic tomatoes. The hotdog is then drizzled with a homemade, garlic aioli.

Exhibit C

Sample of 6 toppings/elements

California BLT Hot Dog

Avocado	1 topping
Bacon	1 topping
Lettuce	1 topping
Tomatoes	1 topping
Garlic aioli	1 topping
	5 TOTAL toppings/elements

Loaded Teriyaki Baked Potato

Grilled onions	1 topping
Sriracha cheddar cheese	1 topping
Green onions	1 topping
Sesame	1 topping
Teriyaki sauce	1 topping
Fried garlic	1 topping
	6 TOTAL toppings/elements