



## ACF CULINARY TEAM USA

Hot Food Tryouts  
Elgin Community College, Elgin, Ill.  
April 10, 2010

### HOT-FOOD REQUIREMENTS

#### General Rules

Dishes should reflect items that could be prepared for 110 portions  
Recipes and pictures must be present, as well as an electronic copy of these items  
Prepared stocks not in any finished form  
Peeled vegetables, not shaped  
All ACF rules from category K apply (refer to competition manual)  
Apprentice cannot do any cooking or knife work, only cleaning of station

#### Hot Fish Course

Fish or Crustacean (Alaskan Seafood) Salmon, Cod, Black Cod, Halibut, King Crab  
Other shell fish items may be used to accompany Alaskan Seafood item—Need to show a variety of cooking methods on the plate  
Fish may be filleted but not portioned, all shell fish needs to be in shell

#### Main Dish

Beef, Lamb, Veal or Pork (Proteins fabricated on site)  
A minimum of two different cooking methods on protein are needed  
8 portions, 2½ hours to prepare  
4 portions will be served in a 20 minute window to the Judges  
4 remaining portions will be served to potential sponsors and others restaurant style

#### Pastry

Two restaurant style plated desserts  
2½ hours time frame  
Each dessert must have a minimum of three different components with appropriate garnishes and sauces  
One of the plated desserts should focus on “Chocolate” and “Nut” flavors  
One plated dessert should focus on Fruits  
Incorporate both warm and frozen components into your desserts  
There should not be a repetition of technique or flavor

The following may be brought in:

- ice cream and sorbet bases
- sponge components (uncut, flat pieces)

8 portions of each, 20 minute service window  
2 portions of each to the judges  
6 other of each served to potential sponsors or others, after service window is complete  
Recipes and pictures must be present, as well as an electronic copy of these items