

# National High School Chef of the Year



JOHNSON & WALES  
UNIVERSITY

High School  
seniors can  
compete  
for college  
scholarships!

## National High School Chef of the Year Contest

Have you created your own recipes? Are you considering a culinary arts career?

In the fall of each year since 1989, Johnson & Wales University, the world's largest foodservice educator, has invited high school seniors to submit their own original recipes into competition for thousands of dollars in Johnson & Wales tuition scholarships.

- Regional experts and celebrity judges from all areas of food service evaluate contest entries and bring excitement to the competition.
- Scholarships are awarded in amounts up to full tuition in the College of Culinary Arts at Johnson & Wales University. All scholarships apply to full-time, day-school study and are renewable for up to four years. Actual receipt of a scholarship is subject to the student being otherwise qualified and accepted for admission to Johnson & Wales University.
- The National Competition will be held at one of Johnson & Wales University's four campuses. The University arranges free transportation and accommodations for each student finalist whose entry is selected for national competition.

### GENERAL JUDGING CRITERIA

CRITERIA	MAXIMUM POINTS
Overall Quality, Flavor, Taste, Texture, Doneness	40
Presentation	20
Creativity	20
Nutritional Value	100
Kitchen Score: Mise en Place; Sanitation/Cooking Techniques	100
<b>TOTAL SCORE</b>	<b>280</b>

For the current year's contest details, entry form, deadlines, judging criteria, contest guidelines, and competition dates, log on to: [www.jwu.edu/culinarycompetitions.aspx](http://www.jwu.edu/culinarycompetitions.aspx)

The Johnson & Wales University National High School Chef of the Year Contest is held in cooperation with the American Cancer Society and the American Heart Association. Because it is important to develop good dietary habits early in life to reduce cancer risks and heart disease, the American Cancer Society and the American Heart Association have published the following nutritional and dietary guidelines based on scientific research. You are encouraged to make healthful menu choices and take these guidelines into consideration when planning your entry to the Johnson & Wales University National High School Chef of the Year Contest.

### **American Heart Association®**

- Some vegetables and fruits, such as mushrooms, tomatoes, chili peppers, cherries, cranberries and currants, have a more intense flavor when dried than when fresh. Use them when you want a burst of flavor. Plus, there is an added bonus: When they are soaked in water and reconstituted, you can use the flavored water in cooking.
- Shrimp, lobster, crab, crayfish and most other shellfish are very low in fat. But ounce for ounce, some varieties contain more sodium and cholesterol than do poultry, meat, or other fish.
- Some fish have omega-3 fatty acids, which may help lower the level of lipids (blood fats). Some fish high in omega-3 fatty acids are: Atlantic and Coho salmon, albacore tuna, mackerel, carp, lake whitefish, sweet smelt, and lake and brook trout.
- Some wild game, such as venison, rabbit, squirrel, and pheasant are very lean; duck and goose are not.
- Oils that stay liquid at room temperature are high in unsaturated fats. They include corn, safflower, soybean, sunflower, olive, and canola (rapeseed) oils. All are low in saturated fatty acids and can be used to help lower blood cholesterol in a diet low in saturated fatty acids.
- Use egg whites in place of whole eggs. In most recipes, one egg white and a little acceptable vegetable oil will substitute nicely for a whole egg.

### **American Cancer Society®**

- Add fresh or dried fruits such as chopped apples, raisins, prunes, kiwi or orange sections to green leafy salads.
- Substitute applesauce for oil in muffins, quick breads and cakes. Use puréed prunes or baby food prunes instead of oil in brownies or chocolate cake.
- Substitute whole-wheat flour for up to half of the white flour called for in a recipe.
- Use evaporated skim milk instead of whole milk or cream in baked goods, sauces and soups.
- Use low-fat or nonfat yogurt to replace all or part of the sour cream or mayonnaise in a recipe. Replace all or part of the ricotta cheese with low-fat cottage cheese. Use a purée of cooked potatoes, onions, and celery as a creamy base for soups instead of dairy cream or half-and-half.
- Use low-fat cooking methods such as roasting, baking, broiling, steaming or poaching. Use either a cooking spray, broth, water, or a well-seasoned cast iron pan to sauté meats. If you must use oil or margarine, cut the amount in half.