



JAMAICA CULINARY ARTS HANDBOOK 2019-2022



JAMAICA CULTURAL DEVELOPMENT COMMISSION

AN AGENCY OF THE MINISTRY OF CULTURE, GENDER, ENTERTAINMENT & SPORT

Table of Contents

AIM	3
OBJECTIVES.....	3
THE COMPETITION.....	3
GENERAL RULES FOR COMPETITORS	3
RECIPES FOR THE COMPETITION.....	4
ENTRY FORM	5
CLASSES	Error! Bookmark not defined. 5
CATEGORY A PARTY FAVOURITES	5
CATEGORY B THREE COURSE MEAL.....	5
CATEGORY C MAIN DISH/ ENTRÉE TO INCLUDE SPONSOR’S PRODUCTS	5
CATEGORY D BATTERS & DOUGHS TO INCLUDE SPONSOR’S PRODUCT	6
CATEGORY E DESSERTS.....	6
CATEGORY F PRESERVES & CONDIMENTS.....	6
CATEGORY G WINES & LIQUEURS.....	6
CATEGORY H WEDDING & CELEBRATION CAKES (Dummies are permitted)	6
CATEGORY I TRADITIONAL JAMAICAN DISHES	7
CATEGORY J/1 PRACTICAL COMPETITION / LIVE COOKING	7
CATEGORY J/2 TEAM CHALLENGE	7
CATEGORY K PRACTICAL COMPETITION /BEVERAGE/NON-ALCOHOLIC.....	8
CATEGORY L PRACTICAL COMPETITION / FRUIT OR VEGETABLE CARVING	8
ADJUDICATION.....	8
ADJUDICATION.....	Error! Bookmark not defined. 8
CRITERIA FOR ADJUDICATION.....	9
AWARDS.....	10
JCDC’S REGIONS.....	10
LEGAL INFORMATION.....	11
USEFUL TIPS.....	12
IMPERIAL METRIC CONVERSION.....	13
DEFINITION OF TERMS	13
REFERENCES	15

JAMAICA CULINARY ARTS COMPETITION

AIM

The Jamaica Culinary Arts Competition aims at continuing the development of Jamaican Cuisine while preserving Jamaica's rich culinary heritage and promoting talents and creative abilities by stimulating an awareness of the many uses and versatility of local farm produce. This initiative is expected to generate interest and appreciation for the wide variety of Jamaican tropical agricultural products.

OBJECTIVES

- To unearth, develop, preserve and promote the creative talents of Jamaicans who possess culinary arts skills.
- To promote wider usage of local farm produce by combining them in innovative, nutritious and attractive ways, using names descriptive of Jamaican Cuisine.
- To develop partnerships and provide opportunities for exploring the economic potential of local foods especially where these can improve the nation's food security.
- To promote healthy eating using creative ways to reduce the negative impact of non-communicable diseases.
- To identify and develop preserves, condiments, confectionary, wines, liqueurs and other value added products with export potential.
- To develop a data bank of Jamaicans who have specialized culinary arts skills.
- To document the authentic ways of Jamaican traditional food and beverage.

THE COMPETITION

- The competition is organized by the Jamaica Cultural Development Commission's Culinary Arts Department, Parish and Regional Offices.
- The competition is open to children, adults, institutions and community groups.
- The competition recognizes a minimum of three (3) persons and a maximum of five (5) persons to be a group.
- Entrants will compete mainly for medals of Gold, Silver, Bronze and Merit Certificates.
- Entrants are required to participate based on the categories as stated in the handbook.
- The competition is staged at the regional level only.

GENERAL RULES FOR COMPETITORS

- The competition is open to Jamaican citizens and persons residing in Jamaica for a period of not less than two (2) years at the closing date for entries.
- In all cases the JCDC reserves the right to determine the appropriateness of the item to the class in which it is being entered and to accept or reject the item should it not fall within the standard of the JCDC.
- Competitors are expected to provide all cooking utensils and serving dishes to be used in the live competition.

- An individual or group cannot enter more than one (1) item in each category except otherwise stated.
- Competitors are responsible for all costs incurred to enter the competition.
- An entry fee of one hundred dollars (\$100) is required for every entry. This fee is non-refundable.
- Entries must have a completed recipe (see information on recipe writing).
- Dishes must be prepared according to the recipe and submitted by the competitor no later than 10:00 a.m. on the day of the competition. Competitors are encouraged to enhance their presentation with complimentary items e.g. serving utensils such as a cake knife and fork resting on a plate. Live cooking will also require a completed recipe.
- Entries must be displayed in the designated areas.
- Competitors are encouraged to limit serving quantities to four (4) persons.
- A competitor will not be allowed to enter the same recipe that has been medaled in any previous JCDC competition.
- Failure to comply with the rules of the competition will result in disqualification.

RECIPES FOR THE COMPETITION

- Recipes should be original. Those taken from cookbooks will not be accepted.
- Only completed recipes with ingredients and methods will be accepted. Description only will not be allowed.
- Recipes should be written in duplicate and taken to the competition. Recipes must not be submitted to the Parish Office.
- The recipe should be legibly written /typed on letter size paper only with the name of the competitor, address, name of the recipe, category, contact number and email address.
- Quantities must be clearly legibly written/ typed either by kilograms, litres or measurements (cups). Pounds and ounces will not be accepted. List ingredients and quantities followed by a method stating the order in which the ingredients will be used.
- State the oven temperature in Celsius and not Fahrenheit. (See temperature guide).
- A copy of the recipe must be displayed with the entry ensuring that the name of the dish is also on a display label.
- If any of the original ingredients has to be substituted due to unavailability of the product the recipe should reflect the change.
- All perishable items will be judged first. Competitors must notify organizers immediately after arriving at the competition venue of these items.
Entries without recipes on the day of the competition will not be judged.
- Sponsors will be allowed to utilize award winning recipes for promotional purposes for a period of three (3) years. Creators of these recipes will be recognized during these promotions.
- **Entrants are encouraged to use Jackfruit (special product 2019) in their preparation.**

PROHIBITED ITEM: Until otherwise approved the use of **Marijuana / Ganja** in any shape or form in this competition is strictly prohibited. **No entry of food or beverage will be accepted if Ganja / Marijuana is in it. Do not use Ganja / Marijuana in this competition in any way or form.**

ENTRY FORM

The Syllabus and Entry Form will be made available at the Culinary Arts workshops where these documents will be thoroughly explained. Other locations include the JCDC's Culinary Arts Department, Parish Offices and the JCDC's website.

CLASSES

CLASS 1 Children (9-12 years) to include individuals, schools and children's organizations.

CLASS 2 Individuals, Institutions and Groups (13 - 18 and over)

CLASS 3 Adults (19 years and over)

CLASS 4 Adults with recognized training (teachers, leaders, Instructors, chefs)

ENTRIES ARE LISTED IN CATEGORIES

CATEGORY A PARTY FAVOURITES

- Party favourites should include savoury and sweet dishes e.g. breadfruit
- chips, stuffed ripe plantain, pastries, salads and natural beverages.
- A child should enter two (2) party items (a savoury and a sweet)
- A school or group is allowed four (4) party items
- Simple party decorations are allowed, limited to two (2)
- Competitors must creatively use local products.
- Open to Class 1 only.

CATEGORY B THREE COURSE MEAL

- An institution (school) or group should prepare a three course affordable meal, comprising of an appetizer, main course/entrée, accompaniment and a dessert. The meal should be suitable for a person suffering from hypertension and diabetes.
- Individual students from these institutions or groups may enter one dish that is suitable for a person suffering from diabetes and hypertension.
- Soups will not be accepted.
- Competitors must demonstrate their ability to effectively reduce the usage of fat, sugar and salt in their entries.
- Open to Class 2 only

CATEGORY C MAIN DISH/ ENTRÉE TO INCLUDE SPONSOR'S PRODUCTS

- Meats of all varieties, meat substitutes, fish and other seafood, offal e.g. tripe, liver, kidney and also peas, beans, nuts and corn.
- These items may be used singly or in combination with suitable herbs, spices, vegetables and fruits.

- A complimentary cooked starchy vegetable may be included.
- Open to all classes EXCEPT class only.

CATEGORY D BATTERS & DOUGHS TO INCLUDE SPONSOR'S PRODUCT

- Batters and Doughs include yeast breads, rolls, un-iced cakes, cookies, doughnuts, quick mix bun, biscuits, quick breads.
- Competitors are encouraged to utilize home-made flour such as, cassava, banana, dasheen, breadfruit and yam.
- Open to all classes EXCEPT class 1.

CATEGORY E DESSERTS

- Desserts include pies, puddings, mousse, fruit salad, home-made ice-cream and cakes with soft icing or fruit topping.
- Preserved home-made fruits are ideal for this category
Open to all classes EXCEPT class 1.

CATEGORY F PRESERVES & CONDIMENTS

- Preserves and condiments include Jams, Jellies, marmalades, pickles, chutney, sauces, dried fruits, asham, curry powder, home-made flour, dried seasonings, teas, honey and salad dressing.
- Two packages of uniform size and shape constitute an entry. Due to limited space solids should not exceed 350g/12ozs; liquid 500ml/1pint.
- Award winning items will be sent to the Scientific Research Council for further testing. Thereafter the economical potential will be realized.
- Open to all classes EXCEPT class 1.

CATEGORY G WINES & LIQUEURS

- The age of a good wine is usually 9-12 months. Avoid submitting cloudy wines. Bottles should be of uniform size and shape and properly labeled.
- Two (2) bottles 350ml/2/3 pint constitute an entry.
- Competitors are allowed two (2) wines and two (2) liqueurs in this class.
- Open to all classes EXCEPT class 1.

CATEGORY H WEDDING & CELEBRATION CAKES (Dummies are permitted)

- Create and exhibit a decorated cake with a maximum area of 61cm x 61cm. No artificial decorations will be permitted. Competitors are encouraged to highlight National Symbols such as the Doctor Bird, National Flag, National Fruit, National Tree, National Flower and the Coat of Arms. Cake should not exceed three tiers.
- Open to class 4 only.

CATEGORY I TRADITIONAL JAMAICAN DISHES

- Jamaica has a very rich culinary heritage that is worthy of preservation. The Jamaica Cultural Development Commission has over the years maintained an interest in traditional Jamaican Cuisine. Popular dishes are Escoveitched Fish, Dip and Fall Back (Mackerel Run Down), Jerk Pork, Fricassee Chicken, Ackee and Saltfish, Stew Peas, Curried Mutton, Rice and Peas, Stamp and go, Fu Fu, Jackass Corn, Gizzada, Matrimony, Pepper Mint Candy, Grater Cake, Duckunnu, Coconut Drops, Bulla, Toto, Wangla, Tamarind Balls, Sweet Potato Pudding, Corn Pone, Ginger Beer, Busta and Hominy Porridge.
- Soups will not be accepted in this Category.
- Category I is open to all competitors EXCEPT class 1.
- Gold award winning pastries and confectionery will be further developed and promoted locally and internationally.

CATEGORY J/1 PRACTICAL COMPETITION / LIVE COOKING

- Prepare a Main Dish/Entrée for three persons. This should be served preferably on a white 25.5cm plate. All ingredients and other items such as a table top stove, garbage bin, sanitizer and water will be provided. All other items must be provided by the competitor.
- A total of one hour and ten minutes will be allocated to participants.
- Due to limited space the organizers reserve the right to refuse entries that cannot be accommodated.
- Sponsors will be allowed to promote their products in this class.
- Open ONLY to individuals ages 16 and above.

CATEGORY J/2 TEAM CHALLENGE

- A Team comprise of a leader and two assistants. The Team will be provided with a mystery collection of food items that should be used in preparing an entrée, accompaniment and a dessert. A table will be set up with additional items that maybe used. Teams are allowed to take additional items such as sour cream, rice vinegar and seasonings especially if they are uniquely Jamaican. Teams are responsible for their chef jacket, utensils to include pots, pans and a mallet. Teams should bring their own cutting board, hand and paper towel, pot holder and serving plates. Two of the plated items will be for the judges and one for display a total of three. This category is allocated 2hrs. / 20 minutes. Instead of a full recipe a detailed description of the menu must be presented with the finished product.

Open to persons 13 and above. Only (10) teams will be accepted

CATEGORY K PRACTICAL COMPETITION/BEVERAGE/NON-ALCOHOLIC

- The Beverage Competition will be done live. Five stations will be arranged for each set of entrants. Entrants are allowed to pre-prepare fruits, tubers, vegetables, flowers, roots, barks, wiss and flavourings. Entrants are allowed one beverage and (15) minutes to make and display. Entrants are required to provide cutting board, food preparation attire, ingredients, blender, food processor, glassware, napkin, serving tray and straws. **Three copies of the recipe are required prior to the judging. Beverage must be displayed in (3) highball glasses with the name of the beverage.**

Open to persons 13 and above

CATEGORY L PRACTICAL COMPETITION / FRUIT OR VEGETABLE CARVING

- A competitor will carve a fruit or vegetable of his or her own choice. He / she may use one or the other to enhance the exhibit. Competitors should provide their tools, fruits and vegetables.
- The duration of this competition is one (1) hour.
- Due to limited space the organizers reserve the right to refuse entries that cannot be accommodated.
- Open ONLY to individuals ages16 and above.

ADJUDICATION

- The Jamaica Cultural Development Commission reserves the right to appoint a panel of qualified judges. Judges are not eligible to submit entries in the competition or to judge entries of any family member, or any student attending the institution to which they are employed.
- Judges are required to confirm their availability in writing and provide the JCDC with all relevant information as requested.
- The decision of the judges shall be final.

ADJUDICATION

Category A	Recipe 20, Suitability 20, Presentation 15, Creativity 20, Taste 25
Category B	Recipe 20, Suitability 20, Presentation 15, Creativity 20, Taste 25
Category C	Recipe 20, Suitability 20 Presentation 15, Creativity 20, Taste 25
Category D	Recipe 20, Suitability 20 Presentation 15, Creativity 20, Taste 25

Category E	Recipe 20, Suitability 20 Presentation 15, Creativity 20, Taste 25
Category F	Recipe 20, Suitability 20, Presentation 15, Creativity 20, Taste 25
Category G	Recipe 20, Suitability 20, Presentation 15, Creativity 20, Taste 25
Category H	Creativity 20, Proportion 20, Presentation 30, Skill 30
Category I	Recipe 20, Suitability 20, Presentation 15, Creativity 20, Taste 25
Category J	Recipe 15, Presentation 15, Creativity 20, Taste 30 Sanitation/Hygiene 10, Time 10
Category K	Creativity/Originality 35, Proportion 20, Handling of Tools 15, Time 10, Overall Assessment 20

CRITERIA FOR ADJUDICATION

RECIPE

The recipe should be original. List quantities, ingredients, highlight any unique local farm produce. Recipe should be written preferably in the order that these ingredients will be incorporated in the preparation. This is followed by a method. The oven temperature should be stated for all baked items. The number of persons that this recipe can serve should also be included.

SUITABILITY

The entry should represent the class in which it is submitted eg: Is the entry an Entrée or a hot cooked vegetable? An Entrée is a protein dish with appropriate accompaniment. Are there any new ideas represented? Is the recipe Jamaican or is it representing other cultures? Is this an un-usual Jamaican creation? The name should reflect the entry.

PRESENTATION

When we think of presentation the first thing that comes to mind is appearance. Here are some examples: appropriate serving dish, harmonize meat with garnish (three pieces of pork chops should have three stuffed tomatoes), portion sizes should be practical, proper colour, texture and flavour combination, present a natural appetizing look. Garnish should be edible. Avoid serving hot protein items on a bed of raw vegetables.

CREATIVITY

Demonstrate the versatility of local farm produce in unique dishes. Use intricate garnishes to enhance presentations instead of the popular tomato rose. Show the commercial viability of entries especially wines, liqueurs, beverage, batters, doughs and desserts by creating items that

have export potential. Fruit and or Vegetable carvings should not be taken from a book. The creation should be original and the idea should be easily understood and appreciated.

TASTE

Taste and aroma are of great importance. The areas that depict taste are salty, sour, sweet, bitter, firmness, softness and chewiness. Ensure that there is balance; one ingredient should not overpower the other. A pudding should taste like a pudding and not like a plain cake.

SANITATION / HYGIENE

All work stations and utensils must be sanitized before the start of the practical competitions/ live cooking. Waste must be disposed in a manner that is regarded as acceptable standard. Vegetable cuttings and meat cuttings must not be disposed of in the same container. Different bags must be used. Reusable items must be identified and shown to the judges. These include meat cuttings for stocks and sauces. Work stations must be organized and clean, free from spills and dirty containers. Personal hygiene must be observed at all times.

PROPORTION

Proportion is considered when judging fruit and or vegetable carving. Proportion is in relation to design and composition as well as structural technique.

OVERALL ASSESSMENT

The overall assessment covers the finished appearance. Areas to be considered are design and composition, creativity, artistic impression, attention to detail, technique and skill.

TIME

This applies to the 'Live Competitions' only. Ten points will be awarded to entrants who finish on time.

AWARDS

Gold 91-100, Silver 81-90, Bronze 71-80, Merit 61-70

JCDC'S REGIONS

Eastern	Kingston and St. Andrew, St. Catherine, St. Thomas
Northern	Portland, St. Mary, St. Ann
Central	Clarendon, Manchester, St. Elizabeth
Western	Trelawny, St. James, Hanover, Westmoreland

LEGAL INFORMATION

- Any competitor, whose action is deemed disrespectful to the judges, the Jamaica Cultural Development Commission, its representative, and/or other competitors, may be brought before a disciplinary committee appointed by the JCDC and may result in disqualification from the competition.
- Any competitor whose supporters behave disrespectfully/disruptively or conduct themselves in such a manner so as to jeopardize the performance of other competitors, the judges or the programme of the Jamaica Cultural Development Commission shall be issued with a warning about their supporters. Failure to respond to such a warning will lead to disciplinary action by the JCDC and may result in disqualification from the competition.

ASSIGNMENT OF RIGHTS

- The applicant hereby assigns to the Jamaica Cultural Development Commission the exclusive worldwide rights to make and commercially exploit publication of the applicant's entry.
- The assignment includes the right to make and distribute copies of the entry in printed and electronic format as well as the right to broadcast on radio, television and the internet.

WARRANTIES

- The applicant hereby warrants and represents that he/she is duly authorized to grant the rights abovementioned and hereby agrees to indemnify and hold the JCDC harmless from and against all claims that may arise from third parties as a consequence of the exercise of the rights granted to the JCDC.
- The applicant agrees to execute such other agreements as may be necessary to give effect to the undertakings herein mentioned.

COMPENSATION TO APPLICANT

- In the event that the JCDC shall receive cash remuneration from the commercial exploitation of a programme and/or recording and/or publication and /or any other media which includes the applicant's entry, the applicant shall be entitled to share equally with all other applicants included in the programme or recording or publication or other media, fifty percent (50%) of the net proceeds received by the JCDC. Net proceeds shall be determined after inference, recording, production, publication, packaging, promotional and distribution costs.

USEFUL TIPS

- Most sweet or savoury dishes can be improved in appearance and value by enhancing them with decorations or garnishes. The use of imported cherries as decoration on sweet dishes is very popular in Jamaica.
- More points will be awarded for the use of a local substitute. While parsley may add colour to a dish, it is often overused. Thinly sliced lemon as a twist, tomatoes cut into water lilies or roses and carrot curls are options.
- Read the syllabus thoroughly and if in doubt contact the JCDC's Culinary Arts Department. The Parish Workshops are very important to attend and teachers and group leaders are encouraged to involve students in these sessions.
- Select the category/ categories that you feel confident will have the desired results. Do not submit too many entries which may decrease your ability to prepare and display on time.
- Prepare a budget to include transportation.
- Develop and print recipes at least three months before the competition; test several times for accuracy. Ask family members, neighbours and friends to partake in a tasting session and give feedback.
- Put recipes in a folder and label (JCDC's Culinary Arts Competition)
- Complete Entry Form at least two months prior to the competition.
- Attach the registration fee receipt to the recipe that will be displayed beside the entry.
- Involve family members, friends, students in the making of labels for your dishes. Students doing Information Technology can be of great help.
- Source transportation from neighbours, friends, family members, church family and voluntary organizations.
- Use sturdy boxes to transport your entries. Have extra ingredients in case you have to make final touches to your dishes.
- Perishable items should be transported in an igloo with ice.
- Source ingredients, utensils and display items early.
- Arrive at the venue before the start of the competition.

IMPERIAL METRIC CONVERSION

This conversion table is intended to provide guidance. These are not mathematical equivalents and are intended for use only in the kitchen with respect to recipes.

Liquid Conversion

1 pint	= 16 fluid ounces
1/4 pint	= 125 ml
1/3 pint	= 170 ml
1/2 pint	= 250 ml
2/3 pint	= 350 ml
3/4 pint	= 375 ml
1 pint	= 500 ml
1 quart	= 1.1 litre

Cups = Liquid

1/4 cup	= 60 ml
1/3 cup	= 80 ml
1/2 cup	= 125 ml
2/3 cup	= 170 ml
3/4 cup	= 190 ml
1 cup	= 250 ml

Spoons

1/8 tsp.	= 0.6 ml
1/4 tsp.	= 1.2 ml
1/2 tsp.	= 2.5 ml
1 tsp.	= 5.0 ml
1 tbsp.	= 15.0 ml
2 tbsp.	= 30.0 ml

Avoirdupois

1 oz.	= 30 g
2 ozs.	= 55 g
3 ozs.	= 85 g
4 ozs.	= 120 g
5 ozs.	= 150 g
6 ozs.	= 175 g
7 ozs.	= 200 g
8 ozs.	= 225 g
9 ozs.	= 250 g
10 ozs.	= 275 g
11 ozs.	= 315 g
12 ozs.	= 350 g
13 ozs.	= 375 g
14 ozs.	= 400 g
15 ozs.	= 425 g
16 ozs.	= 455 g

Oven Temperature

°F	°C
200° – 250°	110° – 130°
250° – 300°	130° – 150°
300° – 350°	150° – 180°
350° – 370°	180° – 190°
370° – 400°	190° – 200°
400° – 425°	200° – 220°
425° – 450°	220° – 230°
450° – 500°	230° – 240°

DEFINITION OF TERMS

Accompaniment	Another item that is added to the entry to make it more appealing.
Avoirdupois	A measurement system of weight which uses pounds and ounces as units.
Bulla	A flat round cake made from flour, molasses and baking soda.
Busta	A tough confectionary made with grated coconut and cane sugar.
Condiments	Condiments are used to add special flavour to food e.g. salad dressing, mustard, ketchup and chutney.
Data bank	A well organized and maintained collection of data for easy consultation and use.

Dessert	A dessert is a sweet course which is eaten at the end of a meal.
Diabetes	A condition resulting from failure of the pancreas to secrete an adequate amount of insulin and causing excessive amount of glucose in the blood.
Fu Fu	A dish of pounded cooked yam or potato which is served with a stew.
Hypertension	Hypertension also known as high blood pressure is when the pressure of the blood being pumped through the arteries is higher than it should be.
Jackass Corn	An extremely tough biscuit made with grated coconut, flour and sugar.
Matrimony	A fruit dessert made with starapples, orange segment and condensed milk.
Mousse	A dessert made with whipped cream, unflavoured gelatin, sweetened puree fruit then allowed to chill in a mould.
Non-Communicable Diseases	These diseases are not contagious or transferable from one human to another e. g. diabetes or hypertension.
Nutritious	Providing nourishment to the body.
Perishable	Foods that are likely to become unsafe to consume if not kept refrigerated.
Wangla	A tough candy made from caramelized sugar with nuts added.

REFERENCES

Jamaica Cultural Development Commission, Our Living Heritage. Jamaica: JIS, (n.d.)

Powell Pamela E, Developing Wellness Programmes for Jamaican Primary, Junior
and High Schools Students 10-16, 2005.

Powell Pamela E, "Sweet Runnings", Jamaican Recipes Galore, 2012

COPYRIGHT

Published in Jamaica 2019 by the Jamaica Cultural Development Commission

All Rights reserved. No part of this publication may be reproduced or utilized in any form

or by any means without the prior written permission from the Jamaica Cultural Development
Commission.

ACKNOWLEDGEMENT

Photographs courtesy of Dr. Pamela Powell O.D, JP



JAMAICA CULTURAL DEVELOPMENT COMMISSION

3-5 PHOENIX AVENUE

KINGSTON 10

TEL-926-5727-9

WEBSITE- www.jcdc.gov.jm

EMAIL: culinary@jcdc.gov.jm