



Jamaica Culinary Arts Competition Guide



Compiled by the Culinary Arts Unit of the Jamaica Cultural Development Commission for the 2017-2018 Jamaica Culinary Arts Competition. The Guidelines in this publication are updated annually in advance of the competition.

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General Information

The JCDC Culinary Arts Competition aims at presenting the best in Jamaican Cuisine. Food is one very important aspect of our culture and Jamaican Cuisine has evolved greatly with time. The aim is to unearth, develop and show case new and emerging culinary talents.

Objectives of the Competition:

- a) To showcase the creative talents of Jamaicans in the culinary arts.
- b) To promote healthy lifestyle and wellness through education and awareness.
- c) To encourage innovative and creative use of local foods.
- d) To provide entertaining cooking ventures for public view.
- e) To stimulate creative talents and provide opportunities for exploring the economic potential of local foods.

Eligibility

The competition is open to all Jamaican citizens and persons residing in Jamaica for a period of not less than two (2) years at the closing date for entries. Entrants can include children, adults, institutions, and community groups. The entrants compete based on age classification:

- Class 1: 7-9 years old
- Class 2: 10-12 years old
- Class 3: 13-15 years old
- Class 4: 16-18 years old
- Class 5: 19 and older

Entry Form

The official entry form is published by the Jamaica Cultural Development Commission and available at all parish offices, the head office and on the JCDC website. The entry form must be completed and returned to the respective parish office along with the list of dishes and recipes that will be entered. (Except in the case of on the spot competitions)

Incentives and Awards

Entrants will compete for Gold, Silver, Bronze medals, Merit Certificates, cash incentives, scholarships and trophies from sponsors.

Adjudication

- The JCDC reserves the right to appoint a panel of suitable judges (floor judges and tasting judges). The decision of the adjudicators shall be final.
- Adjudicators are not eligible to submit entries in the competition or to judge entries of any family member.
- Any Competitor, whose action is deemed disrespectful to the judges, the Commission, its representatives, and/or other competitors, may be brought before a disciplinary committee appointed by the Jamaica Cultural Development Commission, 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 Commission shall be issued a warning about their supporters. Failure to respond to such a warning will lead to disciplinary action by the Jamaica Cultural Development Committee and may result in disqualification from the Competition.

Categories

Special Diets (Live Cooking)

(Formerly Cooking B)

Open to Classes 3, 4 and 5

This is a cooking challenge, which depicts the food choices for a specific dietary group while demonstrating creativity and innovativeness using local produce.

In this category participants are asked to prepare a healthy entree according to the requirements of ONE special dietary group (Vegans, diabetics, hypertensive, low sodium, fat free, gluten free, modern diets such as macrobiotic, fit for life or any other approved diet.) It must be clearly stated on the entry form which special dietary group is being represented.

Participants are allowed three (3) hours to prepare the meal.

Teams are allotted 1 ½ hours

Individuals are allotted 3 hours

All participants are to provide their own tools and equipment for this category

Party flavour (Live Cooking)

(Formerly Hors d oeuvres, Sandwiches, Salads and Table Setting)

Open to Classes 1, 2, & 3

This team competition gives children the opportunity to show off a variety of skills, it is a team competitions (no more than three students), in which the children prepare. **A complete entry in this category must include:**

- ✓ **Two types Hors d oeuvres**
 - ✓ **Two Types of Sandwiches and**
 - ✓ **One salad(Fruit, vegetable, with or without meat)**
- Set the table and display napkin folds to complete the set up.**

The total score for this competition will include the items along with the napkin fold and table setting.

Sweet Treats (Live Cooking)

Open to all Classes

In this category participants will produce a variety of baked products with original recipes. Examples of entries in this category would include: Cakes, Cookies, Quick Breads and pastry items such as turnovers.

Entries in this Category should be prepared off site and displayed on the day of Competition.

Cake Decorating (Semi-Live)

Open to Classes 3, 4 & 5

Participants will be asked to decorate a two tier cake for this competition, participants are allowed to have the bottom layer decorated ahead of arriving at the location but must decorate the top tier of the cake at the location in the presence of the judges. Participants are given 1 ½ hours to decorate this cake. The following cake decorating techniques can be used on competition day:

- **Fondant**
- **Royal icing**
- **Gum Paste**
- **Butter cream**

Participants must provide all necessary tools and equipment needed for this category

Cold Desserts (Live Cooking)

Open to All Classes

This includes cold desserts item such as Creams, Bavarian, Mousses, Custards, Crepes, Chiffon, Soufflé, Ice Cream, Sherbets, Sorbets, Frozen Soufflés, Frozen Mousse, Parfaits, Sundaes and Bombes

Items must be prepared at the location under the supervision of the judges. Participants must create labels for all items that are to be placed in the refrigerator. **Five (5) hours will be allotted generally for this category except for items that do not need to be placed in the refrigerator to set.**

Fruit and Vegetable Carving (Live Carving)

Open to Class 5 only

This competition consists of simple and intricate carvings made from fruits and vegetables. All carvings must be made on the competition day in the view of judges and patrons, carvings are judged on originality of idea creativity, neatness and skill.

Participants will be allotted Two (2) hours to complete this challenge

All participants must provide their own tools and equipment needed for this category.

Preserves (Pre-Made)

Open to all classes

Participants will present from a variety of preserved food items and condiments made from original recipes.

Items may include but are not limited to Jams, Jellies, Marmalades, Dried Fruits, Crystallized Fruits, Pickles, Chutneys, Hot Pepper Sauces, Curries and other Seasoning mixes.

Participants are implored to provide extra packages of these items for sale to patrons

Wines (Make Ahead)

Open to class 4 & Class 5

Participants are asked to present an alcoholic beverage made from fermented fruits or vegetables and bottled for display and sampled by the adjudicators.

Participants are encouraged to provide extra bottles of these items for sale to patrons.

Mixology (Live Cooking)

Open to all classes

Participants will create interesting drinks from any range of juices, vegetables, fruits, starchy vegetables.

Class 5 participants are allowed to use alcohol.

- **All beverages must be made from original recipes.**
- **Preparation of all beverages must be done live in the view of judges.**

Dutchie Dash (Live Cooking)

Open to Class 4 & Class 5

Participants are given a basket with selected items and then two minutes to dash for additional ingredients from a spread. At the end of the two minutes the participants will decide on a menu to be prepared and write the recipes (a standard recipe form will be provided). The time allotted for preparation and cooking is 1 ½ hours. At least one part of the meal must be made in a “Dutchie” Dutch Pot and it must be a healthy breakfast entree.

Participants must provide all tools and equipment needed for this category

Hot off the Grill (Live Cooking)

Open to Class 5

Individual participants will make an unforgettable grilled item with a signature sauce and accompaniments to make up an entrée. This product must be a healthy and nutritious meal. Participants will be asked to provide a serving of ten (10) sample plates. 1 ½ hours will be allotted to prepare this meal. **A grill and a stove will be provided by the JCDC.**

Star Chef (Live Cooking)

Open to Class 4 & 5

In this category participants will compete for the title of **Star Chef**. The chef’s culinary skills will be put to the test as they will receive a challenge to prepare a four (4) course meal. The competition will take place in separate rounds and contestants will be given one surprise ingredient that they must use in the dish for that particular round. At the end of each round participants will be eliminated based on a scoring system.

In this challenge the chef is graded on skill, creativity, organization, time management and hygiene practices as well as taste, presentation and inclusion for local ingredients and his or her potential to be a professional chef.

Chefs will be allotted 3½ hours to complete this entire challenge.

- **Round One ½ hour for the first course (Appetizer)**
- **Round Two 1 hour for the second course (Soup or Salad)**
- **Round Three 1 ½ hours for the third course (Main Entrée)**
- **Round Four ½ Hour for the fourth course (Dessert)**

Sponsors' Open Segment (Live Cooking)

Open to Classes 4&5

This is where selected participants will create a recipe around a particular sponsor's product(s) (*Available products will be communicated through the parish offices*).

The items will be prepared at the competition location and graded by a panel of judges which will include a representative from the sponsoring organization.

The duration for this event will be determined on the day based on the selected items.

The Lab "tun up" Cooking challenge

The team from each participating school will consist of 8 students: Two from Grade 11, Two from Grade 10, Two from Grade 9, One from Grade 8 and ne Grade 7.

1. High school Home Economics teams from all parishes will be invited to write an essay and send in stating why they would like to be a part of this competition, what their food laboratory enhancement needs would be and why they should be selected.
2. The first phase participants from each region will be selected by the Culinary Arts Committee. One school will be selected per parish which will be three per region except in the western region which will have four. In the first phase the participants will be asked to prepare a three course meal in their own home – Economics Centre or Food Lab.
3. The event will be videotaped and judging will take place at the same time. The Winning school from each region will receive an enhancement to the food preparation laboratory.
4. The teams are allowed to involve their teacher in the competition for a total of **15 minutes ONLY**. The teams can decide what aspect of the activity to have the teacher assist with.
5. Winners also move on to Phase 2, which occurs within their own space again. This time the competition will be publicized, persons will be invited to vote using Social media, and clips of the video will be posted. The ultimate national winner will receive the main trophy and enhancement of greater value to their home Economic Centre or Food prep Lab.

RECIPE WRITING GUIDELINES

Recipes must list:

- a) All the ingredients and amounts used.
- b) The method of preparation.
- c) State oven temperature and time for baked products.
- d) Recipes should contain the name, address and telephone number of the participant as well as the name of the dish and the class to which it belong.
- e) Recipes should be written on letter size paper only.
- f) Quantities must be clearly written, either by weight (kg, litres) or measurements (cups). Be consistent in the terms and phrases used.
- g) Before final writing of the recipe, test and make sure that the steps used are correct.
- h) Ingredients should be listed in the order in which they are used, and the method must be clearly and thoroughly explained.
- i) The recipe should be written in duplicate and taken to the competitions.
- j) Sponsors will be allowed to utilize recipes for promotional purposes for at least three (3) years; however, recognition will be given to the creator/s of the items.

GENERAL RULES AND GUIDELINES

- Competitors are expected to provide all cooking utensils, tools and serving dishes for use in the various competitions.
- EXCEPT for sponsored products, competitors will be responsible for the cost of all ingredients used, and the cost of their travelling expenses.
- An Entry Fee of One Hundred Jamaican Dollars (J\$100.00) **ENTRY FEE IS NOT REFUNDABLE.**
- An individual or group cannot enter more than one (1) item in each category.
- No individual, group, or institution will be allowed to enter the same selection once that selection has been medaled.
- Dishes must be displayed with an attractive name card as well as Two (2) copies of the recipe which must have name, address, category, and contact number.
- Sponsors Product dishes must be displayed according to their respective sponsors in the areas provided.
- Competitors must report to the venue of competition on the date and time specified by the JCDC.
- 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.
- Failure to comply with the time limit, or other requirements stated for each category will result in disqualification.
- Recipes should be original; those taken from cookbooks will not be accepted.

LEGAL INFORMATION

ASSIGNMENT OF RIGHTS

The Applicant hereby assigns to the Jamaica Cultural Development Commission the exclusive worldwide rights to make and commercially exploit publications of the applicant's entry. This 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. 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 deduction of all recording, production, publication, packaging, promotional and distribution costs.