

# Texas ProStart Dallas Regional Culinary and Restaurant Management Competition

## Rule Changes to Consider When Preparing for Competition

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*This list is not comprehensive! These are just some details that we have noticed and would like to bring to your attention. PLEASE BE AWARE that TRA will conduct a webinar or conference call that will give more information and allow time for questions from educators at a later date.*

- Table risers will be provided this year
- Speed racks will be provided (2 per team)
- Judges will provide feedback to the teams immediately following each competition segment; Product Check-in; Knife Skills/Fabrication; Tasting; Menu and Recipe; Sanitation; and Work Skills.
- Feedback for the Product Check-in will occur at Product Check-In. Feedback for Knife Skills/Fabrication, Sanitation and Work Skills segments will occur on the competition floor. Feedback for Tasting and Menu and Recipe segments will occur in the judging area.
- Teams are allowed to bring a recording device to record the critique and feedback sessions. Teachers and mentors will be allowed to be present only during the Tasting and Menu sessions.
- **Knife Skills/Poultry Fabrication time has been reduced from 20 to 15 minutes**
- **Tomato concasse will replace the diagonal cut as one of the six cut options**
- **Knife cuts from the Knife skills segment must be incorporated in the menu preparation with no further alterations**
- Teams may present their finished plates to the tasting judges up to three minutes before the sixty minute preparation time ends
- Check the rules for suggested serving sizes. Do NOT crowd the plate! This is something that chefs notice time and time again especially when you're dealing with industry professionals and cost control is everything!
- Check penalties on page 12 (and be familiar with these)

### Tips –

- Dress professionally! White chef coats (will be provided). Students must wear checkered or black pants, close-toed hard sole black shoes – TIP – Wear socks and polish those shoes. A professional chef WILL notice that! No jewelry, painted nails and pull hair back – overall be aware of personal hygiene.
- Read, and have a firm knowledge of all the rules!
- Bring and use gloves when handling food, and replace them often to prevent cross contamination. I can't tell you how many students make the mistake of not replacing gloves.
- Practice! Practice! Practice! Practice simulating the competition conditions
- And Practice your time management especially!
- Videotape your practice sessions.
- Perfect your basic skills.
- Communicate often, and show the judges your team work (especially your workplace safety skills). The team should all have a sense of mission and cohesiveness.
- Make sure they bring plenty of tasting spoons and taste as they go and they should concentrate on their skills and flavors of the food they are presenting.
- Purchase the freshest ingredients.
- Get someone outside your school such as a mentor to observe your practice session.
- **Product check in** Check YOUR TEMPERATURES, Pack your coolers properly, have a thermometer in your cooler, separate your protein and non protein items in separate coolers.
- **Knife skills** - Sharpen your knives!
- **Organize** your stations and clean as you go! Judges will notice a messy station.