



# American Culinary Federation Student Chef of the Year 2025 Regional Qualifier Guidelines Updated January, 2024

American Culinary Federation, Inc. • Attention: Administration • 6816 Southpoint Pkwy, Ste 400 • Jacksonville, FL 32216 • (800) 624-9458 • www.acfchefs.org

## Preparing for the Competition:

Students selected to compete at the 2025 Regional Qualifier will follow the following guidelines:

<b>SCOY</b>	Individual SKC-1 Category: Practical and Contemporary Hot Food Cooking, Student Protein – 2 Cornish Hens	Four (4) portions; Three (3) for tasting, one (1) for display/critique.
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## Practical and Contemporary Hot Food Cooking, Student, Individual SKC-1 Category Guidelines Two (2) Cornish Hens

### General Guidelines:

- Student competitors will fabricate and prepare four (4) portions of a finished entrée plate based on the protein selected by the committee and prepared with fresh local/seasonal ingredients within their region and of their choice.
- Three (3) plates are for tasting and one (1) is for display & critique. The practice of solid foundational cooking accompanied with current industry trends and techniques are encouraged.
- The utilization of ingredients should have compatibility and harmonize with the chosen protein.
- The finished entrée must showcase the main protein and *at least* two (2) different cooking techniques, accompanying sauces and/or relishes, compotes, or chutneys, etc., starch and appropriate vegetable garnishes.
- Other considerations for components may include baked, fried or dehydrated garnishes, condiments, forcemeats, vegetable purees, pickled elements, etc.
- Student chef candidates are encouraged to consider concepting an entrée that would be at home on a fine dining menu as a stand-alone entrée, not considered as part of a multi-course, or wine tasting menu.
- Competitors have ten (10) minutes for set-up, seventy-five (75) minutes to fabricate and cook, ten (15) additional minutes for plating and ten (10) minutes for clean-up.
- Of the four (4) portions prepared, three (3) are for judges' tasting and one (1) is for display/critique.
- Competitors must provide four (4) judges packets. These must be presented to the judges in packet form (simple stacked pages with one (1) staple) upon entering the kitchen at the stated competition start time. The packets for the judges should be easy to follow and include:
  - A menu written as it would be presented to the guest.
  - A color, close-up photo of both dishes (should be current and representative of what the judges will receive).
  - Followed by the recipe including ingredients, quantities, and procedures.
  - The packet should be produced with standard formatting of Times New Roman 12pt font and include only a staple at the upper left-hand corner of the packet—no binders, covers or anything to inhibit easy access and reference for the judge.
  - Packets are to be provided to judges on-site on the day of the competition.

### Ingredient Guidelines:

- Recipe ingredients are allowed to be pre-scaled and measured, however, no pre-mixing is allowed.
- No advance preparation or cooking is allowed.
- Cleaned, peeled and cut mirepoix ingredients are acceptable. Chopped herbs, shallots and garlic are also acceptable.



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- Vegetables can be peeled and salads may be cleaned and washed, but not cut or shaped in any form; beans may be pre-soaked.
- No finished soups or sauces are allowed. However, basic stocks may be brought in. No clarified consommés are allowed. Stocks should be unaltered without further reduction from what is obtained after the initial straining of the liquid. Samples of all stocks should be presented to the kitchen judge for assessment.
- The following ready-made dough may be brought in: bric (brick), puff pastry and filo (phyllo) dough.
- All combinations of ingredients must be completed during the competitors allotted production window.
- Competitors may also bring proteins pre-marinated or brined but will be required to demonstrate fabrication of protein, making of marinade or brines and combining both during allotted time frame before the pre-marinated/brined item can be used.
- Competitors are allowed to bring in only the whole and raw materials in the amounts stated in their recipes. However, judges may allow variances in amounts for products that require further preparation.
- Competitors must bring their own food items and ingredients as well as any plateware needed.
- Competitors are discouraged from using silicone molds and stencils in concepting their menu; instead, they are encouraged to use more hand skills of formation and piping. These items are not prohibited, however, using them more than once would not be favorable and would affect culinary skills score.

## Competition Kitchen:

- A kitchen diagram and a list of equipment provided will be sent to each competitor by the ACF national office once the kitchen design has been established. This will include the refrigeration and freezer space available and the number of electrical outlets.
- Competitors must bring their own tools, cookware, small specialty equipment, and chinaware.
- Please keep in mind that you will be limited to the number of outlets provided and the use of power strips will be at the discretion of the lead judge.
- Time will not be adjusted for equipment malfunctions that result from the provided wattage being overrun. Competitors should choose equipment that can be supported by the number of outlets and wattage provided.
- The amount of space available is limited so only bring in the appropriate amount of equipment.

## Timeline and Guidance:

Window	Timing	Guidance
Set up Window	10 Minutes	Students should move into their stations and set up for effective execution: no cooking to occur in this window however, water may be set to heat, immersion circulators can be turned on, products may be unwrapped for initial preparations
Production Window	75 Minutes	All production leading to service of the course must be done within this window, including all technical skills, knife cuts, and fabrication
Service Window	15 Minutes	Students can begin service of their course immediately as this window opens and the menu must be completed in the allotted time
Cleanup Window	10 Minutes	Students are to leave at the conclusion of this window with the kitchen in the same condition as it was when they entered their set-up window. All remaining food items should be displayed and labeled for judging



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## **Uniform:**

Competitors must wear the following:

- White chef coat
- Black pants
- Black shoes or clogs
- Competition toque
- Full apron

## **Judging Process:**

- Competitors will be evaluated by a panel of distinguished chefs who will serve as kitchen judges and tasting judges.
- After the “set-up window” time is complete, competitors will not be allowed to leave the competition kitchen. All dishes and equipment will need to remain in the kitchen until after the cooking window is closed. Any infractions of this rule will result in loss of points or disqualification at the discretion of the judges. In the event a competitor requires additional product or equipment they will need to make a request to the floor judge.
- The lead judge will have the discretionary right to clear a viewing area with the intention of maintaining the integrity of the overall competition.
- All the judge’s decisions are final.



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Show: 2025 Regional Qualifier Competition Competitor #: \_\_\_\_\_

Date: \_\_\_\_\_ Category: Student Chef of the Year

Scoring Criteria	Possible Points	Main Entree
<b>Organization and Mise en Place</b> - Sanitation & work habits (0-10) - Utilization of ingredients and required ingredients (0-10) - Use of allotted time (0-5)	0-10 0-10 0-5	
<b>Serving Methods and Presentation</b> - Overall look and execution. Proper serving vessel, easy to eat, stylistic but practical (0-10) - Food is served at the proper temperature (0-5)	0-10 0-5	
<b>Portion Size and Nutritional Balance</b> - Portion sizes of starch, vegetable, and protein equate with what is traditionally expected of an entrée course and are proportionate of one another. (0-10)	1-10	
<b>Cooking Skill and Culinary Technique</b> - Creativity, skills, and craftsmanship (0-10)	0-10	
<b>Flavor, Taste and Texture</b> - Overall taste, flavor, and texture (0-30) - Protein cooked to proper doneness (0-10)	0-30 0-10	
<b>Total Score</b>	<b>100</b>	
<b>Late Deduction (0-10)</b>	-	
<b>FINAL SCORE</b>	—————→	

Award Guidelines	
100 points	Gold w/ Distinction
90 – 99.99 points	Gold
80 – 89.99 points	Silver
70 – 70.99 points	Bronze
60 – 69.99 points	Diploma

Judge's Signature: \_\_\_\_\_

Printed: \_\_\_\_\_



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## Student Chef of the Year Qualifier Final Tally Sheet

Competitor	Total Score (max. 100 PTS.)
Competitor 1	
Competitor 2	
Competitor 3	
Competitor 4	
Competitor 5	
Competitor 6	
Competitor 7	
Competitor 8	
Competitor 9	
Competitor 10	

Judge 1 (Lead) Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Judge 2 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Judge 3 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Judge 4 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Judge 5 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Judge 6 Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_