

21st Annual Conference and **Chef's Challenge**



Hartford Courant
media group

**Thursday
March 3, 2016**

**Crowne Plaza
100 Berlin Rd
Cromwell, CT**

8:00- 4:30 pm

CALA
c/o Mary Ann Turner
7 Meadow Road
Enfield, CT 06082
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Register Today for CALA's Chef's Challenge

Dear Chef:

Come join us as we celebrate our annual CALA Conference & Trade Show and **Chef's Challenge** on Thursday, March 3, 2016 at the Crowne Plaza Hotel and Conference Center in Cromwell, CT.

The **Chef's Challenge** food competition is designed to showcase food products and creative applications in a meal. It is an opportunity for local senior living providers to showcase their talents and gain exposure for their communities.

2015 Winners

Beef Category

Jules Martin	Masonicare at Ashlar Village	1st
Adam Lewis	Benchmark Assisted Living	2nd
Jeffrey Camputaro	Masonicare at Ashlar Village	3rd

Chicken Category

Carol Koty	Lockwood Lodge of Masonicare at Newtown	1st
Violetta Tokarczyk	Arbor Rose at Jerome Home	2nd
Mathew Hammel	Benchmark Sr. Living at Ridgefield Crossings	3rd

Seafood Category

Russ Camolli	Benchmark Sr. Living at Split Rock	1st
Catie Duncan	Maplewood at Stony Hill	2nd
Hector Velez	United Methodist Homes Crosby Commons	3rd

Competing teams will be judged by a panel of professional Chef judges and based on a combination of recipe quality, variety, and creative use of products presented and kitchen protocols. Prizes will be awarded.

First place Prize of \$400

Second place Prize of \$200

Third place Prize of \$100
in each category a total of nine winners

Come participate in a fun day and demonstrate your organizations' commitment to excellence in Assisted Living.

For more information, call Mary Ann Turner, CALA Conference Manager (860) 745-4649, mturner@ctassistedliving.com or Christopher Carter, CALA President at (860) 434-5760, cpcarter@ctassistedliving.com.

2016 CALA Conference Committee Chairs

Carlene Rhea, Co-Chair

Perry Phillips, Co-Chair

CALA Mission

The mission of the Connecticut Assisted Living Association (CALA) is to enhance the quality of life for those we serve. This shall be accomplished by serving as an active resource for our membership through the proactive development and implementation of continuing educational services and professional development efforts for the membership while supporting and advancing the common business interests of Assisted Living service providers in Connecticut.

CALA Conference and Chef's Challenge

Thursday, March 3, 2016 • Crowne Plaza • 100 Berlin Rd, Cromwell, CT

Chef Application & Guidelines

Application Fee: \$100 per category - payable with application



Please return by February 1, 2016. This is a "juried event" - first come basis

Contestant's Name _____

Company _____

Address _____

City _____ St _____ Zip _____

Phone _____ Fax _____

E-mail _____

Basic Information

There will only be five participants per category - for a total of 15 chefs.

Contestants must make four (4) portions: one for show and (3) for taste

Contestants may only compete in one of the following categories: Beef, Poultry, or Seafood

Application Deadline: February 1, 2016 – first come, first serve - **application fee \$100**

Send application to:

Mary Ann Turner, 7 Meadow Road, Enfield, CT 06082 - 860-745-4649 - mturner@ctassistedliving.com

The first 15 applicants (5 participants per category) to submit their completed application will be locked in for competition. One chef per organization (with multiple communities). Community may only submit one entry.

Category Beef Poultry Seafood (Pick one)

Name of entrée _____

Chef's Competition Guidelines

The following information lists the rules and guidelines for all flights of the competition. It is broken down into four sections:

Section 1: Competition Categories

Section 2: Scoring

Section 3: Equipment & Supplies

Section 4: Sanitation and Hygiene

General Rules and Guidelines: (Applies to all flights)

- A **mandatory meeting** the morning of the competition, Thursday, **March 3, 2016, 9:00 am** with the lead judge and judges.
- No advance preparation or cooking is allowed. Dry ingredients can be pre-measured. Vegetables and salads may be washed, but not cut or shaped in any form.
- Chef must provide EVERYTHING necessary to make their recipe
- Competitor is allowed to bring in only the whole and raw materials to execute the assignment. However, the judges will allow slight variances in amount to allow for unforeseen emergencies. No finished sauces are allowed. However, the competitor will be allowed to bring in basic stocks – beef, chicken, veal, vegetable or fish – as necessary for the assignment. No clarified consommés. Reduction sauces must be finished at the competition.
- Competitors have to bring their own tools, including but not limited to: Plates (4), knives, tools of the trade for your specific meal, apron, chefs hat, chef coat etc.
- All competitors are allowed to pre-scale their recipes. The following ready made doughs are allowed to be brought in: puff pastry, filo dough, rice noodle, wonton (not baked, rolled or molded).
- Mirepoix may be cut for fortifying sauces.
- Peeled and chopped shallots, garlic cloves, ginger root and all types of onions are allowed.
- Fresh herbs, picked off stem, and chopped are allowed. Pre-soaked beans are allowed.
- Finish sauces used as ingredients (such as béchamel in a pudding or timbale) are allowed.
- Basic Nutritional Balance in recipe development in the simplest form means the competitor used the following guidelines in formulating a balanced, nutritionally sound recipe. Based on overall calories, no more than 30% of the daily calories should come from fat, 50-60% of the daily calories should come from carbohydrates, and 15-20% of the daily calories should come from protein.

Section 1: Competition Guidelines

Practical and Contemporary, Hot Food Cooking Competition

Competitor will prepare four portions of an entrée. Competitor may bring (in raw state) accompaniments, such as turned vegetables, trimmed beans, diced potatoes, peeled asparagus and so on.

Pan-ready sauces may also be brought in, but must be finished in some manner during the competition.

Competitor will have 60 minutes to fabricate, prepare and cook the dish, with an additional 15 minutes allocated for dish-up and judging.

Competitor will fabricate a main course. Choice of meat to be fabricated (peeled, cleaned, trimmed, and sinew removed) at the competition site during the allotted time. Competitor will prepare four portions of a main course, maximum 6 oz. trimmed raw protein weight per entrée, with appropriate garnishes – one for critique and three for taste.

Section 2: Scoring

Hot Food Cooking & Pastry
Taste Based Judging
Critique & Scoring

Organization	10 Points
Sanitation	0-5
Utilization of ingredients and use of allotted time	0-5

Comments:

Cooking Skills and Culinary Techniques	10 Points
Creativity, Skills and Craftsmanship	
Serving & Portion Size	

Comments:

Taste	20 Points
Flavor and Texture	0-10
Ingredients Compatibility and Nutritional Balance	0-5
Presentation	0-5

Comments:

Total Score:

Section 3: Equipment and Supplies

Organizing Committee will have the following items available for each kitchen station:

- 2- 1 Burner electric ranges 11 ½" x 12"
- 2 Work Tables (3'x6')
- Power supply, four outlets per station.
- Garbage receptacles

General Access:

- Large clock in competition area for accurate time keeping.
- Judges' table to include: silverware, napkins, water, glasses, pads, pencils, pens, etc.

IMPORTANT NOTICE:

Any equipment a competitor wishes to bring, which is not listed, must be pre-approved by Bob Hattar before event. **Please direct questions to Bob Hattar, 203-531-5500 or Email: Chefhattar@rcn.com**