

22nd Annual Conference



Thursday
March 2, 2017

Radisson Hotel
100 Berlin Rd
Cromwell, CT

8:00- 5:00 pm

CALA
c/o Mary Ann Turner
7 Meadow Road
Enfield, CT 06082
(860) 745-4649 Office
mtturner@ctassistedliving.com

Register Today for CALA's Chef's Challenge

Dear Chef:

The annual CALA **Chef's Challenge** is Thursday, March 2, 2017 at the Radisson Hotel in Cromwell, CT -- sponsored by 

The Challenge is a food competition for CALA members to showcase their talents and gain exposure for the high quality dining service they provide to residents in senior living.

2016 Winners



Competing teams will be judged by a panel of professional Chef judges and judging will be based on a combination of recipe quality, variety, and creative use of products, as well as, presentation and kitchen protocols. Prizes to be awarded are:

First Prize of \$300

Second Prize of \$200

Third 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, mtturner@ctassistedliving.com or Christopher Carter, CALA President at (860) 434-5760, cpcarter@ctassistedliving.com.

2017 CALA Conference Committee Chairs

Jason Rieger, Co-Chair
Masonicare at Ashlar Village

Perry Phillips, Co-Chair
Masonicare at Mystic

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 Chef Challenge

Thursday, March 2, 2017 • Radisson Hotel • 100 Berlin Rd, Cromwell, CT

Chef Application & Guidelines

Application Fee: \$150 per category - payable with application



Please return by January 30, 2017. This is a “juried event” - first come basis

Contestant's Name _____

Company _____

Address _____

City _____ St _____ Zip _____

Phone _____ Fax _____

E-mail _____

Center of The Plate Proteins will be donated by Performance Foodservice, CALA's Conference title and food sponsor. Competitors may compete in ONLY one of the following categories: Beef, Poultry, or Seafood.

1. Contestants must make four (4) portions: (1) for show and (3) for taste and contestants must provide their own ingredients and or other components to complete their dish.
2. Competitors will choose which “flight” to participate in and **provide a skeletal recipe - along with application, and application fee (\$150-credit cards accepted)**, no later than January 30, 2017.
3. All recipes will be property of Performance Foodservice and its affiliates. The below “center of the plate” proteins will be provided by our chef challenge sponsor, Performance Food Service. Please chose one.

Beef Category: 2 - Portions of Teres Major Beef Tender (each portion will yield 2 Servings).

Poultry Category: 4 - Statler Chicken Breast 6-7 Oz

Seafood Category: 1- Pound of Shrimp U-15

4. Questions pertaining to the above shall be addressed to Bob Hattar, Chef's Challenge Lead Judge - chefhattar@rcn.com, **203-531-5500**.

Any and all recordings or live transmissions of this event shall be pre-approved by Christopher Carter, CALA President 203-530-3779.

5. This is a **“First-Come-First Serve”** event - call, email, fax or mail your choice of flights to: Mary Ann Turner phone/fax 860-745-4649, 7 Meadow Road, Enfield, CT 06082 - mturner@ctassistedliving.com

6. Application Deadline: January 30, 2017 – first come, first serve - application fee \$150 - credit cards accepted.

The first 18 applicants (maximum of 6 participants per category) to submit their completed application will be confirmed for the 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

Tentative Flight Times	
First flight	9:00-10:30
Second flight	11:00-12:30
Third flight	1:00-2:30

General Rules and Guidelines: (Applies to all flights)

- A **mandatory meeting** the morning of the competition, **Thursday, March 2, 2017, 8:30 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, except protein.
- 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, cutting boards, 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** **There is a charge for guests who may accompany a chef.** Please contact Mary Ann Turner, 860-745-4649 if you have any questions or make need to make a reservation for your guest.