

# 23<sup>rd</sup> Annual Conference



Thursday  
March 8, 2018

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 8, 2018 at the Radisson Hotel in Cromwell, CT.

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.

### **2018 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 Registration Form

Thursday, March 8, 2018 • Radisson Hotel • 100 Berlin Rd, Cromwell, CT



## Chef Application & Guidelines

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

**Please return by January 30, 2018. This is a "juried event" - first come basis**

Contestant's Name \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail \_\_\_\_\_

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 submit application and application fee (\$150-credit cards accepted), no later than January 30, 2018.
3. Questions pertaining to the event shall be addressed to Bob Hattar, Chef's Challenge Lead Judge **914-906-2829**.
4. This is a "**First-Come-First Serve**" event - call, email, your choice of flights to: Mary Ann Turner phone 860-745-4649, 7 Meadow Road, Enfield, CT 06082 - mturner@ctassistedliving.com
5. **Application Deadline: January 30, 2018** – 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 (Circle one)

Name of entrée \_\_\_\_\_

### Guest or Chef Assistant Registration (see page 5 for details):

Name: \_\_\_\_\_ Name: \_\_\_\_\_  
E-mail: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Phone: \_\_\_\_\_ Phone: \_\_\_\_\_

### Credit Card Information:

MasterCard  Visa  Discover  AMEX

Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ CVC \_\_\_\_\_

Name on Card: \_\_\_\_\_ Phone: \_\_\_\_\_

Billing Address: \_\_\_\_\_

# 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 8, 2018, 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.
- 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.

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## **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:

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## **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.

# Chef's Competition Rules

1. Chefs are welcome to register guests who may accompany them to the event. The charge for guests is \$50 ea. This includes lunch, but does not include workshop attendance. A badge will be available and guest must wear during event.
2. Chefs may bring one (1) assistant to help with anything EXCEPT food preparation and cooking. The charge for helpers is \$50 ea. This includes lunch, but does not include workshop attendance. A badge will be available and must worn during event.
3. Chefs do not have access to the hotel kitchen. If you need something, please see Bob Hattar or Mary Ann Turner and they will be happy to help you.
4. Any and all recordings or live transmissions of this event shall be pre-approved by Christopher Carter, CALA President 860-434-5760.
5. 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, 914-906-2829**

**Directions:** Radisson Hotel, 100 Berlin Road, Cromwell, CT 06416  
Exit 21 off I-91 North or South.  
Take left at traffic light. Hotel will be on left - 1 block.

Please contact Mary Ann Turner, 860-745-4649 if you have any questions.