



## FunFest 2025 Foods Competition Rules High School



**Objective:** Students will compete in a culinary competition to demonstrate knife skills and fundamental techniques.

### Entries and Judging

**Participants:** 2 teams per school, with 3 members per team. Team members must be present for the competition at FunFest.

**Submission:** No prior submission is required. Students must sign up for this event with MCS by the deadline.

**SCC Judges:** Erin Durkee, Department Chair, Culinary and Pastry Arts and Associate Professor/Coordinator, Culinary Arts

**Judging Location:** Little Hall Room 115 (Main Kitchen)

**Notes:** None.

**Determining the winner:** The winner will be the team with the most points earned from the competition.

*Rules Revised/Checked:  
07/15/24*

## Competition Rules

Arrive by 9:30

Students must be in proper uniform, to include hat and apron

Begin at 9:45 am, clean by 11:15 am.

Please see table below for further details

Competition is focused on display of skill

Knife cuts will utilize carrots

There are two rounds:

Round one, Knife cuts

Round two, Sushi Rolls

During round one, each team will present their knife cuts, and ONE team PER High School will be chosen to move on to represent their school during the Sushi Roll Round.

### **What will be provided by SCC:**

All Food Items to include:

- Cooked Sushi Rice
- Avocado
- Carrots
- Cucumbers
- Bell Peppers
- Black Sesame seed
- Nori
- Dipping Sauce
- Wasabi
- Rice wine vinegar

Serving plates

Sushi Mats

Cooking utensils

Competitors will need to bring their own knife kits

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Name	
Criteria	Possible Points
<p><b>Points we are looking for in your knife cuts</b></p> <ul style="list-style-type: none"> <li>• Size - Classical Julienne, Brunoise, Batonnet, Small Dice.</li> <li>• Uniformity - Are they all the same to ensure uniform cooking.</li> <li>• Square – Are the cuts cube shape and visually appealing.</li> <li>• Waste – How much waste was generated to produce cuts.</li> </ul>	0-30
<p><b>Points we are looking for in your sushi roll</b></p> <ul style="list-style-type: none"> <li>• An evenly filled and rolled sushi roll</li> <li>• The roll should be firm, not soft</li> <li>• The roll should be sealed completely</li> <li>• A good ratio of rice to filling</li> <li>• The colors of the nori, rice, and filling should be pleasing to the eye with contrasting colors on display.</li> <li>• There should be a complete circle of rice in the roll with the filling in the middle of the rice</li> <li>• The slices cut from the roll should be even and there should be 8 slices per roll</li> <li>• The filling should have a nice fine texture.</li> <li>• The slices of sushi should be able to be picked up with chopsticks without falling apart.</li> <li>• The outside of the roll should be clean with no other items on the nori.</li> <li>• The sushi should look and taste clean, even, and consistent. correct? Do the textures reflect the cooking technique? Is the sauce the correct flavor for the meat/fish and is it the correct consistency and smooth?)</li> </ul>	0-40
<p><b>Points we are looking for in your Sanitation and Safety</b></p> <ul style="list-style-type: none"> <li>• Proper handwashing procedures</li> <li>• Proper use of gloves</li> <li>• Proper use of sanitizers</li> <li>• Cross contamination</li> <li>• Sanitation of all tools and equipment</li> <li>• Correct use of side towels and uniform</li> </ul>	0-15
<p><b>Points we are looking for in your Preparation and Misenplace</b></p> <ul style="list-style-type: none"> <li>• Presence and use of a prep list</li> <li>• Delegation and assignment of tasks to all teammates</li> <li>• Wasted steps</li> <li>• Organization of tools and ingredients</li> <li>• Proper sequence of preparation</li> </ul>	0-15

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