



2010-2011 Teacher's Guide

C-CAP Cooking Competition for Scholarships



Arizona
Chicago, IL
Hampton Roads, VA
Los Angeles, CA
New York, NY
Philadelphia, PA
Prince George's County, MD

Founder's Vision and Message for Teachers

When I started C-CAP twenty years ago, little did I know that together we would change the lives of thousands of students. I know the challenges you face daily in the classroom and applaud you and your steadfast commitment to developing your own professional skills and to preparing your students for postsecondary education and employment in the foodservice industry. I am very proud of what you and C-CAP have accomplished.

As we start our 21st year, you continue to be the cornerstone of C-CAP's success and your students' progress and achievements. C-CAP's 2010-11 programming for teachers and students will include:

- Teacher Training
- Product Donations
- Professional Visitors to Classrooms
- Competitions & Scholarships
- College & Career Guidance
- Job Readiness & Placement

The Teacher's Guide has been updated for 2010-2011. Please note that competition details, judging criteria and competition recipes are written with clear, easy-to-understand directions to eliminate any ambiguity when training students. Also, in response to your feedback and that of the 2010 senior competitors, we have made changes to the *2011 C-CAP Cooking Competition for Scholarships* application. Please become familiar with the new 2011 application so you can assist your students. Contact your local C-CAP coordinator or director if you have questions.

We continue to underscore the importance and value of teaching students to master the basic skills needed for entry-level employment and professional achievement. Many of these skills are reflected in the annual *C-CAP Cooking Competition for Scholarships* and all are outlined in detail in *C-CAP Approved: A Curriculum Outline of Essential Culinary Arts Skills*. If your students have mastered the skills outlined in *C-CAP Approved* by the time they graduate, they will indeed be ready to work in the industry and/or to enroll in a post-secondary culinary program.

As always, we remain committed to our mission of providing career opportunities for students and to you as vital partners in improving high school culinary education. We're available to offer training based on your specific needs. Please be in touch and let us know how we can assist. Even though the economic times remain difficult, all of us at C-CAP look forward to a great year.

Kindest regards,



Richard Grausman

Table of Contents

1. About C-CAP	
C-CAP Mission, C-CAP Partnership and Teachers' Participation	4
C-CAP National Fact Sheet	5
C-CAP Programs	6
C-CAP Teacher and Student Benefits	7
C-CAP Teacher Contract.....	8-9
C-CAP Teacher Information Form	10-11
2. C-CAP Cooking Competition for Scholarships	
Purpose	12
Application Process	12
Selection Process	13
Preliminary Competition Overview	14
Final Competition Overview.....	14
Scholarship Awards	14
Frequently Asked Questions	15-16
4. C-CAP Preliminary Competition	
Preliminary Competition Details	17
Preliminary Judging Criteria	18-20
Preliminary Competition Recipes	21-23
Preliminary Competition Helpful Hints	24
Preliminary Competition Prep Sheet	25
Sample Timeline for Preliminary Competition	26-27
5. C-CAP Final Competition	
Final Competition Details.....	28
Final Judging Criteria.....	29-31
Final Competition Recipes.....	32-39
Final Competition Helpful Hints	40
Final Competition Prep Sheet.....	41
Sample Timeline for Final Competition.....	42-43
7. Product Sponsors	
National Product Sponsors	44
Guide to a Thank-You Letter	45
Sample Thank-You Letter	46
Appendix	
Competition Application	
Post-Secondary Research Chart Example	
City University of New York (CUNY) Culinary and Hospitality Programs	
State University of New York (SUNY) Culinary and Hospitality Programs	
Culinary Programs and Intercollegiate Sports	
Private (Non-C-CAP) Scholarship Resources for High School Students	

About C-CAP

Our Mission

Careers through Culinary Arts Program (C-CAP) is a 501 (c) (3) not-for-profit organization that promotes and provides foodservice career opportunities for underserved youth through culinary arts education and employment.

The C-CAP Partnership

Many underserved public high school students leave high school unprepared for the transition from school to work. Careers through Culinary Arts Program (C-CAP) addresses this pressing problem by using the culinary arts to prepare public high school young people for successful transition from school to work. We do this by:

- Training students in the hard and soft skills valued by the 21st century workforce through vocational training and curriculum enhancement programs
- Enhancing our teachers' and young people's social capital by connecting them to individuals and organizations, such as industry and post secondary institutions, that allow them an opportunity to practice, develop, and improve upon their hard and soft skills

Now in its 21st year, C-CAP has a proven track record of helping teachers to empower their students to learn a set of skills that they can parlay into a rewarding career.

Teachers' Participation with C-CAP

1. **Referring** motivated and qualified students to your local C-CAP Coordinator for college and career counseling and other programs.
2. **Preparing** your students for the annual C-CAP *Cooking Competition for Scholarships*.
3. **Attending** free training sessions, meetings, and special events.
4. **Providing** the C-CAP office with statistical information about your school and students for grant proposals.
5. **Writing** thank-you notes to the sponsors and volunteers who make C-CAP possible and encouraging your students to do the same.



About C-CAP



Careers through Culinary Arts Program (C-CAP) works with public schools across the country to prepare underserved high school students for college and career opportunities in the restaurant and hospitality industry.

A national nonprofit organization founded in 1990 by well-known culinary educator and author, Richard Grausman, C-CAP has awarded students \$31 million in scholarships and donated \$2.5 million worth of supplies and equipment to classrooms. Many C-CAP alumni, now graduates of top culinary colleges, are working in leading restaurants and hotels throughout the country.

Programs



Teacher Training: Professional-development sessions build culinary teachers' skills and knowledge to enhance student learning and performance outcomes.

Scholarships and Cooking Competitions: Each year, our students compete in C-CAP cooking contests for scholarships to culinary colleges and universities that offer a broad range of culinary arts and hospitality-management courses.

Job Training, Internships and Career Advising: Job-readiness training, job shadowing and internships prepare C-CAP students for entry-level jobs in restaurants, hotels, schools, hospitals and other major foodservice venues. Continued counseling alerts the students to job opportunities and helps our alumni advance their careers.



College Advising and College 101: College and career advisors work with our scholarship winners to ensure their success at school and in the industry.

Product Donations: Industry sponsors furnish under-equipped and under-stocked classrooms with much-needed kitchen equipment and ingredients.

C-CAP operates in the following locations:

- Arizona (statewide)
- Chicago, Illinois
- Hampton Roads, Virginia
- Los Angeles, California
- New York, New York
- Philadelphia, Pennsylvania
- Prince George's County, Maryland

2009-10 Academic Year-End Results



Students served: 18,000
Schools served: 167
Teachers served: 220
Scholarships: 216
Scholarship value: over \$3 million

Industry professionals working with C-CAP: 600
Students receiving career and college advising services: 1,300
Product Donations: \$147,210

Learn more about C-CAP and support our work to level the playing field for talented but economically disadvantaged students, by visiting www.ccapinc.org or emailing info@ccapinc.org. Press Contact: Joyce Appelman, 516-482-1016 or greatappel@aol.com

C-CAP Programs

Teacher Training – C-CAP provides innovative training sessions and opportunities for public high school teachers. The teachers, in turn, prepare their students with a well-rounded culinary education. Keeping the skill levels of the teachers up-to-date with a focus on the needs of the industry is key to culinary arts education.

Food and Equipment Donations – C-CAP secures in-kind donations of food, kitchen equipment, and supplies for public school culinary classrooms.

Scholarships – Through annual culinary competitions, C-CAP awards scholarships for students to continue their education at top post-secondary culinary schools, including Culinary Institute of America, Johnson & Wales, the Art Institutes, and Monroe College.

College and Career Advising – C-CAP staff provides long-term support to students by identifying appropriate post-secondary options, assisting with admissions and financial aid procedures, and hosting targeted career-building workshops. In addition, C-CAP connects new students to an extensive network of graduates and culinary professionals.

Internships – C-CAP provides internship placement services for participants to experience realistic and demanding industry work and to prepare them for full-time jobs or post-secondary education.

Job Placement – C-CAP helps to assess and match students with appropriate positions in restaurants, hotels and commercial foodservice companies. C-CAP serves as a useful resource for employers, who in turn open doors for our students.

2010-2011 C-CAP Teacher and Student Benefits

As a C-CAP teacher participant, I understand that I, my school and students are eligible for the products and services listed below. In order to continue to receive these benefits, I will comply with the terms listed in the 2010-2011 C-CAP Teacher Contract.

C-CAP TEACHER BENEFITS

1. Ingredients, products and equipment donated by various C-CAP sponsors.
2. Professional development trainings and courses to enhance my knowledge of the industry and further develop my classroom and culinary skills.
3. One-on-one advising and technical assistance from C-CAP staff to improve and/or enhance my program.
4. Invitations to C-CAP and industry events to network with industry professionals, culinary school faculty, and culinary teachers from local high schools.
5. Advocacy within my local Department of Education in support of Career and Technical Education, specifically in Culinary Arts.
6. Support services for my classroom needs on a case-by-case basis.

C-CAP STUDENT BENEFITS

Students taking a culinary course under my direction will receive the following benefits:

1. Students will be eligible to apply to participate in C-CAP programs and services, including but not limited to job shadows, demonstrations, job training and internships, winter and summer chefs, workshops and ongoing college and career advising.
2. My students will be better prepared for the industry and culinary school through their participation in C-CAP programs and services.
3. At least two students from my school will be eligible to apply to compete in the spring *2011 C-CAP Cooking Competition for Scholarships*.

As a direct result of my teaching and guidance, students will be eligible to win partial and full-tuition scholarships to attend a post-secondary culinary institution.

NOTE: Please read and complete the 2010-2011 C-CAP Teacher Contract on the following page. Two copies have been provided – please send one complete copy to your local C-CAP coordinator/director and keep one copy for your records.

C-CAP Copy



2010-2011 C-CAP Teacher Contract

As a teacher participating in the 2010-2011 Careers through Culinary Arts Program (C-CAP), I am required to submit this contract no later than _____.

By accepting the benefits listed on the previous page, I agree to fulfill the following terms in the 2010-2011 school year:

1. I will fill out the teacher information form and return it no later than the due date set by the coordinator. _____ *Initials*
2. I will check my email regularly for updates and information from C-CAP. _____ *Initials*
3. I will attend the teacher training opportunities offered by my local C-CAP Coordinator. _____ *Initials*
4. I will allow a C-CAP representative and/or affiliate to come to my school and visit with students. _____ *Initials*
5. I will write a Letter of Recommendation for each student that I am training for the C-CAP competition. I understand that this letter must be typed and on school letterhead. _____ *Initials*
6. I will instruct my students to write thank you letters to individuals or organizations that have donated products or services as a result of my relationship to C-CAP. This includes chefs, industry professionals, post-secondary representatives, and product donors. I will collect the thank you letters and send them to the appropriate contact. _____ *Initials*
7. I will send the product sponsor thank you letters to the Office Manager at C-CAP headquarters in New York, no later than May 2, 2011. _____ *Initials*
8. I will not solicit additional donations from sponsors, chefs or industry personnel already contributing products and/or services to my school through C-CAP unless I get prior consent from my C-CAP Program Coordinator. _____ *Initials*
9. I will train all interested and eligible students at my school for the preliminary *C-CAP Cooking Competition for Scholarships*. I understand that up to two qualified students from my school will be eligible to compete in the final C-CAP competition for scholarships. _____ *Initials*
10. I will train all students from my school who are selected as finalists for the *C-CAP Cooking Competition for Scholarships*. _____ *Initials*

Teacher Signature _____ Date _____

Principal Signature _____ Date _____

High School _____

Teacher Copy



2010-2011 C-CAP Teacher Contract

As a teacher participating in the 2010-2011 Careers through Culinary Arts Program (C-CAP), I am required to submit this contract no later than _____.

By accepting the benefits listed on the previous page, I agree to fulfill the following terms in the 2010-2011 school year:

1. I will fill out the teacher information form and return it no later than the due date set by the coordinator. _____ *Initials*
2. I will check my email regularly for updates and information from C-CAP. _____ *Initials*
3. I will attend the teacher training opportunities offered by my local C-CAP Coordinator. _____ *Initials*
4. I will allow a C-CAP representative and/or affiliate to come to my school and visit with students. _____ *Initials*
5. I will write a Letter of Recommendation for each student that I am training for the C-CAP competition. I understand that this letter must be typed and on school letterhead. _____ *Initials*
6. I will instruct my students to write thank you letters to individuals or organizations that have donated products or services as a result of my relationship to C-CAP. This includes chefs, industry professionals, post-secondary representatives, and product donors. I will collect the thank you letters and send them to the appropriate contact. _____ *Initials*
7. I will send the product sponsor thank you letters to the Office Manager at C-CAP headquarters in New York, no later than May 2, 2011. _____ *Initials*
8. I will not solicit additional donations from sponsors, chefs or industry personnel already contributing products and/or services to my school through C-CAP unless I get prior consent from my C-CAP Program Coordinator. _____ *Initials*
9. I will train all interested and eligible students at my school for the preliminary *C-CAP Cooking Competition for Scholarships*. I understand that up to two qualified students from my school will be eligible to compete in the final C-CAP competition for scholarships. _____ *Initials*
10. I will train all students from my school who are selected as finalists for the *C-CAP Cooking Competition for Scholarships*. _____ *Initials*

Teacher Signature _____ Date _____

Principal Signature _____ Date _____

High School _____



2010-2011 C-CAP Teacher Information Form

Please fill out the following form and return it to your local C-CAP Coordinator. Your responses will help C-CAP tailor our programs and services for teachers and students to better fit your needs in the 2010-2011 school year. Please note there are **two** pages.

TEACHER/SCHOOL DATA

Teacher Name _____

Email Address _____

School Phone _____ Cell Phone _____

Home Address _____

High School Name _____

Principal Name _____ Work Phone _____

Assistant Principal Name _____ Work Phone _____

INDUSTRY WORK EXPERIENCE

1. Years Teaching Culinary _____
2. Do you have a degree in culinary arts, hospitality or a related field?
 Yes _____ No
School Name Major Degree
3. Do you have professional work experience in the culinary/hospitality industry?
 Yes, years of experience _____ No

Please indicate your professional culinary/hospitality industry work experience by filling in the table below. Please do not include teaching experience.

Place of Employment	Position/Specific Nature of Work	Approximate Dates
1.		
2.		
3.		
4.		

CLASSROOM INFORMATION

1. Are you a CTE program? Yes No Length of school's culinary/hospitality program _____
2. Program Focus (Check all that apply) Culinary Baking Hospitality
3. Do you participate in Family, Career & Community Leadership of America (FCCLA)?
 Yes No

Name of Class <small>List each section separately</small>	Grade Level(s)	Class Length	# of Students	Student Demographics (please indicate #)										
				Female	Male	American Indian/ Alaska Native	Asian	Black / African- American	Hispanic/Latino	Native Hawaiian/ Pacific Islander	White	Other		

Biggest teaching challenge _____

Assistance I need from C-CAP _____

C-CAP Cooking Competition for Scholarships

Purpose

The *C-CAP Cooking Competition for Scholarships* is **not** a recipe competition. Rather, C-CAP views the purpose of the competition as:

1. A “carrot” to motivate students to practice and perfect the basic culinary techniques and soft skills they need to succeed in college and in the food service industry
2. A means to help students reach their education and career goals by providing financial assistance

You, the teacher, play an essential role by training your students for the competition.

Application Process

As a C-CAP culinary teacher, you are responsible for:

- **Identifying** and **Selecting** students who are interested in participating in the *C-CAP Cooking Competition for Scholarships*
- **Distributing** a copy of the *C-CAP Cooking Competition for Scholarships* application to each of your interested students
- **Assisting** your students with the Competition Application requirements
- **Reviewing** each application before it is submitted to the local C-CAP Coordinator
- **Signing** each applicant’s application checklist

All juniors and seniors who wish to compete must submit all application forms and all required documents to the local C-CAP Coordinator by the designated due date.

Each applicant must submit 1 (one) complete copies of the *C-CAP Cooking Competition for Scholarships* application. All application forms and instructions are located in this guide. Please make copies of these documents as needed and distribute them to your students. Teachers and students may also download a copy of the application on the C-CAP website at www.ccapinc.org. On the C-CAP homepage, click on your C-CAP location and then click the applications/download link.

PLEASE NOTE: all competition application forms have been updated. We will not accept outdated forms.

Selection Process

Acceptance into the Preliminary Competition

Applicants are chosen based on the following criteria:

- **Application** – Includes application form, post-secondary research chart, essay and letters of recommendation
- **Attendance** at any mandatory C-CAP pre-competition events (for select C-CAP locations)
- **Soft Skills** – Includes attitude, integrity, attendance, ability to meet deadlines and follow instructions

Acceptance into the Final Competition

Final competitors (seniors only) are chosen based on the following criteria:

- **Application** – Includes application form, post-secondary research chart, essay and letters of recommendation
- **Performance** – In the preliminary competition
- **Soft Skills** – Includes attitude, integrity, attendance, ability to meet deadlines and follow instructions, interview skills
- **Interviews** – In the preliminary competition (for select C-CAP locations)

Note: Given the selection criteria, some schools may have more competitors than others.

Scholarship & Awards Matching Criteria

Final competitors are matched with scholarship awards based on the following considerations:

- **Application** – Includes application form, post-secondary research chart, essay and letters of recommendation
- **Performance** – In the preliminary and final competitions
- **Soft Skills** – Includes attitude, integrity, attendance, ability to meet deadlines and follow instructions, interview skills
- **Scholarship Eligibility Requirements** – Some scholarships have additional eligibility requirements (i.e. GPA requirements) set by the donor or college; these can be found on the C-CAP website
- **Interviews** – In the preliminary competition and final competition
- **Applicant's Preferences** – Communicated in the application and in interviews. Please note: based on the above criteria, C-CAP may find a student best suited for a scholarship to a school not listed as one of his or her preferences.
- **Need** – As determined by the FAFSA Student Aid Report (SAR)

Preliminary Competition Overview

- Your local C-CAP Coordinator will notify you and your students whether or not the student has been accepted into the preliminary competition.
- You, the teacher, will be responsible for preparing students for the preliminary competition, including knife skills and proper egg cookery.
- Preliminary Recipes and Judging Criteria have been provided in this guide to assist you. Please refer to the *Recipe* and *Judging* sections of this guide.
- Contact your local coordinator with questions or assistance with training your competitors.
- The Preliminary Competition will be followed by a short interview with each competitor (for select C-CAP locations).

Final Competition Overview

- Your local C-CAP Coordinator will notify you and your students whether or not they have been accepted into the final competition.
- You, the teacher, will be responsible for preparing students for the final competition.
- Final Recipes and Judging Criteria have been provided in this guide to assist you. Please refer to the *Recipe* and *Judging* sections of this guide.
- C-CAP will offer one practice session for the finalists. **Students who do not attend the Mandatory Final Competition Practice will not be eligible to compete in the Final Competition.**
- The Final Competition will be followed by a short interview with each competitor. Interview questions will be provided in advance; please prepare students for the interview.

Scholarship Awards

- An up-to-date list of C-CAP scholarships can be found on the C-CAP website at <http://www.ccapinc.org/s-ccap-scholarships.php>.
- Some scholarships have additional eligibility requirements (i.e. GPA requirements) set by the donor or college, these can be found on the C-CAP website.
- C-CAP reserves the right to award scholarships as deemed appropriate; C-CAP may find students best suited for a scholarship to a school not listed as one of the student's preferences.
- Scholarship awards will be announced at the C-CAP Awards Ceremony. Your local C-CAP coordinator will notify you and the final competitors about the details of the C-CAP Awards Ceremony in your city.

Frequently Asked Questions about the Competition

Answers provided by Richard Grausman, Founder and President of C-CAP

1. Why are the students required to make a French omelet for the Preliminary Competition?

RG: The French omelet requires several skills to execute the dish well. It takes coordination, practice, attention to detail, and speed to be made correctly. Being able to make a French omelet well, shows a student's potential to learn more complicated techniques.

2. Why are the students required to show mastery of a variety of vegetable cuts in the Preliminary Competition?

RG: Knife skills are one of the most important skills for success in the industry. It takes a great deal of practice to be able to safely handle a knife with speed and confidence. If a student is comfortable and works safely with a knife, it shows that the student has repeated the skill many times to perfect it; this is a key to success in the industry.

3. Why are the students required to tourné the vegetables in the Final Competition?

RG: Many teachers and industry professionals have asked why we have students tourné vegetables when this cut is so infrequently used in the industry these days. Like the knife skills exercise in the Preliminary, in order to tourné well, the student must practice repeatedly. To master a difficult cut takes determination, discipline and patience, as well as basic coordination. These are necessary attributes and skills for success in the foodservice industry.

4. Why are the students required to make chocolate sauce over direct heat and not with a bain marie?

RG: Chocolate has a reputation of being difficult to work with, and it has a lot of do's and don'ts associated with it. Many teachers, chefs, and students have been taught to melt chocolate over a *bain marie* and never to add water. As a result, they are suspect of this method of placing chocolate and water directly over the heat source. Understanding that chocolate and water, if in the proper proportions, can be placed, without fear, over direct heat to melt, and even boil is something I like to teach. Plus, it's quick and economical.

5. Why are the students required to memorize the recipes?

RG: Memorizing recipes give students confidence, allows them to perform quickly, and forces them to focus on the process and techniques, rather than individual steps and ingredients. In addition, the repetition necessary to memorize gives students familiarity and confidence, both of which are important to exhibit to the judges. Memorization is also a process of learning that students can show they are capable of. Finally, reading recipes while preparing dishes is not the professional industry standard.

C-CAP Preliminary Competition

2010-2011 C-CAP PRELIMINARY COMPETITION DETAILS

Students will be asked to:

- Prepare a French Rolled Omelet, and a Tomato, Cucumber and Bell Pepper Salad. Recipes follow.
- Demonstrate knife cuts requested by the C-CAP Coordinator.
- Complete omelet, salad and knife cuts within a 1-hour time limit.
- Prepare two plates of each dish – one for presentation and one for tasting.
- Memorize the recipes; notes are not allowed.
- Clean his or her work area and equipment during and following the competition.

Students will be judged on:

- Knife skills and cooking techniques.
- Taste, appearance, and preparation of recipes.
- Knowledge and execution of safe and sanitary kitchen procedures.
- Maintenance of a clean and orderly station throughout the competition.
- Organization and speed.
- Poise and confidence in the kitchen, ability to handle (routine) pressure and maintain a positive attitude.
- Application – includes application form, post-secondary research chart, essay and letters of recommendation.
- Attendance at any mandatory C-CAP pre-competition events (for select C-CAP locations)
- Soft Skills – includes attitude, integrity, attendance, ability to meet deadlines and follow instructions.
- Interviews – in the preliminary competition (for select locations)

* Please see the C-CAP Judging Criteria for further details.

Dress Code:

- Clean and pressed white chef's jacket and an apron.
- Chef pants or black pants.
- Rubber-soled, non-skid shoes – preferably black.
- White chef toque or hat provided by C-CAP.
- Neat hair, pulled back if it is long.
- Minimal make-up and short, clean nails – no nail polish.
- No jewelry (rings, bracelets, earrings, facial piercings or tongue studs).
- No chewing gum.
- No cell phones, iPods, MP3 players, or other electronic devices.

What Competitors bring to the Competition:

- As an example, please refer to the [Preliminary Competition Prep Sheet](#).

2010-2011 C-CAP PRELIMINARY JUDGING CRITERIA

The information below is what we give to the judges before the competition. Please make sure you review this material and are aware of what the judges are looking as they observe you.

Knife Skills

1. Is the correct knife being used?
2. Are proper cutting motions evident?
3. Is the knife held with proper hand technique?
4. Are knives kept sharp?

Uniformity of Cuts

1. Are the knife cuts consistent in size and shape?

Proper Use of Tools

1. Is the competitor using the right tool for the task?
2. Does the competitor have all of the required tools or did he/she forget something?

Speed / Confidence

1. Is there a logical progression of jobs? Are smooth transitions made from one job to another?
2. Are items properly timed? For example, is the omelet done and not being plated?
3. Is mise en place assembled correctly? For example, no running back and forth from stove to table and back again.
4. Does the competitor finish within the allotted time? Record in the notes if students do not finish on time. For example: Late - finished 3 minutes after time was called.

Professionalism

1. Does the competitor have the proper uniform? (a clean and pressed chef coat, clean apron, black or checkered pants, rubber-soled shoes, no visible jewelry, short clean nails - no nail polish, hair pulled back completely.)
2. During the competition, does the competitor maintain a relatively clean chef coat – no excessive spots or stains?
3. Is the competitor able to answer questions/take suggestions from the judges? Does the competitor respond politely to the judges?
4. Does the competitor work in their station and cooperate with other competitors working in the same space?
5. Does the competitor avoid cursing or using inappropriate language?
6. Does the competitor use courtesy with a hot pan or knife when near other competitors? For example, does he or she say, “hot pan behind you.”

Organization

1. Is the workspace kept clear of nonessentials? For example, is a knife that is not being used lying across a cutting board?
2. Is the workspace cluttered or organized?
3. Is the setup of the workspace sensible?
4. Does the competitor work systematically, on one job at a time?
5. Are the tools, knives, garbage, edible waste and equipment storage well-organized?

Safety/Sanitation

1. Is the competitor washing his/her hands?
2. Is food being handled properly?
3. Is the table free from debris?
4. Are floor spills attended to quickly?
5. Are cutting boards kept scrupulously clean?
6. Are areas kept sanitized to avoid possible cross contamination, particularly when switching from meat to vegetable or dairy?
7. Are side towels used correctly? Or incorrectly? For example, is a towel used to wipe debris off a table and then to wipe a knife or a plate?
8. Does the competitor leave the kitchen as clean as he or she found it?

Omelet Presentation

1. Is the technique cited in the recipe adhered to? For example, the omelet should have no color; it should be smooth and not wrinkly.
2. Is it presented appropriately, easy to eat, and pleasing to the eye?

Omelet Taste

1. Is there evidence of using proper cooking techniques and skills?
2. Is the omelet cooked to the correct doneness? (it should be moist inside)
3. Does the dish have the correct flavor, taste, and texture?
4. Does the dish portray a high level of skill and exactness?
5. Is all the hot food hot?

Salad Presentation

1. Is it presented appropriately, easy to eat, and pleasing to the eye?
2. Has the competitor demonstrated creativity and practicality?
3. Do the cucumber slices appear even?
4. Are the cuts even?
5. Is there pooling of vinaigrette on the plate? (the salad should be drained properly)
6. Does the salad stay molded?

Salad Taste

1. Is there evidence of using proper techniques and skills?
2. Does the dish have the correct flavor, taste, and texture?
3. Does the dish portray a high level of skill and exactness?
4. Is there a balance of flavor in the vinaigrette, not too salty, oily, etc.?
5. Are the cuts the right size and easy to eat?
6. Is the dressing the right consistency? Is it too thick or thin?

Potential for the Industry

1. This category is the hardest one. It is an overall judgment call based on what you saw of the competitor in today's competition. How do you think this competitor would do working as a food professional or going to culinary school? Please score and write comments.

Notes

1. This is for you to write whatever comments you wish. Please be specific. For example, if you give a score of 3 out of 10 on knife skills, provide an explanation such as the competitor was not using the correct cutting technique and not using the correct knife. Or if you give a 5 out of 10 in professionalism, provide a reason such as, "the competitor was wearing a wrinkled jacket and jeans."

Judging Criteria Regarding Glove Usage:

Hand-washing is the most critical aspect of personal hygiene.

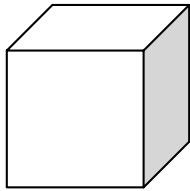
Competitors must comply with local area regulations regarding bare-hand contact with ready-to-eat food. If your local jurisdiction does not allow bare-hand contact with ready-to-eat food, then you must use utensil or gloves to create a barrier between ready-to-eat food and your hands.

Check your local area requirements or contact your local C-CAP coordinator.

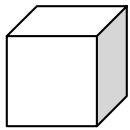
Hand antiseptics, if used, must be used after proper hand washing – never in place of washing hands. Once antiseptic is applied, sanitizer must be dried prior to working with food or equipment.

2010-2011 C-CAP PRELIMINARY COMPETITION RECIPES

Knife Cuts - Competitors should know all of these classic knife cuts. Students may have to prepare additional cuts during the competition in addition to the salad. The cuts will not be announced until day of the Preliminary Competition.



Large Dice – 3/4" x 3/4" x 3/4"



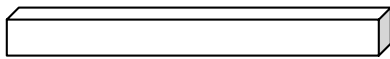
Medium Dice – 1/2" x 1/2" x 1/2"



Small Dice – 1/4" x 1/4" x 1/4"

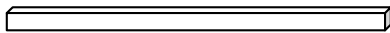


Brunoise – 1/8" x 1/8" x 1/8"



Bâtonnet – 1/4" x 1/4" x 2"

From Bâtonnet we get Small Dice



Julienne – 1/8" x 1/8" x 2"

From Julienne we get Brunoise



Fine Julienne – 1/16" x 1/16" x 2"

From Fine Julienne we get Fine Brunoise *not pictured



Tourné (turned) – 7 Sides – 3/4" width x 2" length

PRELIMINARY COMPETITION RECIPE #1

French Omelet (see p. 41-43, *At Home With The French Classics*)

Yield: 1 portion

INGREDIENTS

2 eggs*
1 to 2 tsp of clarified butter
tt salt and pepper

PROCEDURE

1. In a bowl, beat the eggs with a small whisk or fork, the more air you incorporate the fluffier and lighter the omelet will be, season with the salt and pepper.
2. Heat a 6-inch* nonstick omelet pan over medium-high heat.
3. Then add the clarified butter.
4. Add the egg mixture to the pan and start rapidly stirring with a heatproof spatula while gently shaking the pan at the same time.
5. When the eggs are nearly set but with a little moist egg still remaining, stop stirring and shaking the pan for a couple of seconds, making sure that the bottom of the pan is completely covered by the egg.
6. At this point the eggs should be set, yet still moist with no color. Stop shaking the pan and allow the bottom of the omelet to firm slightly, 4 to 5 seconds.
7. Fold the omelet into thirds by lifting the handle and tilting the pan at a 30-degree angle. With the spatula, fold the portion of the omelet nearest the handle toward the center of the pan.
8. Gently push the omelet forward in the pan so the unfolded portion rises up the side of the pan. Using the spatula, fold this portion back into the pan, overlapping the first fold.
9. Turn the omelet out onto a serving plate so it ends up folded side down. Traditionally, a French omelet should not have any color.
10. Serve immediately.

* Please check with your local C-CAP Coordinator as some locations may use an 8" pan. If using an 8" pan, use 3 eggs to make the omelet.

NOTE: To ensure fairness in judging, all competitors at a single location must use the same size pan.

PRELIMINARY COMPETITION RECIPE #2

Tomato, Cucumber & Bell Pepper Salad

Yield: 2 portions

INGREDIENTS

1 whole tomato, peeled, seeded, small dice
1/2 English cucumber (preferred) peeled, seeded and small dice
1/2 English cucumber (preferred) thinly sliced
1/4 red bell pepper, small dice
1/4 yellow bell pepper, small dice
1/4 red onion, small dice
1/4 jicama, small dice (if available)
Cilantro sprigs for garnish

Vinaigrette:

2 Tbs fresh lime juice
1/4 cup rice wine vinegar
1/4 cup olive oil (approximate, you may not use all the oil)
1 tsp rough chopped cilantro
tt sugar (1/2 tsp to 1 tsp) just enough to balance out the acid
tt salt and pepper

PROCEDURE

1. In a bowl, add lime juice and rice vinegar. Incorporate the olive oil slowly, whisking vigorously until emulsified. Add minced cilantro and season. Remember to taste and readjust seasoning if necessary.
2. In a separate bowl combine all the diced vegetables and toss with the vinaigrette, to coat the vegetables. Do not overdress the salad. Season with sugar, salt and pepper, taste and readjust if necessary.
3. Arrange the thinly sliced cucumbers in a lightly oiled ring mold, approximately 2" deep, 3" round on a large plate.
4. Drain the vegetables of any extra vinaigrette, preferably with a small sieve.
5. Fill the ring mold lined with cucumbers with the drained vegetables.
6. Unmold the salad and garnish with cilantro sprigs.

2010-2011 C-CAP PRELIMINARY COMPETITION HELPFUL HINTS

Organization and Practicing

1. You should be able to prepare two French Omelets; two Tomato, Cucumber and Bell Pepper Salads; and demonstrate the knife cuts selected by your area coordinator in less than 1 hour. Practice all the recipes the entire way through at least 5 times.
2. You should write a prep list and action plan, to avoid confusion while competing. The best time to do this is when you are practicing – from the time you step into the kitchen, until you are finished plating and cleaning up – as an example, refer to the Sample Timeline for the Preliminary Competition.
3. Keep your presentations simple – focus on perfecting your knife skills, your organization and your cooking techniques. Decide on your presentation during practice, not at the competition.
4. Wash your hands! Hand washing is the most critical aspect of personal hygiene. Competitors must abide by the sanitation and food handling regulations of your local area. Use gloves or utensils when handling ready-to-eat food if your local jurisdiction does not allow bare-hand contact with ready-to-eat food.

Knife Cuts

1. Practice all of the knife cuts shown on the Knife Cuts page.
2. Use potatoes, onions, carrots, and bell peppers to practice all of the cuts.
3. Use potatoes to practice the tourné.
4. Always use a sharp knife and proper cutting techniques.

French Omelet

1. Practice, practice, practice – it's the only way that you will be able to make this omelet.
2. Do not use too much butter; it will make your omelet greasy.
3. When you make it on a professional stove, which you may not have practiced on, make sure to lower the flame and test it out first.
4. A small heatproof rubber spatula is the best way to make the omelet.
5. Whip the eggs briskly with a fork or whisk – it creates airiness in the omelet.
6. The finished omelet should be smooth with no bumps or wrinkles. It also should have no color.
7. Remember sanitation when handling raw eggs.

Salad

1. Make sure that you taste the salad; the salad should be flavorful.
2. Make sure that you drain the salad properly – if you unmold the salad and there is pooling of your vinaigrette – you have not strained the salad properly.
3. Keep your knife sharp for the cucumber slices.

PRELIMINARY COMPETITION PREP SHEET

Equipment List	Check	Need
Knife Kit: Paring Knife, Chef Knife and Steel		
6 inch non-stick sauté pan for omelet		
Tongs or slotted spoon for tomatoes		
Containers for prepped vegetables and herbs		
Bowl to prepare eggs in		
Whisk to make vinaigrette		
Bowl to make vinaigrette		
Bowl to put prepped vegetables in for salad		
Spoon to mix salad		
Small strainer for salad		
3" ring mold, 2" high		
Fork to whip eggs		
Small spatula to make omelet with		
Small ladle or spoon for vinaigrette		
Peeler for vegetables		
Measuring spoons/cups		
* Note: if you wash during the competition, you may need less equipment. This list is an example, you may require additional equipment or small wares not listed.		
Uniform		
Apron and side towels		
Chef coat- pressed/ clean		
Black /checked pants (NO JEANS)		
Rubber soled shoes		
C-CAP Provides		
1 cutting board		
Pot for blanching tomatoes		
Ice for blanched tomatoes		
One burner per competitor		
Tasting spoons/forks		
Plates for presentation		
Paper towels/cheese cloth for cleaning		
All ingredients		
Plastic wrap		
Garbage bins		

SAMPLE TIMELINE FOR PRELIMINARY COMPETITON

Check	Task
	Night Before
	Organize all tools/equipment. Put equipment in the order you are going to use it.
	Know where the competition is and what time you need to be there.
	Day of Competition
	Arrive early.
	Make sure to have all tools, equipment, uniform.
	Competition
	Set up, you will have ten minutes- use them wisely
	Set tools/equipment down.
	Wash hands.
	Make sure all the equipment is at your station.
	Make sure all ingredients are at your station.
	Know where you should put garbage.
	Know where gloves are, if you need them.
	Know where the seasoning is- salt, pepper.
	Know where paper towels are if you need to wipe you plate.
	Know what sink you can use for hand washing.
	Know where the pot is for blanching the tomatoes.
	Know where you can cook/use the oven/refrigerator if necessary.
	Know where the sanitizer bucket is.
	Put only the equipment you need on your station. Take off anything that is not necessary.
	Start Cooking
	Wash vegetables.
	Start with omelet, crack eggs, wash hands, whip, cook and serve.
	Wipe down cutting board if necessary and wipe down station with sanitizer.
	Be aware of your space- keep it clutter free.
	Prep vegetable cuts.
	Wipe down cutting board if necessary and wipe down station with sanitizer.

Above is an example of a timeline. Write and plan your own timeline.

C-CAP Final Competition

2010-2011 C-CAP FINAL COMPETITION DETAILS

Students will be asked to:

- Prepare Poulet Chasseur avec Pommes Château (Hunter's Chicken with Turned, Sautéed Potatoes) & Crêpes à la Crème Pâtissière avec une Sauce au Chocolat (Dessert Crêpes with Pastry Cream and Chocolate Sauce) within a 2-hour time limit. Recipes follow.
- Prepare two plates of each dish – one for presentation and one for tasting.
- Memorize the recipes; notes are not allowed.
- Clean his or her work area and equipment during and following the competition.

Students will be judged on:

- Knife skills and cooking techniques.
- Taste, appearance, and preparation of recipes.
- Knowledge and execution of safe and sanitary kitchen procedures.
- Maintenance of a clean and orderly station throughout the competition.
- Organization and speed.
- Poise and confidence in the kitchen, ability to handle (routine) pressure and maintain a positive attitude.
- Application – includes application form, post-secondary research chart, essay and letters of recommendation.
- Performance – in the preliminary competition.
- Attendance at any mandatory C-CAP final events (for select locations).
- Soft Skills – includes attitude, integrity, attendance, ability to meet deadlines and follow instructions, interview skills.
- Personal Interviews.

* Please see C-CAP Final Judging Criteria for further details.

Dress Code:

- Clean and pressed white chef's jacket and an apron.
- Chef pants or black pants.
- Rubber-soled, non-skid shoes – preferably black.
- White chef toque or hat provided by C-CAP.
- Neat hair, pulled back if it is long.
- Minimal make-up and short, clean nails – no nail polish.
- No jewelry (rings, bracelets, earrings, facial piercings or tongue studs).
- No chewing gum, cell phones, iPods, MP3 players or other electronic devices.

What Competitors bring to the Competition:

- As an example, please refer to the [Final Competition Prep Sheet](#) or ask your teacher or local C-CAP Coordinator.

C-CAP FINAL JUDGING CRITERIA

The information below is what we give to the judges before the competition. Please make sure you review this material and are aware of what the judges are looking for as they observe you.

Knife Skills

1. Is the correct knife being used?
2. Are proper cutting motions evident?
3. Is the knife held with proper hand technique?
4. Are knives kept sharp?

Uniformity of Cuts

1. Are the knife cuts consistent?
2. Are the tournés uniform?

Proper Use of Tools

1. Is the competitor using the right tool for the task?
2. Does the competitor have all of the required tools or did she/he forget something?

Speed / Confidence

1. Is there a logical progression of jobs? For example, does the competitor avoid chopping herbs on several occasions? Are smooth transitions made from one job to another?
2. Are items properly timed? For example, chicken should not be finished when the potatoes or sauce is not done yet.
3. Is mise en place assembled correctly? For example, no running back and forth from stove to table and back again.
4. Does the competitor finish within the allotted time? Record in the notes if students do not finish on time. For example: Late - finished 3 minutes after time was called.

Professionalism

1. Does the competitor have the proper uniform? (a clean and pressed chef coat, clean apron, black or checkered pants, rubber-soled shoes, no visible jewelry, short clean nails - no nail polish, hair pulled back completely.)
2. During the competition, does the competitor maintain a relatively clean chef coat – no excessive spots or stains?
3. Is the competitor able to answer questions/take suggestions from the judges? Does the competitor respond politely to the judges?
4. Does the competitor work in their station and cooperate with other competitors working in the same space?
5. Does the competitor avoid cursing or using inappropriate language?
6. Does the competitor use courtesy with a hot pan or knife when near other competitors? For example, does he or she say, “hot pan behind you.”

Organization

1. Is the workspace kept clear of nonessentials? For example, is a knife that is not being used lying across a cutting board?
2. Is the workspace cluttered or organized?
3. Is the setup of the workspace sensible?
4. Does the competitor work systematically, on one job at a time?
5. Are the tools, knives, garbage, edible waste and equipment storage well-organized?

Safety/Sanitation

1. Is the competitor washing his/her hands?
2. Is food being handled properly?
3. Is the table free from debris?
4. Are floor spills attended to quickly?
5. Is useable waste stored properly for future use?
6. Are cutting boards kept scrupulously clean?
7. Are areas kept sanitized to avoid possible cross contamination, particularly when switching from meat to vegetable or dairy?
8. Are side towels used correctly? Or incorrectly? For example, is a towel used to wipe debris off a table and then to wipe a knife or a plate?
9. Does the competitor leave the kitchen as clean as he or she found it?

Chicken Presentation

1. Is the technique cited in the recipe adhered to? For example, are the tournéd potatoes and skin of the chicken browned properly?
2. Is the chicken wing bone frenched?
3. Is the chicken breast sliced on the bias – evenly and shingled correctly?
4. Is the proper amount of sauce used?
5. Are there edible garnishes used – not large sprigs of herbs?
6. Is it presented with some height, easy to eat and pleasing to the eye?
7. Are items placed closely together to help maintain temperature, or separated in a pleasing way?
8. Is the plate clean, free of grease and smudges?

Chicken Taste

1. Is there evidence of using proper cooking techniques and skills?
2. Is the chicken the correct doneness?
3. Did the chicken have time to rest?
4. Does the dish have the correct flavor, taste, texture, and doneness?
5. Does the dish portray a high level of skill and exactness?
6. Does the flavor of the sauce reflect what the recipe stated, and is it the correct consistency – not too thick, thin or broken?
7. Is all the hot food hot?

Dessert Presentation

1. Is the presentation simple and use the rule of odd numbers for presentation?
2. Has the competitor demonstrated creativity and practicality?
3. Is the crêpe thin, lacy and brown?
4. If strawberry is used as a garnish, is it also used inside the crêpe?
5. Is the chocolate sauce used correctly as a garnish? Or in the crêpe?

Dessert Taste

1. Is there evidence of using proper cooking techniques and skills?
2. Does the dish have the correct flavor, taste, texture, and doneness?
3. Does the dish portray a high level of skill and exactness?
4. Is the pastry cream smooth and creamy and the proper consistency – not too thick, thin or lumpy?
5. Is the crêpe crispy, thin and light? As opposed to thick and rubbery.
6. Is the chocolate sauce the right consistency? Is it too thick, thin, lumpy or broken?
7. Does the amount of chocolate sauce used compliment the dish?

Potential for the Industry

1. This category is the hardest one. It is an overall judgment call based on what you saw of the competitor in today's competition. How do you think this competitor would do working as a food professional or going to culinary school? Please score and write comments.

Notes

1. This is for you to write whatever comments you wish. Please be specific. For example, if you give a score of 3 out of 10 on knife skills, provide an explanation such as the competitor was not using the correct cutting technique and not using the correct knife. Or if you give a 5 out of 10 in professionalism, provide a reason such as, "the competitor had a wrinkled jacket and jeans."

Judging Criteria Regarding Glove Usage:

Hand-washing is the most critical aspect of personal hygiene.

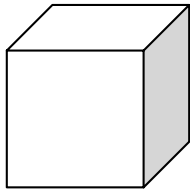
Competitors must comply with local area regulations regarding bare-hand contact with ready-to-eat food. If your local jurisdiction does not allow bare-hand contact with ready-to-eat food, then you must use utensil or gloves to create a barrier between ready-to-eat food and your hands.

Check your local area requirements or contact your local C-CAP Coordinator.

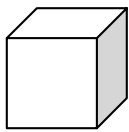
Hand antiseptics, if used, must be used after proper hand washing – never in place of washing hands. Once antiseptic is applied, sanitizer must be dried prior to working with food or equipment.

2010-2011 C-CAP FINAL COMPETITION RECIPES

Knife Cuts – Competitors should know the following knife cuts for the Final Competition in addition to knowing how to properly cut herbs, slice mushrooms and concasse tomatoes.



Large Dice – $3/4'' \times 3/4'' \times 3/4''$



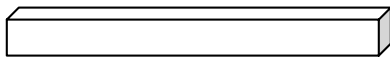
Medium Dice – $1/2'' \times 1/2'' \times 1/2''$



Small Dice – $1/4'' \times 1/4'' \times 1/4''$

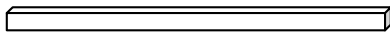


Brunoise – $1/8'' \times 1/8'' \times 1/8''$



Bâtonnet – $1/4'' \times 1/4'' \times 2''$

From Bâtonnet we get Small Dice



Julienne – $1/8'' \times 1/8'' \times 2''$

From Julienne we get Brunoise



Fine Julienne – $1/16'' \times 1/16'' \times 2''$

From Fine Julienne we get Fine Brunoise *not pictured



Tourné (turned) – 7 Sides – $3/4''$ width x $2''$ length

FINAL COMPETITION RECIPE #1

Sûpreme Poulet Chasseur avec Pommes Château (Hunter's Chicken with Turned, Sautéed Potatoes)

Chicken Breast

Yield: 2 portions

INGREDIENTS

2 each (6 to 7 oz.) chicken breasts, skin on, frenched wing bone attached
tt salt and black pepper
1 oz. olive oil

PROCEDURE

1. Pat chicken breast down with a clean paper towel to ensure the skin is dry.
2. Season chicken breast lightly with salt and black pepper on both sides.
3. Sauté breasts, skin side down, in hot oil until the skin is golden to caramel brown.
4. Remove the breasts from sauté pan and place skin side up in a metal oven-proof pan (such as a pie tin or a sizzler platter) and bake in a 375°F oven until done. (Do not overcook.) This should take approximately 12 minutes. Please use an instant read thermometer, if unsure.
5. When chicken breasts come out of the oven, let the chicken rest. Pour any pan juices into the Sauce Chasseur that you have prepared – recipe to follow.
6. Serve sliced chicken immediately. Don't cover – it will ruin the crispiness of the skin.
7. Serve with sauce and potatoes from the following recipes.



FINAL COMPETITION RECIPE #1

Sauce Chasseur for Chicken

Yield: Sauce for 2 portions

INGREDIENTS

1 medium shallot, finely minced
1 clove garlic, finely minced
5 large cleaned white button mushrooms, sliced
1 Tbs olive oil
1 plum tomato concasse (peeled, seeded, and rough chopped)
1 tsp fresh tarragon, chopped
2 tsp of flat leaf parsley, chopped
6 oz. double strength chicken stock, plus extra as needed
4 oz. glace de volaille (chicken glace)

1-2 Tbs unsalted butter, chilled and cut into small cubes
tt salt and black pepper

PROCEDURE

1. Drain excess fat from the pan in which the chicken was seared, add the olive oil.
2. Add sliced mushrooms and cook until brown.
3. Add shallots and sauté for about 30 seconds on medium-low heat. Add garlic, sauté for 30 seconds more. Do not brown garlic.
4. Add 2 oz. (1/4 cup) of the double strength chicken stock, and reduce *au sec* (until most of the liquid has evaporated) without burning. *Students must bring their own homemade chicken stock and glace to the competition. All commercial stocks, even low sodium ones are not allowed.
5. Add the glace and another 2 oz. (1/4 cup) of the stock, and cook until sauce lightly coats the back of a spoon (add more stock if sauce is too thick).
6. Add the concasse of tomato.
7. Bring to boil and simmer 5 minutes.
8. Add the tarragon and parsley.
9. Finish by adding the chilled cubed butter a bit at a time, stirring or shaking pan constantly. Do not boil. Be careful not to break the sauce.
10. Taste and adjust seasoning.
11. Serve sauce with the sliced chicken breast.

FINAL COMPETITION RECIPE #1

Fond de Volaille (Chicken Stock)
(see p.351 in *At Home With The French Classics*)

Yield: 3½ qt.

INGREDIENTS

1 chicken (4 pounds) or 4 pounds chicken parts, bones are preferred
4 qt. cold water
1 leek (white part only), washed
2 onions, peeled
3 carrots, peeled
3 stalks celery, cut in half
Bouquet Garni (4 sprigs of parsley, 2 sprigs of thyme, 1 bay leaf, and 4-6 black peppercorns) wrapped in a sachet (cheese cloth)

PROCEDURE

1. Place all ingredients in a large stockpot and bring to a simmer, uncovered, for about 2 hours. Do not boil the stock it will become cloudy.
2. Occasionally, skim the foam from the surface.
3. Strain the stock and allow it to cool uncovered before refrigerating.
4. Remove the fat from the surface when it is cold or before using.
5. Freeze the unused portion or reduce to Glace de Volaille (see below or p.353 in *At Home With The French Classics*), which can be stored in the refrigerator or freezer.

Double Strength Chicken Stock: Make chicken stock and reduce by half.

Glace de Volaille (Chicken Glaze):

1. Two quarts of stock will reduce to yield approximately ¾ cup glace de volaille.
2. Remember, when hot, the glaze will be dark brown and syrupy.
3. When cold, it will be firm to the touch. If it is like jelly, it has not been reduced enough.

FINAL COMPETITION RECIPE #1

Tournés Potatoes

Yield: 2 portions

INGREDIENTS

3 large russet potatoes – you should be able to get 4 tournés out of each potato
1-2 tsp olive oil
tt salt and pepper

PROCEDURE

1. Tourné the potatoes.
2. Par-boil in salted water just to the point of doneness – fork tender. Remove from water and dry.
3. Heat olive oil in a small sauté pan.
4. Add the potatoes to the pan.
5. Toss potatoes until evenly browned. Season with salt and pepper. Potatoes can be held in the oven.
6. Taste your extra potatoes – season and adjust if necessary.
7. Place three to five potatoes (depending on the size of your tourné) on each plate with the chicken and the sauce.



FINAL COMPETITION RECIPE #2

Crêpes Sucrées (see p. 319-322 in *At Home With The French Classics*)

Yield: 8-10 six-inch crêpes

INGREDIENTS

1/3 cup plus 1 tsp all-purpose flour
1 egg
1 Tbs sugar
1/4 tsp vanilla extract
1/2 cup milk
1 Tbs melted butter

PROCEDURE

1. Put the flour into a bowl and add the egg, sugar, vanilla, and half of the milk. Whisk slowly until a smooth batter is formed.
2. Add the remaining milk and whisk well. If time permits, allow the batter to rest 30 minutes. (As the batter rests, the granules of flour absorb the milk and swell, creating a smoother batter and a slightly stronger crêpe than if used right away.)
3. Whisk in the butter just before using the batter.
4. Heat a 6-inch sauté pan with a nonstick surface, over medium-heat. The pan is ready when a drop of water dances on the hot surface. If necessary, you can use clarified butter to grease the pan.
5. Hold the pan in one hand, tilting it slightly. Using a small ladle pour about 2 tablespoons of batter into the pan where the sides and bottom meet.
6. Now turn the pan in a circular motion to spread the batter evenly. The amount of batter used should just coat the bottom of the pan. Any excess should be poured back.
7. Cook the crêpe until the edge begins to brown. Turn the crêpe with a spatula or flip it. The surface of the crêpe should be lacey medium brown in color. Cook the second side for only 10 to 15 seconds and slide the crêpe onto a plate.
8. If after making two crêpes you find the color either too dark or too light, adjust your heat accordingly. If you find the crêpe too thick, thin the batter with a little more milk.
9. Repeat until all the crêpes are made, stacking them one on top of the other, and allow them to cool. Select your best crepes for presentation. Be careful to present the right side.

FINAL COMPETITION RECIPE #2

Crème Pâtissière (Pastry Cream)

Yield: 1 ¼ cups

INGREDIENTS

1 cup milk
3 egg yolks
3 Tbs sugar
2 Tbs cornstarch
1 tsp vanilla extract

PROCEDURE

1. In a small saucepan, bring the milk and half the sugar (prevents milk from scalding) to a boil over medium heat.
2. Meanwhile, whisk the egg yolks and the other half of the sugar together in a small bowl. Add the cornstarch to the yolks and mix well until smooth and free of lumps.
3. Temper the egg yolk mixture with approximately 1/4 cup of the warm milk.
4. Return the mixture to the saucepan and whisk rapidly over high heat, whisking the bottom and the sides of the pan until the pastry cream thickens and boils, about 1 minute. Turning the pan as you whisk helps to easily reach all areas of the pan.
5. Reduce the heat to medium and cook an additional 2 minutes, whisking as the pastry cream gently boils. It will become shiny and easier to stir.
6. Pour the pastry cream into a clean bowl and stir in the vanilla.
7. Place plastic-wrap directly on the surface of the pastry cream (this prevents a skin from forming on the surface) and let it cool. Remember to taste.
8. You should whisk briskly before using to make sure pastry cream is the right texture and consistency. Taste your pastry cream before serving.
9. Serve inside the crêpes.

Safe food handling practice recommends that the pastry cream be cooled quickly and then properly stored in the refrigerator. During the competition, when made within one hour of serving, it is recommended that you let it cool at room temperature. Check for the correct consistency. Always taste.

FINAL COMPETITION RECIPE #2

Sauce au Chocolat (Chocolate Sauce)

Yield: 2.5 oz.

INGREDIENTS

2 oz. dark chocolate
2 Tbs water

PROCEDURE

1. In a small saucepan, melt the chocolate together with the water over medium heat, about 2 minutes.
2. When the water and chocolate come to a boil, stir gently with a whisk until smooth.
3. If the sauce is too thin, cook it longer. If it is too thick, add more liquid and return to the boil.
4. Remove the sauce from the heat and allow it to cool to room temperature for use with the dessert crêpes. The chocolate sauce is a garnish and should be used sparingly.

* If you use Baker's Semi-Sweet Chocolate, it will make a thicker sauce than most of the other chocolates on the market. You may need to add as much as another 1/4 cup of liquid to reach the desired consistency.



2010-2011 C-CAP FINAL COMPETITION HELPFUL HINTS

Organization and Practice

1. You should be able to prepare two plated chicken dishes (including sauce and potatoes) and two plated dessert crepes (including pastry cream and chocolate sauce) in under two hours. Practice all of the recipes the entire way through at least 5 times.
2. You should write a prep list and action plan, to avoid confusion while competing. The best time to do this is when you are practicing – from the time you step into the kitchen, until you are finished plating and cleaning up – as an example, refer to the Sample Timeline for the Final Competition for more information.
3. Keep your presentations simple – focus on perfecting your knife skills, your organization and your cooking techniques. Decide on your presentation during practice, not at the competition.
4. Wash your hands! Hand washing is the most critical aspect of personal hygiene. Competitors must abide by sanitation and food handling regulations of local area. Use gloves or utensils when handling ready-to-eat food if your local jurisdiction does not allow bare-hand contact with ready-to-eat food.

Chicken

1. To test chicken for doneness, press down on the thickest part of the breast. The chicken should be firm but have just a slight bounce back. Overcooking will dry out the meat. Students can use a thermometer to check doneness.
2. Do not let the sauce become too thick. If you reduce it too much, it will begin to jell. If the sauce is too thick, add more stock.
3. For the sauce, the butter acts as a thickener. It must be added correctly, the sauce must not come to a boil after butter is added, or it will break.
4. A perfect flavor balance should include a hint of licorice from the tarragon, a rich flavor from the stock, earthiness from the mushrooms, a subtle tomato taste, the roundness of the butter and finished with the fresh taste of parsley.
5. The chicken may stick to the pan if the skin is not dry or oil is not hot enough.
6. Make sure the potatoes are cooked through and always make extra so you can taste and adjust the seasoning if necessary.

Dessert Crêpes

1. Remember to use the rule of one or three when deciding how to plate your crêpes.
2. If strawberries are used as garnish, it is highly recommended that you incorporate strawberries inside the crêpes.

FINAL COMPETITON PREP SHEET

Equipment List	Check	Need
Knife Kit: Paring knife, Chef's knife and steel		
Small pot for potatoes to cook and blanch tomatoes		
Sauté pan potato		
Tongs potatoes/chicken		
Containers for prepped vegetables and herbs		
Bowl for pastry cream prep		
Pot for pastry cream		
Whisk for pastry cream		
Bowl for prepped pastry cream		
Bowl for crêpe batter		
Container for prepared crepe batter		
Whisk for crepe batter		
Small spatula for crepes		
Sauté pan crepe- non stick		
Small ladle crepe		
Small sauce pan chocolate		
Sauté 8- 10 inch pan for chicken dish		
Pie pan or sizzler platter for chicken		
Cutting board- extra recommended		
Measuring spoons/cups		
* Note: if you wash pots, sauté pans and small wares, you may need less equipment. This list is an example, you may require additional equipment that is not listed.		
Uniform		
Apron and side towels		
Chef coat- pressed/ clean		
Black or checked pants (NO JEANS)		
Rubber soled shoes		
Ingredients needed to bring		
Double Strength Chicken stock		
Chicken Glace		
*Note: make sure to maintain food safety standards when transporting the stock/glace		
C-CAP Provides		
1 cutting board		
Oven space		
Two burners per competitor		
Tasting spoons/forks		
Plates for presentation		
Paper towels/cheese cloth for cleaning		
All ingredients- except stock and glace		
Plastic wrap		
Plate for prepped crepes		
Garbage bins		

SAMPLE TIMELINE FOR FINAL COMPETITON

Check	Task
	Night Before
	Organize all tools/equipment. Put equipment in the order you are going to use it.
	Know where the competition is and what time you need to be there.
	Day of Competition
	Arrive early.
	Make sure to have all tools, equipment, uniform.
	Competition
	Set up you will have ten minutes- use them wisely
	Set tools/equipment down.
	Wash hands.
	Make sure all the equipment is at your station.
	Make sure all ingredients are at your station.
	Know where you should put garbage.
	Know where gloves are if you need them.
	Know where the seasoning is- salt, pepper.
	Know where paper towels are if you need to wipe you plate.
	Know what sink you can use for hand washing.
	Know where the pot is for blanching the potatoes.
	Know where you can cook/use the oven/refrigerator if necessary.
	Know where the sanitizer bucket is.
	Put only the equipment you need on your station. Take off anything that is not necessary.
	Start Cooking
	Make pastry cream - taste with a tasting spoon.
	Make crepe batter.
	Wipe down cutting board if necessary and wipe down station with sanitizer.
	Be aware of your space- keep it clutter free.
	Prep fruit/ vegetables- strawberry first, then, shallot, garlic, mushroom etc.
	Tourné potatoes- you should be able to get 4 out of each potato. You should have 3-5 potatoes on each of your finished plates, depending on the size of your tournés.

Above is an example of a timeline. Write and plan your own timeline.

PRODUCT SPONSORS

Over the years, C-CAP has been fortunate to receive the support of many product sponsors. For 2010-11, C-CAP will again be seeking donations from these sponsors and others. As in years past, we ask you to have your students write thank-you letters for the products you receive. Each C-CAP teacher should have their students write a thank-you letter to each of the product sponsors you receive product from.

Why C-CAP Requires Thank-You Letters

Sending thank-you letters reflects positively on your school as the recipient and on C-CAP as an organization. It shows the product sponsor that you and your students appreciate their product donation. Expressing one's gratitude is an important skill for students to learn. It's also important to the donors, who want to know more about the students and the schools they've helped. Pictures are always welcomed and encouraged to demonstrate how you and your students have used the donated product.

2010 – 2011 Product Sponsor List

The list below is based on donations received in 2009-10 and is subject to change in 2010-11.

[Best Manufacturers](#) – whisks

[OXO](#) – small wares

[Blue Diamond](#) – almonds

[Nielsen-Massey Vanillas](#) – vanilla

[Filippo Berio](#) – olive oil

[Victorinox Swiss Army](#) – knives and steels

[Guittard Chocolate](#) – chocolate

[Uhlmann Co.](#) – flour

[Harold Import Co., Inc.](#) – small wares

*Product sponsors vary by area – please check with your local C-CAP Coordinator.

Thank-You Letters Due Date

Thank-you letters should be sent to the national C-CAP office:
Attention Office Manager, 250 West 57th Street, Suite 2015 New York, NY 10107.

Do Not send the letters directly to the sponsor. The letters must be received by the C-CAP National Office **no later than Monday May 2, 2011.**

Thank-You Letter Handouts

C-CAP has included a [Guidelines for Writing a Thank-You Letter](#) handout that you can distribute to students to assist them with writing their thank you's. The handout also includes a sample letter to serve as a model for students.

GUIDE TO A WRITING THANK-YOU LETTER

Writing a good thank-you letter is an important skill to have. Sending a thank-you letter reflects positively on you as a recipient and demonstrates that you appreciate something that someone has done for you. It's also important to the donors, who want to know more about the people they've helped.

Below is a set of guidelines for writing a good thank-you letter.

1. You may type or handwrite your letter. If your letter is handwritten, be sure to use a blue or black pen and write neatly. Make sure your spelling and punctuation are correct; it's best to write a draft before writing or typing on a card.
2. Start your letter by thanking the donor for their donation. Let the donor know what the donation means to you, your classmates, and your school.
3. Tell the donor how you used the donation. Did you cook or bake with it? Was it used for a specific lesson, dish or event? Be specific and provide details. For instance, if you used almonds for a cake recipe, explain what the recipe was, what you learned from making the cake, etc.
4. Next, tell the donor a little about yourself – why you are taking a cooking class, how many cooking classes you have taken, what you have learned in your cooking class, etc.
5. Let the donor know what your future plans are if they are related to cooking. What are your career or school plans? What do you intend to do with your degree? Are you planning to cook at a particular restaurant? Own your own restaurant?
6. Thank the donor again.
7. Sign the note.

SAMPLE THANK-YOU LETTER

Use the following sample letter for a general idea of how to write a product sponsor thank-you letter. Please note: this is a sample – it's best to use your own words to truly reflect your gratitude.

Date

Donor First and Last Name

Company Name

Address

City, State Zip

Dear Mr. or Ms.:

Thank you for the _____ we received. In class we used _____ to do _____. I am glad to have the opportunity to thank you personally for your generosity. Without your donation I wouldn't be able to _____.

I am a high school senior at _____. I am currently in the Advanced Culinary class. I've always wanted to open my own restaurant and I truly believe that by gaining exposure to your product, it will help me in my future career. I am planning on attending _____ College next fall where I will continue my Culinary Education.

Once again, I offer my thanks for your generosity in donating _____ to my school.

Sincerely,

(Sign Your Name)



**CAREERS THROUGH CULINARY ARTS PROGRAM (C-CAP)
COOKING COMPETITION FOR SCHOLARSHIPS
2010-2011 New York Application and Instructions**



Congratulations on your decision to apply to the 2010-2011 *C-CAP Cooking Competition for Scholarships*! The C-CAP Competition has helped thousands of students like you achieve their post-secondary and career goals. Last year, C-CAP awarded over 200 scholarships, valued at over \$3 million, to high school students across the country!

The competition application is the first step towards consideration for a C-CAP scholarship. Read the application instructions and follow the directions very carefully. *Incomplete and/or late applications will not be accepted.*

If you have questions about the C-CAP competition, please contact your culinary instructor and/or your local C-CAP Program Coordinator.

Good luck!

Competition Eligibility

Applicants must meet all of the following eligibility requirements in order to compete in the *C-CAP Cooking Competition for Scholarships*:

- Applicant must currently attend a C-CAP approved public high school or after school program
- Applicant must be a Junior or Senior in high school, or must be currently enrolled in a GED program, or must have passed the GED test
- Senior applicants must have taken one (1) culinary course at the C-CAP approved high school or after school program (includes the course you are currently enrolled in), two (2) courses is preferred
- Junior applicants must currently be enrolled in a culinary course
- All GED applicants must have their **GED scores** on or before the date of the final competition
- Applicant must be 21 years old or younger

Competition and Scholarship Overview

The competition application is the first step towards consideration for a C-CAP scholarship. You must be selected to compete in the Preliminary Competition and the Final Competition in order to be eligible for a scholarship from C-CAP.

C-CAP scholarships can **ONLY be used towards post-secondary educations in culinary arts, hospitality, and tourism**. For select scholarships, further restrictions may apply. An up-to-date list of C-CAP scholarships, eligibility requirements, and restrictions can be found on the C-CAP website at <http://www.ccapinc.org/s-ccap-scholarships.php>.

Competition and scholarships results are determined based on a variety of criteria including:

- **Application** – Includes application form, post-secondary research chart, essay and letters of recommendation
- **Performance** – In the preliminary and final competitions
- **Soft Skills** – Includes attitude, integrity, attendance, ability to meet deadlines, follows instructions, interview skills
- **Scholarship Eligibility Requirements** – Some scholarships have additional eligibility requirements set by the donor or college, these can be found on the C-CAP website
- **Interviews** – In the preliminary competition and final competition
- **Applicant's Preferences** – Communicated in the application and in interviews. Please note: based on the above criteria, C-CAP may find you best suited for a scholarship to a school *not* listed as one of your preferences.
- **Need** – As determined by the FAFSA Student Aid Report (SAR)

Application Requirements

Only applicants that submit **one (1) complete application packet on time** will be considered for the *C-CAP Cooking Competition for Scholarships*. See the checklist for more information.

Senior Competitors – Free Application for Federal Student Aid (FAFSA) Requirement

All senior C-CAP competitors will be required to apply for the *Free Application for Federal Student Aid (FAFSA)*. Special circumstances must be brought to the attention of the local C-CAP Program Coordinator as soon as possible.

Application Guidelines

- Read each question carefully
- Write legibly – if you make a mistake, use white out or start over with a new application
- Complete each section entirely and accurately
- Check the entire application for spelling, grammar and accuracy
- Check that all of your documents are complete and included in your packet
- Make one (1) complete copy of your application and keep it for your records.
- Staple your documents together when you are finished. Do not submit your application packets in a folder, binder, or cover



2010-2011 C-CAP COMPETITION APPLICATION CHECKLIST

In order to apply for entry into the *C-CAP Cooking Competition for Scholarships*, this checklist must be signed and dated by the applicant, his or her parent/guardian, and the applicant's current culinary teacher. All documents must be complete and submitted on or before the deadline.

Applicant Name _____

Application Deadline _____

Submit ONE COMPLETE COPY of the C-CAP application packet to your local coordinator by the due date. Each packet MUST include the following:

- C-CAP Competition Application Checklist**
- 2010-2011 Competition Application Form** (five pages)
- Personal Essay AND one draft**
- Letters of Recommendations**
 - One (1) letter of recommendation from a teacher
 - One (1) letter of recommendation from the applicant's choice
- Media Release Form**
- High School Transcript**

Please note: Do not submit your application in binders, folders, or covers. Keep one copy of the application for your records. Late, incomplete, or unsigned applications will NOT be accepted.

By signing this checklist I am stating that all documents included in this application are my original work and/or were completed by the individuals requested per the application instructions. All signatures, letters of recommendation, and transcripts are authentic. The application is complete and accurate and all required documents listed above are included.

Applicant Signature _____ **Date** _____

By signing this checklist I am stating that, to the best of my knowledge, all documents included in this application are the original work of the applicant and/or were completed by the individuals requested per the application instructions. The application is complete and accurate and all required documents are included.

Parent/Guardian Signature _____ **Date** _____

Culinary Instructor Signature _____ **Date** _____

Test Information

	Date Taken			Total Score
GED	_____	WR _____ SS _____ S _____ R _____ M _____	_____	_____
SAT (best scores)	_____	CR _____ M _____ Wr _____ (Es _____)	_____	_____
ACT	_____	E _____ M _____ R _____ SC _____ (Wr _____)	_____	_____
				Act Composite

I have not taken the _____ test, but I plan to take it on _____.

test name mm/dd/yyyy

Activities

(Examples: school café, student government, school publications, teams, drama, art, music, volunteer, clubs, sports, etc.)

Grade Level	Activity, Role, Brief Description	Approximate Dates
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Have you enlisted or do you plan to enlist in the military (US Army, US Navy, US Airforce, Marine Corps)? Yes No

Post-Secondary Schools

List the post-secondary schools you plan to apply to **in order of preference**. You must **include one community college**.

Post-Secondary School	Major/ Program of Study	Degree	Status
1.		<input type="checkbox"/> Bachelors <input type="checkbox"/> Associates <input type="checkbox"/> Certificate/Diploma	<input type="checkbox"/> Plan to apply <input type="checkbox"/> Already applied <input type="checkbox"/> Accepted
2.		<input type="checkbox"/> Bachelors <input type="checkbox"/> Associates <input type="checkbox"/> Certificate/Diploma	<input type="checkbox"/> Plan to apply <input type="checkbox"/> Already applied <input type="checkbox"/> Accepted
3.		<input type="checkbox"/> Bachelors <input type="checkbox"/> Associates <input type="checkbox"/> Certificate/Diploma	<input type="checkbox"/> Plan to apply <input type="checkbox"/> Already applied <input type="checkbox"/> Accepted
4.		<input type="checkbox"/> Bachelors <input type="checkbox"/> Associates <input type="checkbox"/> Certificate/Diploma	<input type="checkbox"/> Plan to apply <input type="checkbox"/> Already applied <input type="checkbox"/> Accepted
5.		<input type="checkbox"/> Bachelors <input type="checkbox"/> Associates <input type="checkbox"/> Certificate/Diploma	<input type="checkbox"/> Plan to apply <input type="checkbox"/> Already applied <input type="checkbox"/> Accepted
6.		<input type="checkbox"/> Bachelors <input type="checkbox"/> Associates <input type="checkbox"/> Certificate/Diploma	<input type="checkbox"/> Plan to apply <input type="checkbox"/> Already applied <input type="checkbox"/> Accepted

Information for Financial Aid Evaluation

People living in Your Home (include yourself, parents, relatives, children and siblings; include any siblings in college)

Name	Relationship to you	Date of Birth	Choose one: Married, Separated, Divorced, Never Married, Remarried	Is this person working? If so, indicate occupation	Highest Educational Attainment (Indicate degree type and school if possible)	Check if born in US or its territories	Check if born outside of US and its territories

Of the people listed above, who is/are your custodial parent(s)? _____

Or your court-appointed parent? _____

Is either of your parents (or court-appointed parents) eligible for Post-9/11 GI Bill Benefits? Yes No

Post-Secondary C-CAP Scholarships

Review the available C-CAP scholarships on our website at <http://www.ccapinc.org/s-ccap-scholarships.php>. List the C-CAP scholarships you want to be considered for in order of preference.

C-CAP Scholarship Name	Award Amount	Eligibility Requirements	Are You Eligible?
1.			<input type="checkbox"/> Yes <input type="checkbox"/> No
2.			<input type="checkbox"/> Yes <input type="checkbox"/> No
3.			<input type="checkbox"/> Yes <input type="checkbox"/> No
4.			<input type="checkbox"/> Yes <input type="checkbox"/> No
5.			<input type="checkbox"/> Yes <input type="checkbox"/> No

Post-Secondary Research Chart

Research your **top four school choices, including one community college**. You can find this information by visiting the college's website or by calling the college admissions office. Be careful! You may need to do some addition to calculate the cost **PER YEAR** for each expense.

	Post Secondary 1:	Post Secondary 2:	Post Secondary 3:	Post Secondary 4:
School Name:				
City, State				
Major or program of study you will pursue				
Degree you will pursue				
Cost of Attendance:				
A Tuition (per year)				
B Fees (per year)				
C Room and Board (per year)				
D Meal plan (per year) <small>*If not included with room</small>				
E Books and Supplies** (per year)				
G Travel and Personal Expenses** (per year)				
H Total cost per year (= A+B+C+D+E+F+G)				
I Program Length				
Total Cost of Attendance (=H x I)				
School Characteristics:				
Distance from home	<input type="checkbox"/> Local <input type="checkbox"/> In State <input type="checkbox"/> Out of State	<input type="checkbox"/> Local <input type="checkbox"/> In State <input type="checkbox"/> Out of State	<input type="checkbox"/> Local <input type="checkbox"/> In State <input type="checkbox"/> Out of State	<input type="checkbox"/> Local <input type="checkbox"/> In State <input type="checkbox"/> Out of State
Type of Area	<input type="checkbox"/> Urban <input type="checkbox"/> Suburban <input type="checkbox"/> Rural	<input type="checkbox"/> Urban <input type="checkbox"/> Suburban <input type="checkbox"/> Rural	<input type="checkbox"/> Urban <input type="checkbox"/> Suburban <input type="checkbox"/> Rural	<input type="checkbox"/> Urban <input type="checkbox"/> Suburban <input type="checkbox"/> Rural
Study abroad available?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Externship/Internships available?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Extracurricular activities available?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you cannot find the **book and supply or **travel and personal expenses**, you may use national averages at four-year public colleges as a guide:

Books and Supplies Expenses: \$1,122 per year

Travel Expenses: \$1,079 per year (make your own estimate based on how often you plan to travel and how you will be traveling – subway, bus, car, train, etc.)

Personal Expenses: \$1,974 per year (it may be less if you will be living at home)

Short Answer Questions

What are three characteristics that you are most looking for in a college? Why?

What is your top choice school? Why?

Review your completed Post-Secondary Research Chart. Based on the financial resources available to you (not including a C-CAP scholarship), is your top choice the best fit for you financially? Why or why not?

Would you consider attending a school that is not your top choice? Would you consider attending a school you have not listed on this application? Why or why not?

Free Application for Federal Student Aid (FAFSA)

All **senior** C-CAP competitors are required to apply for the *Free Application for Federal Student Aid* (FAFSA) by the final competition. Check with your local C-CAP Coordinator for a specific deadline.

We highly recommended that applicants apply for the FAFSA *online*. For questions about the FAFSA or for assistance, please contact your high school guidance counselor or college advisor.

After submitting the FAFSA to the Department of Education online, you will receive a *Student Aid Report* (SAR) by e-mail within 7-21 business days of your submission. **Senior competitors are required to submit a copy of their Student Aid Report (SAR) to C-CAP on or before the final competition to verify that they applied for FAFSA.**

General Information about the FAFSA:

Why is the FAFSA important?

FAFSA is the most important financial aid form a college student will fill out. It's necessary to complete the FAFSA in order to be eligible for federal, state, and college financial aid – including grants, loans, work study and scholarships. Even some private scholarships (like C-CAP) require students to complete the FAFSA! Some financial aid is first come, first serve so it's best to complete the FAFSA as soon as you can!

What federal aid am I eligible for if I complete the FAFSA?

By completing the FAFSA, you are eligible for grants, loans, and work-study opportunities. The following are the maximum amounts for federal grants and loans for college freshman in 2010-2011:

Grants (Do not need to pay back)

- Pell Grant: Up to \$5,550
- Educational Opportunity Grant (FSEOG): Up to \$4,000
- Academic Competitiveness Grant (ACG): Up to \$750

Loans (Need to pay back with interest)

- Subsidized Stafford Loan: Up to \$3,500 with 4.5% interest rate
- Unsubsidized Stafford Loan: Up to \$5,500 with 6.8% interest rate
- Perkins Loan: \$5,500 with 5% interest rate
- Parent Loan for Undergraduate Students: Up to the total cost of attendance with 7.9 % or 8.5% interest rate

How do I apply for the FAFSA?

The application and instructions will be made available on **January 1, 2011** on the FAFSA website at <http://www.fafsa.ed.gov/>. Applying online is the fastest way to complete and submit the form.

What if I have special circumstances that prevent me from applying for the FAFSA?

If you have special circumstances that prevent you from applying for FAFSA, please contact your local C-CAP Coordinator or C-CAP College Advisor as soon as possible.

What documents do I need in order to complete the FAFSA?

- Your social security number. Be sure it's correct!
- Your driver's license (if you have one)
- Your 2010 Federal Income Tax Return (if you filed or will file one) or your W-2
- Your Parents' 2010 Federal Income Tax Return
- Your current bank statements
- Your alien registration or permanent resident card (if you are not a U.S. citizen)

What happens after I submit the FAFSA?

1. The Department of Education will process your online application and will send a copy of your Student Aid Report (SAR) to your e-mail address within 7-21 business days. Your SAR will summarize the data you reported on your FAFSA and it will provide an Expected Family Contribution (EFC) amount.
2. Check the SAR carefully and make any corrections or updates online as soon as possible.
3. Keep a copy of your SAR and submit a copy to C-CAP as verification that you applied for your FAFSA.
4. The Department of Education will also send a copy of your SAR to each of the schools you listed on your FAFSA.
5. Contact each school to make sure they received a copy of your SAR from the Department of Education. Your school will use this information to create your financial aid package.

Personal Essay

The personal essay helps us become acquainted with who you are as a person and a student, apart from grades, test scores, and work history. It will also demonstrate your ability to organize your thoughts and express yourself. Please carefully read the essay prompt. Write a clear, creative essay answering one (1) of the topics below. Requirements and guidelines have been provided to assist you.

Choose One (1) Topic:

Topic 1: Create a metaphor for yourself using something you would find in your kitchen. List as many similarities or relationships between yourself and this object as you can think of – have some fun with this and be as creative as you want. Then elaborate on this comparison by answering the following questions in an essay.

- Why is this object a good representation of you?
- What are your college education goals? What are your career goals?
- How will the qualities you described assist you with achieving your college and career goals?

– OR –

Topic 2: Imagine you are writing your own autobiography. Tell us about your life – who you are, where you are from, and some of your life experiences. Include a bit about your interest in culinary arts and how you know it is the right career path for you.

Essay requirements

- 350 words or more
- Typewritten on white, unlined paper
- First name, last name and the date on each page of the essay
- Copy of one (1) draft
- If you applied to the C-CAP competition last year, you must write a completely NEW essay

A Good C-CAP Essay Will...

1. **Answer the essay prompt in its entirety** – Choose an essay prompt and make sure you fully respond to the topic or question(s) asked.
2. **Tell us your story** – You can distinguish yourself through your story; your story is unique. Tell us what makes you, you. This is your opportunity to “sell yourself” in the application process, to let us know who you are, where you’ve been and where you’re going.
3. **Be specific** – Give specific examples from your life to support your statements.
4. **Begin with a strong opening paragraph** – The opening paragraph is very important. It will grab the reader's attention or lose it. Concentrate on writing a strong introduction. If writing is not your strength, ask an English teacher to help you.
5. **Be free of grammar and spelling errors** – Type and proofread your essay very carefully. Have an English teacher in your school help you proofread. Spell check does not catch everything!

Letters of Recommendation

A recommendation letter is a written reference that offers information about your character, personality and work ethic. A letter of recommendation helps us to get to know you better through someone who has worked with you in a professional, personal or academic setting. Each applicant must submit two typewritten letters of recommendation on letterhead.

Both letters of recommendation must be attached to your C-CAP application upon submission. Your letter of recommendations must be typewritten on letterhead by:

1. **Teacher** – A teacher that can write about your technical (culinary) skills and/or performance as a student - i.e. culinary instructor, teacher, high school guidance counselor
2. **Applicant's choice** – A person that can write about your technical (culinary) skills, work ethic and your character/personality – i.e. employer, mentor, religious advisor, high school guidance counselor, career counselor.

Letters of recommendation will **NOT** be accepted from the following individuals:

- Parent/Guardian
- Friend
- Relative (including, but not limited to: brothers/sisters, cousins, grandparents, uncles, aunts, etc.)
- Your local C-CAP Coordinator

GUIDELINES FOR RECOMMENDATIONS

Whom to ask

- Ask someone who is reliable and will write positive things about you. Consider their spelling, grammar, punctuation, and writing skills.
- Ask someone who is familiar with you and knows you well enough to include personal anecdotes in the letter.

How and when to ask

- C-CAP has included two forms (see attached) to explain the *C-CAP Cooking Competition for Scholarships* and to help your recommenders write their letters for you. Be sure to give this form to your recommenders.
- If possible, ask in person so you can hand deliver the form and if they have questions you can answer them right away.
- Explain what the recommendation is for and explain why you have chosen him or her to write it.
- Be sure to **give your recommenders at least two weeks** to write the recommendation and return it to you. Give them a specific due date that it should be back in your hands.

Letter of Recommendation Guide

TEACHER

The *C-CAP Cooking Competition for Scholarships* is an opportunity for motivated public high school students who wish to pursue a career in the culinary or hospitality-related field to earn scholarships for post-secondary hospitality programs. C-CAP provides awards and scholarships ranging from \$500 to full-tuition and assists and advises students through the transition from high school to college and the industry. Participants compete in a timed cooking competition that tests their abilities to memorize and follow recipes, work under pressure, and display proper knife skills, basic culinary techniques, and safety and sanitation. Award results are based on the participant's performance at competition, essays, transcripts, and letters of recommendation.

Your Name _____

Your Occupation _____

Your Title _____

What is your relationship to the applicant? _____

How long have you known the applicant? _____

Phone Number _____ E-mail Address _____

Signature _____ Date _____

Please provide a typewritten letter of recommendation (preferably on letterhead) that gives a description of the student as a motivated individual who plans to attend a post-secondary institution.

GUIDELINES FOR RECOMMENDATION

- Provide an assessment of the student's personal characteristics, such as attitude, work ethic, motivation, maturity, integrity, independence, originality, initiative, leadership potential, capacity for growth, and enthusiasm.
- Tell us about your perception of the student's passion for food and desire for a career in the foodservice and hospitality industry.
- **Be specific. Give specific stories or anecdotes about things the person did to give you your impression.**
- Include any other information (such as special talents) that will help the C-CAP staff to differentiate him or her from other students.

Please return this form and your letter of recommendation to the student by _____.

Letter of Recommendation Guide

STUDENT'S CHOICE

The *C-CAP Cooking Competition for Scholarships* is an opportunity for motivated public high school students who wish to pursue a career in the culinary or hospitality-related field to earn scholarships for post-secondary hospitality programs. C-CAP provides awards and scholarships ranging from \$500 to full-tuition and assists and advises students through the transition from high school to college and the industry. Participants compete in a timed cooking competition that tests their abilities to memorize and follow recipes, work under pressure, and display proper knife skills, basic culinary techniques, and safety and sanitation. Award results are based on the participant's performance at competition, essays, transcripts, and letters of recommendation.

Your Name _____

Your Occupation _____

Your Title _____

What is your relationship to the applicant? _____

How long have you known the applicant? _____

Phone Number _____ E-mail Address _____

Signature _____ Date _____

Please provide a typewritten letter of recommendation (preferably on letterhead) that gives a description of the student as a motivated individual who plans to attend a post-secondary institution.

GUIDELINES FOR RECOMMENDATION

- Provide an assessment of the student's personal characteristics, such as attitude, work ethic, motivation, maturity, integrity, independence, originality, initiative, leadership potential, capacity for growth, and enthusiasm.
- Tell us about your perception of the student's passion for food and desire for a career in the foodservice and hospitality industry.
- **Be specific. Give specific stories or anecdotes about things the person did to give you your impression.**
- Include any other information (such as special talents) that will help the C-CAP staff to differentiate him or her from other students.

Please return this form and your letter of recommendation to the student by _____.

STUDENT MEDIA RELEASE



C·CAP

Careers through
Culinary Arts Program

STUDENT'S NAME (Please Print)

I hereby give absolute and irrevocable permission to C-CAP to make the information contained in the C-CAP student profile form, student essay, as well as the name, voice, and/or likeness of the student named above, available to the media for the purposes of publicizing and promoting C-CAP programs. I understand that this information, and any photos or video or other recordings taken by C-CAP or the media, or portions thereof, may appear in various media which may include, *but is not limited to*, print, internet, other digital media, television, and/or cable.

I further understand that participation is voluntary and without compensation. I hereby release C-CAP, the schools at which events are held, photographers, videographers and interviewers from any future claims, as well as from any liability arising from the use of said information, photography and/or videography.

- YES – I give permission to C-CAP as explained above.
- NO – I do NOT give permission.

PARENT/GUARDIAN SIGNATURE (or student signature, if over 18)

PRINTED PARENT/GUARDIAN NAME

DATE SIGNED

POST-SECONDARY COMPARISON GRID EXAMPLE

Below is an example and tips on how to complete the post-secondary grid. The college website and phone number are your best resources for finding the information you need.

Post Secondary 1:	
School Name:	<i>Example School</i>
City, State	<i>Some Place, State</i>
Major or program of study you will pursue	<i>Baking & Pastry Arts</i>
Degree you will pursue	<i>Associates</i>

Make sure the school offers the **major** and **degree** you're looking for!

Cost of Attendance:	
A Tuition (per year)	<i>\$4,970</i>
B Fees (per year)	<i>\$1,192</i>
C Room and Board (per year)	<i>\$6,190</i>
D Meal plan (per year) *If not included with room	<i>\$3,000</i>
E Books and Supplies (per year)	<i>\$1,122</i>
G Travel and Personal Expenses (per year)	<i>\$2,650</i>
H Total cost per year (= A+B+C+D+E+F+G)	<i>\$16,752</i>
I Length of Program	<i>2 years</i>
Total Cost of Attendance (=H x I)	<i>\$33,504</i>

To get the most accurate and up to date value of **expenses**, visit the college's website or call the school. Be careful! You may need to do some addition before you get the **PER YEAR** cost!

If you cannot find the **books and supplies** or **travel and personal** expenses online or by phone, you may estimate using 2009-2010 national averages for public four-year colleges as a guide:

Books and Supplies: \$1,122 per year
Travel Expenses: \$1,079 per year
Personal Expenses: \$1,974

The **total cost of attendance** is the total cost of attending the school from the first day through graduation. To calculate the total cost of attendance, multiply the cost per year (H) by the number of years for the program (I).

School Characteristics:	
Distance from home	<input type="checkbox"/> Local <input checked="" type="checkbox"/> In State <input type="checkbox"/> Out of State
Type of Area	<input type="checkbox"/> Urban <input checked="" type="checkbox"/> Suburban <input type="checkbox"/> Rural
Study abroad available	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Externship/Internships available	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Extracurricular activities available	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

Call or visit the school to find out the **school characteristics** of each college. Other good resources include:

The college's website – you can also find a list of required courses for your major, dorm information, and student activities information here.



City University of New York (CUNY) Culinary Arts and Hospitality-Related Majors

Kingsborough Community College

- **Culinary Arts, Associates**
- **Tourism & Hospitality, Associates**
Concentrations available in Tourism and Hospitality – includes culinary arts, foodservice, and restaurant operations courses
- **Culinary Essentials & Food Handler, Certificate**

LaGuardia Community College

- **Travel, Tourism & Hospitality, Associates**
- **Commercial Food Services Management, Associates**
- **School Food Service Management. Associates**
School Food Service Management Associates is only open to school foodservice employees referred by District Council 37's Local 372 and/or the New York City Office of School Food and Nutrition Services.

New York City College of Technology

- **Hospitality Management, Associates and Bachelors**
Concentrations available in Culinary Arts, Pastry Arts, Hotel & Resort Management, Travel & Tourism, Food & Beverage Management



State University of New York (SUNY) - Culinary Arts and Hospitality Related Majors

	Adirondack CC	Alfred State CT	Broome CC	Buffalo State	Clinton CC	Cobleskill CT	Delhi CT	Erie CC	Finger Lakes CC	Genesee CC	Herkimer County CC	Jefferson CC	Mohawk Valley CC	Monroe CC	Morrisville	Nassau CC	Niagara CC	Oneonta	Onondaga CC	Plattsburgh	Rockland CC	Schenectady CC	Suffolk CC	Sullivan CC	Tompkins-Cortland CC	Westchester CC
Culinary Arts																										
Culinary Arts	A	A				A/B	A/B	A					A	C			A				C	A	A/C	A		
Dual Degree: Culinary Arts and Baking, Production & Management		A																								
Professional Cooking/Professional Chef/Chef Training/Commercial Cooking	C																		C			C		A		

Baking and Pastry

Baking & Pastry Arts							C						A				A/C						A/C	A		
Baking Production & Management		A																								
Dual Degree: Culinary Arts and Baking, Production & Management		A																								

Food Service

Food Service													C	A	A	C								C		
Food Service Administration: Foods & Nutrition															A											A
Food Service & Restaurant Administration																		B								
Institutional Foods					A																					

Culinary Arts & Restaurant Management

Culinary Arts & Restaurant Management						A/B							A										A/C			A
Hotel & Restaurant Management			A				A															A			A	
Hotel, Restaurant & Tourism Management					B*															B						
Restaurant & Foodservice Management				B		A/B												B								
Restaurant Management					A								A		A	A	A									

A = Associates Degree
 B = Bachelors Degree
 C = Certificate

* = 2+2 program (transfer)
 CC = Community College
 CT = College of Technology



State University of New York (SUNY) - Culinary Arts and Hospitality Related Majors

	Adirondack CC	Alfred State CT	Broome CC	Buffalo State	Clinton CC	Cobleskill CT	Delhi CT	Erie CC	Finger Lakes CC	Genesee CC	Herkimer County CC	Jefferson CC	Mohawk Valley CC	Monroe CC	Morrisville	Nassau CC	Niagara CC	Oneonta	Onondaga CC	Plattsburgh	Rockland CC	Schenectady CC	Suffolk CC	Sullivan CC	Tompkins-Cortland CC	Westchester CC
Hospitality, Hotel and Tourism Management																										
Hospitality Administration				B													C									
Hospitality & Events Management											A															
Hospitality & Tourism	A									A		A/C									A	A		A		
Hospitality Management										C				A/C	A		A		A							
Hotel Administration						A										A										
Hotel & Resort Management					B*		A/B		A														A/C			
Hotel & Restaurant Management			A					A														A			A	
Hotel & Tourism Management				B																						
Hotel, Restaurant & Tourism Management					B*																B					
Tourism Management								A									C							A		
Travel & Tourism Management							A/B							C	A											

Nutrition

Dietary Management																	C									
Dietetic Technician															A								A			
Dietetics				B									A						B							
Food Service Administration: Dietetic Technician-Nutrition Care								A																	A	
Food Service Administration: Foods & Nutrition																A										A
Human Nutrition and Food								A																		
Nutrition													A								B					

Other

Sports & Tourism Studies								A																		
Tourism Management and Event Planning												A					A									
Tourism, Sales, & Convention Management																						C				
Travel & Resort Marketing					A																					

A = Associates Degree
 B = Bachelors Degree
 C = Certificate

* = 2+2 program (transfer)
 CC = Community College
 CT = College of Technology



Culinary Colleges That Offer Intercollegiate Women's Sports Teams

There are many ways to continue your interest in sports while you are in college, including intercollegiate sports teams, intramural teams, sports clubs, and athletic classes.

- **Intercollegiate sports teams** are teams that *play against other college teams* (i.e. Cobleskill vs. Alfred).
- **Intramural sports** and **sport clubs** are recreational activities where students from the *same* college form teams and play against one another.

This grid only includes intercollegiate sports teams. Contact your colleges of interest to find out what intramural sports, sports clubs, and athletic classes they offer!

	Basketball	Cheerleading	Cross Country	Football	Golf	Ice Hockey	Lacrosse	Sailing	Soccer	Softball	Swimming & Diving	Tennis	Track & Field	Volleyball	Wrestling
NCAA Division I															
University of Nevada Las Vegas	X	X	X		X				X	X	X	X	X	X	
NCAA Division III															
Cobleskill (SUNY)	X	X	X		X				X	X	X	X	X	X	
Johnson & Wales (Providence)	X		X					X	X	X		X		X	
New York City College of Technology (CUNY)	X		X							X		X	X	X	
NJCAA Division III															
Alfred (SUNY)	X		X						X	X	X		X	X	
Delhi (SUNY)	X		X		X				X	X	X	X	X	X	
Kingsborough Community College (CUNY)	X									X		X	X	X	
Monroe College	X		X						X	X			X	X	
Sullivan Community College (SUNY)	X	X	X		X								X		
HVWAC															
Culinary Institute of America			X									X			



Culinary Colleges That Offer Intercollegiate Men's Sports Teams

There are many ways to continue your interest in sports while you are in college, including intercollegiate sports teams, intramural teams, sports clubs, and athletic classes.

- **Intercollegiate sports teams** are teams that *play against other college teams* (i.e. Cobleskill vs. Alfred).
- **Intramural sports** and **sport clubs** are recreational activities where students from the *same* college form teams and play against one another.

This grid only includes intercollegiate sports teams. Contact your colleges of interest to find out what intramural sports, sports clubs, and athletic classes they offer!

	Baseball	Basketball	Cheerleading	Cross Country	Football	Golf	Ice Hockey	Lacrosse	Sailing	Soccer	Swimming & Diving	Tennis	Track & Field	Volleyball	Wrestling
NCAA Division I															
University of Nevada Las Vegas	X	X			X	X				X	X	X			
NCAA Division III															
Cobleskill (SUNY)	X	X	X	X		X		X		X	X	X	X		
Johnson & Wales	X	X		X		X	X		X	X		X		X	X
New York City College of Technology (CUNY)		X		X						X		X	X	X	
NJCAA															
Alfred State (SUNY)	X	X		X	X			X		X	X		X		X
Delhi (SUNY)		X		X		X		X		X	X	X	X		
Kingsborough Community College (CUNY)	X	X								X		X	X		
Monroe College	X	X		X						X			X		
Sullivan Community College (SUNY)	X	X	X	X		X							X		
HVWAC															
Culinary Institute of America		X		X						X		X			



2011 Scholarship Resources

High School Seniors

Donor Name	Scholarship Name	Website	2011 Due Date	Amount	Description
Horatio Alger Association of Distinguished Americans	Horatio Alger Scholarships	https://www.horatioalger.org/scholarships/index.cfm	30-Oct-10	\$5,000 - \$20,000	For high school seniors planning to pursue a Bachelors degree at an accredited institution. Students can apply to the national scholarship and their state scholarship.
Coca Cola Scholars Foundation	Coca Cola Scholars Program	https://www.coca-colascholars.org/cokeWeb/page.jsp?navigation=15	31-Oct-10	\$10,000-\$20,000	Must be planning to pursue a degree at an accredited U.S. post-secondary institution. Must be carrying a minimum 3.00 GPA at the end of their junior year of high school.
Talbots Scholarship Foundation	Talbots Scholarship	https://www.scholarshipamerica.org/talbotswomen/instructions.php	January Due date not posted, check website	\$15,000 - \$30,000	For female applicants only. Only the first 5,000 eligible applications submitted will be processed.
Bill & Melinda Gates Foundation	Gates Millennium Scholarship	http://www.gmsp.org/publicweb/AboutUs.aspx	10-Jan	Varies - unmet need	Applicants must be African American, American Indian or Alaska Native, Asian Pacific Islander American or Hispanic American. Must have 3.3 GPA on a 4.0 scale or must have GED.
International Foodservice Executives Association (IFSEA)	Worthy Goal Scholarship	http://www.ifsea.com/programs_inside.cfm?catid=3087	1-Feb	\$250 to \$1,500	Open to students enrolled or accepted as full-time students in a food service related major at a two or four year college or university.

Donor Name	Scholarship Name	Website	2011 Due Date	Amount	Description
Art Institutes	Best Teen Chef Competition	http://www.artinstitutes.edu/competitions/best-teen-chef.aspx	Feb Due date not posted, check website	Varies	Compete to earn a full-tuition, half-tuition or quarter-tuition scholarship to an Art Institute of your choice.
Discover Card	Discover Scholarship Program	http://www.discoverfinancial.com/community/scholarship.shtml	Feb Due date not posted, check website	\$40,000	Junior high school students with at least a 2.75 cumulative grade point average on a 4.0 scale for 9th and 10th grades. May be used towards any type of post-high school education or training.
Have it Your Way Foundation	Burger King Scholars Program	http://www.haveyourwayfoundation.org/bksp_application.html	Feb Due date not posted, check website	\$1,000 - \$25,000	For high schools seniors pursuing post-secondary educations, including two or four-year universities/colleges and vocational/technical schools.
Point Foundation - National LGBT Scholarship Fund	Point Foundation Scholarship	http://www.pointfoundation.org/instructions.html	Feb Due date not posted, check website	Varies	Must be a student involved in the LGBT community. Only one application for multiple scholarship opportunities.
Ronald McDonald House Charities (RMHC)	Ronal McDonald Scholarships	http://rmhc.org/assets/FINALRMHCScholarsApplication20092010.pdf	Feb Due date not posted, check website	\$1,000 +	Scholarships available only to students living near specific RMHC chapters.

Donor Name	Scholarship Name	Website	2011 Due Date	Amount	Description
The J. Willard and Alice S. Marriott Foundation	Marriott Scholars Program	http://scholarships.hispanicfund.org/applications/subsectionID.1_pageID.156/default.asp	Feb Due date not posted, check website	Up to \$9,000 per year for 4 years	
The Culinary Trust/ International Association of Culinary Professionals (IACP)		http://theculinarytrust.org/programs/scholarships-grants/	March Due date not posted, check website	Varies	Applicants must be at least a high school graduate or equivalent by June 30, 2011. The Culinary Trust offers scholarships to a variety of schools, including French Culinary Institute, Institute of Culinary Education, Culinary Institute of America, and Le Cordon Bleu.
National Restaurant Association Educational Foundation (NRAEF)	Al Schuman Ecolab Undergraduate Entrepreneurial Scholarship	http://www.nraef.org/scholarships/apply/	March Due date not posted, check website	\$3,500-7,000	This scholarship is for students who attend a select list of schools. Please read the application instructions to see if your school is on the list and for more information.
American Culinary Federation/ American Academy of Chefs	High School Seniors	http://www.acfchefs.org/Content/NavigationMenu2/Schools/Scholarships/default.htm	31-Mar	Varies	Students complete one application and are eligible for three different scholarships. Scholarship amounts vary.
Beyond the Burroughs Scholarship		http://www.beyondtheboroughs.org/the-scholarship/	April Due date not posted, check website	\$20,000	Scholarships up to \$20,000 over four years, will be awarded to full-time students who will be attending an accredited four-year college, university or equivalent (culinary school, for example).

Donor Name	Scholarship Name	Website	2011 Due Date	Amount	Description
Society for Foodservice Management	Undergraduate Merit Scholarship for High School Seniors	http://www.sfm-online.org/foundation.htm	April Due date not posted, check website	\$5,000 - 10,000	Students must have applied or gained acceptance into a full-time restaurant/foodservice – related post-secondary program and plan to enroll in a minimum of four terms.
Women Chefs & Restaurateurs	(Multiple scholarships available)	http://www.womenchefs.org/displaycommon.cfm?an=9	April Due date not posted, check website	Varies	Variety of scholarship and internship opportunities offered to female applicants.
James Beard Foundation	(Multiple scholarships available)	http://sms.scholarshipamerica.org/jamesbeard/index.html	May Due date not posted, check website	Varies	List of scholarships available online in April. Only need to submit 2 copies of one application to be eligible for multiple scholarships.
American Culinary Federation/ American Academy of Chefs	Culinary Institute of America	http://www.acfchefs.org/Content/NavigationMenu2/Schools/Scholarships/default.htm	1-May	Not listed	Scholarship to attend Culinary Institute of America.
American Hotel & Lodging Educational Foundation (AH&LEF)	AH&LEF Incoming Freshman Scholarship	http://www.ahlef.org/content.aspx?id=19468	1-May	\$1,000 - 2,000	For incoming freshman planning to enroll in an Associates or Bachelors program full-time in 2011-2012.
National Restaurant Association Educational Foundation (NRAEF)	ProStart Student Scholarship	http://www.nraef.org/scholarships/apply/	August Due date not posted, check website	\$2,500	This scholarship is for graduating high school seniors who have received their ProStart® National Certificate of Achievement. Application and instructions will be available Spring 2010.

Donor Name	Scholarship Name	Website	2011 Due Date	Amount	Description
National Restaurant Association Educational Foundation (NRAEF)	High School/GED Graduate Scholarship	http://www.nraef.org/scholarships/apply/	August Due date not posted, check website	\$2,500	This scholarship is for students who will be first-time freshmen including graduating high school seniors, GED graduates and high school graduates enrolling in college for the first time. Application and instructions will be available Spring 2010.
American Culinary Federation/ American Academy of Chefs	Johnson & Wales Scholarship	http://www.acfchefs.org/Content/NavigationMenu2/Schools/Scholarships/default.htm	1-Dec	Not listed	Scholarship to attend Johnson & Wales.
Best Buy	Best Buy @15 Scholarship	http://www.bestbuy-communityrelations.com/scholarship.htm	Not posted, check in January	\$1,000	Students in grades 9 through 12 are eligible to apply for scholarships.