

Contest Rules and Guidance for UCOP Chef Throwdown
Friday December 6, 2019
for Oakland-based Staff

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1. Contestants must be amateurs and must be employees or contract employees of UCOP.
2. Only one entry per category per contestant. **Register for the contest by noon on Thursday December 4 by emailing endofyear@ucop.edu.**
3. Submissions must be home cooked (not store bought), from an original recipe or adapted from a published recipe.
4. Entries are accepted in each of the following categories (a dish may only be entered in one category):
 - a. **Cookies (bar or drop)**
 - b. **Cupcakes**
 - c. **Gluten-free sweets**
 - d. **Savory vegan**
 - e. **Appetizers**
 - f. **Soups**
5. Consider your entry carefully; only standard UCOP “kitchenette” refrigerators and non-commercial microwaves are available for use to store or prep, prior to the submission time.
6. The serving vessel or plate and serving utensil are the responsibility of the contestant and must remain with the entry submission until the conclusion of the contest. Individual tasting plates, bowls, forks, spoons and napkins will be supplied by UCOP in the competition room.
7. **Your entry must include at least 24 individual “taster servings”. 3 of these servings are for the judging panel and must be individually plated by you in the judging room.** The remainder of your dish will be available to be enjoyed by your UCOP colleagues in the competition, who will endlessly debate the culinary merits of all entries.
 - i. Sweet entries (cookies, cupcakes, etc.): “taster serving” is approximately 1 oz. (i.e., rough equivalent to a 1-inch diameter cookie)
 - ii. Savory entries (appetizers, soups): “taster serving” size is approximately ¼ cup, depending on the nature of the recipe.
8. **The attached Entry Sheet must accompany your dish, name the recipe and note potential allergens.** Do not include your first or last name or your job title in the name of your dish.
9. Contestants should not fraternize with the judges. Much.

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Contest Day:

- Check-in between 11:30am and noon on Friday December 6 in Lobby One with:
 - your entry,
 - serving utensil(s) you may need,
 - your completed entry sheet (see next page)
- Your entry will be given a spot on a table assigned to the same category and you will be asked to “plate” 3 servings of your entry using provided plates (soups will use provided small bowls).
- Judges will begin their deliberations at 12:30pm.

The Scoring System:

- Each category will be assigned a panel of 3 judges.
- Submissions will be rated on a scale of 1 to 10. 10 is the highest and best grade. The rating will be based on these criteria:
 - appearance/plating of sample,
 - taste, and
 - execution.
- The Contest Coordinator will tally all judge ballots.
- The contestant with the highest score will be the winner per category.
- In the event of a tie, a final taste-off will commence immediately with the panel to determine a winner.

The Winners in Each Category Will Receive:

- Picture with the president and an article in UCOP Link
- A fabulous event-branded logo apron
- Bragging rights for at least a year

**UCOP CHEF THROWDOWN
ENTRY SHEET**

Name of the Recipe or Dish: _____

Is your dish spicy? Yes_____ No_____

Check if any of these ingredients are present (**not disqualifying; this is just for awareness**)

- Peanuts or other nuts, nut butters or nut-based oils (specify): _____
- Dairy
- Egg
- Gluten Wheat
- Beef
- Pork
- Chicken / Turkey
- Fish
- Shellfish
- Soy
- Alcohol

Contest Coordinator Use Only:

Entry Code: _____

Qualified: _____

Notes:



Please sign and date to signify your agreement with this statement:

“I am not a professional chef and I made this dish myself.”

Signature and Date