

Kitchen Kapers

Sacred Heart CYO Kitchen Kapers Contest
Saturday, October 26, 2019 Sacred Heart School Gym 9:00am - 1:00pm

Winners in each category are qualified to attend the Berks County CYO Kitchen Kapers Contest on Saturday, November 9, 2019 at Immaculate Conception Academy Gymnasium from 8:00 AM to 1:00 PM

OFFICIAL CONTEST RULES

1. The contest is open to all 6th, 7th, and 8th grade students (boys and girls) who either belong to a Catholic parish in Berks County or attend a Catholic school.
2. There are eleven (11) categories which are open in both the boys' and girls' divisions.
3. Recipes prepared from scratch are preferred. However, recipes containing store-bought components are acceptable. PLEASE NOTE: THE MAIN COMPONENT OF YOUR RECIPE MUST BE PREPARED FROM SCRATCH.
4. An adult may supervise the student, but the actual preparation of the food entry MUST be done entirely by the student.
5. Each student may enter only one food product in the contest.
6. Parish winners must prepare the same product for the county contest as they entered in the parish contest.
7. The county finals will be held in the Gymnasium of ICA on November 9, 2019. Entries should be brought to the gymnasium between 8:00 am and 9:00 am.

CATEGORIES

- Appetizers
- Dips
- Soups, Stews & Chili
- Casseroles
- Breads/Yeast*
- Cookies
- Salads
- Pastries
- Creamy Desserts
- Death by Chocolate
- Cakes

*Bread category items must be made with yeast; pumpkin bread would go in cake category.

PLEASE RETURN THE BOTTOM OF THIS FORM TO SCHOOL BY OCTOBER 21st

NAME: _____

GRADE: _____

CATEGORY: _____

PHONE: _____ EMAIL: _____

PARENT'S SIGNATURE: _____

CATEGORY GUIDELINES

APPETIZERS: small finger food served before or between the regular courses of a meal

- Contestants will be judged on: Flavor - All ingredients complement each other, no off-flavor from any one ingredient, Easy to pick up and eat, not drippy or crumbly, Fully cooked, not overcooked or burnt, Good texture, not dry and Presentation

DIPS: a mixture of ingredients, baked or unbaked, using an item such as bread, chips, or vegetables to be covered or dipped and eaten

- Contestants will be judged on: Pleasant and attractive, correctly baked or chilled, not watery, Good combinations of flavors, Ingredients blended well, Easy to eat, does not drip or fall off, does not destroy the item dipped and Presentation

SOUPS, STEWS, & CHILI: a liquid food made by boiling or simmering meat, fish, or vegetables with various added ingredients

- Contestants will be judged on – Attractiveness, Suitable texture, Flavor, Ingredients cooked to doneness & Presentation

SALADS: any combinations of chilled fruit, vegetables, herbs, meat, cheese, fish, grains, and pasta, served with some kind of moist dressing

- Contestants will be judged on: Attractive appearance, crisp, not watery/runny, Flavorful – good combination of ingredients, Suitable dressing, Ingredients blended well, Served and eaten with ease and Presentation

CASSEROLES: a mixture of several foods consisting of pre-cooked or quick cooking cooked or quick cooking food, often with pasta or rice

- Contestants will be judged on: Overall attractiveness of food, Flavor – a combination of pleasing ingredients blended well, Suitable texture, cooked to doneness, Ease of serving and Presentation

BREADS/YEAST PRODUCTS: any item in which YEAST is used

- Contestants will be judged on: Appealing in color, Baked thoroughly, not burnt, Raised appropriately, Pleasing flavor, Should be easy to eat by hand, hold together without falling apart and Presentation

COOKIES: a small cake made from stiff, sweet dough that is dropped, rolled, or sliced and then baked

- Contestants will be judged on: Uniform shape, size, and color, Evenly and correctly baked for type of cookie, Even texture and consistency, Pleasing flavor, no off-flavor from any ingredient and Presentation

CAKES: a sweet, baked food in loaf

or layer form, made with or without shortening, usually with flour, sugar, eggs, flavoring, usually with baking powder or soda and a liquid

- Contestants will be judged on: Consistent, smooth shape, Light and moist, springy crumbs, good height, Single layer, 2-layer, 3-layer, Does not fall apart, fine grain and no large holes, Texture suitable for type of product, Pleasing flavor, no off-flavor from any one ingredient, Frosting consistency and flavor should suit cake and Presentation

PASTRIES: articles of food in which pastry (dough) forms an essential part of pies, tarts, etc.

- Contestants will be judged on: Evenly browned crust, Crust should be light and flaky, Filling should have an even consistency, fully baked, Flavor should be suitable for this product, Presentation

CREAMY DESSERTS: sweetened dessert such as flan, custard, pudding, or Mousse

- Contestants will be judged on: Attractiveness, Flavor, Appropriate texture and consistency, Ease of serving and Presentation.

DEATH BY CHOCOLATE: anything that SCREAMS chocolate

- Contestants will be judged on: Overall attractiveness, Even texture and consistency, Flavor - does it say "CHOCOLATE"? Is it a total chocolate experience? Ease of eating - served easily, does not crumble or break into pieces and Presentation