



Christ Church Parish Church Teach-in Booklet
for
The Christ Church Cuisine with Signature Dish
Competition

Sunday October 20, 2024

General Rules

1. **Eligibility:** Open to all registered CCPC members and Friends of Christ Church Parish Church. (See our Church website) Participants must register for the signature dish competition by **Tuesday, October 1, 2024.**
2. **Categories:** Foods and Beverage to include Appetizers, Main dishes, Desserts, and Celebration Cocktail Beverage (Alcoholic or Non-Alcoholic).
3. **Entry Limits:** Each participant can enter up to two dishes and one beverage. Each entry will be judged individually.
4. **Homemade Only:** All entries must be homemade. No store-bought or pre-made items will be allowed.
5. **Ingredients:** Participants must provide a full list of ingredients used in their dishes/beverage. This helps with allergy concerns.
6. **Serving Size- Food:** Each entry should serve at least two main plates for judging purposes and presentation, and 30 miniature samples for patrons.
7. **Serving Size- Beverage:** Each entry should serve two highball glasses for judging purposes and presentation, and 30 shots for sampling. A highball glass holds 8-12 US fluid ounces (240-350 millilitres).
8. **Presentation:** Dishes/ Beverage should be presented in a way that they are ready to be judged. Participants are responsible for their own serving utensils and presentation dishes/highball glasses.

Judging Criteria- Dishes

1. **Taste:** Flavour, seasoning, aroma, and overall palatability.
2. **Presentation:** Appearance and creativity in presentation.
3. **Texture:** Appropriate texture for the type of dish i.e. Does the dish have the correct range of textures to make it more appetising, is the dish cooked properly (e.g. vegetables not too crisp but not too soft)
4. **Culinary Skill:** Creativity and uniqueness of the dish including innovative cooking method and/or ingredients.
5. **Nutrition:** Dishes will be judged for how healthy they are. For example, dishes with increased frying, increased sugars and processed ingredients are unlikely to score highly in this category.
6. **Overall Execution:** General appeal and impression of the dish.
7. ***Hygiene-** Temperatures, hand washing and overall preparation process. (see below)

Judging Criteria- Celebratory Cocktail Beverage (Alcoholic or Non-Alcoholic).

1. **Taste:** Flavour
2. **Blend/ Balance:** How well the ingredients are blended or combined for the cocktail
3. **Presentation:** Visual appearance that makes the cocktail look appetising.

Judging Process

1. **Judges:** A panel of judges led by chefs - the Reverend Fr. Leroy Hodge and Mr. Randy Smith, will be selected from persons who are not participating in the competition.
2. **Blind Tasting:** Entries will be numbered and presented to the judges without revealing the identity of the participants.
3. **Scoring:** Judges will score each entry based on the judging criteria on a scale from 1 to 10.
4. ***Hygiene & Food Safety:** Judging will also be done on the floor by two floor judges based on the criteria below.
5. **Tiebreaker:** In the event of a tie, Fr. Leroy Hodge and Mr. Randy Smith will re-evaluate the tied dishes or beverages to determine a winner. The judges' decision is final.

Awards

1. **Category Winners:** There will be a winner for each category. Winners will receive a medal, certificate, and a prize.
2. **Overall Winner:** An overall winner will be selected from the category winners. The overall winner will receive a trophy and a special prize.

Logistics

1. **Setup:** Participants should arrive at least 30 minutes before the competition starts to set up their dishes. NO LATE Entries will be accepted once judging has commenced.
2. **Cleanup:** Participants are responsible for cleaning up their own area after the competition.
3. **Health & Safety:** Proper food handling and hygiene must be observed at all times. Dishes must be kept at appropriate temperatures.
4. **Temperatures:** The Ivan Harewood Centre (IHC) venue will provide insulated containers (e.g. hot boxes) or chafing dishes with heat sources for hot foods, and ice packs or coolers for cold foods and beverages.

*Food Safety Rules

1. **Hand Hygiene:** All participants must wash their hands thoroughly with soap and water before preparing and handling food.
2. **Temperature Control:**
 - Hot foods must be stored at or above 140°F (60°C).
 - Cold foods must be stored at or below 40°F (4°C).
3. **Food Storage:** Store raw and cooked foods separately to avoid cross-contamination. Use sealed containers for storage and transport.
4. **Cooking Temperatures:** Ensure that all meats are cooked to their proper internal temperatures:
 - Poultry: 165°F (74°C)
 - Ground meats: 160°F (71°C)
 - Steaks, chops, and roasts: 145°F (63°C) with a three-minute rest time
5. **Clean Surfaces:** Clean and sanitize all surfaces, utensils, and equipment before and after use. Use a bleach solution or food-safe sanitizer for effective cleaning.
6. **Ingredient Handling:** Wash all fruits and vegetables thoroughly before use. Avoid using raw eggs in dishes that will not be cooked.
7. **Sickness Policy:** Do not prepare or handle food if you are feeling unwell, especially if you have symptoms of a cold, flu, or any gastrointestinal illness.
8. **Allergy Awareness:** Clearly label dishes with potential allergens such as nuts, dairy, gluten, and shellfish. Provide a detailed list of ingredients for each dish.
9. **Transportation:** Keep food covered and at safe temperatures during transportation to the competition venue. Use insulated bags or coolers as needed.

Additional Guidelines and Notes

1. **Respect:** All participants and judges should treat each other with respect and kindness.
2. **Fun:** Remember, the goal is to have fun and enjoy fellowship with other church members.
3. **Spiritual Food & Fellowship:** A special Holy Eucharist will be offered for interested participants and their families on Saturday evening, October 19, 2024.