



HFM 2008 Culinary Competition Registration Form

- **The Culinary Competition registration form must be fully completed and sent via email to: culinary@hfm.org.**
 - **Applications are due by April 30, 5 p.m. EDT.**
 - **Teams must consist of a HFM operator member and a member of their culinary staff.**
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HFM Member Operator Name: _____

HFM Member Operator Title: _____

HFM Member Operator Facility: _____

Culinary Entrant

Name: _____ Title: _____

*Professional Credentials: _____

HFM Member Operator Facility Address

*City: _____ *State: _____ *Zip: _____

*Phone: _____ *Extension: _____

*Fax: _____ *Email: _____

Healthcare Facility Where Culinary Entrant is Employed (if different from HFM Operator):

*City: _____ *State: _____ *Zip: _____

*Phone: _____ *Extension: _____

*Fax: _____ *Email: _____

Please attach a Biography for each Contestant (*maximum of 300 words for each*)
And a current digital photo of your team (JPEG format / 300 DPI)

Recipe Entry Requirements:

- List ingredients: product, prep method, quantity, unit.
- List sub-recipes for all sides in order of preparation.
- List all procedures for cooking, assembly and service.
- List any small appliances that would be used on-site
-see rules for list of permitted appliances
- List raw food costs for one (1) finished plate.
- Provide contestants' team photo (JPEG format / 300 DPI).
- Provide a color finished plate photo (JPEG format / 300 DPI).

Entry Information:

* **Recipe Created By:** _____

***Name of Recipe:** _____

***Yield** _____ X _____ Portions
How Many *Weight in ounces*

***Raw Food Cost for 1 portion of completed recipe is not to exceed \$5.00**

*Please break down costs in the following categories

Entrée: \$ _____

Sides: \$ _____

Sauces: \$ _____

Garnish: \$ _____

Total raw food for one finished plate: \$ _____

Please use format provided in the example below:

EXAMPLE:

Description:

Grilled Pork in a cucumber sauce with a special garnish and inspired accompaniment.

Cooking Temp: 350°	Yield: 6 portions
Prep Time: 35 minutes	Cooking Time: 40 minutes

Ingredients and Instructions (EXAMPLE)

Tyson® Boneless Center Cut Pork Chop – 6 oz. 6 each
(product code 011170-1208)

Cucumber herb sauce:

Cucumber 1 each

*Peeled, deseeded, finely grated or
chopped and drained.*

Yogurt – plain 1 cup

Sour cream – low fat 1 cup

Cilantro – fresh (leaves only) 2 tablespoon

Washed, dried and finely chopped

Dill weed – dried 1 teaspoon

Chives – fresh 1 tablespoon

Fine dice

Lemon juice 1 tablespoon

Salt To taste

Method of Prep:

1. Slack pork overnight in refrigerator to defrost.
2. Combine chopped cucumber, herbs, yogurt, sour cream, lemon juice and salt & pepper in a bowl, mix well.
3. Grill Pork loin till golden brown and internal temperature reaches 160°.
4. Slice pork loin and fan out on plate.
5. Serve cucumber salad in a fresh radicchio leaf next to pork.

Conditions of Entry into the 4th Annual HFM Culinary Competition

❖ **By typing your name and that of the HFM Operator member above you confirm:**

- ✓ All information on this entry form is accurate.
- ✓ The recipe(s) is an original recipe, never before published.
- ✓ You have read the 2008 HFM Culinary Competition Contest Rules.
- ✓ Either you or the HFM Operator on your registration form is a member in good standing of HFM.
- ✓ You have provided contestants' team photo.
- ✓ You have provided a color finished plate photo. (JPEG format / 300 DPI)