

Buffalo Urban League
Salute to Black History Month



Taste of Soul



2010 Cooking Competition Chef Entry Form

Erie Community College – City Campus Atrium

121 Ellicott St., Buffalo, NY 14203

Free parking at the Robert Adams Parking Ramp

Located on Ellicott St. (across from the NFTA Bus Terminal)

Saturday, February 27th, 2010 – 11:30am* – 3 pm

Prizes will be awarded for the competition for 1st and 2nd place in each chef category.

Deadline for Chef Registration is Wednesday, February 24, 2010

Name of Sponsoring Organization (if applicable): _____

Name of Contestant: _____

Contestant's Address: _____

City: _____

State: _____

Zip: _____

E-Mail Address: _____

Phone: _____

FAX#: _____

Select the Cooking Category: Entrée Dessert Healthy **

Select the Cook's Category: Junior Chef (to age 21) Great Cook Professional Chef #

Name of the Dish(s): _____

***Please note all food entries must be registered by 11:30 am and set up by noon on February 27th.**

****Healthy entries must include a recipe showing healthy substitutions (see contestant rules for details)**

Professionals are considered those who are licensed to sell their food items.

Please review the complete contestant rules included with this form.

Please mail or fax this application to: **Nikkei Goodwin,**

Buffalo Urban League,

15 East Genesee St.,

Buffalo, NY 14203-1405

Tel # 250-2414, Fax # 854-8960

Proudly sponsored by



Buffalo Urban League, Inc. 6th Annual Taste of Soul

*Saturday, February 27, 2010
11:30am - 3pm*

Chef Contestant Rules

All contestant entries will need to observe the following guidelines in order to participate in the cooking competition:

- All contestants must have their dish at the facility to register no later than 11:30am and set up by noon in order to be judged any dishes not in place when judging begins will not be judged.
- **Your entry should provide 6-8 servings for judging only.** All dishes must be made in or contained in a 9X13 foil pan approximately 2 inches deep.
- **Due to Department of Health Rules, only food prepared by Culinary students will be served to the public. Culinary students will prepare larger portions.**
- Dishes must be marked clearly with the entrée name, category, chef name and contact information.
- Hot dishes must be brought in hot and ready to serve; if your dish arrives cold it will be cold at time of judging.
- Please bring a copy of your recipes **using the attached recipe template** for future use in a Buffalo Urban League Cookbook. **All contestants who submit a recipe will receive a free copy of the Taste of Soul Recipe Book.**
- The Healthy Soul Food entry must include a recipe that describes how the traditional recipe has been modified to be healthy. **Healthy recipes are defined as those that meet one or more of the following criteria:**
 - **-30% or fewer fat calories**
 - **-10% or fewer calories from saturated fat**
 - **Use of whole grains, whenever appropriate & possible**
 - **No or minimal added sugar**
 - **Items are lower in cholesterol and sodium than the traditional recipe**

Things you need to know:

- You will need to check in at the reception desk when you enter the facility.
- You will be shown to your display area and you may arrange your assigned space as you desire.
- Warming trays will be supplied for hot dishes.
- Serving utensils, knives, forks, spoons, napkins, paper towels and gloves will also be provided.
- You will need to depart the judging area until judging is complete. Judges are not provided the names of the contestants to assure impartial decisions.
- Judges are community volunteers whose decisions are final.
- Contestants, or a designated representative, must be present for the duration of the event.

Questions? , contact Nikkei Goodwin at 250-2414 or ngoodwin@buffalourbanleague.org

