

DESCRIPTION

Food Fight is designed for kitchen professionals that like to think on their feet. Teams of two will work together to make an appetizer and main course incorporating a secret ingredient revealed at the start of the competition.

Contestants will be judged on:

- Taste
- Presentation
- Ability to seamlessly incorporate the secret ingredient

RULES

1 TIME

The competition will be held in two rounds. The first round will be for the appetizers and will be 15 minutes long. The second round will be for the entrée and will 30 minutes long.

2 DISHES

Contestants will work in teams of two. All dishes must be created, assembled, and cooked during the competition. Teams may prepare recipes ahead of time but will not be made aware of the secret ingredient until the contest begins.

3 SECRET INGREDIENT

Show management will provide prep space and the secret ingredient.

4 INGREDIENTS

All ingredients and tools brought to the competition area must be transported in plastic containers only—no glass! Contestants will be allowed to bring the following ingredients: 3 vegetables, 1 meat/plant-based protein, 1 fruit, herbs and spices, seasonings, flour, sugar and cooking fat. Garnish used during presentation of the plate only. It may not be incorporated into the cooked dish.

5 SUPPLIES

Contestants must bring adequate supplies for three (3) identical servings and /or plates. Contestants must bring their own work utensils (bowls, spoons, spatulas, etc.), cutting boards, small hand tools, cookware and presentation and/or serving dishes. Contestants also must supply their own tabletop butane gas burner (10,000 to 15,000 BTU) to cook the burger. No electric equipment of any kind may be used.



WHAT DO YOU WIN?

The first-place winner of the 2022 Food Fight receives a **CASH PRIZE OF \$1,000**, bragging rights & trophy.

Decisions of Food Fight judging panel are final in all aspects of this competition. Teams are required to follow health & safety guidelines according to the Ohio Department of Health and ServSafe regulations.



DETAILS

Food Fight is limited to the first 20 entries. Competitors must be chefs, restaurant owners or restaurant staff. ProStart Students may be eligible on a case-by-case basis. Contestants must be 16 or older to compete.

Contestants must attend a 9:30 a.m. orientation meeting on Sunday, September 25, 2022, when contestant numbers and prep spaces will be assigned. Contestants arriving after 9:30 a.m. will lose 1 point for every 5 minutes past the 9:30 a.m. arrival deadline. Contest managers will refer to the official Expo time clock only.

Registration is \$50 per entry and must be paid by September 15, 2022. Paid registration entitles named competitors' admission to the Mid-America Restaurant Expo. Others accompanying competitors must purchase tickets at www.midamericarestaurantexpo.com.

Overnight refrigeration space is available at the convention center for contestants' ingredients. Email Shoshanna Gross at sgross@ohiorestaurant.org for more information.

Food Fight staff has the right to inspect all coolers and products

All Food Fight contestants must follow Expo rules and regulations. Violators may be subject to disqualification.

MID-AMERICA
RESTAURANT

