

2020 ALABAMA SEAFOOD COOK-OFF

Presented by Alabama Gulf Seafood



Submit your recipe for consideration to be selected as part of the TOP FOUR finalists to compete in the 6th annual Alabama Seafood Cook-Off. Your recipe will be evaluated by at least four judges, among of whom are previous competitors in the Great American Seafood Cook-Off (GASCO). This one-day event will take place on May 13th at The Lodge at Gulf State Park in Gulf Shores, AL. The lead chef must complete and return the below registration form along with a complete recipe they plan to prepare in the competition, should they be selected as a top four finalist. Forms and recipe must be submitted to info@eatalabamaseafood.com by **March 23rd**. Finalists will be announced by April 2nd. See below for more information.

Submission Requirements:

The lead chef must complete and return the following items by emailing them to info@eatalabamaseafood.com by **March 23rd**.

- Registration form including: Name of chef, Name of assistant chef, Restaurant/organization being represented
- Complete recipe submitted. Please include dish title, recipe ingredients and preparations instructions. Recipe submitted **MUST** be the recipe that the contestant will prepare if selected as one of the top four finalists to compete in the Alabama Seafood Cook-Off. Recipe must include Alabama Gulf Seafood.

*Top four competitors selected will then need to submit additional information including:
High-res photograph of chef, bio, restaurant logo & name of assistant chef.

** All forms, photos and recipes become property of Alabama Gulf Seafood and the Alabama Seafood Cook-Off competition for the sole purpose of promoting fresh, Alabama Gulf Seafood. Photos and recipes will be used in online promotions, print media, press releases, etc. Credit will be given to the chefs and their restaurants.

Submission Deadline: March 23, 2020

COMPETITION SCORING:

As the judges critique an entry/display, points are awarded in several areas and averaged to yield a single score for the entry/display. Based on a possible 100 points.

20 points – Presentation, General Impression and Serving Methods

20 points – Creativity and Practicality

20 points – Composition and Harmony of Ingredients

20 points – Correct Preparation and Craftsmanship

20 points -- Flavor, Taste and Texture

*Alabama Seafood Cook-Off emulates the Great American Seafood Cook-Off in the ways of which judging and scoring is prosecuted in the competition.

HOW IT'S JUDGED

The chef teams will serve the judges and give a short verbal description of the dish. Following that time of judging, plated dishes will be displayed for viewing and photography and identified by the information as submitted on the Submission Forms.

Presentation, General Impression and Serving Methods: Fresh, easy to eat, correct temperature, hot/cold serving plate, stylistic but practical. Dish was completed/served within hour's time.

Creativity: The dish shows a degree of difficulty and creative flair, rather than something copied and overused. If using an old or classical idea, new, creative ideas have been used to transform the dish. Degree of difficulty, artistic achievement, work involved, and originality are evaluated.

Composition and Harmony of Ingredients: Ingredients are compatible. The seafood should be the showcase. Ingredient colors harmonize. Ingredient amounts are correctly portioned to give a perfect harmonization. Taste and colors should enhance each other, and display practical craftsmanship.

Correct Preparation and Craftsmanship: Classical names should correspond to original recipes and methods of preparation. Preparations must display mastery of basic skills.

Flavor, Taste and Texture: The stated flavor in the menu and recipe are profound. Doneness and temperatures are correct. The textures correspond to what was implied in the recipe. The flavor of the sauce or vinaigrette reflects what the recipe stated and is of the correct consistency. The dish portrays a high level of skill and exactness.

COMPETITION RULES & REGULATIONS

- Alabama seafood must be the featured ingredient. Multiple seafood proteins are permitted.
- Chefs will be responsible for all food products used in the event.
- Chefs will be responsible for all small wares used in the completion. Pans, blenders, cutting boards, plates, etc., will **not** be provided. The Alabama Seafood Cook-off will **only** provide portable eyes, one shared oven, and one shared fryer.
- Chefs may bring **ONE** assistant chef.
- Each chef will have **one hour total** for dish to be cooked, prepared, and submit individually plated serving of the pre-submitted seafood recipe. Failure to finish in time will result in disqualification. Portions must be prepared and presented within timeframe. There must be enough plated portions for each judge and one for photos.
- All dish components must be prepared in the one hour provided. Seafood may be butchered and cleaned in advance. Simple stocks may also be prepared in advance. All other dish components must be prepared within the allocated hour.

***All competitors should demonstrate appropriate cooking techniques, basic culinary preparation skills, and sanitation skills.*

AWARDS

The winner of the Alabama Seafood Cook-Off will move on to represent the state at the Great American Seafood Cook-Off held in New Orleans in August where all travel expenses will be paid for! This also requires the winner to be a spokesperson for Alabama Seafood on a national stage.

ABOUT GASCO

The Great American Seafood Cook-Off is a nationally televised cooking competition that pits the nation's greatest chefs from across the country in an event using the same format as the Alabama Seafood Cook-Off. At the end of the competition, the winner will be crowned America's King/Queen of seafood! For more information, visit <http://www.greatamericanseafoodcookoff.com>.

REGISTRATION

Submit your recipe with the completed form below by March 23rd for your chance to be selected as a top four finalist to compete in the Alabama Seafood Cook-Off on Wednesday, May 13th at The Lodge at Gulf State Park. Submit form to info@eatalabamaseafood.com.

Name of Chef:

Work Phone:

Cell Phone:

Email:

Name of Assistant Chef:

Name of Restaurant or Organization:

RECIPE

Please submit a complete recipe by inserting below, or attaching with your completed registration form. Please include dish title, recipe ingredients and preparations instructions. Recipe submitted **MUST** be the recipe that the contestant will prepare if selected as one of the top four finalists to compete in the Alabama Seafood Cook-Off. Recipe must include Alabama Gulf Seafood.

Dish Title:

Recipe Ingredients & Preparation Instructions: