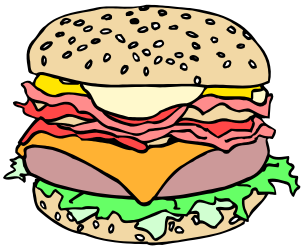

Minnesota STAR Event #11

COLD SANDWICH PREPARATION

Cold Sandwich Preparation, an individual event recognizes members for their ability to demonstrate and recognize the procedures for making sandwiches and display of the sandwich plate in food production by preparing a sandwich characterizing standards and quality that would satisfy a customer and employer.

Career Cluster/ Career Pathways

Hospitality and Tourism-Restaurant and Food and Beverage Services Pathway

EVENT CATEGORY

Occupational- Grades 10-12

PROCEDURES AND TIME REQUIREMENTS

1. Participant will report to the event site and will be given an identifying number and a work space.

2. Participant for this event shall appear in proper attire for a sandwich production trainee. Participant must provide and wear a clean and mended food service uniform. Suggestions include:

   Chef's jacket
   Chef's pants
   Closed Toe Shoes
   Food Service Work Shirt
   Black Pants
   Disposable Gloves
   White Shirt or Blouse
   Black Skirt

   Participant must provide and wear a hair restraint that keeps hair off face and shoulders. Suggestions include:

   Hair net, Food Service Hat plus a tie back for long hair.

   Participant must provide and wear an apron in addition to the food service uniform.

   Participant should be free of any jewelry (rings, watches, bracelets, dangling earrings, etc.), nail polish, artificial nails, and piercings.

3. Participant will produce an attractive, appetizing and marketable sandwich and <u>very simple</u> <u>garnish</u>. The cost of the ingredients for the sandwich shall not exceed $2.50.

   Participant will choose to prepare ONE of the following types of sandwiches.

   - **CLOSED SANDWICH** (shall consist of 2 slices of bread plus filling)
   - **COMBINATION SANDWICH** (shall consist of 3 slices of bread plus filling)
   - **SPECIALTY SANDWICH** (shall include open faced sandwiches and sandwiches made with specialty breads such

   as hoagie buns, flour tortilla, croissants, pita or pocket bread with filling)

4. Participant must submit a food service planning sheet (found in handbook) to the executive director and the advisor in charge of ordering two weeks prior to the event. Items on the food service planning sheet should be taken from the list in number 9. The planning sheet must include the amount of each ingredient needed, cost of the sandwich and garnish serving, and a menu description of the sandwich. Use proper food service portion amounts when listing ingredient needed. **Any items not listed on the planning sheet will not be allowed at the event.** See the food service planning sheet for examples.

5. Participant will be given a nine-inch round white paper plate to display the sandwich. The plate presentation of the sandwich and garnish should be creative and attractive. The garnish should be simple, it should make sense, it should compliment the sandwich, and it should be cost effective.

6. Participants for this event shall use methods of sanitation and safety in the preparation of the product and use the space and equipment available.

Participants-BRING 3 copies of the Evaluation rubric to the Area Mid winter competition and I copy of the rules for evaluators.

7. Twenty minutes will be allowed for this event. Five minutes will be used for instructions. Fifteen minutes will be allowed for the preparation and display of the sandwich plate and garnish. Participants will begin when judges indicate it is time to start.

8. Participants will provide their own utensils needed for the preparation of the sandwich, e.g. knives, peelers, sanitizing cloths, cutting board, plastic gloves, garnish tools, frill picks, bowls, water, ice, etc.

9. Participants may use any of the ingredients from the following list. They are limited to these items and they must be listed on the food service planning sheet.

White Sandwich Bread
Wheat Sandwich Bread
Pocket Bread
Rye **Oval** Bread
Sour Dough **Oval** Bread
Pita Bread
Flour Tortilla
Large Croissant
Hoagie Bun
Leaf Lettuce
Purple Kale
Alfalfa Sprouts
Green Kale
Whole Mushrooms
Parsley
Roma Tomatoes
Red Tomatoes (slice/each)
Cherry Tomatoes
Red Pepper (slice/each)
Green Pepper (slice/each)
Yellow Pepper (slice/each)
Green Onion (each)
Yellow Onion (slice/each)
Red Onion (slice/each)
Radishes (each)
Cucumber (slice/each)
Carrots
Black Olives
Green Olives
Green Grapes
Sweet Pickles
Baby Dill Pickles
Red Grapes
American Cheese (slice)
Swiss American Cheese (slice)
Cheddar Cheese (slice)
Cream Cheese
Margarine
Mayonnaise
Mustard
Sliced Turkey Breast
Sliced Ham
Sliced Roast Beef
Salami
Bologna
Canned Tuna
Canned Chicken
Hard Boiled Egg

No toasters or other electrical appliances will be allowed. Awards will be given in each category of sandwich preparation.

Minnesota STAR Event #11

COLD SANDWICH PREPARATION

Food Service Planning Sheet (Example)

DIRECTIONS:

1. This planning sheet is to be filled out completely. Send one (1) copy to the Executive Director and one (1) copy to the advisor in charge of ordering food for the event. These must be postmarked two weeks prior to the starting date of the State Leadership Conference.
2. This planning sheet is to be used by all participants in the following events:
   a. Sandwich preparation: closed, combination, and specialty
   b. Salad preparation
   c. Cost analysis on the order form should be completed using current prices in your community.
   d. Only items on this sheet may be used in the event. No substitutions will be allowed.

EXAMPLE

Name of Event _____Closed sandwich preparation_____

Students Name _____Eileen Sideways_____

Name of School _____Ease Overshoe High School_____

Advisor's Name _____ Phone Number _____

Menu Item and Description: (Example is for sandwich preparation, salad should be similar)

THE GRAND GOBBLER: Layers of shaved turkey breast on sour dough bread with iceberg lettuce, sweet red pepper, natural, Swiss Cheese and our special blend mayonnaise with a touch of parsley. Gobble away!

COLD SANDWICH PREPARATION

Food Service Planning Sheet

DIRECTIONS:

1. This planning sheet is to be filled out completely. Send one (1) copy to the Executive Director and one (1) copy to the advisor in charge of ordering food for the event. These must be postmarked two weeks prior to the starting date of the State Leadership Conference.

2. This planning sheet is to be used by all participants in the following events:
   a. Sandwich preparation: closed, combination, and specialty
   b. Cost analysis on the order form should be completed using current prices in your community.
   c. Only items on this sheet may be used in the event. No substitutions will be allowed.

Name of Event _____

Students Name _____

Name of School _____

Advisor's Name _____ Phone Number _____

I. Check One: Type of sandwich:

____ Closed Sandwich ____Combination Sandwich ____Specialty Sandwich

II. Menu Item and Description:

III. Cost Analysis: Provide information about the costs.

Cost of ingredients;

Cost of sandwich:

FOOD SERVICE PLANNING SHEET– Cold Sandwich Preparation Event– MN FCCLA STAR Event #11

Name: _____ Chapter:_____School:_____

COLD SANDWICH PREPARATION AND GARNISH: Turn in the ingredients list 2 weeks prior to the event.

Any items not listed on the planning sheet will not be allowed in the event.

INGREDIENTS LIST **Circle items needed.**	**List quantity needed.**	**Continued- INGREDIENTS** **Circle items needed.**	**List quantity needed.**
White Sandwich Bread		Cucumber (slice/each)	
Wheat Sandwich Bread		Carrots	
Rye Oval Bread		Black Olives	
Sour Dough Oval Bread		Green Grapes	
Pita Bread		Red Grapes	
Flour Tortilla		Baby Dill Pickles	
Large Croissant		Sweet Pickles	
Hoagie Bun		Red Grapes	
Leaf Lettuce		American Cheese (slice)	
Purple Kale		Swiss American Cheese (slice)	
Alfalfa Sprouts		Cheddar Cheese (slice)	
Green Kale		Cream Cheese	
Whole Mushrooms		Margarine	
Roma Tomatoes		Mayonnaise	
Red Tomatoes (slice/each)		Mustard	
Cherry Tomatoes		Sliced Turkey Breast	
Red Pepper (slice/each)		Sliced Ham	
Green Pepper (slice/each)		Sliced Roast Beef	
Yellow Pepper (slice/each)		Salami	
Green Onion (each)		Bologna	
Yellow Onion (slice/each)		Canned Tuna	
Red Onion (slice/each)		Canned Chicken	
Radishes (each)		Hard Boiled Egg	

Event # 11 COLD SANDWICH PREPARATION

Participant Name_____ ___**Occupational**

Chapter name _____

Category: _____

Evaluators Instructions: Circle the appropriate points in the columns provided. Be certain to add comments regarding participant's strengths and weaknesses. Write the total points on the bottom. Include judge's initials on the assessment form.

Assessment Criteria (30 POINTS)					
PROFESSIONAL APPEARANCE (5 POINTS) Participants should be free of jewelry, piercings Demonstrates appropriate personal hygiene Clean and appropriate uniform and shoes Proper hair restraint is in place Participant is free of nail polish, and/or artificial nails	**1**	**2**	**3**	**4**	**5**
FOOD SERVICE PLANNING SHEET (4 POINTS) Planning sheet is completed, neat and accurate Utilized ingredients in accordance with planning sheet Portion cost per ingredient is accurate Correct amount per serving ($2.50 maximum)	**x**	**1**	**2**	**3**	**4**
SAFETY AND SANITATION (5 POINTS) Demonstrates proper handwashing and sanitizing techniques (2 points) Demonstrates proper cleanliness of equipment and tools (1 point) Demonstrates proper food handling and equipment procedures (2 points)	**1**	**2**	**3**	**4**	**5**
WORK/PREPARATION SKILLS (5 POINTS) Demonstrates proper technique in use equipment and tools (2 points) Appearance of work area is neat and orderly- "Mise en Place" (2 points) Demonstrates efficiency of work skills (1 points)	**1**	**2**	**3**	**4**	**5**
UTILIZATION OF FOOD (5 POINTS) Accurate measurements and amounts are used Has little or no usable leftovers Combination of flavors and texture are appropriate Assembly of ingredients is in a manner suitable for eating	**1**	**2**	**3**	**4**	**5**
GARNISH (2 POINTS) Appropriate and is cost effective Compliments the sandwich	**x**	**x**	**x**	**1**	**2**
MARKETABILITY OF PRODUCTS (4 POINTS) Realistic amount of labor Product has eye appeal Plate presentation is neat and attractive Product is creative and original	**x**	**1**	**2**	**3**	**4**

COMMENTS: **TOTAL POINTS (30 POINTS POSSIBLE)** _____