



Kitchen Kapers

Berks County CYO Kitchen Kapers Contest

Saturday, November 3, 2018

La Salle Academy Gymnasium

8:00 AM to 1:00 PM

OFFICIAL CONTEST RULES

1. Individual parish contests may be held any day prior to October 28th. Winners' names must be e-mailed to cyo@lsabear.org NO LATER THAN October 29, 2018, on the enclosed parish contest winners form.
2. The contest is open to all 6th, 7th, and 8th grade students (boys and girls) who either belong to a Catholic parish in Berks County or attend a Catholic school.
3. There are eleven (11) categories which are open in both the boys' and girls' divisions.

Each parish may submit only one boy and one girl winner in each category. Simply stated, each parish may enter no more than 11 boys' entries and 11 girls' entries.

CATEGORIES

Appetizers	Casseroles	Pastries
Dips	Breads/Yeast*	Creamy Desserts
Soups, Stews, & Chili	Cookies	Death by Chocolate
Salads	Cakes	* Bread category items must be made with yeast; pumpkin bread would go in a cake category.

4. Recipes prepared from scratch are preferred. However, recipes containing store-bought components are acceptable. PLEASE NOTE: THE MAIN COMPONENT OF YOUR RECIPE MUST BE PREPARED FROM SCRATCH.
5. An adult may supervise the student, but the actual preparation of the food entry MUST be done entirely by the student.
6. Each student may enter only one food product in the contest.
7. Parish winners must prepare the same product for the county contest as they entered in the parish contest.
8. The county finals will be held in the Gymnasium of La Salle Academy on November 3, 2018. Entries should be brought to the gymnasium between 8:00 am and 9:00 am. Please note: We will not have warmers available to keep items hot. You may bring sternos to keep your food item warm.
9. EACH PARISH MUST HAVE 4 JUDGES AT THE COUNTY CONTEST. The judges must arrive at La Salle Academy, 440 Holland St, on Saturday November 3, 2018, no later than 9:00 am. No judges should have food allergies; items to be judged will be assigned.
10. Judging will take place from 9:30 am until 12:00 Noon. Contestants should return to La Salle Academy at 12:00 Noon for the announcement of winners and awards. All entries must be removed by 1:00 pm. Any dishes left behind will be discarded.

CATEGORY GUIDELINES

APPETIZERS: small finger food served before or between the regular courses of a meal

DIPS: a mixture of ingredients, baked or unbaked, using an item such as bread, chips, or vegetables to be covered or dipped and eaten

SOUPS, STEWS, & CHILI: a liquid food made by boiling or simmering meat, fish, or vegetables with various added ingredients

SALADS: any combinations of chilled fruit, vegetables, herbs, meat, cheese, fish, grains, and pasta, served with some kind of moist dressing

CASSEROLES: a mixture of several foods consisting of pre-cooked or quick-cooking food, often with pasta or rice

BREADS/YEAST PRODUCTS: any item in which YEAST is used

COOKIES: a small cake made from stiff, sweet dough that is dropped, rolled, or sliced and then baked

CAKES: a sweet, baked food in loaf or layer form, made with or without shortening, usually with flour, sugar, eggs, flavoring, usually with baking powder or soda and a liquid

PASTRIES: articles of food in which pastry (dough) forms an essential part of pies, tarts, etc.

CREAMY DESSERTS: sweetened dessert such as flan, custard, pudding, or mousse

DEATH BY CHOCOLATE: anything that SCREAMS chocolate

Please contact Denise Leininger at cyo@lsabear.org with any questions concerning these rules or this contest.