Iowa Section IFT Culinary Challenge

April 3rd, 2014
In conjunction with the biannual
Iowa IFT Suppliers' Night

Iowa Section
Institute of Food Technologists

The Challenge

- After a successful first event, the Culinary Challenge returned to the 2014 Suppliers' Night.
- Teams: 3 students, plus 1 industry coach & 1 advisor
- Formulating: 2 hours to create a prototype of an unique appetizer and 2 hours to scale up
- Students were judged on their finished product and also served them to Suppliers' Night attendees

Provisions

- A variety of industrial ingredients donated by suppliers were available to students in the “pantry”
- Anti-Chopped: Students were allowed to bring 4 ingredients of their own
- Tools Provided: 2 long tables were provided for the work station along with an electrical outlet and power strip. Basic utensils, bowls and pans were also available.

Judging Criteria

Taste (30) • Texture • Flavor • Technique execution
Use of Industrial Ingredients (30) • How functional are the industrial ingredients? • Number of industrial ingredients used
Creativity (10) • Concept
Appearance (10) • Uniformity • Pleasing appearance
Cleanliness and Food Safety Practices (10) • Comments will be submitted by Culinary Challenge coordinator
Professionalism during the Competition (10) • During judging, how well did students answer questions and articulate what they did through the process.
TOTAL/ 100

Awards!

1st Place Team: $300
2nd Place Team: $200
3rd Place Team: $150
4th Place Team: $100

Formulating

Scaling Up

MAD

(Meat A Different)

Burger

Team: MAD

Members:

Celia Bravard

John ‘Ta Jones

Lisa Schmidt

Industry Member:

Andrea Weiss, Frontier Natural Products Co-op

Advisor:

Erica Beirman, Iowa State University

1st Place: Team MAD

Appetizer: MAD (Meat A Different) Burger

From L-R: Lisa Schmidt, Celia Bravard, Andrea Weiss, John 'Ta Jones, Erica Beirman

MAD Burger

Ingredient	% Weight
Shredded Bun:	
Michael Foods, Inc. Shredded Hash Browns	63.66%
Sparboe Foods Whole Liquid Pasteurized Eggs	18.98%
Michael Foods, Inc. Shredded Sharp Cheddar Cheese	7.80%
Michael Foods, Inc. Parmesan & Asiago Cheese Blend	6.30%
Corbion Supreme Sun Dried Tomato Bread Mix	3.16%
Salt and Black Pepper	0.06%
Packed Patty:	
Burke Corporation Cooked Seasoned Ground Beef	63.73%
Sparboe Foods Whole Liquid Pasteurized Eggs	19.12%
Hormel Foods Natural Peanut Butter Spread	14.93%
AGT Foods Lentil Protein	0.64%
Ajinomoto North America, Inc. Toasted Sesame Oil	0.56%
J. M. Swank/DongSheng Foods Dehydrated Garlic Powder	0.54%
J. M. Swank/Olam Granulated Onion Powder	0.48%
Sick Sauce:	
Tomato Paste*	40.98%
Brown Sugar*	27.32%
Ajinomoto North America, Inc. Gluten Free Tamari Sauce	15.03%
Water	9.11%
J. M. Swank/Mitzkan Americas White Vinegar	6.07%
J. M. Swank/ Elite Spice Dried Whole Basil	0.90%
Salt	0.46%
J. M. Swank/French's Flavor Ingredients Worcestershire Sauce Powder	0.41%
J. M. Swank/Domino Foods, Inc. Honey Powder	0.27%
Grain Processing Corporation MALTRIN M100 maltodextrin	0.14%
J. M. Swank/Olam Granulated Onion Powder	0.13%
Topped with spring salad mix* and red onion*	

*Team provided ingredient

Hearty Plates

Team: Amide Bond Girls
Members:
Carmen Au
Angie Gutierrez
Zoey Nguyen
Industry Member:
Dawn Canon, Burke Corporation
Advisor:
Dr. Lester Wilson, Iowa State University

2nd Place: Amide Bond Girls

Appetizer: Hearty Plates

From L-R: Dawn Canon, Zoey Nguyen, Angie Gutierrez, Carmen Au, Dr. Lester Wilson

Hearty Plates

Ingredient	% Weight
Cheesy Hash Brown Basket:	
Michael Foods, Inc. Shredded Hash Browns	69.4%
Michael Foods, Inc. Shredded Sharp Cheddar Cheese	26.0%
Vegetable Oil*	4.3%
Salt	0.3%
Black Bean Polenta:	
Water	74.0%
Archer Daniels Midland Company Black Bean Grits	12.5%
J. M. Swank/ConAgra Foodservice Nonfat Dry Milk	6.5%
AGT Foods Lentil Protein	4.1%
J. M. Swank/Kraft Foods Monterey Jack Cheese Powder	2.6%
Salt	0.3%
Seasoned Boca Crumble Sauce:	
Kraft Foods Boca Crumbles	86.6%
Water	5.2%
Hormel Foods Natural Peanut Butter Spread	1.7%
Ajinomoto North America, Inc. Toasted Sesame Oil	1.6%
Ajinomoto North America, Inc. Gluten Free Tamari Sauce	1.4%
J. M. Swank/Domino Foods, Inc. Honey Powder	1.1%
Proliant Meat Ingredients Concentrated Powdered Pork Flavor	0.8%
J. M. Swank/DongSheng Foods Dehydrated Garlic Powder	0.4%
J. M. Swank/Olam Granulated Onion Powder	0.4%
J. M. Swank/Mitzkan Americas White Vinegar	0.3%
Grain Processing Corporation INSCOSITY B672 instant modified corn starch	0.2%
Salt	0.1%
J. M. Swank/Olam Granulated Onion Powder	0.13%

* Team provided ingredient

Hearty Plates

Ingredient	% Weight
Pickled Cabbage:	
Cabbage*	98.0%
Vegetable Oil*	58.9%
Water	34.7%
Pea Protein Crème:	
J. M. Swank/ConAgra Foodservice Nonfat Dry Milk	3.1%
J. M. Swank/Mitzkan Americas White Vinegar	2.4%
J. M. Swank/Mitzkan Americas White Vinegar	0.7%
Salt	0.5%
AGT Foods Pea Protein	0.4%
Sugar	0.3%
Tropical Pearls:	
Water	98.3%
Mother Murphy's Orange Peach Mango Flavor	1.0%
Mother Murphy's Natural Strawberry Flavor	0.2%
Sodium Alginate*	0.5%
Calcium Chloride*	0.0%

* Team provided ingredient

CY's Lemon Rosemary Shortbread

Team: The Fun Food CYentists

Members:

Kelsey McCarty

Sidney Jamison

Emily Schmidt

Industry Member:

Millie Richard, NU World Foods

Advisor:

Linda Svendsen, Iowa State University

3rd Place: Fun Food CYentists

Appetizer: Cy's Lemon Rosemary Shortbread

From L-R: Sidney Jamison, Emily Schmidt, Kelsey McCarty, Linda Svendsen
(Not pictured – Millie Richard)

Lemon Rosemary Shortbread

Ingredient	% Weight
Shortbread:	
J. M. Swank/ConAgra Mills Ultragrain Hard White Wheat Flour	43.62%
Extra Virgin Olive Oil*	27.5%
Powdered Sugar*	19.6%
AGT Foods Pea Protein	2.0%
Salt	2.0%
Lemon Zest*	1.6%
Rosemary*	1.6%
Archer Daniels Midland Navy Bean Powder	0.5%
J. M. Swank/Kraft Foods Monterey Jack Cheese Powder	0.5%
J. M. Swank/Domino Foods, Inc. Honey Powder	0.3%
J. M. Swank/Elite Spice Cinnamon	0.3%
Mother Murphy's Natural Lemon Lime Flavor	0.2%
Metarom NEOTECH Rosemary Flavor	0.2%
Mother Murphy's Natural Apple Flavor WONF	0.1%
Metarom NEOTECH Butter Flavor	0.1%
Crumble Topping:	
Corbion Supreme Sun Dried Tomato Bread Mix	91.70%
Kraft Foods Boca Crumbles	6.40%
Extra Virgin Olive Oil*	1.80%
Lemon Drizzle:	
Powdered Sugar*	75.20%
Water	17.10%
Lemon Juice*	5.16%
J. M. Swank/ConAgra Foodservice Nonfat Dry Milk	1.50%
J. M. Swank/DairiConcepts Dried Sour Cream	1.00%

* Team provided ingredient

Aloha Sunrise

Team: The First Impressions

Members:

Nicole Walski

Rebecca Gordon

Allison Ross

Industry Member:

Krisha Ekenstedt, Michael Foods

Advisor:

Erica Beirman, Iowa State University

4th Place: First Impression

Appetizer: Aloha Sunrise

From L-R: Krisha Ekenstedt, Nicole Walski, Allison Ross, Rebecca Gordon, Erica Beirman

Aloha Sunrise

Ingredient	% Weight
Greek Yogurt Drizzle:	
Greek Yogurt*	63.93%
Water	15.57%
J. M. Swank/DairiConcepts Dried Sour Cream	15.23%
J. M. Swank/Domino Foods, Inc. Honey Powder	4.43%
J. M. Swank/Elite Spice Dried Whole Basil	0.67%
Metarom NEOTECH Basil Flavor	0.17%
Pineapple, Pepper, and Bacon Filling:	
Canned Pineapple*	52.48%
Red Peppers*	47.38%
Kraft Foods Hardwood Smoked Bacon	12.46%
Grain Processing Corporation PURE-GEL B994 modified corn starch	0.09%
Metarom NEOTECH Burnt Sugar Flavor	0.05%%
Tartlet Crust:	
J. M. Swank/ConAgra Mills Ultragrain Hard White Wheat Flour	39.14%
Unsalted Butter*	34.84%
Sparboe Foods Whole Liquid Pasteurized Eggs	18.28%
AGT Foods Lentil Protein	2.40%
J. M. Swank/Domino Foods, Inc. Honey Powder	1.83%
J. M. Swank/Olam Granulated Onion Powder	1.14%
Salt	0.79%
Church & Dwight Co. Inc. Baking Soda	0.79%
J. M. Swank/Corbion Double Acting Baking Powder	0.79%

* Team provided ingredient

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