

2 0 1 1

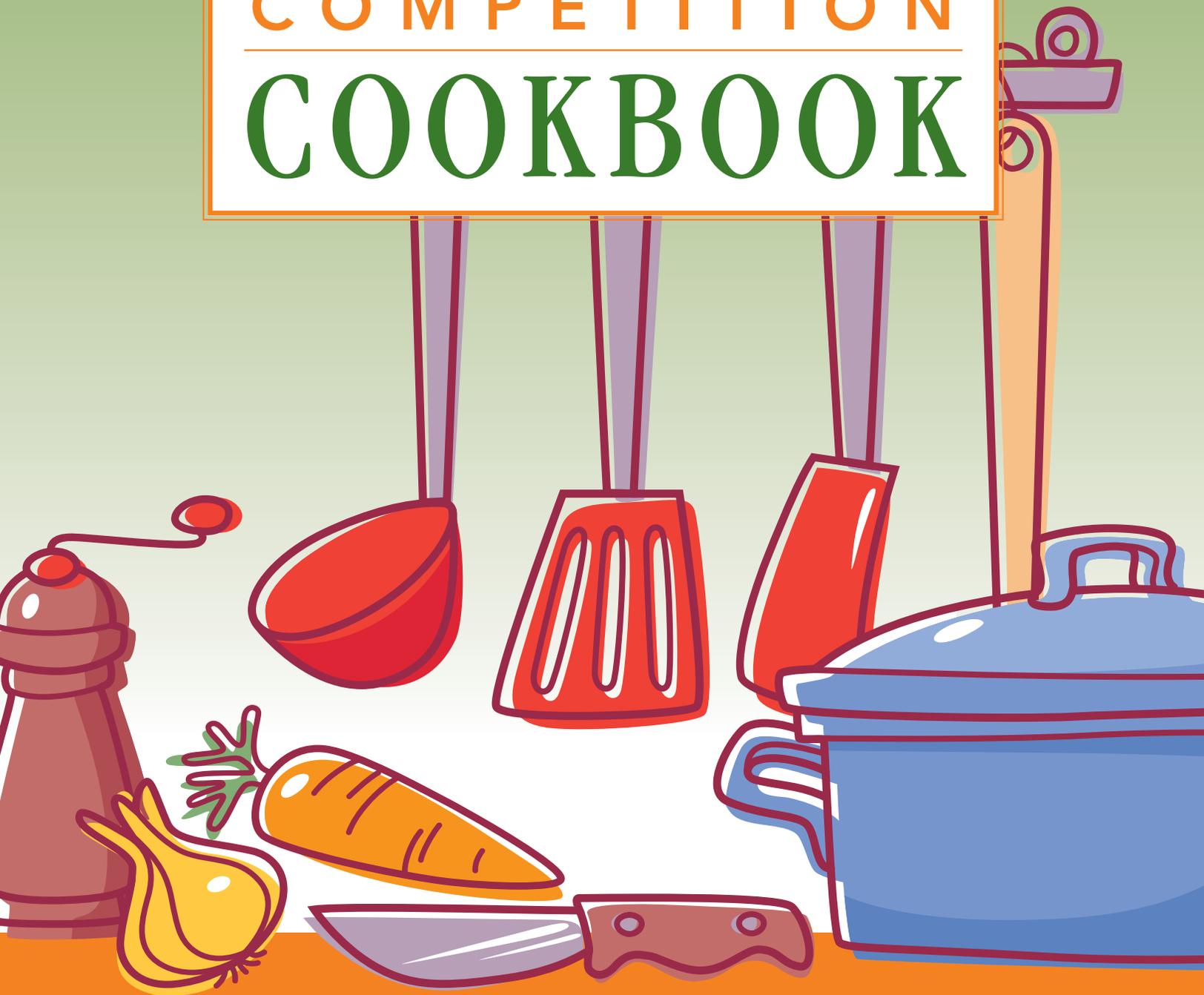
MICHIGAN



Junior Chef

COMPETITION

COOKBOOK



2011 Michigan Junior Chef Competition

The goal of the 2011 Michigan Junior Chef Competition was to provide youth participants hands-on cooking experience and knowledge of healthy food choices. It was made up of two parts, a Recipe Contest and a Cook-off Competition. Recipes for the Recipe Contest had to include fresh, local, and United States Department of Agriculture (USDA) foods; and be practical and easy for school food service operations to offer as part of their meal programs. The top eight teams from the Recipe Contest were invited to prepare their meals on-site at the Cook-off Competition at Michigan State University on May 11th, 2011.

Teams invited to the Cook-off Competition:

- Brown City Good For You Girls, Brown City Junior Senior High School
- Eight is Enough, Saint Brigid Catholic School
- Manchester Healthy Chefs, Manchester High School
- J.A.M., DeWitt Junior High School
- Kitchen Girls, DeWitt Junior High and High School
- Savory Seven, Saint Brigid Catholic School
- Sizzling Sauteers, DeWitt Junior High School
- Small Town Chefs, Hopkins High School

Meals were judged on nutrition quality, use of USDA foods and local, seasonal Michigan ingredients, time and labor to prepare meal, taste, appearance and presentation, creativity, and use of student-friendly foods. Teams were also required to create a Marketing Flyer for their meal which was included in the judging process.

First place was awarded to Eight Is Enough from Saint Brigid Catholic School, second place to Brown City Good For You Girls from Brown City Junior Senior High School, and third place to Small Town Chefs from Hopkins High School. In addition to individual gifts for the students of the first, second, and third place teams; each received a monetary award for their school's foodservice department.

We are pleased to present the recipes prepared by the top eight teams at the 2011 Michigan Junior Chef Cook-off Competition. Recipes were written and submitted by student teams and are presented in their original form. For more information about the Michigan Junior Chef Competition please visit <http://www.mifarmtoschool.msu.edu/chef>.





Table of Contents

Brown City Junior Senior High School	
Brown City Good For You Girls	4
DeWitt Junior High School	
J.A.M.	11
DeWitt Junior High and High School	
Kitchen Girls.....	16
DeWitt Junior High School	
Sizzling Sauteers	21
Hopkins High School	
Small Town Chefs	25
Manchester High School	
Manchester Healthy Chefs.....	32
Saint Brigid Catholic School	
Eight is Enough.....	37
Saint Brigid Catholic School	
Savory Seven	41

