



# 8<sup>TH</sup> ANNUAL ALABAMA SEAFOOD COOK-OFF

**Presented by:**

**The Alabama Seafood Marketing Commission**

Submit your recipe for consideration to be among our **TOP FOUR FINALISTS** selected to compete in the 8<sup>th</sup> Annual Alabama Seafood Cook-Off (ASCO). Your recipe will be evaluated by a panel of judges consisting of previous competitors in both ASCO and the Great American Seafood Cook-Off (GASCO), industry experts, and/or members of the Alabama Seafood Marketing Commission (ASMC) board. If your submission is selected into the top four, you will compete in the ASCO event on Monday, June 12, at [Zeke's Restaurant](#) in Orange Beach, Ala. The lead/executive chef for your two-person team must complete and return the registration form below, along with the detailed and complete recipe he/she plans to prepare for the competition. Forms and recipes must be submitted to [chandler@bigcom.com](mailto:chandler@bigcom.com) by May 8, 2023. Finalists will be announced no later than May 22, 2023. See below for more information.

## **SUBMISSION REQUIREMENTS:**

The lead chef must complete and return the following items by emailing them to [chandler@bigcom.com](mailto:chandler@bigcom.com) by May 8, 2023.

- Registration form including the following information: Name of chef, name of assistant chef, and restaurant/organization being represented\*
- Complete and detailed recipe being submitted. Please include dish title, recipe ingredients, and preparation 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 as the main ingredient. Please refer to the Rules and Regulations section below for more details.

***Submission Deadline: May 8, 2023***

*\*Top four competitors selected will then need to submit additional information including high-res photograph of chef, bio, and restaurant logo. DISCLOSURE: 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.*

## **COMPETITION SELECTION**

The selection of the top four finalists is anonymous. Judges are unaware of the chef and/or restaurant associated with any recipe being reviewed throughout the entire selection process.

When chefs formally submit for competition consideration, event coordinators will remove any identifiable qualifiers (name, restaurant affiliation, etc.) prior to these entries moving to the judges for the selection phase. Only submitted recipes will be presented to the panel.

After a lengthy discussion and scoring, each judge will provide his or her top four recipe selections based on the judging criteria to be used to score the dish at the competition (Creativity, Harmony, Flavor, etc.). The selections are then tallied by representatives of Alabama Gulf Seafood who are not a part of the anonymous selection process. Once reviewed, the top four chefs are finalized.

In making their blind recipe decisions, judges are looking for dishes that incorporate fresh, Alabama Gulf Seafood that can be commercially available within the state. Dishes do not necessarily have to be traditional, Alabama fare; however, placing an emphasis on locally sourced ingredients is appreciated / favorable. Creativity is welcomed, if Alabama Gulf Seafood is the featured, main ingredient.

## **COMPETITION SCORING:**

As judges critique an entry/display, points are awarded in five categories and then averaged to yield a single score for the entry/display. Entries are scored with 100 total points possible.

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 utilizes the format of the Great American Seafood Cook-Off by ensuring judging and scoring are consistent during the competition.*

## **HOW IT'S JUDGED**

Each chef team will present their dish to judges and provide a short description of the dish. Additional plated dishes prepared will be displayed for viewing and photography.

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

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 showcase compatibility. Ingredient colors are visually pleasing. 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 flavors in the menu and recipe are key. Serving temperatures are correct. The textures correspond to what was implied in the recipe. The flavor of the sauce reflects the recipe's description and has a pleasing consistency. The dish portrays a high level of skill and exactness.

## **COMPETITION RULES & REGULATIONS**

Below are the listed regulations for the Alabama Seafood Cook-Off competition. The stated regulations are non-negotiable and reflect the decisions of the Alabama Seafood Marketing Commission and the Alabama Gulf Seafood brand.

The following regulations have been put in place for the Alabama Seafood Cook-Off:

- Previous ASCO lead/executive chef winners (1<sup>st</sup> place only) are not allowed to compete for the following three (3) years.
- Sous chefs that have been on a winning team (1<sup>st</sup> place) are eligible for participation but are required to wait one year before entering the competition again.

- Example: The sous chef on the winning (1<sup>st</sup> place) team in 2022 cannot participate in the competition again until 2024.
- A restaurant is only allowed to have one representing chef team submit.
- Both lead/executive chefs and sous chefs are allowed to submit one recipe for one team. Multiple entries containing the same chefs but on different teams are not allowed and will not be eligible for participation.
- Both lead/executive chef and sous chef must be affiliated with a restaurant and/or organization within the state of Alabama.
- Chefs will be selected with three regions of the state in mind (Gulf, North, South). One chef from each region plus a wildcard will be chosen to compete. Before identifying qualifiers are removed from each chef entry, chefs will be categorized into their respective region based on location of their affiliated restaurant or organization.
  - The Gulf / Panhandle Region (Mobile, Fairhope, Gulf Shores, Orange Beach, etc.)
  - The Southern Region (Above the Panhandle and below Tuscaloosa)
  - The Northern Region (Tuscaloosa and Above)
  - The Wildcard (Can be located anywhere across the state, added for fairness and accountability)

## **RULES**

- Alabama Gulf seafood must be the featured ingredient. Multiple seafood proteins are permitted.
- Seafood used as the main dish ingredient must be commercially available within the state of Alabama.
- Chefs will be responsible for all food products used in the event.
- Chefs will be responsible for all small wares used in the competition. Pans, blenders, cutting boards, etc. will **not** be provided. The Alabama Seafood Cook-off will **only** provide two (2) portable burners, one (1) shared oven, and one (1) shared fryer.
- Chefs may bring **ONE (1)** assistant chef.

- Each chef will have **1-hour total** to cook, prepare, and submit individually plated servings of the pre-submitted seafood recipe. Dishes will be judged as-is at the end of the one-hour, regardless of completion. Portions must be prepared and presented within the stated timeframe. There must be enough plated portions for each judge (4) and additional plates prepared for photos (2).
- Chefs are required to bring their own plates, dishes, etc. to be served to the judges.
- All dish components must be prepared in the 1-hour provided.
- Simple stocks may be prepared in advance. All other dish components must be prepared within the allocated 1-hour. Prior to the competition, participating chefs are allowed to:
  - Butcher, clean, and trim seafood to be used. Shrimp may also be deveined.
  - Vegetables and lettuce can be cleaned and washed but not cut or shaped in any form; beans may be pre-soaked. Exceptions are chopped herbs.
  - No finished sauces can be prepared in advance; however, flavored oils, original seasonings/spices, and basic stocks (beef, veal, chicken, vegetable, or fish) may be brought in as necessary for the recipe.

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

## **WEEKEND DETAILS**

Participants of the 2023 Alabama Seafood Cook-Off will receive and participate in:

- Two-nights stay at The Lodge at Gulf State Park, courtesy of the Alabama Gulf Seafood Marketing Commission (*Sunday, June 11 - Tuesday, June 13*)
- A welcome reception followed by a specially curated welcome dinner on Sunday, June 11 at *Perch* restaurant, located at The Lodge at Gulf State Park
- A formalized, detailed sustainability tour of The Lodge and adjacent State Park on Monday, June 12, followed by lunch at *Woodside Grill*
- Dinner at *Zeke's Restaurant* prior to the competition, accompanied by family and/or friends of each participant

## **AWARDS**

The winner of the 2023 Alabama Seafood Cook-Off will receive:

- A cash prize with the amount determined annually by the Alabama Seafood Marketing Commission
- A first-place trophy and customized Alabama Gulf Seafood spoon
- Judging rights for the 2024 Alabama Seafood Cook-Off event\*
- Automatic participation and state representation in the Great American Seafood Cook-Off (GASCO) held in New Orleans each summer\*\*

*\*If the reigning champion has ties to one of the selected chefs, judging rights will be changed to a participating, non-judging role in the competition.*

*\*\*This specific reward also requires the winner to be a spokesperson for Alabama Seafood on a national stage. All travel expenses to the GASCO competition are the winning chef's responsibility. Alabama Gulf Seafood is not responsible for travel or lodging expenses. The chef can put his or her ASCO cash prize toward any GASCO expenses.*

## **ABOUT GASCO**

The Great American Seafood Cook-Off is a nationally televised cooking competition that places 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 [greatamericanseafoodcookoff.com](http://greatamericanseafoodcookoff.com).

# REGISTRATION

Submit your recipe with the completed form below by May 8, 2023 for your chance to be selected as a top four finalist to compete in the 8<sup>th</sup> Annual Alabama Seafood Cook-Off on June 12 at Zeke's Restaurant in Orange Beach, AL.

Submit form to [chandler@bigcom.com](mailto:chandler@bigcom.com).

Name of Chef:

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Cell Phone:

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Email:

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Name of Assistant Chef:

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Name of Restaurant or Organization:

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# RECIPE

Please submit a complete recipe below or attach with your completed registration form. Please include dish title, recipe ingredients and preparation 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 that can be commercially available within the state.

Dish Title:

Recipe Ingredients & Preparation Instructions: