

## Por Vida Fest Culinary Challenge

Friday May 18

LifeCare Hospital

1:30pm-2:30pm

- Six recipes meeting the Por Vida nutritional criteria
  1. Mexican Poblano Stuffed Peppers
  2. Slim & Spicy Tandoori Chicken
  3. Cajun Chicken Stew with Okra and Sausage
  4. Tabbouleh with Grilled Vegetables
  5. Cajun Grilled Tilapia
  6. Roasted Vegetables with Cheesy Polenta
- Scale and produce recipes according to the Standardized Recipe Form
- Print recipes for the Food Service staff
- Names of food service staff will be drawn to prepare the recipe
- Ingredients:
  - Purchase ingredients and provide to the staff
- Stations
  - Assign stations based on the numerical order of the recipe
- FS staff will prepare 2 servings of each recipe
- FS staff will decorate their plates for photography
- Photography during the competition to be displayed at bulletin board
- FS staff will work independently on their own station
- Judgment criteria:
  - Taste
  - Visual appeal of food
  - Plate presentation
  - Prep and cooking time
- Grand prize: Bragging rights of the title Super Creative Chef + prize(need to be approved through HR)
- Consolation prizes for the staff