**St. Catharine of Siena School**

**Kitchen Kapers Contest**

**Monday, October 2, 2017**

**OFFICIAL CONTEST RULES**

The contest is open to all 6th, 7th, and 8th grade students (boys and girls) who either belong to a Catholic parish or attend a Catholic School in Berks County.

There are eleven (11) categories in both the boys and girls divisions (see below for descriptions).

Each student may enter only one food product in the contest.

An adult may supervise the student but the actual preparation of the food entry **MUST** be done entirely by the student.

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.**

\*All entries need to be dropped off at the SCS cafeteria prior to 8:15AM on Monday, October 2nd. Your dish must be delivered “ready to serve”!

\*Students MUST set up their dishes themselves, as presentation of the dish is part of the judging.

\*If your dish is being served from a crock pot, please inform us on your Student Entry Form, so that we can accommodate by providing enough space.

1st place winners in each category are invited to compete in the County Finals! Note that winners MUST prepare the same recipe for the county contest as they entered in the parish contest. The school and date of his year’s County Finals competition has yet to be announced. Historically, it has been held on the 2nd to last Saturday in October from 9AM to 1PM. We will update all contestants with this information as soon as it becomes available.

**CATEGORY GUIDELINES:**

* APPETIZERS: small finger food served before or between the regular courses of a meal.
* BREAD/YEAST PRODUCT: any item in which YEAST is used. \*Note – Bread/Yeast category item must be made with yeast; pumpkin bread would go in the Cakes category.
* 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.
* CASSEROLES: a mixture of several foods consisting of pre-cooked or quick-cooking food, often with pasta or rice.
* COOKIES: a small cake made from stiff, sweet dough that is dropped, rolled, or sliced and then baked.
* CREAMY DESSERT: sweetened dessert such as flan, custard, pudding, or mousse.
* DEATH BY CHOCOLATE: anything that SCREAMS chocolate.
* DIPS: a mixture of ingredients, baked or unbaked, using an item such as bread, chips, vegetables to be covered or dipped and eaten.
* PASTRIES: articles of food in which pastry (dough) forms an essential part of pies, tarts, etc.
* SALADS: any combinations of chilled fruit, vegetables, herbs, meat, cheeses, fish, cereals, or pasta and some kind of moist dressing.
* SOUPS/STEWS/CHILI: a liquid food made by boiling or simmering meat, fish, or vegetables with various added ingredients.

IF YOU HAVE ANY QUESTIONS CONCERNING THESE RULES, OR ANYTHING RELATED TO THE KITCHEN KAPERS CONTEST, PLEASE CONTACT DAN STOLTZFUS AT [dan@modaninc.com](mailto:dan@modaninc.com).