



SHABBAT TOP CHEF MENU GUIDELINES OCTOBER 12TH 2018

We have compiled a list of ingredients that may be used.
We are only going to buy ingredients that are on the list.
No outside ingredients will be allowed.

New for this year!

During the cooking day and at the dinner our staff will be keeping an eye out for the teams that:

1. Work well together
2. Keep their utensils and space clean
3. Show respect to others and their food.

The teams that excel in these areas will be awarded extra tickets!

1. Aside from the poultry main dish, all ingredients must be Parve (non dairy). We will use meat and dairy substitutions. (Ex - margarine for butter.)
2. There is limited place to fry and boil food (6 big burners). Each team will have about 40 minutes . Plan for most of your dishes to be raw (salad) or baked; there is plenty of space in the oven.
3. [CLICK HERE](http://oregon.ncsy.org/articles/top-shabbat-chef) to submit your recipes and ingredient lists. Or go to oregon.ncsy.org/articles/top-shabbat-chef.
4. All food will be presented in bowls or on plates so think about visual presentation when choosing your items. Also most foods need to be cut up into very small taster sized portions.
5. Times for the event are as follows:
8:30 AM - 2:30 PM Cook-off 3225 SW Barbur Blvd. Portland, OR 97239.
5:45 PM - All Contestants meet at the MJCC Ballroom.
6:30 Shabbat Dinner at the MJCC Ballroom
6. Each team will be responsible to get their food out at the right times to the appropriate tables.

7. Teams will also be responsible for clearing dishes and garbage from assigned tables throughout the dinner.

*If you notice that there is a staple pantry item not listed, please contact Aviva at aviva@ncsy.org

Dishes:

Name	Served on
1. Challah – regular or whole wheat	Small appetizer plate
2. Appetizer: Salad	Large dinner plate
3. <u>Boneless Chicken Breast Dish</u> (no substitutions)	Large dinner plate
4. Tofu/Veg Side Dish	Soup bowl
5. Starch Side Dish (pasta, potato, rice...)	Soup Bowl
6. Kugel	Small Appetizer plate
7. Non Refrigerated Dessert	Small Appetizer plate

GOOD LUCK!

