

**Official Rules of the 2016
FRESH FLORIDA TOMATO
"Top Tomato" Recipe Contest**

ELIGIBILITY

Open to students enrolled on a full- or part-time basis in a professional culinary program located in Canada. Winners of previous Florida Tomato Committee contests are not eligible. This contest is void where prohibited by law and is subject to all federal, state and local laws and regulations.

PRIZES

The first 25 students to enter a recipe will each receive a professional chef's tomato knife. Additionally, the winning recipe and two additional finalists (and their instructors) will win the following cash prizes.

	<u>Student</u>	<u>Supervising Instructor</u>
First place	\$1,000	\$200
Finalist	\$300	\$100
Finalist	\$300	\$100

DEADLINE

Student entries must be submitted by email, fax or postmarked by Friday, May 6, 2016. Entries must include either a signature from a Supervising Instructor or be submitted by the instructor to be considered.

HOW TO ENTER

Students may enter as many recipes as they wish. The students' objective is to create an **original** recipe in which **fresh field-grown tomatoes (the round, red variety) are the key ingredient**. Entries must not have won a previous prize or award, not been previously published and not infringe on any third-party rights. Suggested recipe types include: appetizer, salad or salad dressing, main dish, side dish, sandwich, sauce and baked goods.

Recipes will be judged on the following criteria: taste, visual appeal, originality, ease of preparation and importance of tomatoes in the dish.

Following the contest recipe guidelines (available from your instructor), type or clearly write your recipe on 8 1/2" x 11" paper (one side only) and submit with the official entry form. Make sure to include your name, school and telephone number on each page. Students may submit their recipes directly if signed by a Supervising Instructor, or give to their instructor to submit.

Entries can be submitted by mail to: Florida Tomato Committee, c/o PadillaCRT, 150 Greenwich Street, 48th Floor, New York, NY 10007; fax (212) 229-2925 or via e-mail at Melissa.Martinez@PadillaCRT.com.

JUDGING THE ENTRIES

All entries will be screened and recipes of semi-finalists will be tested to determine finalists. In the final judging, a panel of recognized culinary professionals will taste up to six recipes and choose one winner. Recipes will be judged on taste, ease of preparation, visual appeal, originality and importance of tomatoes to the success of the dish. Winners will be announced by Friday, July 1, 2016, with notification sent to winning students and schools.

GENERAL RULES

Winners will be notified by mail. They will be required to sign and return an affidavit of eligibility, authenticity, liability/publicity release and assignment of rights within 14 days of notification attempt or the prize will be forfeited and an alternate winner selected.

All entrants acknowledge and agree that recipes become the property of the Florida Tomato Committee, which reserves the right to edit, modify, copyright and publish them for advertising, public relations and promotional purposes in any media without attribution or compensation. By entering the contest, you agree to the use of your name for advertising and promotional purposes without compensation. Failure to comply will result in the selection of an alternate winner.

Liability for applicable federal, state or other taxes will be the sole responsibility of the individual winners.

For the names of the winners, send a stamped, self-addressed envelope to: Florida Tomato Committee, c/o PadillaCRT, 150 Greenwich Street, 48th Floor, New York, NY 10007.

The sponsor of this contest is the Florida Tomato Committee, 800 Trafalgar Court, Ste., 300, Maitland, FL 32751.

Foodservice Recipe Writing Guidelines for the 2016**FRESH FLORIDA TOMATO****RECIPE CONTEST**

In order to consistently reproduce the taste and appearance of recipes each time they are prepared, it is important to write recipes clearly and accurately. The following are basic guidelines for recipe writing:

Ingredients List

- ❖ In one column, list ingredients in order of use in the recipe, specifying how ingredients are prepared, followed by weight and volume: e.g., fresh tomatoes, chopped, 2 pounds (about 5 cups).
- ❖ If an ingredient must be cut in specific sizes, describe next to ingredients (e.g., Fresh carrots, cut in 2-inch pieces).

Recipe Directions

- ❖ Give exact temperature for oven and for fat, when deep-fat frying. Describe top range heat (e.g., sauté over medium-high heat...).
- ❖ Give visual clues of what the food should look like in each step, as well as approximate cooking times (e.g., sauté until golden brown, about 10 minutes).
- ❖ Give recipe yield in terms of weight and/or volume measurement, plus portions (e.g., Yield: 1 gallon; 16 (1 cup) portions).
- ❖ Describe how dish should be presented (e.g., Spoon tomato mixture in the center of a dinner plate; surround with mixed greens and top with croutons, if desired).
- ❖ Always proof recipes to make sure each listed ingredient is mentioned in the correct order in recipe directions, and that measurements are accurate.

References

Recipes into Type: A Handbook for Cookbook Writers and Editors, by Joan Whitman and Dolores Simon (New York: Harper Collins, 1993).

The Recipe Writer's Handbook, revised and updated, by Barbara Gibbs Ostmann, Jane L. Baker and Antonia Allegra (New York: John Wiley & Sons, 2001).

FRESH FLORIDA TOMATO

RECIPE CONTEST

TOMATO CARPACCIO

- 8 medium Florida tomatoes, blanched, cored and skinned
- 1 tablespoon ground cardamom
- 1 tablespoon ground coriander
- 1 teaspoon ground pink peppercorns
- 1/2 teaspoon plus 1/8 teaspoon salt, divided
- 3/4 cup olive oil
- 2 small garlic cloves
- 2 large basil leaves, chopped
- 1-1/2 cups loosely packed baby arugula
- 1/2 cup shaved Asiago or Parmigiano-Reggiano

Preheat oven to 230°F. Line 2 rimmed baking sheets with parchment paper. On a sheet of wax paper, combine cardamom, coriander, peppercorn and 1/2 teaspoon of the salt. Roll tomatoes in the mixture to coat each lightly. Cut tomatoes crosswise into 1/4-inch thick slices; arrange on baking sheets. Roast until tomatoes are dry but still flexible, 2 to 2-1/2 hours. Meanwhile, heat oil and garlic over medium heat until garlic begins to turn golden. Remove from heat; set aside until at room temperature. In a blender, combine oil and garlic mixture with basil and remaining 1/8 teaspoon salt. Blend until smooth. Store in refrigerator. When tomatoes have dried, remove from oven and top with another sheet of parchment paper, another baking sheet and some cans for weight. Press for at least 30 minutes.

To serve, arrange tomatoes in a spiral on 4 plates. Drizzle lightly with basil garlic oil. Toss arugula with remaining basil garlic oil and place in center of plates. Garnish with shaved cheese; serve.

Yield: 4 portions

Entry Form for the 2016

**FRESH FLORIDA TOMATO
RECIPE CONTEST**

Student _____

Signature _____

Recipe name _____

Culinary School _____

Home Address _____

Home Phone _____

Email Address _____

Recipe Category (Optional) _____

(To be filled out by supervising instructor)

This recipe is the official entry of _____
School

Certified by _____
Supervising Instructor Print

E-mail

FRESH FLORIDA TOMATO

RECIPE CONTEST

BASIC TOMATO TECHNIQUES

Fresh tomatoes are not only delicious, beautiful and packed with nutrients, but they are highly versatile in both raw and cooked applications. Here are a few guidelines to get your creative (tomato) juices flowing!

Ripening: Hold fresh tomatoes at room temperature stem side up until they soften and turn red. Never refrigerate! (The stem side is the most delicate portion of the tomato.)

Peeling: Plunge whole tomatoes into boiling water for 10 seconds, then into cold water. The skin will slip off.

Seeding: Cut each tomato in half across the middle; gently squeeze to loosen the seeds and scoop them out with your fingers.

Roasting: Halve, slice or dice fully ripened but firm tomatoes, and arrange on a baking sheet; gently toss or brush with seasoned oil or dressing. Roast at 425° F until they soften and shrink, about 15 minutes, or at 300° F for 45 minutes.

Marinating: Slice, wedge, dice or chop tomatoes; gently turn in a salad dressing or marinade of your choice; let tomatoes stand at room temperature for 15 minutes to 1 hour.

Stuffing: Cut a thin slice off top (stem end); discard. With a teaspoon or melon baller, scoop out pulp, leaving shell intact. (Use pulp in recipe or puree for use in soups, salad dressings, etc.) Lightly salt inside of shell; drain, cut side down, on paper towels for 15 minutes. Spoon filling into tomato.