

The Family & Consumer Sciences Department
At
Southern Regional High School
Proudly presents

The 15th Annual Competition in Chocolate

Wednesday, February 10, 2010

Where: 11/12 Library
Judging begins at 2:30

General Guidelines for Competitors:

- Competitors must follow the attached chocolate recipe exactly.
- Competitors should practice this recipe at least once before the competition.
- Most preparation should be done ahead of time.
- Room 9-3 may be used to make final preparations during 8th period the day of the competition. Make sure that you can complete the final preparation steps in 45 minutes.
- Competitors should be prepared to answer judges questions on preparation methods.
- Unnecessary ingredients should be avoided and practical cooking methods should be applied.
- Dressing the rim of the display plate results in an unacceptable appearance.
- Plate arrangement and decoration should be practical and appealing.
- Plated individual servings must be proportional to the dish itself. Oversized portions are unacceptable.
- Proper color, presentation and flavor combination is a must.
- Competitors should avoid using inedible materials, plastic ornaments, flowers etc.
- Avoid overdressing or decorating the presentation
- China, ceramic, porcelain dinner/dessert plates or Earthenware are recommended as serving pieces. Avoid plastic ware.

Prizes will be awarded to the top 3 desserts.

This contest is held as a preliminary competition to the Restaurant School at Walnut Hill of Philadelphia's Competition in Chocolate. The winner will travel with a guest to the Restaurant School and compete to win a scholarship of up to \$6000 for the Restaurant School.

See Mrs. Latshaw or Mr. Rainone for more details



CHOCOLATE CAKE

INGREDIENTS

2 cups buttermilk

2 large eggs

2 cups sugar

2-1/2 cups all purpose flour

1-3/4 teaspoons of baking soda

1/2 cup cocoa powder

1/2 teaspoon of salt

4 tablespoons unsalted butter,
melted

PREPARATION

Spray the cake pans with non-stick spray.
Preheat the oven to 375 degrees.

NOTE: Follow the directions **EXACTLY**.
Do not deviate. Use a hand whisk to mix.

1. Mix the buttermilk, sugar and the eggs together briefly to breakup the eggs and blend.
2. Sift together the flour, salt, baking soda, and the cocoa powder. Mix into the liquid until combined. **DO NOT OVER MIX.**
3. Stir in the melted butter.
4. Scale equal amounts into the 3 pans.
5. Bake at 375 degrees until the cake springs back or a toothpick inserted into the cake comes out clean.