

**Requirements:**

* Dish is “Asian” in nature
* You can make 1 full portion – what is submitted is just a “taste” (4 portions of taste for judging)
  + The rest is to be eaten by your group
  + Must be a planned meal
    - Would you have some of these ingredients in the house – what?
    - What would you need to buy from the store – what portions would you buy in and why?
  + Submit grocery list
    - Do not need to submit recipe
* Plan out portion sizes of ingredients for each “taste”
* Dish must include 1 meat/alternative (protein)
* Dish must include at least 2 fruits/veggies (carbohydrates)
* Dish must include 1 milk/dairy/alternative (fat)

**Timeline:**

* Wednesday April 16 – computers – research day
* Tuesday April 22 – prep day – prep ingredients – last minute research/planning
* Thursday April 24 – challenge – submit tastes for judging
* **Marks for:**
* Creativity
* Visual – plating (on spoon)
* Taste
* Includes all requirements
* All team mates are involved

**Marking:**

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| --- | --- | --- |
|  | **Aspects to be met** | **Comments** |
| **Asian Theme** | Knows country of origin or fusion countries  Is noticeably Asian |  |
| **Serving Sizes** | Is one mouthful  Each “taste” looks the same  Each “taste” has all ingredients  What is left is only part of 1 serving |  |
| **Overall Appearance** | Looks nice, good, beautiful, could be sold  Colourful  Not burnt or soggy  Fits on the spoon/taste |  |
| **Overall Taste** | Has good flavour  Has good texture |  |
| **Includes All Required Ingredients** | Contains 1 meat, 2 fruits or veggies and 1 dairy |  |
| **Fulfilled All Project Requirements** | Submit planning aspects  Plan is done well – complete  Submit grocery list |  |
| **Teamwork** | Each person in group has a role  Have good time management  On task |  |