



La Salle CYO Kitchen Kapers
Wednesday, October 10, 2018
La Salle Academy Cafeteria at 2:00 PM

Kitchen Kapers is a cooking contest open to all 6th, 7th, and 8th grade students (boys and girls) who are students at La Salle Academy or members of St. John Baptist de la Salle or St. Benedict's Parish.

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. **Please bring a copy of the recipe.**

There are eleven (11) categories in both the boys and girls divisions:

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|-----------------------------|---------------------------|---------------|
| APPETIZERS | COOKIES | DIP |
| BREAD/YEAST PRODUCTS | CREAMY DESSERT | SALADS |
| SOUP/STEWES/CHILI | PASTRIES | CAKES |
| CASSEROLES | DEATH BY CHOCOLATE | |

*Note - bread category item must be made with yeast; pumpkin bread would go in the cake category.

Entries can be brought to the school on Wednesday, October 10th in the Morning, 7:30 to 8:00 or at Dismissal, 12:00 to 12:30.

Judging will take place from 2:00 to 3:30 by Alumni, Faculty and Staff. Dishes can be picked up in cafeteria from 3:30 to 4:00 or left for students to share with school on following day.

Please review the attached rules and if there are any questions please contact Denise Leininger at leiningerdenise@hotmail.com. Please detach bottom of form and return to the school office by Friday, October 5th.

2018 La Salle CYO Kitchen Kapers, Wednesday, October 10th

Name: _____ Grade: _____

Category: _____ Phone: _____

School or **PREP Student** (please circle one)

Drop Off Time (please circle one) Morning Noon Dismissal

1. The contest is open to all 6th, 7th and 8th grade students (boys and girls) who either belong to a Catholic parish in Berks County or attend a Catholic school.
2. Each student may enter one item into the contest.
3. An Adult may supervise the student, but the **actual preparation of the food must be done entirely by the student.**
4. There are eleven categories, which are open in both boys and girls divisions:

APPETIZERS

BREAD/YEAST PRODUCTS

SOUP/STEW/CHILI

CASSEROLES

COOKIES

CREAMY DESSERT

PASTRIES

DEATH BY CHOCOLATE

DIP

SALADS

CAKES

5. Recipes prepared from scratch are preferred. However, recipes containing store bought components are acceptable. Please Note: **The main component of your recipe must be made from scratch.**
6. All entries should be dropped off at the school on Wednesday, October 10th either in the morning or at noon dismissal.
7. 1st place winners will represent La Salle in the Berks County CYO Kitchen Kapers on Saturday, November 3rd at 8:00 AM in the La Salle Academy cafeteria.

CATEGORY GUIDELINES:

- **APPETIZERS:** small finger food served before or between the regular courses of a meal.
- **BREAD/YEAST PRODUCT:** any item which YEAST is used.
- **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.
- **SALADS:** any combinations of chilled fruit, vegetables, herbs, meat, cheeses, fish, cereals, or pasta and some kind of moist dressing.
- **SOUP/STEW/CHILI:** a liquid food made by boiling or simmering meat, fish, or vegetables with various added ingredients.