

Chicken Tender “Chopped” Challenge

Your team has been invited to participate in the Chopped @ Home Cooking Challenge. Your group will be responsible for designing and preparing a recipe that must incorporate all four of the below ingredients, using the cooking method of your choice. Additional ingredients and seasonings may be used. Your four

ingredients for this event are:



- Chicken Tenders (1 package)
- Ramen Noodles (1-2 packs)
- Salsa
- Mexican Cheese

Here is the tentative schedule for this event:

Day 1 and Day 2: During these two days your group will be designing your recipe. You need to write out in correct recipe format the recipe your group will be creating to prepare on day 3. Look at a cookbook if you are not sure how to set this up. Your group will need to determine what other ingredients (including amounts) may be needed to complete the recipe. I will need this written out as a grocery list and our local grocery store must carry the ingredients. If they don't, you will be responsible for the purchase of them if you plan on using them. You may use the internet and cook books to assist you but you need to come up with your own recipe.

Your group will need to design a detailed work plan. This is what each person will be doing in the contest event. This is important because you need to know what the exact responsibility is of each group member. Remember you only have approximately 40 minutes to prepare and clean up so you may have to prep your dish one day and present your dish the next day.

I will determine the cooking schedule & dates once I see what you are preparing. Any questions you have need to be asked now. The more questions you ask me on the actual cooking day(s), will result in a lower grade!

You will be graded on the following:

A well written and designed recipe (has all the elements of a well written recipe & a title): _____/20

All 4 ingredients used: _____/20

Detailed work plan: _____/20

Work plan was followed _____/15

Plating of food was creative and well thought out _____/10

Each member contributed equally in your group _____/15

Total _____/100

Your group will be judged on the following:

- Overall execution of flavor: balanced seasonings; nothing too strong or bland, flavors complement each other
- Texture of chicken is juicy & moist, not dry & leathery
- All 4 ingredients were incorporated and can be detected
- Visual appeal of the plating; creative and professional looking
- Everything prepared in class:
- Finished on time:

Chicken Tender Challenge Scoring Guide



Kitchen/Team _____

Score the following areas as you sample the chicken tenders,
using the scale:

5=Amazing to 1=Needs Improvement

Score a 0 if not present

#1: Visual Appeal: Choose one category that reflects how this meal looks on the plate and score accordingly!

Visual Appeal	Amazing Eye Candy!	Appealing but Nothing Special!	Sad—Needs Work!
Scoring	5 4	3 2	1
Comments			

#2: Execution of Flavors: Choose one category that reflects the results of your taste test and score accordingly!

Flavor	Too Strong	Complementary	Bland
Scoring	5 4	3 2	1
Comments			

#3: Texture of Chicken: Choose one category that reflects the results of your taste test and score accordingly!

Texture	Juicy & Moist	Some Moist & Some Dry	Dry & Leathery
Scoring	5 4	3 2	1
Comments			

#4: Ingredients: Can you detect all of the ingredients? Score the use of ingredients accordingly!

Ingredients	Chicken	Ramen Noodles	Salsa	Cheddar Cheese
X if you can taste; 0 if unable to taste				
Scoring	5 4 3 2 1 0	5 4 3 2 1 0	5 4 3 2 1 0	5 4 3 2 1 0
Comments				

Total Score: _____