



The BEEFlexible Student Essay Competition



The BEEFlexible Student Essay Competition presented by the Texas Beef Council and the Texas Restaurant Association is open to Dallas, Texas area FS Prep School students who are full or part-time time seniors scheduled to graduate in 2009. Student recipes and essays will be judged by a panel of industry experts and four student finalists will be chosen to work as an apprentice to a regional celebrity/executive chef on stage at the Southwest Foodservice Expo on Sunday, June 28 at the Dallas Convention Center in Dallas, Texas at the Culinary Showcase Stage.

Deadlines

Completed entry forms must be received by April 27, 2009. Entries will be judged the week of April 27, 2009. Top four students will be notified the week of May 4, 2009. The top four scores will qualify to work with one of four regional celebrity chefs on stage at the Southwest Foodservice Expo on Sunday, June 28, 2009.

How to Enter

Complete the attached form and mail it to: BEEFlexible Student Essay Competition c/o Texas Restaurant Association, P.O. Box 1429, Austin, Texas 78767-1429 to be received by April 27, 2009.

Entry Requirements

To enter the BEEFlexible Student Essay Competition, submit:

- A completed entry and release form for receipt no later than April 27, 2009. Incomplete entries and release forms will be disqualified.
- Entry form must be accompanied by your own original recipe (recipe never before published) including Beef as the protein.
- A short essay (300 words or less) legibly handwritten or typed in English that explains **“Your Greatest Beef Experience.”**
- All entries will be judged on creative use of ingredients, quality of essay, and originality. 70% emphasis will be placed on the essay portion and 30% will be placed on the recipe portion.
- Students must be 16 years of age or older.

Finalists

1. Finalists will be notified the week of May 4, 2009 by a representative of the Texas Beef Council.
2. If a finalist cannot be contacted within a week from the time of first notification attempt or is unavailable to participate on the date herein, he/she will be disqualified and a runner-up will be notified.
3. All finalists must be professionally dressed in Chef uniform including Chef hat, close-toed shoes. No skullcaps or baseball caps.
4. Finalists are required to bring their own knives and tools to the Southwest Foodservice Expo competition.
5. All student finalists will have the opportunity to work side by side with one of four local celebrity chefs, receive recognition on stage, a photo opportunity in the Texas Restaurant Association’s publication *Food For Thought*, and a plaque and certificate for participating in the BEEFlexible Culinary Challenge.
6. Further details will be provided upon selection of all four local celebrity chefs.

Student Contestant Information (please print):

Name (First and Last) _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ E-mail _____

Fax _____ Cell Phone _____

High School _____

Agreement

I, the undersigned, do hereby pledge to observe the rules and regulations of the Competitions, which I have entered and understand, accept and will abide by the decisions of the judges. Also, I understand any recipes submitted for any event will not be returned and will become property of the competition organizers. Further, I acknowledge that the Texas Restaurant Association, Southwest Foodservice Expo, and Texas Beef Council, are not responsible for breakage or loss of property during or after the competition.

Signature _____ Date _____

Mail entry to: 2009 BEEFlexible Student Essay Competition, c/o Texas Restaurant Association, PO Box 1429, Austin, TX 78767-1429



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Please provide your Beef Recipe in standard recipe format



RECIPE NAME: _____

NUMBER OF SERVINGS: _____ **SUBMITTED BY:** _____
Student's Name

Ingredients: **List all ingredients in order of use in the recipe. Please indicate weight or measurement for each ingredient but not both.*

- Example: Ingredient 1: 1 teaspoon (tsp) – Paprika
- Example: Ingredient 2: 2 cups – Panko
- Example: Ingredient 3: 4 ounces – Beef Tenderloin

Write your recipe here (if additional space is needed, please attach your extra sheets)

Preparation: **List step-by-step ordered instructions*

Presentation Tips: **Optional*



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Entry and Release Form

Entries must be received by April 27, 2009. For more information, visit www.swfoodexpo.com

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

Student Signature _____

Parent(s)/Guardian(s) Name(s) _____

Parent(s)/Guardian(s) Signature(s) _____

By signing this Entry and Release form, I acknowledge that I have read and understand the BEEFlexible Student Essay Competition Official Rules and agree to abide by and be bound by them and the decisions of the Texas Restaurant Association, the Texas Beef Council, and judges which are final, binding, and non-disputable in all matters relating to the competition.

I hereby irrevocably give my consent to Texas Beef Council and the Texas Restaurant Association and to those it may authorize to photograph me and/or my performance at the competition, and to quote and record statements made by me and to use, reproduce, publicly display, distribute, and/or create derivative works from my image, images of my performance in the competition, and statements made by me (with or without my name) and my entry materials and all elements thereof and to identify me by name and/or with school and employment information, in all forms of media now known or later developed, including without limitation on the Internet, for any editorial, promotional, advertising, trade, commercial, or other purpose whatsoever, in perpetuity throughout the world, without additional compensation, notification or approval from me. I hereby release, indemnify and hold harmless the Texas Beef Council and the Texas Restaurant Association, those it has authorized, including sponsors, staff and their respective successors and assignees, from any and all claims and/or damages that may arise out of the use of any of rights granted herein, including any claims of defamation, invasion of privacy or infringement of moral rights, rights of publicity, or copyright. By signing this form, I represent and warrant that the entry materials I submitted are original and mine alone, and do not defame or invade publicity rights or privacy of any person, living or deceased, or otherwise infringe upon any person's personal or property rights or any other third party rights. I further represent and warrant that I have the right to enter the competition and grant the permissions herein granted. I have read and understand this form. I understand that in order to be eligible to enter the competition, I must submit a standardized recipe entry form, and an essay (maximum of 300 words) in English on "Your Greatest Beef Experience" (as detailed in the Official Rules).

Office Use Only _____
Date Received _____
Department _____
Entry No. _____
Place No. _____