

**COMMISSION ON FILIPINOS OVERSEAS & MAMA SITA
FOUNDATION**

**PSO Culinary Arts Competition Mechanics
(2013-14)**

I - Project Title: “*Luto-lutuan*”

II - Theme: “*Katakam-takam ng sariling atin -- Ipatikim mo!*”

III - Objectives:

1. To promote appreciation for Philippine cuisine as a form of cultural heritage conservation.
2. To develop a culinary skills transfer program for overseas Filipino youth on how to prepare Filipino traditional dishes and related adaptations.
3. To ensure that original flavors of Filipino food preparations are preserved through time and across destinations.
4. To encourage the adoption of innovative plating techniques and appealing presentations utilizing Filipiniana materials.
5. To inculcate the importance of nutritious and well-balanced meal planning as well as maintaining a sanitary kitchen environment.
6. To showcase Philippine culinary arts history, indigenous glossary of related terms, expertise, products, and designs for global patronage.

IV - Mechanics:

1. Formation of “*Luto-Lutuan*” Clubs or Culinary Arts Teams (in Philippine Schools Overseas)
2. Clubs or Teams can be categorized by age grouping or meal plan, i.e., Breakfast, Lunch, Merienda, Dinner; Party or Fiesta Fare
3. Launch as a Culinary Arts Competition in partnership with Mama Sita Foundation
4. Teams may consist of a Head Teacher/Adviser and class/club /team members for school-based participants; or Head Trainor or Team Leader and club members – all must be non-professionals.
5. Project Venue –PSOs or preferred suitable kitchen locations.
6. Ingredients – natural products to be sourced individually and identified as such &/or, if using processed products, an initial package will be provided by the sponsor.

7. Timeline:
 - a. Launching on May-June 2013
 - b. Formation of clubs and teams – May-September 2013
 - c. Submission of application as contestants – May-October 2013
 - d. Submission of outputs for intra-school /judging/elimination – December 2013
 - e. Deadline for submission of documentation of PSO entries for the Final Judging – January 31, 2014
 - f. Preliminary review and evaluation of entries by CFO-Mama Sita Foundation project team—February-March, 2014
 - g. Culinary demonstration & Final Judging by Board of Judges – April or May 2014
 - h. Awarding Ceremonies – April or May 2014
8. Composition of Board of Judges
 - a. On-site elimination (To be determined)
 - b. Final judging in Manila (To be determined)
9. Media Promotion
10. Production of Documentary on Culinary Arts Competition

V. Criteria:

1. Flavor
2. Plating/Presentation
3. Innovation
4. Technique
5. Nutritive Value
6. Creative Use of Filipiniana
7. Documentation

NB: Percentages to be determined.

VI - Activities:

1. Shortlisting of PSOs who intend and are committed to join the program.
2. Turnover of Package of Mama Sita products to PSOs
3. Formation of Teams or Clubs
4. Development of a Repertoire of Filipino Dishes – Breakfast, Lunch, Dinner, Snacks, Home Meals, Party Fare
5. Submission of Entry – Category, Plan and Procedures etc.

6. Research – (culinary history, methods, product development, regional/provincial context, linguistic origins/terminology etc.), Training, Experimentation, Food Tasting
7. On-site/intra-school judging (to be chosen in consultation with Project Director & Sponsor) and elimination
8. Submission of documentation of winning entries in the intra-school competition
9. Demonstration & Final Judging (Judges to be chosen in consultation with Project Director & Sponsor)
10. Awarding Ceremonies
11. Publicity

VII – Board of Judges:

1. On site: Diplomats & Overseas Filipino Chefs/Restaurateurs etc.
2. PH-based: Culinary Experts, Chefs/Restaurateurs etc.

VIII – Eligibility:

1. Non-professional Team Leaders/Advisers
2. High School & Grade School students/teachers

IX - Budget:

1. Promotional Package of Mama Sita Products
c/o Mama Sita Foundation
2. Prizes – c/o Mama Sita Foundation
2. Launching & Awards Dinners – c/o Mama Sita Foundation
3. Communication – c/o CFO
4. Documentation – c/o CFO
5. Logistics/Supplies for Entries – c/o PSOs

X – Project Team:

1. CFO
2. Mama Sita Foundation

Prepared by: Usec. Mary Grace Ampil Tirona
Executive Director, CFO
Culinary Arts & History Project Director