

# Cooking: Single Dish

## Category Rules

The category is for 100% edible entries consisting of a single dish which might be part of a larger meal or served on its own. Subtleties and showpieces, along with brewing and vinting entries, belong in other categories. Requirements for entries:

- Address the scholarship of the entry in the documentation by explaining the historical origins of the dish and an understanding of pre-1600 historical foods, methods of cookery, philosophies, etc. Discuss the occasion for the dish (ex: royal feast, manor house, holiday feast), as well as presentation and serving method appropriate to the time period. Additional work should be completed regarding a menu and historical place of the dish or food in a menu.
- Include the original recipe and translation (if not in English) as well as a modern working recipe with clear ingredients, amounts, and instructions that can be followed. Indicate if it is an original redaction or if it was developed by someone else.
- Ingredients lists must be provided. All ingredients should be consistent with historical time and place of the entry. Substitutions should be explained in documentation. Do not use non-food-grade materials or ingredients just because they are “period.”
- Any herbs and spices used in the dish or decorating a dish **must** be listed in the documentation with their Latin botanical names and **must** be in compliance with the Prohibited and Restricted Herbs list. Materials used must be 100% food-grade. Sanitary methods of preparation and preservation should be strictly followed, even if not period.
- Commercial molds are allowed, provided they are food-safe. Molds should be brought to the event to be displayed with the entry. The entrant may develop their own molds.
- Judges should consider acquisition and preparation of materials. A 16th-century London cook would not be expected to grow or grind their own wheat or butcher their own meat.

## Research and Documentation (Score: 0-4 points)

- 0 No documentation provided with entry. Face-to-face judging adds very little information.
- 1 Minimal information is provided for time, place and style. Face-to-face judging adds some background information.
- 2 As in #1, generalized sources are given with no emphasis on primary and/or scholarly resources. In face-to-face judging, no further understanding of the resources is evident. Materials and methods of construction of the entry are described.
- 3 As in #2, there is a good balance of resources: primary and/or scholarly sources well supported by other resources. Documentation and/or face-to-face judging provides well developed discussion of research. Materials and methods of construction are described and the reasons for the choices made are discussed.
- 4 As in #3, in-depth and extensive documentation provides a good balance of resources, emphasizing primary (if available) and/or scholarly resources backed up with a significant selection of other resources. Documentation and/or face-to-face judging provide a good explanation of original research and experimentation related to the research. Face-to-face judging indicates a keen grasp of the research and the entrant can discuss it easily with active engagement. Appendices included in documentation (if any) help provide further pertinent information to subject and time period.

## Materials and Methods (Score: 0-4 points)

- 0 Entry is completely modern with no relationship to period elements or practices.
- 1 Use of modern materials and methods to produce an item that would not be accepted in period but either bears some relationship to an authentic work or might be useful within SCA culture (ex: wines made with non-period ingredients).

- 2 Use of **both** modern materials and methods to produce a work that looks, feels, or tastes authentic to the intended time period or culture.
- 3 Use of **either** modern materials **or** methods to produce a work that looks, feels or tastes authentic to the intended time period or culture without explanation of any substituted materials.
- 4 Use of totally authentic materials and methods (hand-prepared materials, etc.) to produce a work that looks, feels, or tastes authentic to the intended time period or culture. Any substitutions and the period materials/methods are thoroughly explained. Substitutions of modern components and embellishment materials which are no longer readily available will not be penalized so long as an effort has been made to substitute materials with a close appearance to the original. For example, the entrant may combine elements from several original contemporary recipes to create a new dish, provided that the documentation and research supports the final product.

**Scope** (Score: 0-6 points for each bullet item)

Rank the **ambition**, not the success, of the entry for each of the following elements. Entrants who say they cannot physically do something due to handicaps will not be penalized (picking fresh fruit; gardening; hand-grinding if arthritic, etc.).

- Ingredients: modern vs. hand-gathered, home-grown, or home-prepared; number of ingredients; difficulty of use; source of ingredients; difficulty of obtaining; attempt made to get best heirloom or artisan variety; history and understanding of the ingredients.
- Preparation methods: number and difficulty of techniques and strategies (boiling vegetables vs. baking in a brick oven). Consideration of best method of preparation.
- Presentation: how complex was the visual effect to achieve? How many elements to this presentation are there? How well does the presentation represent the intended time period of the dish?

**Skill** (Score: 0-6 points for each bullet item)

How well is the entry made? Rank the **success** of the entry for each of the following elements.

- Physical result: appearance, flavor, aroma, fusion of individual of seasonings and flavors.
- Presentation: suitability of the dish according to the cultural context and time period, appropriateness to the occasion, proportions, appropriateness of servingware, attention to visual detail (finishing elements).
- Handling of ingredients: seasonings; initial preparation (grinding, dicing, crushing, whipping, shredding, etc.); temperature regulation (hot stays hot, cold stays cold).

**Ingenuity** (Score: 0-4 points)

Judge the ingenuity of the entry. Was the entrant resourceful and inventive in the approach to creating their entry? Does the entry reflect the entrant's vision of period context? Is original thought, contemplation, interpretation, and vision evident according to the entrant's period?

**Judge's Observation** (Score: 0-6 points)

Rank the entry as a whole. How well do all the separately judged parts fit together? The entry's overall effect is judged in this section. This is the only section of the criteria where the judges may allow their personality, private opinions, and personal preferences to influence scoring.