



College of Culinary Arts
of ECPI University

Culinary Decathlon for High School Seniors Application

Friday, July 24, 2026
Norfolk Campus

Student Information

First Name _____ Last Name _____
Address _____
City _____ State _____ Zip _____
Home Phone _____ Cell Phone _____ Text? Y or N
Email _____

High School Information

Name of High School _____ Grad. Date _____
Teacher/Counselor _____ Phone _____

Application Information

All application materials are due no later than Wednesday, July 15th, 2026.

**Early submission is strongly encouraged. Spaces limited.*

I have read, understood and accept the rules, terms and conditions of entry in the Culinary Decathlon for High School Seniors competition.

Student Signature _____ Date _____

Print Name _____

Please submit your essay and requisition with this application.

A CIV Admissions Representative will contact you once your application has been received.



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Competition Information

The contestants in the culinary decathlon will be evaluated in 10 different areas broken down into three categories. These categories are:

- Basic Culinary Knowledge Quiz
- Demonstration of Culinary Skills
- Presentation of Entrée

NOTE: A Competition Guide for participants is available from the Admissions Office. This guide will provide contestants with all the information needed to make their decathlon experience a success!

Scholarship Awards

Scholarships will be awarded to the top five students as listed below. Scholarship awards will be distributed evenly each semester over the course of two academic years. Scholarship awards can only be applied toward tuition and fees. Students must be enrolled and attending CIV on or before August 31, 2026.

PLACE	SCHOLARSHIP
1 st	\$3,000
2 nd	\$2,500
3 rd	\$2,000
4 th	\$1,500
5 th	\$1,000

Application Requirements

- Completion of an Application and Acceptance to CIV, with an expected start date on or before August 31, 2026.
- Submit a personal essay (500 word minimum) expressing why you feel culinary arts is the career field for you, and why you would choose the Culinary Institute of Virginia to help prepare you to enter the food service industry.

Submit completed application, essay and requisition no later than Friday, July 15, 2026 to:

Email: webchefva@ecpi.edu

If you have any questions, please do not hesitate to contact us at 757-858-2433!

Culinary Decathlon Ingredient Requisition

Student Name: _____

From the list below of CIV provided ingredients, please check ALL ingredients you plan to use during the competition. This list should be returned to your Admissions Advisor by Friday, March 13th with the amount (**in weight**) noted to the side of each item.

Bases

- Beef ____ cups
- Chicken ____ cups
- Demi ____ cups

Dairy

- Cheddar Cheese ____ oz
- Heavy Cream ____ oz
- Large Eggs ____ oz
- Parmesan Cheese ____ oz
- Plain Yogurt ____ oz
- Sour Cream ____ oz
- Swiss Cheese ____ oz
- Unsalted Butter ____ oz
- Whole Milk ____ oz

Fresh Herbs

- Chive ____ TBS
- Cilantro ____ TBS
- Dill ____ TBS
- Mint ____ TBS
- Oregano ____ TBS
- Parsley ____ TBS
- Rosemary ____ TBS
- Sage ____ TBS
- Sweet Basil ____ TBS
- Thyme ____ TBS

Dry Goods

- All Purpose Flour ____ oz
- Arborio ____ oz
- Baguette ____ each
- Barley ____ oz
- Converted rice ____ oz
- Cornmeal ____ oz
- Cornstarch ____ oz
- Couscous ____ oz
- Dijon Mustard ____ oz
- Extra Virgin Olive Oil ____ oz
- Granulated Sugar ____ oz
- Light Brown Sugar ____ oz
- Panko ____ oz
- Plain Breadcrumbs ____ oz
- Rice Vinegar ____ oz
- Soy Oil ____ oz
- Tomato Paste ____ oz
- Vinegar: cider ____ oz
- Vinegar: red ____ oz
- Vinegar: white ____ oz
- Worcestershire Sauce ____ oz

Fruit

- Blueberries ____ cups
- Granny Smith Apples ____ each
- Lemons ____ each
- Limes ____ each

Produce

- Baking Potatoes ____ each
- Button Mushrooms ____ oz
- Carrots ____ oz
- Celery ____ oz
- Fresh Ginger ____ oz
- Globe Tomato ____ each
- Green Pepper ____ each
- Leaf Spinach ____ oz
- Parsnips ____ each
- Plum Tomatoes ____ each
- Portabella Mushrooms ____ each
- Red Bliss Potatoes ____ oz
- Red Peppers ____ each
- Romaine Lettuce ____ each
- Shallots ____ oz
- Shitake Mushrooms ____ oz
- Spanish Onions ____ each
- White Turnips ____ oz
- Whole Garlic ____ oz
- Yellow Squash ____ each
- Zucchini Squash ____ each

- Oranges ____ each
- Strawberries ____ cups

Culinary Decathlon Equipment Requisition

Student Name: _____

The following equipment will be available by request and is to be shared amongst all competitors.
Please check all equipment you plan to use during the completion.

- 4.5 qt. Mixer
- Cast Iron Griddle
- Chinois
- Fluted Ring Cutters
- Food Mill
- Food Processor
- Jaccard Tenderizer
- Meat Mallet
- Pasta Machine
- Pepper Mill
- Portion Scoops
- Ricer
- Ring Cutter
- Spice Grinder
- Spiral Cutter
- Stick Blender
- Toaster
- Waffle Iron