



Culinary Arts



Contest Date(s):

March 19, 2021

March 26, 2021

April 9, 2021

April 16, 2021

(Orientation will begin at 10:00 AM on your assigned day)

Contest Type: IN-SCHOOL JUDGED

(All contest types are listed on the website. YOU NEED TO BE FAMILIAR WITH BOTH THIS DOCUMENT AND THAT DOCUMENT.)

PURPOSE

To evaluate each contestant's preparation for employment in the food service industry and to recognize outstanding students for excellence and professionalism in culinary arts

TESTING: The test gives the students an opportunity to demonstrate their knowledge of culinary principles including but not limited to: Culinary Math, Sanitation, Safety, Techniques and Principles of Cooking.

ELIGIBILITY

Single Contestant: 1 contestant from each school that has registered for this contest on the regional registration form.

ORIENTATION

Orientation will begin at 10:00am on your assigned date.

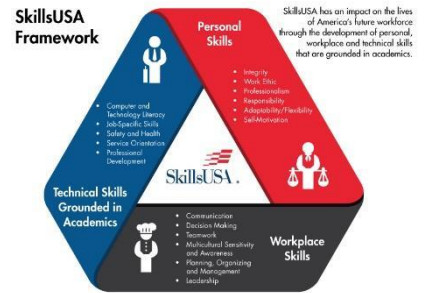
CLOTHING REQUIREMENTS

- White or black work pants or black and white checkered chef's pants
- White chef's jacket (May be a white school uniform jacket with the name of the school and student covered)
- White or black leather work shoes
- Side Towels
- Hairnet, neckerchief and hat
 - No jewelry of any kind other than a wedding band will be allowed. This includes ear and facial jewelry. Watches should be kept on your worktable or in your pocket.
 - Do not bring your cell phone into the competition area.
 - Students should be in proper uniform for all parts of the competition including orientation and the written test.

TOOLS PROVIDED BY CONTESTANTS

Contestants need to bring all cookware/utensils (pots/pans, etc.) necessary to perform the recipes posted. In 2021, SkillsUSA will NOT be providing tables or burners for contest.

1. All cookware and small wares necessary for food preparation
2. Cutting boards
3. Towels for contest and cleaning
4. Sanitation bucket and supplies
5. Knife kit and cook's tools as desired from the following:
 - a. French cook's knife
 - b. Paring knife
 - c. Vegetable peeler
 - d. Knife steel
 - e. Boning knife
 - f. Cook's fork
 - g. Slicing knife (meat)
 - h. Serrated slicing knife
 - i. Utility knife
 - j. Fillet knife
 - k. Offset spatula
 - l. Cook's tongs
 - m. Meat thermometer
 - n. Rolling pin
 - o. Piping bags and tips
 - p. Molds or timbals
 - q. Sift pats
 - r. Timer or clock



s. Professional Cook's tool kit:

- Citrus zester
- Channel knife
- Parisienne scoop
- Apple corer
- Tournier knife
- Canape or biscuit cutters
- Plastic squeeze bottles

t. Two number two pencils (and a small notebook if desired).

5. Refrigeration, three compartment sinks, hand washing sinks, and food prep sinks
6. All necessary plates and dishes for food presentations
7. Food handlers' gloves

- ❖ Any other small tools must be approved at the competition by the technical committee chair and must be made available for all other contestants to use.

TOOLS PROVIDED BY TECHNICAL COMMITTEE

- Contest guidelines and menu.
- The cost of all groceries will be covered by the technical committee.
- All groceries, food items, seasonings, etc. will be provided by the technical committee and will be brought to the schools by the judge(s).

SPECIAL INFORMATION

- No smart watches or phones are permitted during the contest.

SCOPE OF THE CONTEST

The contest will be judged based on the criteria established in the current year's National Technical Standards, which are updated annually. National Technical Standards are accessed through your Professional SkillsUSA Membership benefits by logging on to your SkillsUSA account at <https://www.skillsusa-register.org/Login.aspx>.

MENU

Chicken Stock

Caesar Salad with Emulsified Dressing

Sautéed Chicken Breast with Mushroom Pan Sauce Risotto

Zucchini and Carrots

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High School Judging Categories

A. Sanitation & Mise en Place

There will be four floor judges that will judge

- Sanitation procedures
- Basic organization / cleanliness / attitude
- Safety

B. Skills Components:

1. Vegetable Cuts – will show ALL of the following

- **Mince shallot** – ¼ cup or – ½ onion
- **Bâtonnet** (¼" x ¼" x 1 ½ to 2")– Zucchini – 3oz prepared weight required
- **Oblique**- Carrot- used for entree
- **Concassé Tomato** – 1 tomato

Based upon the above section and criteria each contestant will present four (4) of the cuts that are chosen by the judges, presented at their stations, during their window of presentation

2. Chicken Fabrication Skills Component: Each contestant will have 1 chicken to fabricate. They should execute the following:

- a) Two breasts: The breasts should be skin off and boneless, except for the first bone of the wing which should be attached. The tender should be intact and attached to the breast.

NOTE: Flattening of the breast for sautéing is recommended but optional and does not have to be done during the fabrication portion of the contest.

- b) Two leg/thigh portions – the leg and thigh should be boneless and skinless.
- c) Leg meat, trim and bones are to be used for stock and soup.

Leg and thigh meat are boneless and skinless, they are used to fortify the stock, which will be presented during the salad window, it may be strained, premade stock will also be available during the competition to fortify the stock once evaluated for the competition.

Leg and thigh meat as well as carcass are to be used to evaluate basic stock technique

3. Chicken Stock – students need to demonstrate that they know how to prepare a chicken stock using available ingredients. A fully developed chicken stock will be available for students to use for recipes during the contest.
4. Handling / cleaning of salad greens
5. Emulsion Dressing
6. Main entrée and sauce (recipe attached)
7. Vegetable Cookery – may include any of the following:
 - Boiling,
 - Steaming,
 - Glazing,
 - Sauté,
 - Roasting
 - Pan Frying
 - Braising
 - Stewing
8. Starch Cookery –Risotto

C. Written Test: The test gives the students an opportunity to demonstrate their knowledge of culinary principles including but not limited to: Culinary Math, Sanitation, Safety, Techniques and Principles of Cooking.

SkillsUSA Ohio Culinary Arts Competition Tentative Scoring Breakdown

Total Possible Points: 1000

| <u>Category</u> | <u>Value</u> |
|---------------------------------|--------------|
| Written Test (NOCTI) | 100 |
| Sanitation | 200 |
| Mise en Place | 100 |
| Knife Skills / Meat Fabrication | 100 |



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Technical Skills / Taste $\frac{500}{1000}$
Total: $\frac{500}{1000}$

Tie Breaker:

In the event of a tie, the competitor with the highest overall technical skills / tasting score will be determined to be the winner. If there is still a tie, the competitor with the highest score on the written test will be determined to be the winner.

Deductions:

| | |
|---|----------------|
| Poor / no clean-up and reset of station & over all contest area | 10 – 50 points |
| From SkillsUSA – Uniform infraction | 10 – 50 points |

SkillsUSA Ohio Culinary Arts General Information

- During Orientation for the Contest, a member of the Technical Committee will review the contest packet with you.
- Before the Contest, carefully study the contest packet:
 - √ **Review** the list of available ingredients in contest packet.
 - √ **Write** a Food List and a Preparation and Cooking Schedule designed to be ready during the specific service times identified in your packet.
- Please use only as much of each ingredient as is necessary. Return unused portions to the supply tables.
- Contact a judge to look at your garbage before removing anything from your station.
- You may work on any component of your menu at any time. (i.e., you can begin working on your stock and/or salad during your knife cut time.)
- You will present one (1) tasting plate to the tasting judges and one (1) presentation plate for the public to see.
- Raise your hand and ask for assistance if there is anything that you do not understand. **There will be a period just before the start of the first session when all questions will be answered for all contestants to hear. Once the competition starts, any questions about technique or definitions, etc. will not be answered.** Questions about where to find ingredients and the like will be answered.



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- Remember two things: This is about LEARNING and it should be FUN. If at any time you feel overwhelmed and feel that you cannot continue, speak to a judge or member of the Technical committee. We are here for you!

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Tentative Competition Schedule

| | |
|---------|---|
| 10:00am | Coordinator will go over contest packet and answer questions. All questions will be answered. Everyone will be able to hear the questions and all the answers. If a contestant is late or misses this session, questions & answers will not be repeated. Once competitors go into the competition area, no one other than the judges are permitted in the area until the completion of the competition for all competitors. |
| TBD | Written test |
| TBD | Contestants meet in competition area & will have a fifteen minute window in which to setup their respective station, then they will start according to their start time. Competition starts: Competitors will start in groups of 3 staggered in 15 minute intervals. |

Contest Time Line

- Please be aware of the time frame for presentation of all items.
- The window for presenting is 5 minutes long. For example, contestants 1 will have between 10:30 AM and 10:35 AM to present their knife cuts without penalty.
- Any items presented between 5-10 minutes late will result in a 25% point loss for that item.
- Any items presented between 10-15 minutes late will result in a 75% point loss for that item.
- Any items presented 15 minutes late will not be scored.
- Chicken Fabrication, and knife cuts will present at station.
- Salad will be on one plate to the judges and one plate will go on the presentation table for the public to view.
- Entrée will be on one plate to the judges and one plate will go on the presentation table for the public to view.
- Chicken stock will be evaluated at the station.

After Contest- Judges Critique in competition area. Advisors and competitors should plan to attend the judges' critique.

INGREDIENTS LIST

PHASE I -Butchery & Knife Skills - Time allowed - 60 minutes including cleanup

Step 1 butchery of chicken into 8 standard parts for later use, bones for stock for later use.
Items for skills will be used for later components of the competition, ie, salad, vegetable, starch etc.

| | |
|----------|----------------|
| Chicken | Onions |
| Carrots | Tomatoes |
| Zucchini | 70 ct potatoes |

PHASE II- Garde Manger - 30 minutes- Time Allowed including cleanup

2 tossed Caesar salads with the following ingredients, served with appropriate dressing items

| | |
|---------|-----------|
| Romaine | Lemon |
| Garlic | Olive Oil |
| Anchovy | Parmesan |
| Eggs | Dijon |

PHASE III - Meal Preparation - Time allowed 60 minute including cleanup

2 Entrees with airline chicken - mushroom pan sauce, risotto, zucchini & carrot for vegetable

| | |
|---------------|------------------|
| Chicken stock | flour |
| Arborio Rice | clarified butter |
| Parmesan | mushrooms |
| Butter | Shallots |
| salt & pepper | heavy cream |
| assorted oils | |

Other items available from prior Phases

| | |
|------------------------------|-------------------------------------|
| Herbs & spices | concasse tomato from skills portion |
| Oils & vinegars | diced onion from skills portion |
| Zucchini from skills portion | Chicken stock from skills portion |
| Carrots from skills portion | Bread |

15 minutes setup & 15 minutes teardown to give the 3 hours that the contestants receive

****Coordinator reserves the right to make a substitution/deletion based on product availability.**

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RECIPES

Skill component: Stock

Yield: 1 to 1-1/2 Qts

Ingredients:

Chicken bones, leg meat and trim from your fabricated chicken and other available ingredients from pantry area.

Directions:

Utilize chicken from your fabricated chicken and other available ingredients to prepare 1 to 1.5 quarts of chicken stock.

The chicken stock will be evaluated at your station from your stock pan. A fully developed stock will be available with the ingredients to prepare food items in the menu.

Caesar Salad with Emulsion Dressing

Skill Component: Cleaning-handling of greens / Emulsion

Yield: 2 servings

Guidelines for the Caesar salad:

- An emulsion dressing is required.
- Properly cleaned lettuce or greens are required.
- A crisp component is required. Examples may include a crostini, potato crisp or cheese crisp.

| <u>Ingredient</u> | <u>Amount</u> |
|--------------------------|----------------------|
| ● Garlic Clove | 1/8 tsp |
| ● Anchovy filets | 1 ea |
| ● Egg Yolks | 1 ea |
| ● Lemon juice | TT |
| ● Salt and pepper | TT |
| ● Olive Oil | 1 oz |
| ● Grated parmesan cheese | 1 to 2 Tbsp. |
| ● Romaine Lettuce | 1 head |

Method:

1. Mash garlic and anchovy
2. Add egg yolk and lemon juice to paste and blend.
3. Add Olive Oil, whisking to form a thick paste.
4. Add 1 tbsp parmesan cheese. Taste and add salt or pepper if needed.
5. Toss with romaine, additional parmesan, and finish with crisp component. Serve immediately.

1. Sautéed Chicken Breast with Mushroom Pan Sauce

Skill Component: Sauté with pan sauce

The Basic 9 Steps for Sauté of Chicken Breast:

1. Prepare Mise en place, (flattening chicken breast to even thickness recommended)
2. Heat Pan
3. Add small amount of fat (oil or clarified butter)
4. Add seasoned chicken breast (dredging optional based on fabrication)
5. Sear / turn once
6. Cook to desired doneness and golden brown color
7. Remove from pan, keep warm
8. Prepare sauce utilizing deglazed fond:
 - a. Assess fat left in pan
 - b. Sauté mushrooms
 - c. Add minced shallots
 - d. Sprinkle with flour (singer)
 - e. Whisk in stock
 - f. Simmer to cook flour
 - g. Finish with cream and/or whole butter
9. Add chicken back to re-warm

Plate two (2) plates of entrée with appropriate starch and vegetable accompaniment.

Starch Accompaniment for Sautéed Entrée

Skill Component: Risotto

Yield: Approximately 2 servings

| <u>Ingredient</u> | <u>Amount</u> |
|------------------------|---------------|
| Fat (butter, oil) | 1-2 tsp. |
| Onion, minced | 1 oz. |
| Arborio rice | ½ cup |
| Chicken stock | 2 – 2 ½ cup |
| Salt and pepper | TT |
| Butter | 1 tsp. |
| Grated parmesan cheese | ¼ oz. or TT |

Method:

- Sweat onion in heavy pot in the fat.
- Add rice toast.
- Add stock or broth, 1/3 at a time. Switch immediately to a wooden spoon and stir often until each third of liquid is nearly absorbed.
- Add cheese, butter and seasoning. Taste and serve immediately.

Vegetable Accompaniments for Sautéed Entrée

Skill Component: Vegetable Cookery

Yield: 2 servings

Ingredients:

Zucchini and Carrots- (6-8 oz.)
Seasonings – your selection from contest supplies (as desired)
Fresh herbs – your selection from contest supplies (as desired)

Instructions:

Using proper cooking technique for vegetables, prepare a sufficient amount for two (2) portions.

Students can bring a cooler with ice bags to keep at their stations.