

2022 SkillsUSA Texas District 9

High School Culinary Arts Contest

B. F. Terry High School
5500 Avenue N
Rosenberg, TX

February 17, 2022

MENU

Sautéed Chicken Breast with Mushroom Pan Sauce
Rice Pilaf
Green Beans and Julienne Carrots
And
Chicken stock

Equipment Needs

Each contestant must bring all equipment necessary to execute the entire menu. Be sure to bring two portable butane burners, cheesecloth, twine, bus pans and sanitizing bucket.

No electric or battery powered equipment may be used except thermometers and timers.

Each contestant must bring the following to display your work:

- 2 each white dinner plates

General Instructions / Tips

- Your uniform should consist of black or checked work pants, white or black chef jacket, chef hat, apron and non-slip, close-toed kitchen shoes.
- No cell phone, computer, iPhone or similar electronic devices will be allowed.
- Contestants must turn in a 1-page resume during the orientation meeting.
- During orientation for the contest the lead state judge will review the contest packet with you.
- During orientation raise your hand and ask questions if there is anything you do not understand. There will be a brief question and answer period immediately before the competition begins when any questions will be answered for all competitors to hear. Once the competition begins any questions about technique or definitions, etc will NOT be answered. Questions about where to find ingredients will be answered.
- Before the contest carefully study the contest packet:
 - o Review the list of recipes/ingredients
 - o Write a preparation/cooking schedule to assist you during your competition period.
- Please use only as much of each ingredient from the pantry as necessary. Due to limited ingredients, spoiled or burnt ingredients will not be replaced. Bulk ingredients MUST NOT leave the pantry table.
- Please keep all supplies and ingredients within your own workspace
- Contact a judge to look at your garbage/waste before removing anything from your station.
- Only contestants and judges will be allowed in the kitchen area.
- You may work on any component of your menu at any time.
- Hot food should be served **HOT** and cold food served **COLD!**
- Please wear gloves when handling ready to eat food.
- You will present one (1) tasting plate to the Tasting Judges and one (1) presentation plate for the public to view.
- Sharing of products is forbidden and contestant will not be awarded points
- Clean-up: Contestants must have the technical chairperson check their clean-up before leaving the competition. Clean-up is part of their score.
- Remember two things – this competition is about LEARNING and it should be FUN! If at any time you are overwhelmed and feel that you cannot continue please speak to a judge. We are here for you!

Chicken Fabrication and Knife Cuts

Each contestant will have one chicken to break down according to the following requirements:

- 2 – airline breasts (skin-on, first wing bone attached and frenched)
- 2 – tenders
- 2 – legs (bone in, skin on)
- 2 – thighs (bone in, skin on)
- 2 – two bone wing piece (fabricated as desired)
- Carcass and trim to be used for stock and soup
- Please follow this link for a video example of chicken fabrication techniques. Please refer to the above listed specs as they are slightly different from the video.

https://www.youtube.com/watch?v=7cc99t_wyhs

Each contestant will produce the following knife cuts:

- Onion ($\frac{1}{2}$ each medium dice, $\frac{1}{2}$ each small dice)
- Carrot (1 each $\frac{1}{2}$ inch rondelle)
- Celery (1 rib $\frac{1}{2}$ inch bias cut)
- Carrot (3 ounces julienne, $1/8 \times 1/8 \times 2"$)
- Shallot ($\frac{1}{2}$ oz minced)
- Mushrooms (2 ounces sliced)

Recipes

Stock (yield 2 quarts)

Ingredients:

Carcass and trim from fabricated chicken
Water
Mirepoix from knife skills
Sachet

Recipes cont.

Sautéed Chicken Breast with Mushroom Pan Sauce

Ingredients:

- Airline chicken breast from chicken fabrication
- Salt and pepper
- Olive oil
- Sliced mushrooms from knife skills
- Shallots, minced
- Flour as needed for singer
- Chicken stock
- Cream or butter to finish
- Salt and pepper to taste

Rice Pilaf

Ingredients:

- Fat (butter or oil)
- Onion, small dice, $\frac{1}{4}$ each, from knife skills
- Rice, long grain, converted
- Chicken stock as needed
- Salt and pepper
- Butter

Sautéed Green Beans

Ingredients:

- Greens beans
- Olive oil and/or butter
- Salt and pepper to taste

Glazed Carrots

Ingredients:

- Carrots, julienne, 3 ounces, from knife skills
- Butter
- Sugar or honey
- Chicken stock
- Salt and pepper to taste

Culinary Arts competition schedule

8:00 am	Arrive at contest site
9:00 – 9:15 am	<p>Contestant orientation Open question and answer with committee chair- all questions will be answered- everyone will be able to hear the questions and the answers. If a contestant is late and misses this session, the questions will not be repeated or re-answered.</p> <p>-Group number and table number will be given at this time</p>
9:15 – 9:30 am	Contestant station set-up – every contestant will set their station. No one will be allowed back to their station until their scheduled start time.
9:30 am	<p>Competition starts – competitors will start in groups of 4 or 5 and will be staggered in 15-minute intervals. The chart below shows each competitor's schedule</p> <p>Chicken fabrication and knife cuts will be judged at your station. As soon as chicken fabrication has been judged, contestants may start setting up and then move on to their knife cuts. As soon as the knife cuts have been judged, contestants may start setting up and move on to their entrée preparation. Once you have completed your two entrée plates, please present them on the judging table according to your table number.</p>
1:15 pm	All clean up complete – the kitchen must be as clean as it was found
1:30 pm	Judges parting words

	Group 1	Group 2	Group 3	Group 4
Judging Time				
Start	9:30	9:45	10:00	10:15
Chicken Fab complete	10:00	10:15	10:30	10:45
Knife cuts complete	10:30	10:45	11:00	11:15
Entrée complete	12:15	12:30	12:45	1:00
Stock	12:15	12:30	12:45	1:00
Clean up	12:30	12:45	1:00	1:15