

**Texas SkillsUSA
District 5, 6 & 10
Culinary Arts Contest**

Hosted by:

TSTC
Waco, TX



MENU

Sautéed Chicken Breast with Mushroom Pan Sauce
Rice Pilaf
Sautéed Green Vegetable
Glazed Julienne Carrots

Judging Categories

A. Sanitation & Mise en Place

1. There will be three judges that will judge
 - i. Sanitation procedures
 - ii. Basic organization/cleanliness/attitude
 - iii. Safety

B. Skills Components

1. Vegetable cuts – may include any of the following:
 - i. Mince, chop, brunoise, julienne, bâtonnet, dice (all sizes), concassée, chiffonade
2. Chicken Fabrication
3. Main Entrée
 - i. Sauté
4. Sauces
 - i. Mother Sauce
 - ii. Pan Sauce
5. Vegetable Cookery
 - i. Boiling
 - ii. Glazing
 - iii. Sautéing
6. Starch Cookery
 - i. Pilaf

C. Written Test

1. There is no written test at the District Level for the Culinary Arts contest.

D. Supplies & Pantry Items

1. All supplies, including tasting plates, needed for contest should be provided by the contestant.
2. All ingredients available for use are listed in the recipes to follow.
3. Salt, black pepper, and white pepper will be provided for seasoning items. **NO OTHER SPICES OR INGREDIENTS ARE ALLOWED. THE USE OF ADDITIONAL ITEMS WILL RESULT IN DISQUALIFICATION.**
4. Butane canister burners **MUST BE** provided by each school competing. Each contestant may have up to **TWO** burners. **ELECTRIC BURNERS WILL NOT BE ALLOWED** as all outlets are designated for commercial baking contestants. No exceptions.

General Instructions/Tips

- This is an individual contest. All students will compete independently, rather than as a team. Each student must be registered separately in order to compete.
- During Orientation for the Contest, the Technical Chair will review the contest packet with you.
- Before the Contest, carefully study the contest packet:
 - ✓ **Review** the list of available spices, herbs and ingredients listed in the 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.
 - ✓ **Practice** in contest mode.
- All competitors **MUST** provide their own supplies, equipment, and burners. **NO ELECTRIC BURNERS ARE ACCEPTABLE**, as power is unavailable to culinary arts competitors. A maximum of 6 linear feet (potentially smaller) of counter workspace will be provided for each contestant.
- Please use only as much of each ingredient as is necessary. Return unused portions to the supply tables. Keep waste to a minimum.
- Contact a judge to look at your waste **BEFORE** removing **anything** from your station. Remember, excessive and unnecessary waste will deduct points from your final score.
- You may work on any component of your menu at any time, following the meat fabrication portion of the contest. (i.e. You can begin blanching your vegetables while you sauté your chicken)
- You will present one (1) tasting plate to the Tasting Judges. Presentation plates **WILL NOT BE PROVIDED** by the technical chair and must be supplied by the contestant. A white, round or square dinner plate should be used for presentation of the final dish. Paper plates should not be used.
- Raise your hand and ask for assistance if there is anything that you do not understand. This is a preliminary competition and should serve as a learning experience for you. 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 begins, any questions about technique, recipes, definitions, etc. will not be answered. Questions about where to find ingredients and the like will be answered.
- 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 the Technical Chair. We are here for you!

Texas SkillsUSA District'
Culinary Arts
Tentative Competition Schedule

8:00-9:00 am	Contestant Check-in/Resume Submission – Competitors will be checked in and assigned a competitor number. All competitors will be given a full cooking session lasting up to 3 hours. A wave start will be utilized to spread out plating times. Waves will begin in 15 minute intervals. Students may plate as soon as they are ready.
9:00am	Orientation will be in the designated holding area with an Open Q&A. The Technical Chair will answer ALL questions – 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. Advisors are encouraged to attend.
9:20am	Station setup
9:30am	Wave One Competition Begins
9:45am	Wave Two Competition Begins
12:30pm	Wave One Cooking Time Ends
12:45pm	Wave Two Cooking Time Ends
TBD	Awards Session

IMPORTANT

Lunch will not be provided. There are a number of local fast-food options in Port Arthur. All advisors are responsible for lunch for their competitors and are encouraged to pick up or have food delivered to the contest building. Once students are checked in, they may not leave until after their contest is complete.

DO NOT BRING ELECTRIC BURNERS. Electricity will not be provided for culinary arts competitors. Propane burners must be used and provided by the competitors home school.

Note: The final schedule will be determined by the number of contestants and available space.

Contest Skill Components

Chicken Fabrication

Each contestant will have one chicken to fabricate. They should execute the following:

1. Two airline breasts – Skin-on and boneless, except for the first bone of the wing which should be attached and frenched. The tender should be intact and attached to the breast. The wing bone and tender can be removed after judging, if the competitor chooses to do so.
2. Two leg/thigh portions – The leg and thigh should be bone-in and presented together, not separated.
3. Carcass meat, trim and bones are to be reserved and **NOT** discarded.

Vegetable Cuts

Prepare the following vegetable cuts and/or tasks and present them for judging. These items will be used in other menu items:

1. Mince – Shallots (1ea); Garlic Cloves (3ea)
2. Brunoise - ¼ Onion
3. Julienne (1/8" x 1/8" x 2") – Carrots (3oz prepared by weight)
4. Slicing (1/4") – Mushrooms (2oz prepared by weight)

Sautéed Chicken Breast with Mushroom Pan Sauce

Properly sauté appropriate pieces of chicken. Prepare mushroom pan sauce from fond. Plate chicken with sauce, rice pilaf, green vegetable, and glazed carrots.

The Basic 9 Steps for Sauté of Chicken Breast

1. Prepare Mise en place, (flattening chicken breast to even thickness recommended)
2. Prepare chicken velouté (OPTIONAL: 1 cup should be enough)
3. Heat (condition) sauté pan
4. Add *small amount* of fat (oil or clarified butter)
5. Add seasoned chicken breast (dredging optional based on fabrication)
6. Sear/turn once
7. Cook to desired doneness and golden brown color

8. Remove from pan, keep warm

9. Prepare pan sauce utilizing deglazed fond:

- Assess fat left in pan and adjust if needed.
- Sauté mushrooms.
- Add minced shallots.
- If using roux method, make roux (Omit if using velouté)
- Deglaze with a bit of stock or water (**Take note of salt content when using canned stock or broth).
- If using velouté, add velouté (Omit if using roux).
- Simmer to adjust consistency.
- Finish sauce with cream and/or whole butter (if desired).
- Add back chicken to re-warm.

Starch Accompaniment for Sautéed Entrée

Yield: 2 portions

Typical ingredients for Rice Pilaf

Fat (butter, oil)

Onion, Small Dice (from knife cuts)

Garlic, Minced (optional)

White Rice

Chicken Stock or Broth

Butter

Salt and Pepper

1. Heat fat in saucepan and add onions.
2. Add grains to saucepan and coat with fat.
3. Add hot cooking liquid, all at once, to grains.
4. Simmer until liquid is absorbed.

Green Vegetable Component

Yield: 2 portions

Ingredients

Green Beans or Asparagus (Trimmed)

6-8oz

Seasonings – Competitor choice from contest supplies

As desired

Fresh Herbs – Competitor choice from contest supplies

As desired

Instructions

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

*For creative variation, you may utilize additional herbs and seasonings from the contest supplies at your discretion. They are **NOT** required and may or may not be available for use.*

Glazed Carrots

Yield: 2 portions

Julienne Carrots (From knife cuts)	3-4 oz
Butter	½ oz
Sugar or Honey	1 T
Stock or Broth	1 oz
Salt	To taste
Pepper	To taste

1. Place carrots in pan with butter, sugar, and stock.
2. Cover with parchment paper lid and bring to a simmer.
3. Simmer until vegetables are tender and they are glazed.
4. Adjust seasoning.

NOTE: All tools and equipment must be supplied by the contestant. Presentation plates used for presenting final dishes will not be available. It is best to practice the menu numerous times to determine which equipment and tools will be necessary for the contestant to compete at the highest level.

Scoring Breakdown

Total Possible Points: 1000

<u>Category</u>	<u>Value</u>
Sanitation	200
Mise en Place	100
Knife Skills/Meat Fabrication	200
<u>Technical Skills/Taste</u>	<u>500</u>
Total	1000

Tie Breaker: In the event of a tie, the competitor with the highest number of points in the Technical Skills/Taste category will be declared the winner. If competitors are still tied, the competitor with the highest score on the chicken fabrication portion of the contest will be declared the winner. If after rescoreing again, there is still a tie, knife skills will be included to break the tie.

Deductions:

Excessive Product Waste.....	10-50 points
Poor/no clean-up and reset of station and overall contest area.....	10-50 points
Uniform Infraction (See National Technical Standards).....	10-50 points
No Résumé.....	50 points

Culinary Arts Contest Scorecard

SkillsUSA Texas District

Skill Evaluated	Possible Score
Sanitation - General	50
Sanitation - Working Knowledge of Danger Zone (Verbal & Observed)	50
Sanitation - Avoids Cross Contamination	50
Sanitation - Wears Gloves When Appropriate (Chicken Prep; RTE Food; Plating)	50
Mise en Place - Organization & Preparation	40
Mise en Place - Professionalism	30
Mise en Place - Safety (Time/Temp)	30
Chicken Fabrication - Breast/Wings (Airline; Frenched)	50
Chicken Fabrication - Leg/Thigh (Not Separated)	50
Vegetable Cuts - Minced Shallot	25
Vegetable Cuts - Minced Garlic	25
Vegetable Cuts - Small Dice Onion	25
Vegetable Cuts - Julienne Carrots	25
Chicken - Overall Appearance/Presentation of Plate	100
Chicken - Main Protein - Taste/Technique	80
Chicken - Sauce - Taste/Technique	80
Chicken - Starch - Taste/ Technique	80
Chicken - Vegetable - Carrots - Taste/Technique	80
Chicken - Vegetable - Green Beans - Taste/Technique (Properly Trimmed)	80
Total Possible Points	1000
Résumé Penalty (Yes/No)	0 or -50
Clothing Penalty	0 to -50
Poor Clean-up & Reset of Station	-50
Total Deductions	Up -150
Final Score	1000