Culinary Arts Contest

District 4

**MENU**

Salad of choice (must use chicken tenders)

Emulsified Dressing

Entrée

Sautéed Chicken Breast with Sauce

Starch

Vegetables

We are going to make a slight adjustment to help with last minute changes. Please note STOCK DOES NOT need to be made. Contest is just knife cuts, chicken fabrication, salad and Entrée.

Students have 2 hours to complete. On the pantry list it states assorted herbs and spices. I cannot guarantee what will be available so if you have something that fall under this category that you want to use you are more than welcome to bring it.

Please note the score card at the end of this packet is just an outline. We use the national score card. Items that are not made are just left blank.

**High School Judging Categories**

1. Sanitation & Mise en Place
   1. There will be two floor judges who will judge:
      1. Sanitation procedures
      2. Basic organization, cleanliness and attitude
      3. Safety
2. Skills Components:
   1. Vegetable cuts
      1. Chop, mince, dice (small and medium), rondelle, slice, julienne, tourne, concasse
   2. Chicken fabrication
      1. 2 – airline breasts (skin-on, first wing bone attached and frenched)
      2. 2 – tenders
      3. 2 – legs (bone in, skin on)
      4. 2 – thighs (bone in, skin on)
      5. 2 – two bone wing piece (fabricated as desired)
      6. Carcass and trim
   3. Handling/cleaning of salad greens
   4. Emulsion dressing
   5. Main entrees – 1 different cooking techniques
      1. Sauté with pan sauce and braise
   6. Vegetable cookery
      1. Blanch and sauté
   7. Starch cookery
   8. Rice pilaf and potatoes

Written test – the written test gives the student an opportunity to demonstrate their knowledge of culinary principles including but not limited to: culinary math, sanitation, safety, techniques and principles of cooking.

# Competition Scoring Breakdown

Category Value

Sanitation/Safety 200

Mise en Place/Organization 100

Knife Skills/Chicken Fab 150

Technical Skills/Taste

Salad 100

Entrée #1 120

Total 670

**Tie Breaker:** In the event of a tie, the competitor with the highest overall technical skills/taste 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 and overall contest area 10-50 points

uniform infraction 0-50 points

no resume 10 points

## General Instructions / Tips

1. 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.
2. During orientation for the contest the lead state judge will review the contest packet with you.
3. Before the contest carefully study the contest packet.
4. Review the list of recipes/ingredients.
5. Write a preparation/cooking schedule to assist you during your competition period.
6. Please use only as much of each ingredient from the pantry as necessary.
7. Bulk ingredients MUST NOT leave the pantry table.
8. Contact a judge to look at your garbage/waste before removing anything from your station.
9. You may work on any component of your menu at any time.
10. Hot food should be served HOT and cold food served COLD!
11. Please wear gloves when handling ready to eat food.
12. You will present one (1) tasting plate to the Tasting Judges and one (1) presentation plate for the public to view.
13. 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.
14. Questions about where to find ingredients will be answered.
15. 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!

**Competition Schedule**

8:00 am Contestants meet in competition area

8:10 am Every contestant has from 8:10 until 8:25 to set their station.

No one will be allowed to their station after 8:25 until their scheduled start time.

8:25 am Open question and answer with lead state judge – ALL questions will be answered, and everyone will be able to hear the questions and answers. If a contestant is late and misses this session, then the questions and answers will not be repeated or re-answered.

8:45 am Competition starts. Contestants will start in groups of 6-8 and will be staggered in 15-minute intervals.

**JUDGING SCHEDULE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Group 1 | Group 2 | Group 3 | Group 4 | Group 5 | Group 6 |
| **Judging Time** | | | | | | |
| Start | 8:45 | 9:00 | 9:15 | 9:30 | 9:45 | 10:00 |
| Chicken Fab | 9:15 | 9:30 | 9:45 | 10:00 | 10:15 | 10:30 |
| Knife Cuts | 10:30 | 10:45 | 11:00 | 11:15 | 11:30 | 11:45 |
| Salad | 11:00 | 11:15 | 11:30 | 11:45 | 12:00 | 12:15 |
| Begin Lunch | 11:15 | 11:30 | 11:45 | 12:00 | 12:15 | 12:30 |
| End Lunch | 11:45 | 12:00 | 12:15 | 12:30 | 12:45 | 1:00 |
| Soup | 12:30 | 12:45 | 1:00 | 1:15 | 1:30 | 1:45 |
| Entrée #1 | 1:00 | 1:15 | 1:30 | 1:45 | 2:00 | 2:15 |
| Entrée #2 | 2:00 | 2:15 | 2:30 | 2:45 | 3:00 | 3:15 |
| Clean up | 2:30 | 2:45 | 3:00 | 3:15 | 3:30 | 3:45 |

**Note:** Chicken fabrication and knife cuts will be judged at your station. For all other courses, the contestant will present one plate to the judges and one plate will go on the presentation table for the public to view.

**Competition Timeline**

1. Please be aware of the time frame for presentation of all items. The official time will be kept by a designated official timekeeper.
2. The window for presenting is 15 minutes long. For example, contestants in Group 1 have between 9:15-9:30 to present their chicken fabrication to the judges. After 9:30 there will be a penalty assessed as outlined below.
   1. Any items presented between 1-5 minutes late will result in a 25% point loss for that item.
   2. Any items presented between 6-10 minutes late will result in a 50% point loss for that item.
   3. Any items presented between 11-15 minutes late will result in a 75% point loss for that item.
   4. Any items presented more than 15 minutes late will not be scored.
3. Chicken fabrication and knife cuts will be judged at your station.
4. On all other courses, the contestant will present one plate to the judges for tasting and one plate will go on the presentation table for viewing by the public.
5. All food preparation and presentation must be completed by 3:15pm and cleanup completed by 3:45pm.
6. A group critique will be given at 4:00pm.

**Chicken Fabrication and Knife Cuts (30 Mins)**

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 (30 mins):

1. Small Dice (1/4”x1/4”x1/4”) – ½ Onion
2. Minced Parsley – ¼ Bunch
3. Tomato Concassé –1 tomato
4. Medium Dice (1/2” x 1/2” x 1/2” cube) - 1/2 cup. Use vegetables based on your menu.
5. Julienne (1/8”x1/8”x2”) Carrots -2 oz. prepared weight required.

**Recipes**

**Salad Course (2 portions)**

Prepare Salad of choice.

**Sautéed Chicken Entrée (2 portions)**

* Sautéed Airline chicken breast from chicken fabrication
* At least 2 vegetables displaying distinct knife cuts.
* Starch is rice pilaf

**Equipment Needs**

1. Each contestant must bring all equipment necessary to execute the entire menu.
2. Each contestant must bring 2 portable butane burners and at least 4 cans of fuel. No other heat sources are allowed.
3. No electric or battery powered equipment may be used except thermometers and timers.
4. Each contestant must bring the following to display your work:

* 2 each rimmed soup bowls
* 2 each salad plates
* 4 each dinner plates

**Pantry List**

**Allowed Common Ingredients. Select from this list items to fit your menu.**

**No additional ingredients will be allowed.**

|  |  |  |
| --- | --- | --- |
| **Dry Goods**   * AP Flour * Sugar * Corn meal * Cornstarch * Short grain rice * Long grain rice * Lentils * Bread * Honey * Vegetable oil * Extra virgin olive oil * Soy sauce * Dijon mustard * Almonds * Tomato puree * White wine vinegar * Red wine vinegar | **Produce**   * Apples * Lemons * Garlic * Onions * Scallions * Shallots * Leeks * Carrots * Celery * Red Bell Peppers * Mushrooms * Green Leaf Lettuce * Spinach * Assorted fresh herbs * Parsley * Potatoes * Tomatoes | **Dairy**   * Butter * Cream * Milk * Eggs * Parmesan Cheese   **Proteins**   * Whole Chicken |

# SkillsUSA Texas Culinary Arts

**Competitor Scorecard**

Competitor Number:

## Category Value

Written Test

Sanitation/Safety

Mise en Place/Organization

Knife Skills/Chicken Fab

Technical Skills/Taste

Salad

Soup

Entrée #1

Entrée #2

Subtotal

Deductions\*:

comments:

Total Score:

\*Possible deductions:

* Poor/no clean-up and reset of station and overall contest area (10-50 points),
* Uniform infraction (10-50 points)
* no resume (10 points)