Culinary Arts Contest – San Angelo

2022 Skills USA District Contest

**MENU**

Entrée

Sautéed Chicken Breast with Sauce

Rice Pilaf

Two Vegetables

**High School Judging Categories**

1. Sanitation & Mise en Place
	1. There will be a floor judge who will judge:
		1. Sanitation procedures
		2. Basic organization, cleanliness and attitude
		3. Safety
2. Skills Components:
	1. Vegetable cuts
		1. Chop, 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. Main entree – execution of cooking technique for chicken
	4. Vegetable cookery
	5. Blanch and sauté
	6. Starch cookery
	7. Rice pilaf

# Competition Scoring Breakdown

## Category Value

Sanitation/Safety (200) \_\_\_\_\_\_\_\_\_

Mise en Place/Organization (150) \_\_\_\_\_\_\_\_\_

Knife Skills/Vegetable Cuts (150) \_\_\_\_\_\_\_\_\_

Knife Skills/Chicken Fabrication (150) \_\_\_\_\_\_\_\_\_

Entrée Taste (150) \_\_\_\_\_\_\_\_\_\_

Entrée Plating (200) \_\_\_\_\_\_\_\_\_\_

**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**

9:00 am Contestants meet in competition area

9:10 am Every contestant has from 9:10 until 9:25 to set their station.

No one will be allowed to access their station after 9:25 until their scheduled start time.

9:25 am Open question and answer with chef – 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.

9:45 am Competition starts.

**Note:** Chicken fabrication and knife cuts will be judged at your station. For all other courses, the contestant will present one plate to the judge.

**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 10:15-10:30 to present their chicken fabrication to the judges. After 10:30 there will be a penalty assessed as outlined below. Vegetable/Knife Cuts will be presented at 11:00. The Entrée will be presented at 12:00. Cleanup will start and complete at 12:30.
	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 judge for tasting.
5. All food preparation and presentation must be completed by 12:00pm and cleanup completed by 12:30pm.
6. A group critique will be given at 12:45pm.

**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)
* 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:

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

**Recipe**

**Sautéed Chicken Entrée (2 portions)**

* Sautéed Airline chicken breast from chicken fabrication
* At least 2 vegetables displaying distinct knife cuts. One vegetable must be sautéed
* Starch is rice pilaf
* Sauce is a derivative of a mother sauce

**Equipment Needs**

1. Each contestant must bring all equipment necessary to execute the entire menu.
2. Each contestant must bring 1 portable butane burners and at least 2 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:
* 1 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
* Cornstarch
* Long grain rice
* Honey
* Extra virgin olive oil
* Soy sauce
* Dijon mustard
* Almonds
* Walnuts
* Tomato puree
* Asst dry spices
* Chicken base
* Beef base
 | **Produce*** Lemons
* Garlic
* Onions
* Scallions
* Shallots
* Carrots
* Celery
* Red Bell Peppers
* Mushrooms
* Assorted fresh herbs
* Parsley
* Tomatoes
 | **Dairy*** Butter
* Cream
* Milk
* Eggs
* Cheddar Cheese
* Parmesan Cheese

**Proteins*** Whole Chicken
 |

# SkillsUSA Texas Culinary Arts

**Competitor Scorecard**

Competitor Number:

## Category Value

Sanitation/Safety (200) \_\_\_\_\_\_\_\_\_

Mise en Place/Organization (150) \_\_\_\_\_\_\_\_\_

Knife Skills/Vegetable Cuts (150) \_\_\_\_\_\_\_\_\_

Knife Skills/Chicken Fabrication (150) \_\_\_\_\_\_\_\_\_

Entrée Taste (150) \_\_\_\_\_\_\_\_\_\_

Entrée Plating (200) \_\_\_\_\_\_\_\_\_\_

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)