

SkillsUSA Texas District 5 Culinary Arts Contest

**Hosted by:**

Dallas College

At the Culinary Pastry Hospitality Center

11830 Webb Chapel Rd, #1200, Dallas, TX 75081

# MENU

Sauteed Chicken Breast with Mushroom Pan Sauce Rice Pilaf

Sauteed Green Beans Glazed Julienne Carrots

### Contestants Must Provide:

* 1. Each contestant must bring all the equipment necessary to execute the entire menu. (Stove tops at the culinary center will be utilized)
  2. No electric or battery powered equipment may be used except thermometers and timers.
  3. Each contestant must bring the following to display your work:
     + 2 each dinner plates

Dallas College will provide:

1. Ingredients necessary to cook menu items.
2. Stove tops

## 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
* Please follow this link for a video example of chicken fabrication techniques. Please refer to the above listed specsas they are slightly different from the video. <https://www.youtube.com/watch?v=7cc99t_wyhs>

### **Sautéed Chicken Entrée (2 portions)**

* Sautéed Airline chicken breast from chicken fabrication
* 2 vegetables displaying 2 distinct knife cuts cooked 2 different ways (from the knife cutting segment)
* Starch is rice
* Sauce is a mushroom pan sauce.

**Each contestant will produce the following knife cuts:**

1. Small Dice (1/4”x1/4”x1/4”) – ½ Onion
2. Medium Dice (1/2” x 1/2” x 1/2” cube) - 1/2 cup. Carrot
3. Julienne (1/8”x1/8”x2”) Carrots -2 oz. prepared weight required.

## 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. (NO School Logos – cover with tape)
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
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!

# Judging Categories

1. Sanitation & Mise en Place
   1. There will be three floor judges who will judge:
      1. Sanitation procedures
      2. Basic organization, cleanliness, and attitude
      3. Safety
2. Skills Components:
   1. Vegetable cuts
      1. Mince - shallot
      2. Brunoise - Onion
      3. Julienne (1/8" x 1/8" x 2") - Carrots
      4. Slice (1/4") - Mushrooms
   2. Chicken fabrication
      1. 2 - airline breasts (skin-on, first wing bone attached and trenched)
      2. 2 - tenders
      3. 2 - legs (bone in, skin on)
      4. 2 - thighs (bone in, skin on)
      5. 2 - two bone wing piece (wing tips removed)
      6. Carcass and trim NOT discarded
   3. Main entrees
      1. Sauté with mushroom pan sauce
   4. Vegetable cookery
      1. Green beans - blanch and sauté
      2. Glazed carrots
   5. Starch Cookery
      1. Rice pilaf

### Competition Schedule-DISTRICT

8:00 – 8:45 AM

Contestants meet in the competition area for orientation.

* Open Q&A. The Technical Chair will answer all questions.
* Advisors may be present during the orientation.
* If a contestant is late and misses this session, the questions will not be repeated or re-answered.

8:45-9:15 AM -Technical test will be given.

9:15 AM - Station Set up

9:30 AM - Contest Begin, Group 1. Additional groups will begin every 20 minutes thereafter.

12:30 PM - Cooking time ends, Group 1. Additional groups will end every 20 minutes thereafter.

**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.
* The final schedule, including number of groups, will be determined by the number of contestants and the available space.

### Category

**Competitor Number:** \_

### Value

Sanitation/Safety (150)

Mise en Place/Organization (150)

Knife Skills/Chicken Fab (150) Technical Skills/Taste

Protein (150)

Sauce (100)

Starch (100)

Veg #1 (100)

Veg #2 (100)

Subtotal (1000)

\*Possible deductions:

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