

**Texas SkillsUSA
District 6
Culinary Arts Contest**

Hosted by:
TSTC
Waco, TX



MENU

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

Judging Categories

A. Sanitation & Mise en Place

- a. There will be three-floor judges who will judge:
 - i. Sanitation procedures
 - ii. Basic organization, cleanliness, and attitude
 - iii. Safety

B. Skills Components:

a. Vegetable cuts

- i. Mince - Shallot
- ii. Brunoise - Onion
- iii. Julienne ($\frac{1}{8}$ " x $\frac{1}{8}$ " x 2") - Carrots
- iv. Slice ($\frac{1}{4}$ ") - Mushrooms

b. Chicken Fabrication

- i. 2 - airline breasts (skin-on, first wing bone attached and frenched)
- ii. 2 - tenders
- iii. 2 - legs (bone-in, skin on)
- iv. 2 - thighs (bone-in, skin on)
- v. 2 - two bone wing piece (wing tips removed)
- vi. Carcass and trim NOT discarded

c. Main Entrees

- i. Sauté with Mushroom pan sauce

d. Vegetable Cookery

- i. Green Beans - blanch and sauté
- ii. Glazed carrots

e. Starch Cookery

- i. Rice Pilaf

Competition Scoring Breakdown

<u>Category</u>	<u>Value</u>
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	<u>100</u>
Total	1000

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:

Excessive product waste	-10 points
Poor/no clean-up and reset of station and overall contest area	-10-50 points
Uniform infraction	-10-50 points
No resume	-50 points

General Instructions/Tips

1. Your uniform should consist of black or checkered work pants, white or black chef jacket, chef hat, apron, and non-clip, closed-toed kitchen shoes.
2. All competitors MUST provide their own supplies and equipment. Adequate stove space will be available to each contestant.
3. A maximum of 6 linear feet (potentially smaller) of counter workspace will be provided for each contestant.
4. During orientation for the contest, the Tech Chair will review the contest rules and procedures.
5. Before the contest carefully study the contest packet.
6. Review the list of recipes, and ingredients.
7. Write a preparation cooking schedule to assist you during your competition period.
8. Please use only as much of each ingredient from the pantry as necessary.
9. Bulk ingredients MUST NOT leave the pantry table.
10. Contact a judge to look at your garbage/waste before removing anything from your station.
11. You may work on any component of your menu at any time.
12. Hot food should be served HOT and cold food served COLD!
13. Please wear gloves when handling ready-to-eat food.
14. You will present one (2) plate to the Judges (Contestants must provide plates)
15. 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.

16. Questions about where to find ingredients will be answered.

17. 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!

Tentative Competition Schedule

8:00 – 9:00am

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. 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

Competition Begins

12:30pm

Cooking Time Ends

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