

SkillsUSA
2019 Contest Projects
STATE COMPETITION

CULINARY ARTS

Post Secondary

SkillsUSA Culinary Arts Competition Scoring Breakdown

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

Tie Breaker:

In the event of a tie, the competitor with the highest overall technical skills/tasting 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:

SkillsUSA Uniform infraction	<u>10-50 points</u>
Poor/ no clean-up and reset of station and overall contest area	<u>10-50 points</u>
<u>No Résumé</u>	<u>50 points</u>

Clothing Requirements

White chef's shirt or coat, white work pants or checkered chef's pants (black and white checkers only) of the proper size (pants should not drag on floor), white SkillsUSA apron, white chef's hat (paper or cloth), and/or hairnet. A white chef's scarf is optional. No identification of contestant, school or state is allowed on official clothing. If you have a marked coat or shirt, please cover the marking.

Chef/Baker hats are not mandatory but are recommended. Hairnets may be worn with hats to contain all loose hair. Contestants with long hair that poses a possible safety or sanitary hazard must wear hair containment devices or hairnets. Contestants may be disqualified for lack of safe clothing or attire and possibly not allowed to participate. The orientation meeting would be the time to clarify any questionable attire or hair restraints.

White or black work shoes (closed leather upper, non-skid sole). No canvas, vinyl, plastic or leather athletic-type shoes, sandals or open-toed shoes are permitted in any SkillsUSA Championships event without penalty. The shoe must come up the heel. Contestants will be penalized where improper footwear constitutes a health or safety hazard.

Competition and Judging Schedule

7:30am	Door Open - Contestants meet in competition area
8:00 - 8:30	Announcement from Chef (All questions answered)
8:30 - 8:45	Set-up station
8:45	Start
9:15	Judges Check Meat Fabrication
10:15	Judges Check Knife Cuts
10:45	Serve Appetizer Course
11:15	Mandatory Lunch Break (30 minute)
12:30	Serve Soup Course
1:00	Serve Entrée Course
1:30	Clean Up

Tables will be provided by the facility. ALL other equipment is to be provided by the contestants. The use of electric tools/equipment is prohibited.

Please use only as much of each ingredient as is necessary. Return unused portions to the supply tables.

You may work on any component of your menu at any time. ie: You can begin working on your stock and/or soup during your knife cut time.

You will present one (1) tasting plate to the Tasting Judges and one (1) presentation plate for the public to see

Notify a judge to evaluate your waste before removing anything from your station.

During both skills components, Judges will evaluate and score each competitor's ability to demonstrate proper: Safety / Sanitation Procedures, Organization / Cleanliness, and Attitude.

Raise your hand and ask for assistance if there is anything that you do not understand. – 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 starts, any questions about technique or definitions, etc will not be answered – Questions about where to find ingredients and the like will be answered.

Remember two things:

This competition is about **LEARNING**, and it should be **FUN**. If at any time you feel overwhelmed or feel that you cannot continue, speak to a judge. We are here for you!

The Post-Secondary Culinary Arts Competition is a Market Basket format.

1. Competitors will receive a market basket with various proteins, vegetables, fruits, and starches. The contents of the basket will be revealed the day before the competition.
2. Competitors must use a noticeable amount of each item in their market basket.
3. They can supplement those ingredients with items from the supply table.
4. The competitors will present two copies of a menu that includes an appetizer, a soup, and two entrees of their own choosing following the competition guidelines. The menus must be turned in at the beginning of the competition.

- Please be aware of the time frame for presentation of all items.
- The window for presenting is 5 minutes long. For example, contestants 1-8 have between 10:15 AM and 10:20 AM to present their knife cuts without penalty.
 - Any items presented between 5-10 minutes late will result in a 25 % point loss for that item.
 - Any items presented between 10-15 minutes late will result in a 75 % point loss for that item.
 - Any items presented 15 minutes late will not be scored.
- Chicken Fabrication and knife cuts will be judged at your station
- On all other courses, the contestant will present one plate to the judges and one plate will go on the presentation table for the public.

ALL FOOD PREPARATION AND PRESENTATION MUST BE COMPLETED BY
1:30pm 2:30 Judges Critique (approx. 30 minutes)

SKILLS COMPONENT - CHICKEN BUTCHERY

Each contestant will have 1 chicken to butcher. They should execute the following:

1. Two breasts – The breast should be skin on and boneless, except for the first bone of the wing which should be attached. The tender should be intact and attached to the breast. The wing bone and tender can be removed after evaluation for use in the menu as desired.
2. Two leg/thigh portions – the leg and thigh should be separated, skin on and bone-in
3. Carcass meat, trim and bones are to be used for stock and soup.

SKILLS COMPONENT - VEGETABLE CUTS

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

1. Small Dice (1/4" x 1/4" x 1/4") – ½ Onion
2. Chopped Parsley – ¼ Bunch
3. Tomato Concasse – 1 tomato
4. Minced 4 large cloves garlic
5. Medium Dice (1/2" x 1/2" x 1/2" cube) - 1/2 cup. Use vegetables based on your menu.
6. Julienne (1/8" x 1/8" x 2") Carrots - 2 oz. prepared weight required.

SKILLS COMPONENT:

APPETIZER

Prepare two identical appetizer plates.

This could be a plated appetizer or a salad.

Course must include a protein.

Garnish must include a minimum of two distinct knife cuts.

SOUP

Prepare two servings of soup.

Competitors choice using a minimum of two distinct knife cuts as garnish.

ENTRÉE, SAUCE, STARCH, VEGETABLE

Prepare two identical entree plates:

Vegetables and starches should also demonstrate different cooking methods.

A minimum of 4 different cooking methods must be used in the two entrees

Entrée:

Protein: Seared, sautéed or roasted

Vegetable: Boiled or blanched

Starch: Steamed or roasted

Sauce: Variation or derivative of a Mother Sauce

THE USE OF ELECTRIC TOOLS IS NOT PERMITTED. The demonstration of knife and hand skill is of the utmost importance.

West Virginia SkillsUSA Culinary Technical Committee reserves the right to limit or disallow the use of any item it deems unfair or improper. Please refer any questions to Culinary Chair.

2019 Supply Table

Tomatoes	Panko Breadcrumbs
Eggs	Parmesan Cheese
French Bread	Red Wine Vinegar
Shallots	Hot Sauce
Zucchini	A.P. Flour
Onions	Kosher Salt
Garlic	Worcestershire Sauce
Lemons	Black Peppercorns
Carrots	Vegetable Oil
Scallions	Anchovy Filets
Red Bell Pepper	Extra Virgin Olive Oil
Idaho Potatoes	Almonds, Sliced
Celery	Bay Leaves
Broccoli	Heavy Cream
Fresh Herbs	Green Leaf Lettuce
Butter	Parsley
Spinach	Mushrooms
Corn Meal	Blue Cheese
Milk	Apples
White Wine	Shallots
Red Wine	Chicken Base
	Tomato Pure