

SkillsUSA
2017 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

10-50 points

No Résumé

50 points

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 Schedule – Post-Secondary

Friday March 31st 2017

2:00 - 3:00 Written Test

3:00 - 4:00 Orientation and Walkthrough

Saturday April 1st 2017

7:30am Facility Opened

8:00 - 8:30 Announcement from Chef - All questions answered

8:30 - 8:45 Set-up station for Skills Component: Part One

8:45 - 10:30 Skills Component: Part One

10:30 - 11:00 Break - Refreshments Provided

11:00 - 11:15 Set-up station for Skills Component: Part Two

11:15 - 1:20 Skills Component: Part Two

1:20 - 1:35 Cleanup

1:35 - 2:05 Break - Lunch Provided

2:15 - 2:30 Judges' Announcement

2:30pm Facility Closed

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 note the maximum allowance of pantry items. Use only as much of each ingredient as is necessary. Return unused portions to the supply tables.

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

Competitors must be in proper uniform

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

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!

Skills Component: Part One - POST SECONDARY

During this section, all competitors will have 105 minutes to collect necessary ingredients from the *Community Table*, complete the following tasks, and notify Judges for evaluation of finished product.

***Competitors may work on preparations and tasks in any order.

***Be considerate of possible time/temperature and sanitation concerns.

1. Fabrication of Chicken

- Two French cut Chicken Breasts, skin-on
- Two Tenderloins, whole and cleaned of membrane
- Two Legs
- Two Thighs
- Two Wings

2. Vegetable Cuts

- Parsley, Chopped Fine – From one small bunch
- Tomatoes, Concasse – From two roma tomatoes
- Vegetable, Julienne – Approximately one cup
- Vegetable, Medium Dice – Approximately one cup
- Garlic, Minced – From two cloves

3. Fabrication of Fish

- Fabricate a flat or round fish into appropriate fillets
 - Display fillets and carcass for Judges to evaluate
- *** FISH FOR SKILLS AND FISH COURSE WILL **NOT** BE PROVIDED ***
*** ONE ROUND OR FLAT FISH TO BE **PROVIDED BY COMPETITORS** ***

4. Chicken Stock

- Prepare and begin cooking chicken stock. Recipe follows.
- Stock should be properly simmering when notifying Judge for evaluation.

Chicken Stock

Yield: 3 – 4 Quarts

Ingredients:

Chicken Carcass from your fabricated chicken
Mirepoix
Sachet of Peppercorns, Bay Leaf, Fresh Thyme, and Parsley Stems
Water

Procedure:

Place Carcass, Mirepoix, Sachet, and water into an appropriate stock pot.
Bring to a Simmer.

During this section all competitors will collect necessary ingredients from the *Community Table* and complete the following recipes. Competitors will deliver their finished product to the Judges' Table at the designated time for evaluation. There will be a 10 minute window for delivery of each course.

Salad Course to be served between 11:40 – 11:50

Soup Course to be served between 12:10 – 12:20

Fish Course to be served between 12:40 – 12:50

Entrée Course to be served between 1:10 – 1:20

***Competitors may work on any recipe at any time during this skills component,

***Any course presented to the Judges after the 10 minute window will be penalized.

***Be considerate of possible time/temperature and sanitation concerns.

1. Prepare and Serve: Salad with Emulsified Dressing. Recipe follows:

ROMAINE SALAD with EMULSIFIED DRESSING

Competitor's choice

Yield: 2 Identical plates

Guidelines for the salad:

- An emulsified dressing is required
- Use of romaine lettuce is required
- Must demonstrate proper cooking techniques

2. Prepare and Serve: Soup with appropriate Garnish. Recipe follows:

CREAM of CHICKEN SOUP with SAUTÉED MUSHROOMS.

Yield: 2 Servings (8-12oz)

Ingredients:

2 Chicken Thighs

2-3 oz. Mushrooms, Sliced

2 Tbsp. Butter

2 Tbsp. AP Flour

2 cups Chicken Stock

¼ cup Heavy Cream

Soup Recipe

- Poach chicken thighs in stock until an internal temperature of 165°F is reached
- Remove the chicken and let rest, clean the chicken meat off the bone and reserve
- In Sauce pot sauté mushrooms in butter until brown
- Make a blonde roux in this same pot, adding more butter or flour if necessary
- Add stock and cream as needed and begin to simmer
- Add chicken continue to simmer, making sure chicken is hot
- Season with salt to taste and serve hot

3. **Prepare and Serve: Fish Course**, recipe follows:

FISH COURSE

Contestant's choice

Yield: 2 Identical plates

Guidelines for the entree:

- May be served hot or cold
- Must be nutritionally balanced
- Must demonstrate proper cooking techniques

*** FISH FOR SKILLS AND FISH COURSE WILL **NOT** BE PROVIDED ***
*** ONE ROUND OR FLAT FISH TO BE **PROVIDED BY COMPETITORS** ***

4. **Prepare and Serve: Sautéed Chicken Breast with Appropriate Sauce, Starch, and Vegetable**. Recipe follows:

SAUTEED CHICKEN BREAST with APPROPRIATE SAUCE, PARSLEY POTATOES, and Vegetable

Properly sauté 2 chicken breasts and prepare an appropriate sauce. Serve with parsley potatoes, and appropriate vegetable (Competitor's choice)

Yield: 2 Identical plates

Guidelines for the entree:

- Must be served hot
- Must be nutritionally balanced
- Must demonstrate proper cooking techniques

Parsley Potatoes Recipe

Yield : 2 Portions

Ingredients

4 - 8. Red Potatoes, Small

2 Tbsp. melted butter

Chopped Parsley, as needed

Salt, as needed

Instructions

- Cook potatoes in boiling salted water until fork tender
- Cut the potatoes into desired size and shape for plating
- Toss potatoes with warm melted butter and parsley
- Season with salt to taste and serve hot

**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.

**STUDENTS WILL RECEIVE TWO HALF HOTEL PANS
CONTAINING THE FOLLOWING INGREDIENTS:**

CHICKEN, Whole	1 EACH
LETTUCE, Romaine	1 HEAD
PARSLEY, Curly	1 BUNCH
CHICKEN STOCK	2 QUARTS
MUSHROOMS	3 OUNCES
BUTTER	4 OUNCES
HEAVY CREAM	16 OUNCES

COMMUNITY TABLE OF INGREDIENTS

DO NOT TAKE MORE THAN MAXIMUM ALLOWANCE.

MEASURE ALL INGREDIENTS AT THE COMMUNITY TABLE.

5.5 oz. plastic soufflé cups will be provided for measuring

Ingredient	Max. Allowance	Ingredient	Max. Allowance
Tomato, Roma	4 EACH	Panko Breadcrumbs	N/A
Eggs, Whole	6 EACH	Parmesan Cheese	N/A
French Bread	1 HALF LOAF	Red Wine Vinegar	N/A
Shallots	3 EACH	Mayonnaise	N/A
Zucchini	1 EACH	Tabasco Sauce	N/A
Yellow Squash	1 EACH	A.P. Flour	N/A
Onion, Yellow	2 EACH	Kosher Salt	N/A
Garlic	1 BULB	Worcestershire Sauce	N/A
Lemons	2 EACH	Black Peppercorns	N/A
Carrots, Large	3 EACH	Vegetable Oil	N/A
Scallions	1 BUNCH	Anchovy Filets	N/A
Red Bell Pepper	2 EACH	Extra Virgin Olive Oil	N/A
Red Potatoes, small	12 EACH	Almonds, Sliced, Blanched	N/A
Celery, ribs	5 EACH	Bay Leaves	N/A
Broccoli	1 HEAD		

*** FISH FOR SKILLS AND FISH COURSE WILL **NOT** BE PROVIDED ***