

**SkillsUSA**  
**2018 Contest Projects**  
**STATE COMPETITION**

**CULINARY ARTS**

HIGH SCHOOL

# 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:

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

### 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 – High School

Saturday April 14th 2018

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 Salad 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!

## Contest Time Line

- Please be aware of the time frame for presentation of all items.
- The window for presenting is 5 minutes long. For example, contestants 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  
2:00 Judges Critique (approx. 30 minutes)

1. **Meat Fabrication:** Each contestant will have 1 chicken to fabricate. They should execute the following:
  - Two breasts – The breast should be skin off 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 for use on the salad, if desired
  - Two leg/thigh portions – the leg and thigh should be bone-in
  - Carcass meat, trim and bones are to be used for stock and soup.
2. **Knife Cuts :** Prepare the following vegetable cuts and/or tasks and present for judging. These items will be used in other menu items:
  - Oblique – 3 oz. Use vegetables based on your menu
  - Chopped Parsley – ¼ Bunch
  - Tomato Concasse –1 tomato
  - Minced ½ onion ½ head garlic
  - Medium Dice ( 1/2 " x 1/2" x 1/2" cube)- 1/2 cup. Use vegetables based on your menu.
  - Julienne (1/8x1/8 x1 ½ to 2inches) Carrots -2 oz. prepared weight required.

## RECIPES

### **STOCK**

**Skill component: Stock**

**Yield: 2-3 qt**

Chicken bones, trim from your fabricated chicken

Water

Mirepoix

Sachet

Use as needed throughout the competition.

### **CHICKEN VEGETABLE SOUP**

**Skill component: Stock/Clear Soup**

**Yield: 2 servings**

**Ingredients:**

Trim from chicken

Vegetable oil

Cut vegetables for garnish

Additional items as desired

Seasoning

### **COMPOSED SALAD WITH EMULSION DRESSING**

Contestants' choice

**Skill Component: Cleaning-handling of greens/ Permanent Emulsion**

**Yield: 2 servings**

Required components:

- ∞ Must contain a protein component.
- ∞ A permanent emulsion dressing is required.
- ∞ Three room temperature or chilled vegetable garnishes are required. They may be raw or cooked. One must be the tomato concasse prepared in the knife cut segment.
- ∞ Properly cleaned lettuce or greens are required.
- ∞ A crisp component is required. Examples may include a crostini, potato crisp, or cheese crisp.

### **SAUTEÉD CHICKEN BREAST WITH PAN SAUCE**

**Skill Component:** Sauté with pan sauce

**Yield:** 2 plates

Properly sauté appropriate pieces of chicken. Prepare pan sauce from fond. Plate chicken with sauce, rice pilaf, and vegetables.

### **STARCH ACCOMPANIMENTS FOR SAUTEÉD ENTRÉE**

**Skill Component:** Brown Rice Pilaf

*Yield: 2 portions*

Prepare rice using the pilaf method.

### **VEGETABLE ACCOMPANIMENTS FOR SAUTEÉD ENTRÉE**

**Skill Component:** Green Vegetable Cookery, Sautéed Vegetables

**Yield:** 2 servings

**Ingredients:**

Green Vegetable of choice (Cut as desired and/or practical)

Additional vegetable from knife cuts

**Instructions:**

Must use two different vegetables. Using proper cooking technique for vegetables, prepare a sufficient amount of both vegetables for two (2) portions.

One of the vegetables must be prepared using the sauté method.

**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.

**Supply Table**

<b>Tomatoes</b>	<b>Panko Breadcrumbs</b>
<b>Eggs</b>	<b>Parmesan Cheese</b>
<b>French Bread</b>	<b>Red Wine Vinegar</b>
<b>Shallots</b>	<b>Tabasco Sauce</b>
<b>Zucchini</b>	<b>A.P. Flour</b>
<b>Onions</b>	<b>Kosher Salt</b>
<b>Garlic</b>	<b>Worcestershire Sauce</b>
<b>Lemons</b>	<b>Black Peppercorns</b>
<b>Carrots</b>	<b>Vegetable Oil</b>
<b>Scallions</b>	<b>Anchovy Filets</b>
<b>Red Bell Pepper</b>	<b>Extra Virgin Olive Oil</b>
<b>Idaho Potatoes</b>	<b>Almonds, Sliced</b>
<b>Celery</b>	<b>Bay Leaves</b>
<b>Broccoli</b>	<b>Heavy Cream</b>
<b>Fresh Thyme</b>	<b>Romaine Lettuce</b>
<b>Chicken Stock</b>	<b>Parsley</b>
<b>Butter</b>	<b>Mushrooms</b>