



**Skills USA Texas
District 08
High School Culinary Arts Contest
Saturday, February 3, 2018 8am – 3pm
Cypress Park High School
7425 Westgreen Blvd
Cypress, Texas 77433
*Registration cut off January 20th 2018***

Note: Our District Contests are based on the previous year's State Contest, but usually shorter.

And our State Contests should be based on last year's National Contest. I have learned that with the Culinary Contest with SkillsUSA you need the **Technical Standards** and the **Contest Projects** from the previous year. You can order these as "Contest Singles" from SkillsUSA. Our District contest is a shortened version of those documents.

CULINARY ARTS (Based on National Standards)

PURPOSE

To evaluate each contestant's preparation for employment in the food service industry and to recognize outstanding students for excellence and professionalism in culinary arts.

CLOTHING REQUIREMENT

Black work pants or black-and-white checkered chef's pants, white chef's jacket, white or black leather work shoes, white apron, white neckerchief, side-towels, White chef's hats (toques), and food-handlers' gloves. These regulations refer to clothing items that are pictured and described at: www.skillsusastore.org.

No facial jewelry is allowable. Earrings are not permitted even if covered by a bandage. A wedding ring is the only jewelry that will be allowed to be worn during the orientation and contest periods. No cell phones are permitted on the contest floor and cannot be used in place of a kitchen timer.

Note: Contestants must wear their official contest clothing to the contest orientation meeting.

ELIGIBILITY

Open to active SkillsUSA members enrolled in programs with culinary arts or commercial food trades as the occupational objective. **Only 3 students from each Skills USA Texas District 08 High School will be allowed to compete in the District 08 Culinary Contest.**

EQUIPMENT AND MATERIALS

1. Supplied by the technical committee:
 - a. Contest problem (menus, recipes, instructions all included in this packet)
 - b. All necessary food items, seasonings, etc.
 - c. Contest site organized (work stations, ranges, refrigeration, access to product and additional equipment) in as fair a manner possible for each contestant.
 - d. All necessary platters, dishes, and china necessary for food presentations.
2. Supplied by the contestant:
 - a. 2 Butane Burners and Butane for 2 hours (6 each recommended)
 - b. All cookware, small wares, pots, pans and utensils necessary for food preparation
 - c. No. 2 pencil (two each, small note pad if desired)
 - d. Knife kit and cook's tools as desired from the following:

- e. French cook's knife, Paring knife, Vegetable peeler, Knife steel, Boning knife, Cook's fork, Slicing knife (meat), Serrated slicing knife, Fillet knife, Utility knife, Offset spatula, Cook's tongs (8–12 in.), Meat thermometer (pocket type), Molds or timbals, Timer or clock, Small mesh strainer, Oven thermometer, Food handler gloves, Hair net(s), Cheesecloth, Whisk, Kitchen spoons, Stainless steel mixing bowls, Citrus zester, Channel knife, Parisienne scoop, Apple corer, Tourner knife, Canapé or biscuit cutters, and Plastic squeeze bottles. Any other small tools must be approved at the competition by the technical committee chair and must be made available for all other contestants to use.
- f. All competitors must create a **one-page résumé** and submit a hard copy to the technical committee chair at orientation. Failure to do so will result in a **10-point** penalty.

Note: No electrical devices or pasta machines will be allowed.

SCOPE OF THE CONTEST

Skill Performance

The contest will include a series of testing stations for the actual preparation of food and arrangement of food on plates or platters and in dishes to serve to the customer.

Contest Guidelines

The skill performance portion of the contest will ask contestants to:

1. Demonstrate and apply food safety principles, procedures, HACCP, Servsafe and key practices for ensuring food safety
2. Coordinate mise-en-place (setting everything in place in preparation) and apply organizational skills
3. Demonstrate and apply knowledge of proper cooking methods and techniques as required
4. Demonstrate knife skills and proper cutting techniques
5. Demonstrate and apply the proper use of equipment
6. Demonstrate and apply creative preparation, portioning and presentation of food items
7. Apply methodology and evaluation of job related observable skills, competencies, skill proficiencies and scoring sheets/tests

MENU

**Sautéed Chicken Breast with Mushroom Pan Sauce
Rice Pilaf
Green Vegetable and Glazed Batonnet Carrots**

High School Judging Categories

A. Sanitation & Mise en Place

1. There will be four floor judges that will judge
 - i. Sanitation procedures
 - ii. Basic organization/ cleanliness/ attitude
 - iii. Safety

B. Skills Components:

1. Vegetable Cuts – may include any of the following:
 - i. Mince, Chop, Brunoise, Julienne, Bâtonnet, Dice (all sizes), Concassée, Chiffonade
2. Meat Fabrication – Including but not limited to:
 - i. Chicken, Fish Fillet
3. Chicken Broth or Stock
4. Main entrees - different cooking techniques from the following:
 - i. Sauté, Roast, Braise, Stew, Poach (shallow or deep), Panfry, 5. Sauces – different types from the following:
 - i. Cream, Pan Sauce, Au Jus, Gravy, Butter Sauce, Warm Vinaigrette, reduction.
6. Vegetable Cookery – may include any of the following:
 - i. Boiling, Steaming, Glazing, Sauté, Roasting, Pan Frying, braising, stewing
7. Starch Cookery – may include any of the following:
 - i. Rice- Pilaf, Risotto; Potatoes- Roasted, Pureed, Pan fry, Boiled, Steamed; legumes

Skills USA National Culinary Arts Competition Scoring Breakdown High school and Post Secondary

Total Possible Points: 1000

<u>Category</u>	<u>Value</u>
Sanitation	200
Mise en Place	100
Knife Skills/ Meat Fabrication	200
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:

- Poor/ no clean-up and reset of station and overall contest area ... 10-50 points
- From Skills USA – Uniform infraction10-50 points
- No Resume'50 points

GENERAL INSTRUCTIONS/ TIPS

- During Orientation for the Contest, a member of the Technical Committee will review the contest packet with you.
- Please use only as much of each ingredient as is necessary. Return unused portions to the supply tables.
- Contact a judge to look at your garbage before removing anything from your station
- 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
- 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 is about LEARNING and it should be FUN. If at any time you feel overwhelmed and feel that you cannot continue, speak to a judge or member of the Technical committee. We are here for you!

Competition Schedule

- 8:00 am** **Arrive at contest Site**
- 8:30 am Contestants Meet in competition area
- 8:45 am** Open question and answer with Technical Committee Chair – ALL questions will be answered – 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.
- 9:00 am** Competition starts – Competitors will start in groups of 4, staggered in 15 minute intervals – The chart below shows each competitors schedule

JUDGING SCHEDULE

Set-up	10 min
Chicken Fabrication	15 min
Knife Cuts	30 min
Entrée #1	55 min
Clean up	15 min

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 and one plate will go on the presentation table for the public.

Contest Time Line

- During orientation for the contest, a member of the Technical committee will review the contest packet with you.
- Please be aware of the time frame for presentation of all items.
- The window for presenting is 5 minutes long. **For example**, contestants 1-4 have between 10:15 AM and 10:20 AM to present their entrees 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 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.

SKILLS COMPONENT (SECONDARY):
Chicken Fabrication

Each contestant will have 1 chicken to fabricate. 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 (airline breast). The tender should be intact and attached to the breast. The skin, wing bone, and tender can be removed after if desired.
2. Two leg/thigh portions – the leg and thigh should still be connected bone-in and skin-on
3. Carcass meat, trim and bones are to be saved for stock and/or soup.

SKILLS COMPONENT (SECONDARY):
VEGETABLE CUTS

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

1. **Chopped Parsley** – ¼ Bunch
2. **Minced** ½ head garlic
3. **Small dice** ½ onion
4. **Small dice** 2 oz. Carrots
5. **Slice** – 1/2 cup Mushrooms.
6. **Batonnet (1/4x1/4 x 1½ to 2inches)** Carrots -4 oz. prepared weight required.

RECIPES

Stock: Provided by technical committee

Skill component: Stock

Yield: 1qt -2qt

Chicken bones, trim from your fabricated chicken

Water

Mirepoix

Sachet

Use as needed throughout the competition.

SAUTEÉD CHICKEN BREAST WITH MUSHROOM PAN SAUCE

Skill Component: Sauté with pan sauce

Yield: 2 plates

Properly sauté appropriate pieces of chicken. Prepare mushroom pan sauce from fond. Plate chicken with sauce, rice pilaf, green vegetable and glazed carrot.

STARCH ACCOMPANIMENTS FOR SAUTEÉD ENTRÉE SKILL

Component: Rice Pilaf

Yield: 2 portions

Typical ingredients for Rice Pilaf

Fat (butter, oil)

Onion, small dice

Brown rice

Chicken stock or broth

Bay Leaf

Butter

Salt and pepper

Procedures:

1. Heat butter in a heavy saucepot
2. Add onion and bay leaf and saute until the onion is tender, but not brown.
3. Add rice and stir to coat it completely with the hot fat. So not allow rice to brown
4. Pour in the boiling stock and season with salt
5. Bring to a boil and reduce heat to a simmer.
6. Cover pot tightly and cook rice for 30-40 Minutes

VEGETABLE ACCOMPANIMENTS FOR SAUTEÉD ENTRÉE SKILL

Component: Green Vegetable

Cookery Yield: 2 servings

Ingredients:

Green Vegetable of choice (Cut as desired and/or practical) 4 - 6 oz.

Seasonings – your selection from contest supplies as desired

Fresh herbs – your selection from contest supplies as desired

Instructions:

- Using proper cooking technique for vegetables, prepare a sufficient amount for two portions.

For creative variation, you may utilize additional herbs and seasonings from the contest supplies at your discretion

Skill Component: Glazed Vegetables

Yield: 2 portions

Butter	1 Tablespoon
Carrots (Battonet knife skills)	4-6 OZ
Sugar or honey	1 ½ Teaspoons
Chicken stock	¼ Cup
Salt and pepper	To taste

- Heat sauté pan and melt the butter, Add the carrots, sugar, chicken stock, and seasoning. Bring to a simmer and cook, covered, on low heat until the carrots are almost done.
- Remove the cover and allow the liquid to reduce to a glaze. If carrots are done before glaze is formed, remove them with a slotted spoon, reduce the liquid and return them to the pan to finish the process.

For creative variation, you may utilize additional herbs and seasonings from the contest supplies at your discretion