

SkillsUSA

2015 Contest Projects

Culinary Arts (High School)

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SkillsUSA

**National
Culinary Arts
Contest
High School
June 25, 2015
Louisville,
Kentucky**

SkillsUSA
High School Culinary Arts Contest
June 25, 2015

MENU

Composed Salad with Emulsified Dressing

Clear Soup

Sautéed Chicken with Mushroom Pan Sauce

Brown Rice Pilaf

Green Vegetable and Julienne Carrots

Braised Chicken

Roasted Potatoes

Braised Vegetables

High School Judging Categories

A. Sanitation & Mise en Place

1. There will be a minimum of four floor judges that will evaluate
 - 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. Handling/cleaning of salad greens
5. Emulsion Dressing
6. Soup– may include any of the following:
 - i. Cream, Puree, Clear
7. Main entrees - 2 different cooking techniques from the following:
 - i. Sauté, Roast, Braise, Stew, Poach (shallow or deep), Panfry,
7. Sauces – 2 different types from the following:
 - i. Cream, Pan Sauce, Au Jus, Gravy, Butter Sauce, Warm Vinaigrette, reduction.
8. Vegetable Cookery – may include any of the following:
 - ii. Boiling, Steaming, Glazing, Sauté, Roasting, Pan Frying, braising, stewing
9. Starch Cookery – may include any of the following:
 - iii. Rice- Pilaf, Risotto; Potatoes- Roasted, Pureed, Pan fry, Boiled, Steamed; legumes

C. Written Test

The NOCTI test gives the student an opportunity to demonstrate their knowledge of culinary principles including but not limited to : Culinary Math, Sanitation, Safety, Techniques and principles of cooking.

Skills USA National Culinary Arts Competition Scoring Breakdown

High school and Post Secondary

Total Possible Points: 1000

<u>Category</u>	<u>Value</u>
Written Test (NOCI)	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:

Poor/ no clean-up and reset of station and overall contest area.....	10-50 points
From Skills USA – Uniform infraction.....	10-50 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.
- Before the Contest, carefully study the contest packet:
 - ✓ **Review** the list of available spices, herbs and ingredients in contest packet.
 - ✓ **Write** a Food List and a Preparation and Cooking Schedule designed to be ready during the specific service times identified in your packet.
- 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 can not continue, speak to a judge or member of the Technical committee. We are here for you!

Competition Schedule

- 8:00 am** Contestants Meet in competition area
- 8:10** Every contestant has from 8:10 until 8:25 to set their station. No one will be allowed to their station after 8:25 until their scheduled start time
- 8:25** 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.
- 8:45** Competition starts – Competitors will start in groups of 6-8, staggered in 15 minute intervals – The chart below shows each competitors schedule

JUDGING SCHEDULE

Contestant #	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Judging Time						
Start	8:45	9:00	9:15	9:30	9:45	10:00
Meat Fabrication	9:15	9:30	9:45	10:00	10:15	10:30
Knife Cuts	10:15	10:30	10:45	11:00	11:15	11:30
Salad	10:45	11:00	11:15	11:30	11:45	12:00
Lunch	11:15	11:30	11:45	12:00	12:15	12:30
Soup	12:30	12:45	1:00	1:15	1:30	1:45
Entrée #1	1:00	1:15	1:30	1:45	2:00	2:15
Entrée #2	1:30	1:45	2:00	2:15	2:30	2:45
Clean up	2:00	2:15	2:30	2:45	3:00	3:15

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.

A 30 minute lunch period is MANDATORY for all competitors. During this time, you are NOT allowed to go to your station for any reason including temperature adjustment.

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 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 3:15pm

3:45pm Judges Critique (approx. 45 minutes) Room to be announced

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. The tender should be intact and attached to the breast. The wing bone, tender and skin can be removed at a later time if desired.
2. Two leg/thigh portions – the leg and thigh should be bone-in
3. Carcass meat, trim and bones are to be used for stock and 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. **Oblique** – 3 oz. Use vegetables based on your menu
2. **Chopped Parsley** – ¼ Bunch
3. **Tomato Concasse** – 1 roma tomato
4. **Minced** ½ onion
½ head garlic
5. **Medium Dice (1/2 ” x 1/2” x 1/2” cube)**- 1 cup. Use vegetables based on your menu.
6. **Julienne (1/8x1/8 x1 ½ to 2inches)** Carrots -3 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: 1 to 1-1/2 Qts

Ingredients:

Trim from chicken

Vegetable oil

Cut vegetables for garnish

Seasoning

1 tsp.

Approx. 1-1.2 cup

TT

1. In a 2-3 qt sauce or stock pot, sweat vegetables in a small amount of vegetable oil. Add the vegetables in increments according to cooking time.
2. Strain stock as needed, reserving meat, on top of cooked vegetables. Save the rest of the stock to use in other menu items
3. Clean up all of the cooked chicken meat and cut or shred it as it should be added to the soup as a garnish.
4. Add additional garnish as desired

COMPOSED SALAD WITH EMULSION DRESSING

Contestants' choice

Skill Component: Cleaning-handling of greens/ Permanent Emulsion

Yield: 2 servings

Guidelines for the composed salad:

- **Use extra white meat chicken, (i.e. tenderloins, wings) to prepare a protein component for the salad. Examples may be: breaded and pan-fried, grilled, chicken salad etc.**
- **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 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: Brown Rice Pilaf

Yield: 2 portions

Typical ingredients for Rice Pilaf

Fat (butter, oil)

Onion, minced

Brown rice

Chicken stock or broth

Butter

Salt and pepper

VEGETABLE ACCOMPANIMENTS FOR SAUTEÉD ENTRÉE

Skill Component: Green Vegetable Cookery

Yield: 2 servings

Ingredients:

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

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 (2) portions.

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

Skill Component: Sautéed Vegetables

Yield: 2 portions

Ingredients:

Julienne Carrots From knife cuts

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 (2) portions.

Braised Chicken Thighs
Skill Component: Braising
Yield: 2 Servings

Properly braise the appropriate chicken pieces. Plate two portions accompanied with roasted potatoes and braised vegetables.

STARCH ACCOMPANIMENTS FOR POACHED ENTRÉE
PARSLIED POTATOES
Skill Component: Roast
Yield: 2 Servings

Properly roast potatoes to accompany braised entree

VEGETABLE ACCOMPANIMENT FOR BRAISED ENTRÉE
BRAISED VEGETABLES
Skill Component: Braising

Properly braise appropriate vegetables from knife cuts to accompany braised entree

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

SkillsUSA

2015 Contest Projects

Culinary Arts (College/Postsecondary)

SkillsUSA

**National
Culinary Arts
Contest**

**Post Secondary
June 24, 2015
Louisville,
Kentucky**

The Post Secondary Culinary Arts Competition will be in a Market Basket format.

- 1. Competitors will receive a market basket with various proteins, vegetables, fruits, and starches the day before the competition.**
- 2. They will also have a community storeroom that they can use as much or as little product from as they would like.**
- 3. The competitors will write a menu that includes a salad, a soup, and two entrees of their own choosing.**
- 4. They must use at a noticeable amount of each item in their market basket within their menu.**
- 5. They can supplement those ingredients with items from the community storeroom.**

Post Secondary School Judging Categories

A. Sanitation & Mise en Place

6. 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 – Minimum of 5 cuts including but not limited to:
 - i. Mince, Chop, Brunoise, Julienne, Batonnet, Dice(all sizes), Concasse',
 - ii. These cuts should be used in your production
2. Meat Fabrication – Including but not limited to:
 - i. Any proteins in the market basket
3. Emulsion Dressing
4. Soup– Including but not limited to:
 - i. Cream, Puree, Clear
5. Main entrees - 2 different cooking techniques from the following:
 - i. Sauté, Roast, Braise, Stew, Poach (shallow or deep), Panfry,
7. Sauces – 2 different types including but not limited to:
 - i. Cream, Derivative from Mother sauce, Pan Sauce, Au Jus, Gravy, Butter Sauce, reduction, contemporary.
8. Vegetable Cookery – Including but not limited to:
 - ii. Boiling, Steaming, Glazing, Sauté, Roasting, Pan Frying
9. Starch Cookery – Including but not limited to:
 - iii. Pilaf, Roasted, Pureed, Pan fry, Boiled, Steamed, legumes
10. Creativity and Degree of difficulty

C. Written Test

The NOCTI test gives the student an opportunity to demonstrate their knowledge of culinary principles including but not limited to: Culinary Math, Sanitation, Safety, Techniques and Principles of Cooking.

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Deductions:

Poor/ no clean-up and reset of station and over all contest area.....	10-50 points
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No Resume’	50 points

GENERAL INSTRUCTIONS/ TIPS

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- Before the Contest, carefully study the contest packet:
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 - ✓ **Menu** – Write a menu based on the market basket
 - ✓ **Write** a Food List and a Preparation and Cooking Schedule designed to be ready during the specific service times identified in your packet.
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ALL FOOD PREPARATION AND PRESENTATION MUST BE COMPLETED BY 3:15pm

3:45pm Judges Critique (approx. 45 minutes) Room to be announced

SKILLS COMPONENT:

Meat Fabrication

Each contestant will have Proteins in their market basket that need to be fabricated. They should be done in the best possible manner appropriate for their menu and use.

SKILLS COMPONENT:

VEGETABLE CUTS

Prepare a minimum of 5 different cuts that will be used in your menu - they can include, but are not limited to:

Mince, Chop, Brunoise, Julienne, Batonnet, Dice (all sizes), Concasse',

SKILLS COMPONENT:

SALAD

Prepare a green type salad with appropriate garnishes and dressing in compliance with the criteria listed below.

SKILLS COMPONENT:

Entrée, Sauce, Starch, Vegetable

Prepare two entrees of choice each using a different cooking method. Vegetables and starches should also demonstrate different cooking methods. A minimum of 4 different cooking methods must be used in the two entrees

**General Criteria for Market
Basket
Skills USA Culinary-Post Secondary
Competition**

Green Salad

Choice of Permanent Semi-permanent or Temporary Emulsion
Garnish to include a minimum of two distinct knife cuts.

Soup

Choice of Cream, Puree or Clear
Garnish to include a minimum of two distinct knife cuts.

Entrée 1

Protein: Seared, Sautéed or Roasted
Vegetable: Boiled or Blanched
Starch: Steamed or Roasted
Sauce: Reduction or Emulsion, variation of Mother Sauce

Entrée 2:

Protein; Braised or
Poached
Vegetable: At Least Two Vegetables displaying distinct knife cut
Starch: Simmered
Grain/Pilaf/Risotto
Sauce: Fortified Reduction of Braising Liquid or
Nage

**GOOD LUCK FROM THE CULINARY ARTS TECHNICAL
COMMITTEE, THE NATIONAL EDUCATION TEAM AND THE
JUDGES!!**

Skills USA Culinary-Post Secondary Competition 2015

Mystery Basket 1

1 whole tilapia, 1 1/2-2 lb ea.
2 ea. chicken leg quarters
1 oz. salt pork
2 oz Feta cheese
½ lb. kale
½ lb. Sugar snap peas
½ lb. Shitake mushrooms
1 head Romaine lettuce
½ lb Parsnips
1 lb. Yukon gold potatoes
3 oz. corn meal
3 ea. Plum tomatoes
1 cup red lentils

Mystery Basket 2

1 each, 3 lb. chicken
1 lb. beef flat iron
2 slices bacon
2 oz Firm tofu
½ lb. Snow peas
1 lb. Yellow squash
½ lb. Oyster mushrooms
½ lb. Arugala
½ lb. Rutabaga
1 lb. Russet potatoes
3 oz. cous cous
3 ea. Plum tomatoes
1 cup green split peas

Mystery Basket 3

1 lb. pork loin
1 each, 3 lb. chicken
2 slices bacon
2 oz Chicken Liver
½ lb. haricot vert
1 lb. Eggplant (asian)
½ lb. Pearl onions
1 lb. Belgium endive
1 lb. Celery root
1 lb. Red (b) potatoes
3 oz. Bulgur Wheat
3 ea. Plum tomatoes
1 cup Green lentils

Store Table Sample Available Throughout Exam
Subject to change based on availability

Dry Goods	Produce	Dairy
<ul style="list-style-type: none">• AP Flour• Sugar• Flour• Corn Meal• Cous cous• lentils• French Bread• Corn Starch• Honey• Brown rice• Vegetable Oil• Extra Virgin Olive Oil• Soy Sauce• Tabasco• Orzo pasta• Anchovy filets• Dijon Mustard• Grain Mustard• Walnuts• Tomato Puree• Tomato Paste• Almonds• Capers• Calamata Olives• Sun Dried Tomatoes• White Wine Vinegar• Red Wine Vinegar• Sherry Vinegar• Asst. Dry Spices• Chicken, beef and fish stock base• Demi glace sauce• Water Chestnuts	<ul style="list-style-type: none">• Apples• peaches• Lemons• Shallots• Garlic• Onions• Carrots• Celery• Leeks• White Mushrooms• Red Peppers• Green Leaf Lettuce• Parsley• Scallions• Radicchio	<ul style="list-style-type: none">• Butter• Cream• Milk• Eggs• Cheddar Cheese• Swiss Cheese• Parmesan Cheese• Blue Cheese