

Menu
For the
SkillsUSA CA
Regional Culinary Arts Contest

Secondary Division

For Distribution
2017-2018

The Test

Contestants will prepare 1 plate with 2 components as selected by the Culinary Arts Technical Committee.

Standard

2017-2018 Menu

Sautéed Scaloppini Chicken Breast with Lemon Piccata Sauce
Rice Pilaf

*Competitors will be given 15 minutes before start time to collect mise en place and set up station.

NO KNIFE CUTS OR FOOD PREP MAY BE DONE BEFORE START TIME

*Competitors will be given 45 minutes to complete the contest

*All menu components must be presented on one white plate

*Resume required

*Written test will NOT be given at the Orientation

*Competitors will be judged on kitchen communication and safety

*If contestant leaves before clean-up is complete and final roll call is taken, contestant will be disqualified from the competition

1. Knife Cuts

**Competitor will present the following knife cuts:

1. Fabricate $\frac{1}{2}$ whole chicken to create:
 - a. Boneless chicken breast
 - b. Wing
 - c. Thigh
 - d. Drumstick
2. 2 cloves garlic, minced
3. $\frac{1}{2}$ shallot, brunoise
4. $\frac{1}{4}$ bunch parsley, minced
5. 1 carrot, julienned
6. $\frac{1}{4}$ onion, small dice

Judging Criteria

1. Chicken
 - a. Amount of meat left on carcass
 - b. Cleanliness of cuts (through cartilage not bone)
 - c. Correct number of cuts displayed
2. Vegetables
 - a. Consistency in size
 - b. Accuracy of cut
 - c. Amount of waste
3. Sanitation
 - a. Station is organized to avoid cross contamination
 - b. Knife and cutting board are cleaned after chicken is cut

1. Entrée: Sautéed Scaloppini Chicken Breast with Lemon Piccata Sauce

Chicken breast

Lemon

White wine (non-alcoholic)

Flour

Capers

Oil

Butter

1. Butterfly chicken breast to create two thin pieces, pound breast if desired
2. Dredge chicken in seasoned flour
3. Place oil in sauté pan, allow to heat
4. Sauté chicken, turn once
5. Cook to desired doneness and color
6. Remove chicken from pan, drain oil
7. Sauté shallots and garlic in small amount of fat
8. Deglaze with white wine and lemon juice
9. Simmer to reduce to desired consistency
10. Add capers, finish with butter
11. Return chicken to rewarm
12. Serve on provided white plate with rice pilaf
13. Garnish as desired

Judging Criteria

1. Chicken
 - a. External color, internal doneness, flavor, moisture of meat
2. Piccata Sauce
 - a. Flavor, consistency
3. Sanitation

2. Side Dish: Rice Pilaf

½ c jasmine rice
Onion
Chicken Stock
Oil

1. Create rice pilaf with desired ingredients
2. Serve on white plate provided with chicken breast

Judging Criteria

1. Pilaf
 - a. Color
 - b. Texture
 - c. Flavor
2. Sanitation

Pantry List Available For All Competitors

Heavy cream
Thyme
Rosemary
Flour
Breadcrumbs
Eggs
Garlic powder
Onion powder
White and black pepper