

# Culinary Arts



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

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| <b>Contest Location</b>                   | <ul style="list-style-type: none"> <li>▪ B-Hall</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Eligibility</b>                        | <ul style="list-style-type: none"> <li>• Please refer to the National Technical Standards for this contest.</li> <li>• <i>1 competitor per school</i></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Clothing</b>                           | <p><u>Culinary/Commercial Baking Attire:</u></p> <ul style="list-style-type: none"> <li>• White or black work pants or black and white checkered chef's pants</li> <li>• White chef's jacket (May be a white school uniform jacket with school and contestant name covered)</li> <li>• White or black leather work shoes</li> <li>• Side towels</li> <li>• Hairnet, neckerchief and hat</li> <li>• No jewelry of any kind other than a wedding band will be allowed. This includes ear and facial jewelry. Watches should be kept on your worktable or in your pocket.</li> </ul> <ul style="list-style-type: none"> <li>▪ Students should be in proper uniform for all parts of the competition including orientation and the written test</li> </ul> |
| <b>Testing</b>                            | <ul style="list-style-type: none"> <li>▪ Students should be prepared to take a written knowledge test.</li> <li>▪ Students should also be prepared to take a SkillsUSA written knowledge test (Required for all contestants prior to contest day).</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Provided by Contestant (Tool List)</b> | <ul style="list-style-type: none"> <li>▪ Contestants need to bring all cookware/utensils (pots/pans, etc.) necessary to perform the recipes posted.</li> <li>▪ All cookware and small wares necessary for food preparation</li> <li>▪ Cutting boards</li> <li>▪ Towels for contest and cleaning</li> <li>▪ Sanitation bucket and supplies</li> <li>▪ Knife kit and cook's tools as desired from the following:             <ul style="list-style-type: none"> <li>▪ French cook's knife</li> <li>▪ Paring knife</li> <li>▪ Vegetable peeler</li> <li>▪ Knife steel</li> <li>▪ Boning knife</li> </ul> </li> </ul>                                                                                                                                      |

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|                                            | <ul style="list-style-type: none"> <li>▪ Cook’s fork</li> <li>▪ Slicing knife (meat)</li> <li>▪ Serrated slicing knife</li> <li>▪ Utility knife</li> <li>▪ Fillet knife</li> <li>▪ Offset spatula</li> <li>▪ Cook’s tongs</li> <li>▪ Meat thermometer</li> <li>▪ Rolling pin</li> <li>▪ Piping bags and tips</li> <li>▪ Molds or timbals</li> <li>▪ Sift pats</li> <li>▪ Timer or clock</li> <li>▪ Professional Cook’s tool kit: <ul style="list-style-type: none"> <li>• Citrus zester</li> <li>• Channel knife</li> <li>• Parisienne scoop</li> <li>• Apple corer</li> <li>• Tourner knife</li> <li>• Canape or biscuit cutters</li> <li>• Plastic squeeze bottles</li> </ul> </li> <li>▪ Two (2) #2 pencils (and a small notebook if desired)</li> <li>▪ All necessary plates and dishes for food presentations</li> <li>▪ Food handlers’ gloves</li> <li>▪ *Any other small tools <b>must</b> be approved at the competition by the technical committee chair and must be made available for all other contestants to use.</li> </ul> |
| <p><b>Special Notes</b></p>                | <ul style="list-style-type: none"> <li>▪ Exhibit Halls do not open to observers until 12:00 pm.</li> <li>▪ No smart watches, earbuds and/or phones are permitted during the contest and/or in the contest</li> <li>▪ No contact with anyone outside of the contest area once the contest begins</li> <li>▪ No inappropriate communication between contestants such as verbally degrading another contestant</li> <li>▪ No cheating on any portion of the contest such as informing another contestant of the skills/test prior to competing.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <p><b>National Technical Standards</b></p> | <ul style="list-style-type: none"> <li>▪ Please Refer to the 2022-2023 National Technical Standards for all contests. All standards included may be tested in any competition.</li> <li>▪ In conjunction with National Standards, violations may result in student loss of contest.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

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| <b>Resume</b> | <ul style="list-style-type: none"><li>▪ All SkillsUSA Ohio State Championship Contest will require a short interview component. Students should be prepared with basic job interview skills.</li><li>▪ All contestants must have a hard copy of a one (1) page personal resume.</li></ul> |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



## **MENU**

**Chicken Stock**

**Salad with Emulsified Dressing**

**Sautéed Chicken Breast with Mushroom Pan Sauce,**

**Zucchini and Carrots, Grains**

(Continued on next Page)

## A. Sanitation & Mise en Place

There will be four floor judges that will judge

- Sanitation procedures
- Basic organization / cleanliness / attitude
- Safety

## B. Skills Components:

### 1. Vegetable Cuts – will show ALL of the following

- **Mince shallot** – ¼ cup or – ½ onion
- **Bâtonnet** ( ¼" x ¼" x 1 ½ to 2")– Zucchini – 3oz prepared weight required
- **Oblique**- Carrot- used for entree
- **Concassé Tomato** – 1 tomato

**Based upon the above section and criteria each contestant will present four (4) of the cuts that are chosen by the judges, presented at their stations, during their window of presentation**

2. Chicken Fabrication Skills Component: Each contestant will have 1 chicken to fabricate. They should execute the following:

- a) Two breasts: The breasts 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.

**NOTE:** Flattening of the breast for sautéing is recommended but optional and does not have to be done during the fabrication portion of the contest.

- b) Two leg/thigh portions – the leg and thigh should be boneless and skinless.

- c) Leg meat, trim and bones are to be used for stock and soup.

**Leg and thigh meat are boneless and skinless, they are used to fortify the stock, which will be presented during the salad window, it may be strained, premade stock will also be available during the competition to fortify the stock once evaluated for the competition.**

**Leg and thigh meat as well as carcass are to be used to evaluate basic stock technique**

3. Chicken Stock – students need to demonstrate that they know how to prepare a chicken stock using available ingredients. A fully developed chicken stock will be available for students to use for recipes during the contest.

4. Handling / cleaning of salad greens
5. Emulsion Dressing
6. Main entrée and sauce (recipe attached)
7. Vegetable Cookery – may include any of the following:
  - Boiling,
  - Steaming,
  - Glazing,
  - Sauté,
  - Roasting
  - Pan Frying
  - Braising
  - Stewing
8. Starch Cookery – Grains

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

# SkillsUSA Ohio Culinary Arts

## General Information

- 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. (i.e., you can begin working on your stock and/or salad 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!

## Tentative Competition Schedule

8:00- 10:00am Drop off equipment

10:00am Coordinator will go over contest packet and answer questions. All questions will be answered. Everyone will be able to hear the questions and all the answers. If a contestant is late or misses this session, questions & answers will not be repeated.

**Once competitors go into the competition area, no one other than the judges are permitted in the area until the completion of the competition for all competitors.**

11:00 Lunch

11:30 Written test

TBD Contestants meet in competition area & will have a fifteen minute window in which to setup their respective station, then they will start according to their start time.

Competition starts: Competitors will start in groups of 3 staggered in 15 minute intervals. The chart below shows an example competitor schedule

TBD At the conclusion of the competition, there will be a critique for contestants. Contestants may ask questions during this time. Instructors and spectators ARE allowed to listen in on critique but are NOT allowed to ask questions during this time.

### JUDGING SCHEDULE

| Contestant #        | 1-3       | 4-6       | 7-9       | 10-12     | 13-15     | 16-18     |
|---------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| <b>Judging Time</b> |           |           |           |           |           |           |
| Setup               | 12:30     | 12:45     | 1:00      | 1:15      | 1:30      | 1:45      |
| Start               | 12:45     | 1:00      | 1:15      | 1:30      | 1:45      | 2:00      |
| Meat Fabrication    | 1:15      | 1:30      | 1:45      | 2:00      | 2:15      | 2:30      |
| Meat (Window) Fab   | 1:15-1:20 | 1:30-1:35 | 1:45-1:50 | 2:00-2:15 | 2:15-2:20 | 2:30-2:35 |

|                             |           |           |           |           |           |           |
|-----------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| Knife Cuts                  | 1:45      | 2:00      | 2:15      | 2:30      | 2:45      | 3:00      |
| Knife cuts (window)         | 1:45-1:50 | 2:00-2:05 | 2:15-2:20 | 2:30-2:35 | 2:45-2:50 | 3:00-3:05 |
| Salad                       | 2:15      | 2:30      | 2:45      | 3:00      | 3:15      | 3:30      |
| Salad & STOCK (window)      | 2:15-2:20 | 2:30-2:35 | 2:45-2:50 | 3:00-3:05 | 3:15-3:20 | 3:30-3:35 |
| 'Entrée with Starch & Veg.  | 3:15      | 3:30      | 3:45      | 4:00      | 4:15      | 4:30      |
| Entrée (window)             | 3:15-3:20 | 3:30-3:35 | 3:45-3:50 | 4:00-4:05 | 4:15-4:20 | 4:30-4:35 |
| Clean-up station & complete | 3:30      | 3:45      | 4:00      | 4:15      | 4:30      | 4:45      |

## 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, contestant 1 will have between 1:45 and 1:50 to present their knife cuts without penalty.
- Student ARE allowed to present early 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 present at station.
- Salad will be on one plate to the judges and one plate will go on the presentation table for the public to view.
- Entrée will be on one plate to the judges and one plate will go on the presentation table for the public to view.
- Chicken stock will be evaluated at the station.

After Contest- Judges Critique in competition area. Advisors and competitors should plan to attend the judges' critique.



## INGREDIENTS LIST

### PHASE I -Butchery & Knife Skills - Time allowed - 60 minutes including cleanup

Step 1 butchery of chicken into 8 standard parts for later use, bones for stock for later use.

Items for skills will be used for later components of the competition, ie, salad, vegetable, starch etc.

|          |                |          |
|----------|----------------|----------|
| Chicken  | Onions         | Radish   |
| Carrots  | Tomatoes       | Cucumber |
| Zucchini | 70 ct potatoes |          |

### PHASE II- Garde Manger - 30 minutes- Time Allowed including cleanup

2 tossed salads with the following ingredients, served with appropriate dressing items

|                      |               |                       |
|----------------------|---------------|-----------------------|
| Romaine/Mixed Greens | Lemon         | White Wine Vinegar    |
| Garlic               | Olive Oil     | Balsamic Vinegar      |
| Anchovy              | Parmesan      | Red Onions            |
| Eggs                 | Dijon portion | Any items from skills |

### PHASE III - Meal Preparation - Time allowed 60 minute including cleanup

2 Entrees with airline chicken - mushroom pan sauce, Grains, zucchini & carrot for vegetable

|               |       |
|---------------|-------|
| Chicken stock | Flour |
|---------------|-------|

|               |                  |
|---------------|------------------|
| Arborio Rice  | Clarified butter |
| Parmesan      | Mushrooms        |
| Butter        | Shallots         |
| Salt & pepper | Heavy cream      |
| Assorted oils | Grain Rice       |

Other items available from prior Phases

|                              |                                     |
|------------------------------|-------------------------------------|
| Herbs & spices               | concasse tomato from skills portion |
| Oils & vinegars              | diced onion from skills portion     |
| Zucchini from skills portion | Chicken stock from skills portion   |
| Carrots from skills portion  | Bread                               |

15 minutes setup & 15 minutes teardown to give the 3 hours that the contestants receive

**\*\*Coordinator reserves the right to make a substitution/deletion based on product availability.**

# RECIPES

**Skill component: Stock**

**Yield: 1 to 1-1/2 Qts**

**Ingredients:**

Chicken bones, leg meat and trim from your fabricated chicken and other available ingredients from pantry area.

**Directions:**

Utilize chicken from your fabricated chicken and other available ingredients to prepare 1 to 1.5 quarts of chicken stock.

The chicken stock will be evaluated at your station from your stock pan. A fully developed stock will be available with the ingredients to prepare food items in the menu.

**Salad with Emulsion Dressing**

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

**Yield: 2 servings**

**Guidelines for the salad:**

- An emulsion dressing is **required**.
- Properly cleaned lettuce or greens are required.
- A crisp component is required. Examples may include a crostini, potato crisp or cheese crisp.
- **In 2023, salad choice is up to the student.**

## 1. Sautéed Chicken Breast with Mushroom Pan Sauce

**Skill Component: Sauté with pan sauce**

### **The Basic 9 Steps for Sauté of Chicken Breast:**

1. Prepare Mise en place, (flattening chicken breast to even thickness recommended)
2. Heat Pan
3. Add small amount of fat (oil or clarified butter)
4. Add seasoned chicken breast (dredging optional based on fabrication)
5. Sear / turn once
6. Cook to desired doneness and golden brown color
7. Remove from pan, keep warm
8. Prepare sauce utilizing deglazed fond:
  - a. Assess fat left in pan
  - b. Sauté mushrooms
  - c. Add minced shallots or onion
  - d. Sprinkle with flour (singer)
  - e. Whisk in stock
  - f. Simmer to cook flour
  - g. Finish with cream and/or whole butter, season to taste
9. Add chicken back to re-warm

Plate two (2) plates of entrée with appropriate starch and vegetable accompaniment.

### **Starch Accompaniment for Sautéed Entrée**

**Skill Component: Grain**

**Yield: Approximately 2 servings**

- In 2023, student will have their choice in what they use as a starch
- Starch can be a simmered grain, pilaf, or risotto.

### **Vegetable Accompaniments for Sautéed Entrée**

**Skill Component: Vegetable Cookery**

**Yield: 2 servings**

#### **Ingredients:**

Batonnet Zucchini and Oblique Carrots- (6-8 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 (2) portions.

Students can bring a cooler with ice bags to keep at their stations.

