

# **SkillsUSA**

## **2010 Contest Projects**

### **Culinary Arts** (High School)

Click the “Print this Section” button above to automatically print the specifications for this contest. Make sure your printer is turned on before pressing the button.

**SkillsUSA**

**National  
Culinary Arts  
Contest**

**High School**

**June 24, 2010**

**Kansas City,  
Missouri**

**SkillsUSA**  
**High School Culinary Arts Contest**  
**June 24, 2010**

**MENU**

**Salad with Emulsified Dressing**

**Chicken Vegetable Soup**

**Pan Fried Chicken Cutlet with Lemon Butter Sauce**  
**Rice Pilaf**

**Sautéed Green beans and Julienne Carrots**

**Deep Poached Salmon – Warm Herb Vinaigrette**  
**Parsley Potatoes**  
**Stewed Zucchini**

**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, Bruniose, Julienne, Batonnet, Dice(all sizes), Concassee,
2. Meat Fabrication – Including but not limited to:
  - i. Chicken, Fish Fillet
3. Chicken Broth or Stock
4. Emulsion Dressing
5. Soup– may include any of the following:
  - i. Cream, Puree, Clear
6. Main entrees - 2 different cooking techniques from the following:
  - i. Saute, 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, Saute, Roasting, Pan Frying
9. Starch Cookery – may include any of the following:
  - iii. Pilaf, 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  
over all 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 8, staggered in 15 minute intervals – The chart below shows each competitor's schedule

**JUDGING SCHEDULE**

<b>Contestant #</b>	<b>1-8</b>	<b>9-16</b>	<b>17-24</b>	<b>25-32</b>	<b>33-40</b>	<b>41-48</b>
<b>Judging Time</b>						
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

## 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 1-10 have between 10:00 AM and 10:05 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 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 pan-frying is recommended but optional and does not have to be done during the fabrication portion of the contest.

2. Two leg/thigh portions – the leg and thigh should be boneless and skinless
3. Leg 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. **Minced Shallot** – Chop one shallot fine
2. **Chopped Parsley** – ¼ Bunch
3. **Tomato Concasse** –1 tomato
4. **Minced** ½ onion  
½ head garlic
5. **Medium Dice** ( ¾” x ¾” x ¾” **cube**) Use vegetables based on your menu.
6. **Julienne** (1/8x1/8 x1 ½ to 2inches) Carrots -3 oz finished

## RECIPES

### **Chicken Vegetable Soup**

**Skill component: Stock**

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

**Ingredients:**

Chicken bones, leg meat and trim from your fabricated chicken	
Water	40 oz.
Mixed diced vegetables from required cuts	10 oz.
Sachet	1
Seasoning	TT

1. Add cold water to chicken bones and meat. Bring to a boil – reduce to a simmer.
2. Simmer 30 minutes skimming fat and scum.
3. Add sachet.
4. Simmer until desired flavor is reached
5. In a separate 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.
6. Strain 2/3 of broth, reserving meat, on top of cooked vegetables. Save the rest of the broth to use in other menu items
7. Clean up all of the cooked chicken meat and cut or shred it as it should be added to the soup as a garnish.

### **SALAD WITH EMULSION DRESSING**

Contestants choice

**Skill Component: Emulsion**

**Yield: 2 servings**

**Instructions:**

- Each contestant will have a selection of greens for this salad.
- Prepare emulsion dressing of choice using ingredients available – pasteurized egg yolk, and /or mustard will be available.
- Prepare appropriate garnish (croutons, nuts, etc.). .
- Immediately prior to the designated plating time for the salad course, assemble and plate your salad. Deliver one plate to tasting judges and one plate to presentation area.

## **PAN FRIED CHICKEN BREAST WITH LEMON BUTTER SAUCE**

**Skill Component: Pna-fry with pan sauce**

**Yield: 2 Servings**

Chicken breasts from morning session	2 ea
Salt	as needed
Pepper	as needed
Flour	as needed
Eggs, beaten	as needed
Breadcrumbs	as needed
Clarified butter or oil	1 oz
Shallot chopped	2 t.
White wine	¼ C
Demi-glace	¼ C
Lemon juice	1 T.

1. Season chicken and standard bread.
2. Pan-fry to correct color and doneness in the butter or oil – remove and keep hot. Assess fat and residue left in pan and make the necessary adjustments.
3. Quickly sauté shallot in hot pan
4. Deglaze pan with wine and reduce almost dry
5. Add demi-glace and reduce until medium nappe
6. Add lemon juice and reduce to desired consistency. Season to taste
7. Serve chicken with sauce on the side or underneath.

### **Instructions:**

- Use chicken breasts fabricated during Morning Session
- Execute pan-fry cooking method
- Prepare pan sauce
- Plate two (2) plates of entrée with appropriate starch and vegetable accompaniment

## **STARCH ACCOMPANIMENTS FOR PAN-FRIED ENTRÉE**

**Skill Component: Pilaf**

**Yield: 2 servings**

**Ingredients:**

Rice	½ C
Onions, fine dice,	2 T
Oil	½ oz
Chicken stock	1 C
Seasonings, herbs – your selection from contest supplies	
Follow standard pilaf method	

## **VEGETABLE ACCOMPANIMENTS FOR PAN-FRIED ENTRÉE**

**Skill Component: Green Vegetable Cookery**

**Yield: 2 servings**

**Ingredients:**

Green beans	6-8 oz. Cut as desired
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: Glazed Vegetables**

**Yield: 2 portions**

Julienne Carrots	From knife cuts
Butter	½ oz
Sugar or honey	1 T
Stock	1 oz.
Salt	to taste
Pepper	to taste

1. Place carrots in pan with butter, sugar, and stock
2. Cover with a parchment paper and bring to a simmer
3. Simmer until vegetables are tender and they are glazed
4. Adjust seasoning

## **DEEP POACHED SALMON**

**Skill Component: Deep Poach**

**Yield: 2 Servings**

Court Bouillon	40 oz.
Salmon Filet	12-16 oz

1. Prepare a court bouillon, simmer it for approximately 30 minutes and strain into a medium sauce pot.
2. Cut the salmon into 2 even portions and place them into the court bouillon at the correct temperature until 145 d.
3. Remove, blot excess moisture and serve immediately with a warm herb vinaigrette and the following accompaniments.

NOTE: The vinaigrette can be made with a choice of ingredients available at the common table. The vinaigrette must be a temporary emulsion, otherwise specific flavors and herbs are at the discretion of the student.

## **PARSLIED POTATOES**

**Skill Component: Simmer**

**Yield: 2 Servings**

Potatoes, russet or other variety	8-10 oz.
Water	as needed
Salt	as needed
Butter	1-2 oz
Parsley, chiffonade	1 T.
Salt	to taste
Pepper	to taste

1. Cut and/or shape potatoes as desired
2. Place the potatoes in a small sauce pot and cover with cold water with the salt.

3. Bring to a simmer and continue to cook until tender.
4. Drain the potatoes well and then, coat them gently with the butter, parsley, salt and pepper.
5. Serve immediately.

## **STEWED ZUCCHINI**

**Skill Component: Stew**

**Yield: 2 Servings**

Clarified butter or oil	1 oz.
Garlic crushed	1 clove
Onions, sliced or diced	1-2 oz
Zucchini, cut as desired	6-8 oz.
Tomato concasee	from knife cuts
Chicken stock	1-2 oz.
Aromatics - Seasonings and/or Herbs	as desired
Salt	to taste
Pepper	to taste

1. In a medium sauté pan, sauté onions and garlic until lightly caramelized and tender.
2. Add zucchini and sauté until lightly colored. Add stock and simmer until squash is tender.
3. Add tomato concasee and cook for approximately one minute or until all vegetables are tender.
4. Adjust seasoning as necessary

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

# **SkillsUSA**

## **2010 Contest Projects**

**Culinary Arts**  
(College/Postsecondary)

**SkillsUSA**

**National  
Culinary Arts  
Contest**

**Post Secondary  
June 23, 2010  
Kansas City,  
Missouri**

## **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 chosen by the technical committee, and a soup, and two entrees of their own choosing.**
- 4. They must use at least a small amount of each item in their market basket in their menu.  
They can use as much or as little as they want.**
- 5. They can supplement those ingredients with items from the community storeroom.**

# Post Secondary School Judging Categories

## **B. Sanitation & Mise en Place**

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

## **C. 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, Pan Sauce, Au Jus, Gravy, Butter Sauce, reduction.
8. Vegetable Cookery – Including but not limited to:
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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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## GENERAL INSTRUCTIONS/ TIPS

- During Orientation for the Contest, a member of the Technical Committee will review the contest packet with you and give out the Market basket assignment.
- Before the Contest, carefully study the contest packet:
  - ✓ **Review** the list of available spices, herbs and ingredients in contest packet.
  - ✓ **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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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
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### **Contest Timeline:**

- Please be aware of the time frame for presentation of all items.
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- 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:  
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), Concassee',

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

**Salad (recipe may be provided)**

Choice of Permanent or Temporary Emulsion (to be determined)  
Garnish to Display two distinct knife cuts

**Soup (recipe may be provided)**

Choice of Cream, Puree or Consomme (to be determined)  
Garnish to Display two distinct knife cuts

**Entrée 1**

**Protein:** Seared, Sauteed 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  
**Sauce:** Fortified Reduction of Braising Liquid

**SKILLS COMPONENT:**

**SALAD**

Prepare a salad chosen by the technical committee – the recipe will be supplied by the committee and posted to the Skills USA website in May

**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

**RECIPES**

**The final Community Storeroom and salad recipe will be posted by the end of May**

# **Skills USA Culinary-Post Secondary Competition 2010**

## **Mystery Basket 1**

1 whole flounder, 2 lb ea.  
2 ea. chicken leg quarters  
1 oz. salt pork

½ lb. haricot vert  
1 lb. Yellow squash  
½ lb. Pearl onions  
1 lb. Belgium endive  
½ lb. Rutabaga  
1 lb. Russet potatoes  
3 oz. Quinoa  
3 ea. Plum tomatoes  
1 cup green split peas

## **Mystery Basket 2**

1 lb. salmon filet  
1 each, 3 lb. chicken  
2 slices bacon

½ lb. Snow peas  
1 lb. Eggplant (asian)  
½ lb. Oyster mushrooms  
½ lb. Arugala  
1 lb. Celery root  
1 lb. Red (b) potatoes  
3 oz. cous cous  
3 ea. Plum tomatoes  
1 cup Green lentils

## **Mystery Basket 3**

1 whole flounder, 2 lb. ea.  
1 lb. pork tenderloin

½ lb. Asparagus  
½ lb. Sugar snap peas  
½ lb. Shitake mushrooms  
1 head Romaine lettuce  
½ lb Parsnips  
1 lb. Yukon gold potatoes  
2 oz. Wheat berries  
3 ea. Plum tomatoes  
1 cup red lentils

## Store Table Sample Available Throughout Exam

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

<b>Stocks</b>	<b>Non-Food</b>	<b>Herbs</b>
<ul style="list-style-type: none"><li>• Beef Stock</li><li>• Fish Stock</li><li>• Chicken Stock</li><li>• Demi Glace</li></ul> <p>Wines</p> <ul style="list-style-type: none"><li>• White Wine</li><li>• Red Wine</li><li>• Port</li><li>• Vermouth</li><li>• Madeira</li></ul>	<ul style="list-style-type: none"><li>• Butcher's Twine</li><li>• Tooth Picks</li><li>• 2 oz Portion Cups</li><li>• Skewers</li></ul>	<ul style="list-style-type: none"><li>• Oregano</li><li>• Thyme</li><li>• Basil</li><li>• Cilantro</li><li>• Sage</li><li>• Rosemary</li></ul>