

# **Culinary Arts**

(High School)

**SkillsUSA**

**Regional Culinary  
Arts Contest High  
School February 10,  
2015 Region 3  
Central Arizona  
College**

**SkillsUSA**  
**High School Culinary Arts Contest 2/10/15**

**MENU**

**Composed Salad with Emulsified Dressing**

**Clear Soup**

**Sautéed Chicken Breast with Mushroom Pan Sauce Brown Rice Pilaf  
Green Vegetable and Julienne 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 – Chicken
3. Chicken Broth or Stock will already be prepared for you
4. Handling/cleaning of salad greens
5. Emulsion Dressing
6. Soup– may include any of the following:
  - i. Cream, Puree, Clear
7. Main entrees - 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; Pureed, Pan fry, Boiled, Steamed; legumes

# Skills USA National Culinary Arts Competition Scoring Breakdown

High school and Post Secondary

**Total Possible Points: 100**

Category	Value
Sanitation	20
Mise en Place	10
Knife Skills/ Meat Fabrication	20
Technical Skills/ Taste	50
Total	100

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.....1-5 points From  
Skills USA – Uniform infraction.....1-5 points  
No Resume' .....5 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 cannot continue, speak to a judge or member of the Technical committee. We are here for you!

- 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 competitor's schedule

**JUDGING SCHEDULE**

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**Competition Schedule**

Contestant #	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
<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
Clean up	1:30	1:45	2:00	2:15	2:30	2:45

**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 2:15 pm***

**2:45pm** 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. The wing bone and tender can be removed after for use on the salad, 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.

**Competition Stock will be provided for you!!**

**Chicken Vegetable Soup Skill component: Stock/Clear Soup Yield: 1 to 1-1/2 Qts Ingredients:**

Trim from chicken Vegetable oil 1 tsp. Cut vegetables for garnish Approx.  
1-1.2 cup Seasoning 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) 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.

*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

**Braised Chicken Thighs Skill Component: Braising Yield: 2 Servings**

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