

## **TN SkillsUSA Culinary Arts Contest Update**

Date: Monday, March 19th

Contest Orientation: 6:00 a.m.

Contest Orientation/ Q&A: Advisors may be present

Location: Chattanooga State Culinary Department

Number of Contestants: TBA

Contest Chair Contact: Nicole Roning

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Written Test: There will be no written test for state. The winner of Culinary Arts will receive a voucher to take the Skills Connect test prior to the national competition.

Tech Standards: Please review the SkillsUSA Tech Standards for Culinary Arts. Contestants and advisors should pull this up and review it together.

**Resume Requirement:** All contestants are required to bring one copy of their one-page resume to check in. Resumes are not accepted after check-in. There will be a point deduction for no resume at check-in.

### **Before the contest:**

Carefully read over the recipe packet.

- Review the list of available spices, herbs, and ingredients.
- Prepare a Food List and Cooking Timeline. These may be used during the competition.

### **Other Notes:**

- Please only use the amount of each ingredient as necessary. Return unused products to the supply tables.
- Please check standards for dress requirements. If you have a marked coat or apron, the marking must be covered. A SkillsUSA jacket is acceptable.
- Contestants with long hair that poses a possible safety or sanitary hazard must wear a hairnet in addition to the bakers/chef hat and supplied by the contestant.
- Contact a judge to look at any waste/ garbage before removing anything from your station.
- You may work on any component of your menu at any time but they can only be presented in the presentation window.
- You will present 1 plate to the tasting judges and 1 plate for presentation in the designated table in the classroom.
- Raise your hand to ask for assistance if there is anything you do not understand. You will have time before the contest starts in which you may ask questions.
- Remember this is about learning and having fun. It is a time to show off your skills and learn to improve even more.
- There will be no coaching from advisors/ parents/ etc allowed. Mouthing, motioning, etc will not be tolerated and your contestant will be disqualified. This will absolutely not be tolerated. Disqualification will be a lead judge/ chair decision and will be final. Motioning to your student counts as coaching. Mouthing words to your student is coaching.

- Remember when practicing that table space is limited. This will simulate working in a real kitchen. Space will be significantly decreased in comparison to last year.
- Students are judges on clean-up after the competition. This can be a 50 point deduction if their station, work area, kitchen, dish room, etc is not left up to cleanliness standards.
- Please check your tech standards for uniform requirements. Deductions will be made upon walking into the orientation room. Be in full uniform, dressed, and prepared.
- In the event of the tie, judges will use the following in order to break the tie:1.) Sanitation score 2.) Technique Score 3.) Mise en place score.
- Observation will be allowed in small groups to observe the kitchen space at designated times. There will be a rotation sign-up at the event. Observers may not speak to any contestants or coach with hand motions, etc during any part of the competition.
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**Menu:**

Composed Salad with Emulsified Dressing

Clear Soup

Sautéed Chicken Breast with Mushroom Pan Sauce, Brown rice pilaf, Green Vegetable and Julienne Glazed Carrots.

**Contestant Schedule:**

**IMPORTANT: Contestant orientation will begin at 6 a.m. for ALL CONTESTANTS. Please do not expect to show up late and compete.**

The times listed note the time items must be presented to the judges. The presentation window is 5 minutes long. For example, in group 1 on the chart below, contestants MUST present their salads from 10:00-10:05 a.m. There will be an announcement that the presentation window is open and when the window closes.

- Any item presented 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 item presented 15 minutes late will not be scored.
- Note: Chicken fabrication will be judged at your station. Knife cuts will be judged as completed. The contestant will be given a sheet to place approximately 10 cuts of product for each cut on to present to judges. These will not be returned to use in preparation. Everything else needs two plate presentations, as stated above.
- If you miss your scheduled group start time, you will not be allowed to compete due to the lack of space.

**ALL CONTESTANTS MUST BE PRESENT AT 6 A.M. FOR THE MEETING AND FOR THEIR ROTATION TIME FOR CHICKEN FABRICATION!!**

<b><u>Group 1</u></b>	<b><u>Group 2</u></b>	<b><u>Group 3</u></b>
<b><u>Meeting/ Check-in of Resume and Equipment</u></b> 6:00 a.m.	<b><u>Meeting and Check-in of Resume and Equipment</u></b> 6:00 a.m.	<b><u>Meeting and Check-in of Resume and Equipment</u></b> 6:00 a.m.
<b><u>Chicken Fabrication</u></b> 15 min timed for chicken <i>6:45 a.m.-7:15 a.m</i> <i>Store products on half sheet pan with name labelled. Wrap and place on speed rack.</i>	<b><u>Chicken Fabrication</u></b> 15 min timed for chicken <i>7:15 a.m.-7:45 a.m.</i> <i>Store products on half sheet pan with name labelled. Wrap and place on speed rack.</i>	<b><u>Chicken Fabrication</u></b> 15 minute timed for chicken <i>7:45 a.m.-8:15 a.m.</i> <i>Store products on half sheet pan with name labelled. Wrap and place on speed rack.</i>
<b><u>Set up</u></b> 8:30-8:45 a.m.	<b><u>Set up</u></b> 12:00 p.m.-12:15 p.m.	<b><u>Set up</u></b> 3:00 p.m.-3:15 p.m.
<b><u>Start Time</u></b> 8:45 a.m.	<b><u>Start Time</u></b> 12:15 p.m.	<b><u>Start Time</u></b> 3:15 p.m.
<b><u>Salad Course Presentation Window</u></b> 9:30 a.m.-9:35 a.m.	<b><u>Salad Course Presentation Window</u></b> <i>1:00 p.m. -1:05 p.m.</i>	<b><u>Salad Course Presentation Window</u></b> <i>4:00 p.m. -4:05 p.m.</i>
<b><u>Soup Presentation Window</u></b> <i>10:00 a.m.-10:05 a.m.</i>	<b><u>Soup Presentation Window</u></b> <i>1:30 p.m. -1:35 p.m.</i>	<b><u>Soup Presentation Window</u></b> <i>4:30 p.m.-4:35 p.m.</i>
<b><u>Entree Presentation Window</u></b> <i>11:00 a.m.-11:05 a.m.</i>	<b><u>Entree Presentation Window</u></b> <i>2:30 p.m. -2:35 p.m.</i>	<b><u>Entree Presentation Window</u></b> <i>5:30 p.m.-5:35 p.m.</i>
<b><u>Clean up Complete</u></b> <i>11:35 a.m.</i>	<b><u>Clean up Complete</u></b> <i>3:05 p.m.</i>	<b><u>Clean up Complete</u></b> <i>6:05 p.m.</i>

**Equipment and Materials Needed:**

3 cutting boards  
Knife kit (chef/ peeler/ steel/ paring/boning)  
Thermometer  
2-4 quart sauce pans  
Stock pot 1 gallon  
Whisks  
Utility Tongs  
4- 10 inch sauté pans  
2- 2 oz. ladles  
Measuring cups and spoons (dry and liquid)  
Cook Spoon  
High temp spatula  
Strainer/ China cap  
3 Mixing Bowls  
Garnishing kit  
1- 2 qt sauce pan  
Full chef uniform including chef hat and apron.  
3 Side towels  
1 cleaning towel  
White round presentation plates/bowls for salad, entree, and soup (2 of each)  
½ sheet pans  
2 butane burners with butane gas for cooking.  
Bustub for dirty dishes

\*\*This is a suggested list. You may bring additional items. Contestants must bring their own equipment. The venue cannot supply additional pots, pans, spoons, etc. Points will be deducted for not being prepared.

\*\*Equipment tubs cannot be stored at station in kitchen. They may carry a bus tub only to place under the table. Larger equipment containers may be placed in the classroom against the wall.

**List of Seasonings and Herbs that will be available:**

Basic dry seasoning (salt, pepper, oregano, etc)  
Fresh Herbs: Basil, Mint, Parsley, Sage

**List of Produce available for knife cuts and vegetable components:**

Broccoli	Mushrooms
Green beans	Tomatoes
Celery	Garlic
Carrots	Onion
Parsley	Variety of Leafy greens for salad (spinach, spring mix, iceberg)

\*Contestants may not bring in any ingredients including spices, garnishes, etc. This is an unfair advantage. Any contestant using a product that is not supplied by the venue will be disqualified.

## **Skills Components**

### **Chicken Fabrication- 15 minutes total time for 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 and frenched. 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. The leg and thigh should be separated with skin-on.
3. Carcass meat, trim, and bones are to be used for stock and soup.

### **Knife Cuts**

These items are to be used in other menu items.

1. Oblique- 3 oz. carrots
2. Chopped Parsley- ¼ bunch.
3. Concasse- 1 Roma tomato
4. Minced- ½ head of garlic.
5. Small dice- (¼ x ¼ x ¼) 4 oz. onion
6. Julienne (⅛ x ⅛ x 2 inch) Carrots- 6 oz.

### **Stock**

Yield- 3 quarts

Use as needed throughout the competition

### **Ingredients:**

Chicken bones and trim from fabricated chicken

Water

Mirepoix/ Sachet

1. In a 2-3 quart sauce or stock pot, sweat vegetables in a small amount of vegetable oil. Add the vegetables in increments according to cook 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 Emulsified Dressing**

**Yield-** 2 presentation plates

- Dressing should be a permanent emulsion.
- Use extra white meat chicken (tenderloin, wings) to prepare a protein component for the salad. Cooking method is contestant's choice.
- Three room temperature or chilled vegetable garnishes are required. One must be the tomato concasse prepared in knife cuts.
- Properly cleaned lettuce or greens required.
- A crisp component is required. Examples may include a crostini, potato crisp, or cheese crisp.
- Remember to use gloves when handling ready-to-eat foods.
- Salads should be dressed and an additional 2 oz. cup of dressing should be presented with your plate presentation.

### **Chicken Vegetable Soup**

**Yield-** 1 ½ quarts / 2 presentation bowls

**Ingredients:**

Trim from chicken	as needed
Vegetable oil	1 tsp.
Cut vegetables for garnish	Approximately 1 ½ cups
Seasoning	TT

- See directions under stock.
- May utilize common kitchen ingredients that are available (see list)

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

**Yield-** 2 presentation plates

- Properly sauté appropriate piece of chicken.
- Prepare a mushroom pan sauce from fond.
- Plate chicken with sauce, rice pilaf, green vegetable and glazed carrot.

### **Rice Pilaf**

**Yield-** 2 portions

**Typical Ingredients:**

Fat (butter, oil)  
Onion, minced  
Rice  
Chicken stock  
Butter  
Salt and pepper

\*May use additional products that are available if desired.

### **Green Vegetable**

**Yield-** 2 portions

**Ingredients:**

Green vegetable of choice (cut as desired and/or practical)	
Seasonings-	Your selection from contest supplies
Fresh herbs	Your selection from contest supplies

**Instructions:**

- Use proper cooking technique for vegetables, prepare a sufficient amount for 2 portions.
- For creative variation, you may utilize additional herbs and seasonings from the contest supplies at your discretion.

### **Glazed Carrots**

**Yield-** 2 portions

Julienne carrots	From knife cuts
Seasonings	Your selection from contest supplies
Fresh herbs	Your selection from contest supplies
Fat (butter)	as needed
Sweetener (brown sugar, honey)	as needed

- Use proper cooking techniques to prepare a sufficient amount for 2 portions

## Culinary Arts Scorecard

<u>Items Evaluated</u>	<u>Possible Points</u>
<u>Written Test Sanitation - General</u>	<u>N/A</u>
<u>Sanitation - Working Knowledge of Danger Zone</u>	<u>50</u>
<u>Sanitation - Avoids Cross Contamination</u>	<u>50</u>
<u>Sanitation - Wears Gloves When Appropriate</u>	<u>50</u>
<u>Mise en Place - Organization &amp; Preparation</u>	<u>50</u>
<u>Mise en Place - Professionalism</u>	<u>30</u>
<u>Mise en Place - Safety</u>	<u>30</u>
<u>Meat Fabrication - #1 - Chicken Breast</u>	<u>30</u>
<u>Meat Fabrication - #1 - Chicken Leg/Thigh</u>	<u>20</u>
<u>Vegetable Cuts - #1</u>	<u>20</u>
<u>Vegetable Cuts - #2</u>	<u>10</u>
<u>Vegetable Cuts - #3</u>	<u>10</u>
<u>Vegetable Cuts - #4</u>	<u>10</u>
<u>Vegetable Cuts - #5</u>	<u>10</u>
<u>Vegetable Cuts - #6</u>	<u>10</u>
<u>Salad - Cleaning &amp; Handling of Greens</u>	<u>10</u>
<u>Salad - Quality of Emulsion</u>	<u>30</u>
<u>Salad - Overall Appearance &amp; Taste</u>	<u>30</u>
<u>Soup - Appearance/Presentation</u>	<u>40</u>
<u>Soup - Appropriateness, Promotion, Doneness</u>	<u>20</u>
<u>Soup - Taste/Technique</u>	<u>20</u>
<u>Entre 1 - Overall Appearance/Presentation of Plate</u>	<u>60</u>
<u>Entre #1 - Main Protein - Taste/Technique</u>	<u>30</u>
<u>Entre #1 - Sauce - Taste/Technique</u>	<u>30</u>
<u>Entre #1- Starch- Taste/Technique</u>	<u>30</u>
<u>Entre #1 - Vegetable - Taste/Technique</u>	<u>30</u>
<u>Total Possible Points</u>	<u>810</u>
<u>Résumé Penalty</u>	<u>0 or -10</u>
<u>Clothing Penalty</u>	<u>0 to -50</u>
<u>Poor Clean-up &amp; Reset of Station</u>	<u>-50</u>