

TN SkillsUSA Culinary Arts Contest Update

Date: Monday, April 10th

Time: Group A (ODD) 6:15/ Group B (EVEN)11:15

Contest Orientation/ Q&A: Advisors may be present

Judges Critique: 4:30 p.m. Advisors may be present

Location: Virginia College 721 Eastgate Loop Chattanooga, TN 37411

Number of Contestants: 21

Contest Chair Contact: Nicole Roning/ Jeremy Jernigan

Email: nroning@gmail.com Phone: 615-900-9810

Written Test: Taken online prior to State conference

Tech Standards: Please review the SkillsUSA Tech Standards for Culinary Arts

Resume Requirement: All contestants are required to bring one copy of their one-page resume to check in. Points will be deducted if they are not presented at this time.

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.
- Contestants with long hair that poses a possible safety or sanitary hazard must wear a hair containment or hair net 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 hallway.
- 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.

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 30 minutes prior to set-up. At this time, they will be judged on uniform and turn in their resumes.

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 8:45-8:50 in the morning session. 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 and knife cuts will be judged at your station. 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.

	Odd Contestants (Group A)	Even Contestants (Group B)
Set-up	7:00-7:15	12:00-12:15
Start Time	7:15	12:15
Chicken Fab	7:35	12:35
Knife Cuts	8:00	1:00
Salad	8:45	1:45
Soup	9:30	2:30
Entree	10:30	3:30
Clean-up	11:00	4:00

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)

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
Green beans
Celery
Carrots
Parsley
Mushrooms
Tomatoes
Garlic
Onion
Variety of Leafy greens for salad

Skills Components

Chicken 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. 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.
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. celery
2. Chopped Parsley- ¼ bunch.
3. Concasse- 1 Roma tomato
4. Minced- ½ head of garlic.
5. Small dice- (¼ x ¼ x ¼) 1 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.

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.

Sautéed Chicken Breast with Mushroom Pan Sauce

Yield- 2 presentation plates

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

Brown Rice Pilaf

Yield- 2 portions

Typical Ingredients:

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

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

Items Evaluated	Possible Points
Written Test Sanitation - General	100
Sanitation - Working Knowledge of Danger Zone	50
Sanitation - Avoids Cross Contamination	50
Sanitation - Wears Gloves When Appropriate	50
Mise en Place - Organization & Preparation	50
Mise en Place - Professionalism	30
Mise en Place - Safety	30
Meat Fabrication - #1 - Chicken Breast	30
Meat Fabrication - #1 - Chicken Leg/Thigh	20
Vegetable Cuts - #1	20
Vegetable Cuts - #2	10
Vegetable Cuts - #3	10
Vegetable Cuts - #4	10
Vegetable Cuts - #5	10
Vegetable Cuts - #6	10
Salad - Cleaning & Handling of Greens	10
Salad - Quality of Emulsion	30
Salad - Overall Appearance & Taste	30
Soup - Appearance/Presentation	40
Soup - Appropriateness, Promotion, Doneness	20
Soup - Taste/Technique	20
Entre 1 - Overall Appearance/Presentation of Plate	60
Entre #1 - Main Protein - Taste/Technique	30
Entre #1 - Sauce - Taste/Technique	30
Entre #1- Starch- Taste/Technique	30
Entre #1 - Vegetable - Taste/Technique	30
Total Possible Points	810
Résumé Penalty	0 or -10
Clothing Penalty	0 to -50
Poor Clean-up & Reset of Station	-50