

March 31, 2008

Good Afternoon!

I would like to take this opportunity to give everyone an update on the High School National Culinary Arts Competition. The technical committee has been working very hard over the last two years to develop a competition that meets the following goals:

- Focuses on culinary fundamentals
- Gives every competitor a chance to show their skill level and knowledge.
- Allows for judging that is consistent and allows each competitors food to be tasted hot, and judged at its best,
- And most importantly, provides every competitor, instructor, and State director the information they need to properly prepare themselves and their students for the competition. A chance to get everyone on a level playing field and to share all the information with everyone involved.

With that in mind, we have developed sample menus, judging sheets, and judging rubrics. We have also streamlined the competition timeline. This will eliminate the standing and waiting around that has occurred in past years, and also requires the contestants to think ahead and to work on more than one item at a time, which facilitates a much more realistic scenario. In addition, these processes will allow the competition to be completed earlier, giving more time for a thorough and educational critique. All the details of the competition are posted online, and in May we will post the actual contest menu and accompanying recipes.

Behind the scenes, we are also developing a more complete judges training session, as well as a competitor's orientation.

This is a work in progress and we believe that this will be the best contest ever!

Sincerely,

Rudy Smith  
Technical Committee Chair  
Culinary Arts

**SkillsUSA**

**National  
Culinary Arts  
Contest**

**High School**  
**June 26, 2008**  
**Kansas City,**  
**Missouri**

# 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 – Including but not limited to:
  - i. Mince, Chop, Brunoise, Julienne, Batonnet, Dice(all sizes), Concasse',
2. Meat Fabrication – Including but not limited to:
  - i. Chicken, Pork Loin or Tenderloin, Fish Fillet
3. Chicken Stock
4. Emulsion Dressing
5. Soup– Including but not limited to:
  - i. Cream, Puree, Clear
6. Main entrees - 2 different 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, reduction.
8. Vegetable Cookery – Including but not limited to:
  - ii. Boiling, Steaming, Glazing, Sauté, Roasting, Pan Frying
9. Starch Cookery – Including but not limited to:
  - 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

| Contestant #        | 1-8   | 9-16  | 17-24 | 25-32 | 33-40 | 41-48 |
|---------------------|-------|-------|-------|-------|-------|-------|
| <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  |

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



## **Sample Menus for High School Culinary Arts**

### Sample 1

Salad with emulsified dressing

Split pea Soup

Pan Fried Chicken Cutlet with lemon butter

Roast potatoes

Sautéed Julienne of parsnips and carrots

Braised Chicken Leg

Lentils

Glazed Batonnet Carrots and Green Beans

### Sample 2

Salad with emulsified dressing

French Onion Soup

Roast Pork Loin pan gravy

Potato Pancakes

Green Beans

Chicken Stew

### Sample 3

Salad with emulsified dressing

Cream of Mushroom Soup

Sautéed Chicken Breast with Tarragon Cream Sauce

Wild Rice

Asparagus

Roasted Beets

Shallow Poach Salmon white wine sauce

Rice pilaf

Steamed Broccoli with Brunoise Red Pepper

## HIGH SCHOOL Fabrication Judging

COMPETITOR NUMBER \_\_\_\_\_

| CATEGORY         | EVALUATION CRITERIA         | VALUE | SCORE | COMMENTS |
|------------------|-----------------------------|-------|-------|----------|
| <b>BREAST</b>    | Overall skill and execution | 20    |       |          |
| <b>LEG/THIGH</b> | Overall skill and execution | 20    |       |          |
| <b>TOTAL</b>     |                             | 40    |       |          |

### Knife Cut Skills

| CATEGORY          | EVALUATION CRITERIA | VALUE | SCORE | COMMENTS |
|-------------------|---------------------|-------|-------|----------|
| <b>KNIFE CUTS</b> | Chopped Shallot     | 10    |       |          |
|                   | Tomato Concassee    | 10    |       |          |
|                   | Mince               | 10    |       |          |
|                   | Medium Dice         | 10    |       |          |
|                   | Batonnet            | 10    |       |          |
|                   | Chopped Parsley     | 10    |       |          |
| <b>Total</b>      |                     | 60    |       |          |

**Total Page Score**

100

**Judge**      Name: \_\_\_\_\_

Signature \_\_\_\_\_

**NOTES**

| <b>High school Sanitation/Mise en Place Judging</b> |       |   |                   |       | COMPETITOR NUMBER _____ |
|---|-------|---|-------------------|-------|-------------------------|
| CATEGORY  | VALUE | EVALUATION CRITERIA                               | VALUE             | SCORE | COMMENTS                |
| <b>SANITATION</b>                                   | 200   | General Sanitation                                | 50                |       |                         |
|   |       | Demonstrates working knowledge of the Danger Zone | 50                |       |                         |
|   |       | Avoids Cross Contamination                        | 50                |       |                         |
|   |       | Wears food handler's gloves when appropriate      | 50                |       |                         |
|   |       |   | 200               |       |                         |
| <b>MISE EN PLACE</b>                                | 100   | Overall Organization, preparation                 | 40                |       |                         |
| <b>SAFETY</b>                                       |       | Professionalism                                   | 30                |       |                         |
|   |       | Safety  | 30                |       |                         |
|   |       |   | 100               |       |                         |
| <b>PAGE TOTAL</b>                                   | 300   |   | <b>PAGE SCORE</b> |       |                         |

Judge's Name: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

**NOTES**

## HIGH SCHOOL Fabrication Judging

COMPETITOR NUMBER \_\_\_\_\_

| CATEGORY         | EVALUATION CRITERIA         | VALUE | SCORE | COMMENTS |
|------------------|-----------------------------|-------|-------|----------|
| <b>BREAST</b>    | Overall skill and execution | 20    |       |          |
| <b>LEG/THIGH</b> | Overall skill and execution | 20    |       |          |
| <b>TOTAL</b>     |                             | 40    |       |          |

### Knife Cut Skills

| CATEGORY          | EVALUATION CRITERIA | VALUE | SCORE | COMMENTS |
|-------------------|---------------------|-------|-------|----------|
| <b>KNIFE CUTS</b> | Chopped Shallot     | 10    |       |          |
|                   | Tomato Concassee    | 10    |       |          |
|                   | Mince               | 10    |       |          |
|                   | Medium Dice         | 10    |       |          |
|                   | Batonnet            | 10    |       |          |
|                   | Chopped Parsley     | 10    |       |          |
| <b>Total</b>      |                     | 60    |       |          |

**Total Page Score**

100

**Judge**      Name: \_\_\_\_\_

Signature \_\_\_\_\_

**NOTES**

# Fabrication/ Knife Cut Rubric

## Chicken

### Breast

| <u>Score</u> | <u>Criteria</u>  |
|--------------|--|
| 16-20        | All cuts clean, trimmed nicely – Carcass very clean<br>Skin totally intact and trimmed – covers breast completely<br>Tender totally intact and attached<br>Completely boneless except for first wing bone        |
| 11-15        | Most cuts clean, trimmed nicely – Little meat left on carcass<br>Skin mostly intact and trimmed – covers most of breast<br>Tender mostly intact and attached<br>Mostly boneless except for first wing bone       |
| 6-10         | Some cuts clean, trimmed nicely – some meat left on carcass<br>Skin partially intact and trimmed – covers some of breast<br>Tender partially intact and attached<br>Somewhat boneless except for first wing bone |
| 0-5          | Few cuts clean, trimmed nicely – a lot of meat on carcass<br>Skin is not intact and trimmed – covers little/none of breast<br>Tender not intact and barely attached or missing<br>Most of bones still in breast  |

### Leg/Thigh

|       |  |
|-------|--|
| 16-20 | All cuts clean, trimmed nicely<br>Oyster whole and attached to thigh<br>Leg and thigh boneless and skinless            |
| 11-15 | Most cuts clean, trimmed nicely<br>Oyster almost whole and attached to thigh<br>Leg and thigh mostly boneless/skinless |
| 6-10  | Some cuts clean, trimmed nicely<br>Only part of oyster is attached to thigh<br>Leg and thigh has obvious bone or skin  |
| 0-5   | Cuts not clean, trimmed<br>Oyster missing/ not attached to thigh<br>Leg and thigh not boneless or not skinless         |

## Knife Cuts (for each cut)

|      |  |
|------|--|
| 7-10 | All cuts uniform in size and shape<br>All cuts appropriate in size for cut<br>All cuts clean – Tomato concassee' is skinless/seedless                                |
| 4-6  | Most cuts uniform in size and shape<br>Most cuts appropriate in size for cut<br>Most cuts clean – Tomato concassee' is mostly skinless/seedless                      |
| 0-3  | Some/none of cuts uniform in size and shape<br>Some/none of cuts appropriate in size for cut<br>Some/none of cuts clean – Tomato concassee' is not skinless/seedless |

# Sanitation/ Mise en Place Rubric

## Sanitation

### General

| <u>Score</u> | <u>Criteria</u>  |
|--------------|--|
| 38-50        | Always keeps station clean and neat<br>Washes hands often<br>Wipes work stations and utensils with sanitation towels and solution throughout the day                 |
| 25-37        | Mostly keeps station clean and neat<br>Washes hands regularly<br>Wipes work stations and utensils with sanitation towels and solution many times during the day      |
| 13-24        | Sometimes keeps station clean and neat<br>Sometimes washes hands<br>Occasionally wipes work stations and utensils with sanitation towels and solution                |
| 0-12         | Rarely/ never keeps station clean and neat<br>Does not/ or rarely washes hands<br>Rarely/ never wipes work stations and utensils with sanitation towels and solution |

### Working Knowledge of Danger Zone

|       |  |
|-------|--|
| 38-50 | Always keeps uncooked proteins on ice or under refrigeration<br>Keeps potentially dangerous foods under 45 or over 140 degrees at all times except during prep. Minimizes time in danger zone during prep                          |
| 25-37 | Usually keeps uncooked proteins on ice or under refrigeration<br>Keeps potentially dangerous foods under 45 or over 140 degrees most of the time except during prep. Mostly minimizes time in danger zone during prep              |
| 13-24 | Sometimes keeps uncooked proteins on ice or under refrigeration<br>Keeps potentially dangerous foods under 45 or over 140 degrees some of the time except during prep. Somewhat minimizes time in danger zone during prep          |
| 0-12  | Rarely/ never keeps uncooked proteins on ice or under refrigeration<br>Does not keeps potentially dangerous foods under 45 or over 140 degrees at all times except during prep. Does not minimizes time in danger zone during prep |

### Cross Contamination

|       |   |
|-------|---|
| 38-50 | Always sanitizes cutting board and utensils after working with potentially hazardous foods<br>Always stores potentially hazardous foods beneath other foods<br>Uses side towels only for handling hot pots and pans<br>Does not wipe hands or knives on apron         |
| 25-37 | Always sanitizes cutting board and utensils after working with potentially hazardous foods<br>Usually stores potentially hazardous foods beneath other foods<br>Usually uses side towels only for handling hot pots and pans<br>Rarely wipes hands or knives on apron |

- 13-24 Sometimes sanitizes cutting board and utensils after working with potentially hazardous foods  
Sometimes stores potentially hazardous foods beneath other foods  
Sometimes uses side towels only for handling hot pots and pans  
Occasionally wipes hands or knives on apron
- 0-12 Rarely/ never sanitizes cutting board and utensils after working with potentially hazardous foods  
Rarely/ never stores potentially hazardous foods beneath other foods  
Regularly uses side towels for things other than handling hot pots and pans  
Wipes hands or knives on apron regularly

## Gloves

- 38-50 Always wears gloves when handling foods that are not going to be cooked  
Further  
Changes gloves often
- 25-37 Usually wears gloves when handling foods that are not going to be cooked  
Further  
Changes gloves after handling potentially hazardous foods
- 13-24 Sometimes wears gloves when handling foods that are not going to be cooked  
Further  
Changes gloves occasionally
- 0-12 Rarely/never wears gloves when handling foods that are not going to be cooked  
Further  
Rarely/ never changes gloves

## Mise en Place / Safety

### Overall organization/ preparation

- 31-40 Has detailed prep list / timeline displayed  
Always meets required time lines  
Always prioritizes work based on cooking times and needs
- 21-30 Has good prep list / timeline accessible if requested  
Usually meets required time lines  
Usually prioritizes work based on cooking times and needs
- 11-20 Has general prep list / timeline available if requested  
Sometimes meets required time lines  
Sometimes prioritizes work based on cooking times and needs
- 0-10 Does not have prep list or timeline  
Rarely/ never meets required time lines  
Rarely/ never prioritizes work based on cooking times and needs

### Safety

- 31-40 Always works in a safe manner
- 21-30 Usually works in a safe manner
- 11-20 Sometimes works in a safe manner
- 0-10 Rarely/ never works in a safe manner

### Professionalism

- 31-40 Always displays a professional attitude, even during difficult times
- 21-30 Usually displays a professional attitude, even during difficult times
- 11-20 Sometimes displays a professional attitude, even during difficult times
- 0-10 Rarely/ never displays a professional attitude, even during difficult times

# Tasting Rubric

| <u>Salad</u>                              | <u>Score</u> | <u>Criteria</u>   |
|---|--------------|---|
| Presentation                              |              |   |
|   | 21-30        | Appropriate portion size. Clean plate, clean appetizing appearance and presentation. No inedible garnish  |
|   | 11-20        | Slightly large or small portion size. Mostly clean plate, clean appetizing appearance and presentation. Little inedible garnish   |
|   | 0-10         | Inappropriate portion size. Messy/dirty plate, appearance and/or presentation. Inedible garnish   |
| Taste/ technique                          |              |   |
|   | 53-70        | Cold food/ cold plate. Very good color. Properly dressed. Very good taste/ balanced flavors   |
|   | 36-52        | Generally cold food/ cold plate. Appropriate color. Slightly under/over dressed. Good taste/ Mostly balanced flavors  |
|   | 18-35        | Somewhat cold food/ cold plate. Color lacking. Over/under dressed. Somewhat unattractive taste/ somewhat balanced flavors   |
|   | 0-17         | Food and/or plate warm. Poor color. Not dressed or very over dressed.. Poor taste/ Unbalanced flavors   |
| <br>                                      |              |   |
| Soup                                      |              |   |
| Presentation                              |              |   |
|   | 21-30        | Appropriate portion size. Clean plate, clean appetizing appearance and presentation. No inedible garnish  |
|   | 11-20        | Slightly large or small portion size. Mostly clean plate, clean appetizing appearance and presentation. Little inedible garnish   |
|   | 0-10         | Inappropriate portion size. Messy/dirty plate, appearance and/or presentation. Inedible garnish   |
| Taste/ technique                          |              |   |
|   | 53-70        | Hot food/ Hot plate. Very good color. Very good garnish. Very good taste/ balanced flavors  |
|   | 36-52        | Generally Hot food/ Hot plate. Appropriate color. Appropriate garnish. Good taste/ Mostly balanced flavors  |
|   | 18-35        | Food or plate warm. Color lacking. Somewhat inappropriate or poorly executed . garnish. Somewhat unattractive taste/ somewhat balanced flavors  |
|   | 0-17         | Food and/or plate cold. Poor color. Burnt or no garnish.. Poor taste/ Unbalanced flavors  |
| <br>                                      |              |   |
| Entrées                                   |              |   |
| Overall Appearance/ presentation of plate |              |   |
|   | 21-30        | All portion sizes appropriate . Clean plate, clean appetizing appearance and presentation. Balanced colors. Balanced presentation. No inedible garnish  |
|   | 11-20        | Most portion sizes appropriate. Mostly clean plate, clean appetizing appearance and presentation. Mostly balanced colors. Mostly balanced presentation Little inedible garnish  |
|   | 0-10         | Some/ no portion sizes appropriate. Messy/dirty plate, appearance and/or presentation. Little/ no color balance. Poor balanced presentation Inedible garnish  |
| <br>                                      |              |   |
| Individual Items Taste/ technique         |              |   |
|   | 21-30        | All foods Hot – Plate hot. Very good and even color appropriate for each item. Item is fully and properly cooked. Sauces of very good consistency/ viscosity, appropriate color, with appropriate garnish. Very good and appropriate flavors for item. Balanced flavors for item. |

- 11-20 Generally foods Hot – Plate hot. Good and mostly even color appropriate for item – possibly a bit dark or light. Each item is mostly properly cooked – other than poultry, an item may be slightly over or under cooked. Sauces slightly thick or thin, color somewhat light or dark, with appropriate garnish. Good flavors for item – not fully developed. Generally balanced flavors for item
- 0-10 Item or plate cold. Uneven color, scorched spots or color not developed. Item is not properly cooked – very over or under cooked, poultry is not fully cooked. Sauces very thick, pasty or thin. Very poor color, no or inappropriate garnish. Poor flavors, off flavors, very underdeveloped flavors for item. Very unbalanced flavors for item. Item missing from plate