

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 competitor's 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.

We have also transitioned the Post Secondary Contest to a Market Basket format. The Competitors will receive a Market Basket the night before and have that evening to develop their menu based on that basket. In May, we will post a community storeroom list of products that they can use to supplement their basket. In addition to their own menu, they will have one course that is directed by the technical committee and that recipe will also be posted in May. After a lot of feedback from instructors and judges, we feel that this format will give the contestants a better opportunity to show their skill development and also give them a chance to show their innovation and creativity.

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**

**Post Secondary  
June 25, 2008  
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:
  - 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
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.

# 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 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.
- 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

**Store Table Sample Available Throughout Exam**  
**Skills USA Culinary-Post Secondary Competition**

**Dry Goods**

AP Flour  
Bread Flour  
Corn Meal  
Corn Starch  
Sugar  
Honey  
Vegetable Oil  
Extra Virgin Olive Oil  
Soy Sauce  
Tabasco  
Dijon Mustard  
Grain Mustard  
Tomato Paste  
Tomato Puree  
Walnuts  
Almonds  
Capers  
Calamata Olives  
Sun Dried Tomatoes  
Sherry Vinegar  
Red Wine Vinegar  
White Wine Vinegar  
White Wine  
Red Wine  
Port  
Vermouth  
Madeira

Dry Spices

**Produce**

Apples  
Oranges  
Lemons  
Shallots  
Garlic  
Onions  
Carrots  
Celery  
Leeks  
White Mushrooms  
Red Peppers  
Frisee  
Green Leaf Lettuce  
Scallions  
Parsley  
Oregano  
Thyme  
Rosemary  
Sage  
Basil  
Cilantro

**Dairy**

Butter  
Cream  
Milk  
Eggs  
Cheddar Cheese  
Swiss Cheese  
Parmesan Cheese  
Blue Cheese

**Stocks**

Chicken Stock  
Beef Stock  
Demi Glace

**Non-Food**

Butcher's Twine  
Skewers  
Tooth Picks  
2 oz Portion Cups

- 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

Meat 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:**

**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), Concassée',

**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  
**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**

**Store Table Sample Available Throughout Exam**  
**Skills USA Culinary-Post Secondary Competition**

**Dry Goods**

AP Flour  
Bread Flour  
Corn Meal  
Corn Starch  
Sugar  
Honey  
Vegetable Oil  
Extra Virgin Olive Oil  
Soy Sauce  
Tabasco  
Dijon Mustard  
Grain Mustard  
Tomato Paste  
Tomato Puree  
Walnuts  
Almonds  
Capers  
Calamata Olives  
Sun Dried Tomatoes  
Sherry Vinegar  
Red Wine Vinegar  
White Wine Vinegar  
White Wine  
Red Wine  
Port  
Vermouth  
Madeira

Dry Spices

**Produce**

Apples  
Oranges  
Lemons  
Shallots  
Garlic  
Onions  
Carrots  
Celery  
Leeks  
White Mushrooms  
Red Peppers  
Frisee  
Green Leaf Lettuce  
Scallions  
Parsley  
Oregano  
Thyme  
Rosemary  
Sage  
Basil  
Cilantro

**Dairy**

Butter  
Cream  
Milk  
Eggs  
Cheddar Cheese  
Swiss Cheese  
Parmesan Cheese  
Blue Cheese

**Stocks**

Chicken Stock  
Beef Stock  
Demi Glace

**Non-Food**

Butcher's Twine  
Skewers  
Tooth Picks  
2 oz Portion Cups

**POST SECONDARY  
Fabrication Judging**

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

CATEGORY	EVALUATION CRITERIA	VALUE	SCORE	COMMENTS
<b>ITEM 1</b>	Overall skill and execution	20		
<b>ITEM 2</b>	Overall skill and execution	20		
<b>TOTAL</b>		40		

**Knife Cut Skills**

CATEGORY	EVALUATION CRITERIA	VALUE	SCORE	COMMENTS
<b>KNIFE CUTS</b>	1	10		
	2	10		
	3	10		
	4	10		
	5	10		
	EXTRA	10		
<b>Total</b>		60		

**Total Page Score**

100

**Judge** Name: \_\_\_\_\_

Signature \_\_\_\_\_

**NOTES**

<b>Post secondary Sanitation/Mise en Place</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**

## Post Secondary TASTING JUDGING SHEET

Competitor Number \_\_\_\_\_

CATEGORY	VALUE	EVALUATION CRITERIA	VALUE	SCORE	COMMENTS
<b>SALAD</b>	100	Appearance/Presentation	30		
		Taste/ technique	70		
Total Score			100		
<b>SOUP</b>	100	Appearance/Presentation	20		
		Creativity	20		
		Taste/ technique	60		
Total Score			100		
<b>ENTRÉE ONE</b>	150	Overall appearance/presentation of plate	25		
		Creativity	25		
		Chicken - taste/ technique	25		
		Sauce - taste/ technique	25		
		Starch - taste/ technique	25		
		Vegetable - taste/ technique	25		
Total Score			150		
<b>ENTRÉE TWO</b>	150	Overall appearance/presentation of plate	25		
		Creativity	25		
		Braise - taste/ technique	25		
		Sauce - taste/ technique	25		
		Starch - taste/ technique	25		
		Vegetable - taste/ technique	25		
Total Score			150		

TOTAL POSSIBLE SCORE

500

**FINAL TASTING JUDGES SCORE**

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Judges Name \_\_\_\_\_

Judges signature \_\_\_\_\_

**NOTES**

# Fabrication/ Knife Cut Rubric

## Chicken

### Item 1

<u>Score</u>	<u>Criteria</u>
16-20	All cuts clean, trimmed nicely – Carcass very clean Demonstrates High level of skill and knowledge Cuts are appropriate to menu usage No unnecessary waste
11-15	Most cuts clean, trimmed nicely – Little meat left on carcass Demonstrates strong level of skill and knowledge Cuts are mostly appropriate to menu usage Little unnecessary waste
6-10	Some cuts clean, trimmed nicely – some meat left on carcass Demonstrates good level of skill and knowledge Cuts are somewhat appropriate to menu usage unnecessary waste
0-5	Few cuts clean, trimmed nicely – a lot of meat on carcass Demonstrates low level of skill and knowledge Cuts are mostly not appropriate to menu usage A lot of unnecessary waste

### Item 2

16-20	All cuts clean, trimmed nicely – Carcass very clean Demonstrates High level of skill and knowledge Cuts are appropriate to menu usage No unnecessary waste
11-15	Most cuts clean, trimmed nicely – Little meat left on carcass Demonstrates strong level of skill and knowledge Cuts are mostly appropriate to menu usage Little unnecessary waste
6-10	Some cuts clean, trimmed nicely – some meat left on carcass Demonstrates good level of skill and knowledge Cuts are somewhat appropriate to menu usage unnecessary waste
0-5	Few cuts clean, trimmed nicely – a lot of meat on carcass Demonstrates low level of skill and knowledge Cuts are mostly not appropriate to menu usage A lot of unnecessary waste

## Knife Cuts (for each cut)

- 7-10 All cuts uniform in size and shape  
All cuts appropriate in size for cut  
All cuts clean – Tomato concassee' is skinless/seedless
- 4-6 Most cuts uniform in size and shape  
Most cuts appropriate in size for cut  
Most cuts clean – Tomato concassee' is mostly skinless/seedless
- 0-3 Some/none of cuts uniform in size and shape  
Some/none of cuts appropriate in size for cut  
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 Washes hands often Wipes work stations and utensils with sanitation towels and solution throughout the day
25-37	Mostly keeps station clean and neat Washes hands regularly Wipes work stations and utensils with sanitation towels and solution many times during the day
13-24	Sometimes keeps station clean and neat Sometimes washes hands Occasionally wipes work stations and utensils with sanitation towels and solution
0-12	Rarely/ never keeps station clean and neat Does not/ or rarely washes hands 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 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 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 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 Does not keep potentially dangerous foods under 45 or over 140 degrees at all

times except during prep. Does not minimize time in danger zone during prep

## Cross Contamination

- 38-50 Always sanitizes cutting board and utensils after working with potentially hazardous foods  
Always stores potentially hazardous foods beneath other foods  
Uses side towels only for handling hot pots and pans  
Does not wipe hands or knives on apron
- 25-37 Always sanitizes cutting board and utensils after working with potentially hazardous foods  
Usually stores potentially hazardous foods beneath other foods  
Usually uses side towels only for handling hot pots and pans  
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, proper emulsion viscosity
	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
Soup		
Presentation		
	14-20	Appropriate portion size. Clean plate, clean appetizing appearance and presentation. No inedible garnish
	7-13	Slightly large or small portion size. Mostly clean plate, clean appetizing appearance and presentation. Little inedible garnish
	0-6	Inappropriate portion size. Messy/dirty plate, appearance and/or presentation. Inedible garnish
Creativity		
	14-20	Advanced technique with refined results, components present outstanding mix texture, color, taste, appropriate to the theme of the dish
	7-13	Attempted advanced techniques with good results, components present good mix of texture, color, taste, appropriate to the theme of the dish
	0-6	Little effort in the way of creativity: little contrast of color, texture and taste OR Inappropriate or poorly executed creativity taking away from the theme of the dish
Taste/ technique		
	46-60	Hot food/ Hot plate. Very good garnish. Very good taste/ balanced flavors
	31-45	Generally Hot food/ Hot plate. Appropriate garnish. Good taste/ Mostly balanced flavors
	16-30	Food or plate warm. Somewhat inappropriate or poorly executed . garnish. Somewhat unattractive taste/ somewhat balanced flavors
	0-15	Food and/or plate cold. Burnt or no garnish.. Poor taste/ Unbalanced flavors

## Entrées

### Overall Appearance/ presentation of plate

- 17-25 All portion sizes appropriate . Clean plate, clean appetizing appearance and presentation. Balanced colors. Balanced presentation. No inedible garnish
- 9-16 Most portion sizes appropriate. Mostly clean plate, clean appetizing appearance and presentation. Mostly balanced colors. Mostly balanced presentation Little inedible garnish
- 0-8 Some/ no portion sizes appropriate. Messy/dirty plate, appearance and/or presentation. Little/ no color balance. Poor balanced presentation Inedible garnish

### Creativity

- 17-25 Advanced technique with refined results, components present outstanding mix texture, color, taste, appropriate to the theme of the dish
- 9-16 Attempted advanced techniques with good results, components present good mix of texture, color, taste, appropriate to the theme of the dish
- 0-8 Little effort in the way of creativity: little contrast of color, texture and taste OR Inappropriate or poorly executed creativity taking away from the theme of the dish

### Individual Items Taste/ technique

- 17-25 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.
- 9-16 Generally foods Hot – Plate hot. Good and mostly even color appropriate for item – possible 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
- 0-8 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