

SkillsUSA

**National
Culinary Arts
Contest**

High School
June 25, 2009
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), Concassée',
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, stewed or braised
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:
 - ü **Review** the list of available spices, herbs and ingredients in contest packet.
 - ü **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 there 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 competitors schedule

JUDGING SCHEDULE

Contestant #	1-8	9-16	17-24	25-32	33-40	41-48
Judging Time						
Start	8:45	9:00	9:15	9:30	9:45	10:00
Meat	9:15	9:30	9:45	10:00	10:15	10:30

Fabrication						
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

**SKILLS COMPONENT:
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, tenderloins removed, and breasts pounded as for cutlets.
2. Two leg/thigh portions – the leg and thigh should be boneless and skinless
3. Trim, thigh and leg meat, and bones are to be used for soup and stock production.

**SKILLS COMPONENT:
VEGETABLE CUTS**

Prepare the following vegetable cuts and/or tasks and present for judging:

1. **Minced Shallot** – Chop one shallot fine
 2. **Chopped Parsley** – ¼ Bunch
 3. **Tomato Concasse** – 1 tomato
 4. **Minced**- ½ onion
 5. **Medium Dice** (¾ " x ¾" x ¾" cube) 2 oz. each carrots, onions and celery
 6. **Julienne** (1/8 x 1/8 x 1-2 inches) Carrots -3 oz finished
- These cuts should be used in your recipes

RECIPES

The final menu and recipes will be posted by
the end of
May 2009

SkillsUSA

**National
Culinary Arts
Contest**

**Post Secondary
June 24, 2009
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), Concassée',
 - 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

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points	
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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:
 - ü **Review** the list of available spices, herbs and ingredients in contest packet.
 - ü **Menu** – Write a menu based on the market basket
 - ü **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.
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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), Concasse',

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 any provided recipes will be posted by the end of May

Skills USA Culinary-Post Secondary Competition 2009

Mystery Basket 1

1 whole flounder, 2 lb ea.
2 ea. chicken leg quarters
2 slices bacon

½ lb. Asparagus
½ lb. Sugar snap peas
½ lb. Shitake mushrooms
1 head Romaine lettuce
½ lb Parsnips
1 lb. Yukon gold potatoes
2 oz. Wheat berries
3 ea. Plum tomatoes
1 cup red lentils

Mystery Basket 2

1 lb. salmon filet
1 each, 3 lb. chicken
1 oz. salt pork

½ lb. haricot vert
1 lb. Yellow squash
½ lb. Pearl onions
1 lb. Belgium endive
½ lb. Rutabaga
1 lb. Russet potatoes
3 oz. Quinoa
3 ea. Plum tomatoes
1 cup green split peas

Mystery Basket 3

1 whole flounder, 2 lb. ea.
1 lb. pork tenderloin

½ lb. Snow peas
1 lb. Eggplant (asian)
½ lb. Oyster mushrooms
½ lb. Arugala
1 lb. Celery root
1 lb. Red (b) potatoes
3 oz. Israeli cous cous
3 ea. Plum tomatoes
1 cup Green lentils

Store Table Sample Available Throughout Exam

<p>Dry Goods</p> <ul style="list-style-type: none"> • AP Flour • Sugar • Flour • Corn Meal • Cous cous • lentils • French Bread • Corn Starch • Honey • Brown rice • Vegetable Oil • Extra Virgin Olive Oil • Soy Sauce • Tabasco • Orzo pasta • Anchovy filets • Dijon Mustard • Grain Mustard • Walnuts • Tomato Puree • Tomato Paste • Almonds • Capers • Calamata Olives • Sun Dried Tomatoes • White Wine Vinegar • Red Wine Vinegar • Sherry Vinegar • Asst. Dry Spices 	<p>Produce</p> <ul style="list-style-type: none"> • Apples • peaches • Lemons • Shallots • Garlic • Onions • Carrots • Celery • Leeks • White Mushrooms • Red Peppers • Green Leaf Lettuce • Parsley • Scallions • Radicchio 	<p>Dairy</p> <ul style="list-style-type: none"> • Butter • Cream • Milk • Eggs • Cheddar Cheese • Swiss Cheese • Parmesan Cheese • Blue Cheese
<p>Stocks</p> <ul style="list-style-type: none"> • Beef Stock • Fish Stock • Chicken Stock • Demi Glace <p>Wines</p> <ul style="list-style-type: none"> • White Wine • Red Wine • Port • Vermouth • Madeira 	<p>Non-Food</p> <ul style="list-style-type: none"> • Butcher's Twine • Tooth Picks • 2 oz Portion Cups • Skewers 	<p>Herbs</p> <ul style="list-style-type: none"> • Oregano • Thyme • Basil • Cilantro • Sage • Rosemary

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