

**SkillsUSA**

**National  
Culinary Arts  
Contest  
High School  
June 22, 2017  
Louisville,  
Kentucky**

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**High School Culinary Arts Contest**  
**June 22, 2017**

**MENU**

**Composed Salad with Emulsified Dressing**

**Clear Soup**

**Sautéed Chicken with Pan Sauce**

**Brown Rice Pilaf**

**Green Vegetable and Julienne Carrots**

**Braised Chicken**

**Roasted Potatoes**

**Braised Vegetables**

# High School Judging Categories

## A. Sanitation, Mise en Place, and Work Skills

1. There will be a minimum of four floor judges that will judge
  - i. Sanitation procedures
  - ii. Basic organization/ cleanliness/ attitude
  - iii. Safety
  - iv. Cooking techniques and procedures

## B. Skills Components:

1. Vegetable cuts – may include any of the following:
  - i. Mince, brunoise, julienne, bâtonnet, dice (all sizes), concassée, chiffonade, oblique
  - ii. These cuts must be used in your production
2. Butchery – Including but not limited to:
  - i. Chicken, pork, beef, fish
3. Chicken stock
4. Handling/cleaning of salad greens
5. Emulsion dressing
6. Soup– may include any of the following:
  - i. Cream, puree, clear
7. Main entrees - 2 different cooking techniques from the following:
  - i. Sauté, roast, braise, stew, poach (shallow or deep), panfry
8. Sauces – 2 different types from the following:
  - i. Derivative from mother sauce, pan sauce, au jus, butter sauce, reduction
9. Vegetable cookery – may include any of the following:
  - i. Boiling, steaming, glazing, sauté, roasting, pan frying, braising, stewing
10. Starch Cookery – may include any of the following:
  - i. Rice- pilaf, risotto, steaming
  - ii. Potatoes- roasted, pureed, pan fry, boiled, steamed
  - iii. 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, culinary 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 (NOCTI)	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 overall 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 waste 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) plate to the tasting judges for evaluation and one (1) display 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 in such a way that 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 is the competition schedule showing when each presentation window opens.

Contestant	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
<b>Judging Time</b>						
Start	8:45	9:00	9:15	9:30	9:45	10:00
Butchery	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	11:15-11:45	11:30-11:45	11:45-12:15	12:00-12:30	12:15-12:45	12:30-1:00
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

A 30 minute lunch period is **MANDATORY** for all competitors. During this time, you are **NOT** allowed to go to your station for any reason including temperature adjustment.

### **Contest Timeline:**

- Please be aware of the time frame for presentation of all items.
- The window for presenting is 5 minutes long. For example, contestants 1-8 have between 10:15 AM and 10:20 AM to present their knife cuts without penalty.
- Any items presented between 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 items presented 15 minutes late will not be scored.
- Butchery 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 display 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 (SECONDARY):**

**Chicken Butchery**

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 and tender can be removed after for use on the salad, if desired.
2. Two leg/thigh portions – the leg and thigh should be separated, skin on and bone-in
3. Carcass meat, trim and bones are to be used for stock and soup.

**SKILLS COMPONENT (SECONDARY):**

**VEGETABLE CUTS**

Prepare the following vegetable cuts and/or tasks and present for judging. These items will be used in other menu items:

1. **Oblique** – 3 oz. Use vegetables based on your menu
2. **Chopped Parsley** – ¼ Bunch
3. **Tomato Concasse** –1 tomato
4. **Minced** ½ onion  
½ head garlic
5. **Medium Dice ( 1/2 " x 1/2" x 1/2" cube)**- 1/2 cup. Use vegetables based on your menu.
6. **Julienne (1/8x1/8 x1 ½ to 2inches)** Carrots -2 oz. prepared weight required.



## **STOCK**

**Skill component: Stock**

**Yield: 2-3 qt**

Chicken bones, trim from your fabricated chicken

Water

Mirepoix

Sachet

Use as needed throughout the competition.

## **CHICKEN VEGETABLE SOUP**

**Skill component: Stock/Clear Soup**

**Yield: 2 servings**

**Ingredients:**

Trim from chicken

Vegetable oil

Cut vegetables for garnish

Additional items as desired

Seasoning

## **COMPOSED SALAD WITH EMULSION DRESSING**

Contestants' choice

**Skill Component: Cleaning-handling of greens/ Permanent Emulsion**

**Yield: 2 servings**

Required components:

- Must contain a protein component.
- A permanent emulsion dressing is required.
- Three room temperature or chilled vegetable garnishes are required. They may be raw or cooked. One must be the tomato concasse prepared in the knife cut segment.
- Properly cleaned lettuce or greens are required.
- A crisp component is required. Examples may include a crostini, potato crisp, or cheese crisp.

## ENTRÉE 1

### **SAUTEÉD CHICKEN BREAST WITH PAN SAUCE**

**Skill Component:** Sauté with pan sauce

**Yield:** 2 plates

Properly sauté appropriate pieces of chicken. Prepare pan sauce from fond.  
Plate chicken with sauce, rice pilaf, and vegetables.

### **STARCH ACCOMPANIMENTS FOR SAUTEÉD ENTRÉE**

**Skill Component:** Brown Rice Pilaf

*Yield: 2 portions*

Prepare rice using the pilaf method.

### **VEGETABLE ACCOMPANIMENTS FOR SAUTEÉD ENTRÉE**

**Skill Component:** Green Vegetable Cookery, Sautéed Vegetables

**Yield:** 2 servings

**Ingredients:**

Green Vegetable of choice (Cut as desired and/or practical)  
Additional vegetable from knife cuts

**Instructions:**

Must use two different vegetables. Using proper cooking technique for vegetables, prepare a sufficient amount of both vegetables for two (2) portions. One of the vegetables must be prepared using the sauté method.

## ENTRÉE 2

### **BRAISED CHICKEN**

**Skill Component:** Braising

**Yield:** 2 Servings

Properly braise the appropriate chicken pieces. Plate two portions accompanied with sauce, roasted potatoes and braised vegetables.

### **STARCH ACCOMPANIMENTS FOR POACHED ENTRÉE**

#### **ROAST POTATOES**

**Skill Component:** Roast

**Yield:** 2 Servings

Properly roast potatoes to accompany braised entree

### **VEGETABLE ACCOMPANIMENT FOR BRAISED ENTRÉE**

#### **BRAISED VEGETABLES**

**Skill Component:** Braising

Properly braise appropriate vegetables from knife cuts to accompany braised entrée.