National Culinary Arts Contest

High School

June 2021

Virtual
SkillsUSA
High School Culinary Arts Contest

MENU

Appetizer/First Course

Cream Soup

Sautéed Chicken with Sauce
  Grains
  Vegetables

Braised Chicken with Sauce
  Roasted Potatoes
  Vegetables
High School Judging Categories

**Written Exam: 100 pts**
The American Culinary Federation Certified Fundamentals Cook® (CFC®) exam will be utilized. All competitors achieving a score of 70% on the written exam and 75% in the cooking portion will receive the ACF CFC® certification.

**Sanitation: 150 pts**
- Hygiene and Safety
- Food Handling
- Cleanliness

**Technical Skills: 155 pts**
- Mise en Place
- Time Management and Planning
- Cooking Methods and Techniques
- Equipment Use

**Knife Skills: 50 pts**
- Vegetable Cuts

**Butchery: 45 pts**
- Chicken Butchery

**Finished Product: 490 pts**
- Stock: 30 pts
- Appetizer/First Course: 75 pts
- Soup: 75 pts
- Appearance/Presentation
- Creativity
- Taste/Technique
- Entrée: 155 pts each
  - Presentation
  - Protein Taste
  - Sauce Taste
  - Starch Taste
  - Vegetable Taste
  - Creativity/ Degree of Difficulty

**Written Menu: 10 pts**
- Complete menu and matches dishes served

**Total Points: 1000**
Tie Breaker: In the event of a tie, the competitor with the highest overall 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/or overall contest area 10-50 points
- From SkillsUSA – Uniform infraction 10 points
- No Resume’ 50 points
- Late/Missed Service Windows 25%-100% of that course
GENERAL INSTRUCTIONS/ TIPS

• Congratulations on earning a spot at the SkillsUSA National Competition.

• 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 possible spices, herbs and ingredients in contest packet.
  - ✓ Menu: Write a menu of what you will produce
  - ✓ Write a Food List and a Timeline designed to be ready during the specific service times identified in your packet.

• The competitors will present a written menu that includes a starter, a soup, and entree of their own choosing following the competition guidelines. The menus must be turned in at the beginning of the competition.

• Please use only as much of each ingredient as is necessary.

• 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. i.e.: You can begin working on your stock and/or soup during your knife cut time.

• You will present one (1) plate to the judge for evaluation and one (1) display plate.

• Ask for assistance if there is anything that you do not understand. All questions will be answered during orientation. Once the competition starts, any questions about technique or definitions, etc. will not be answered. Questions about where to find ingredients and other logistics 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 cannot continue, speak to a judge or member of the Technical committee. We are here for you!
Competition Schedule

Set-up 20 minutes: Contestant may gather any ingredients and/or equipment. Produce may be washed during this time, but not trimmed or cut. Ingredients may not be measured or combined. This segment does not need to be on camera.

Video Begins
The time for each segment will begin immediately after the previous segment. No additional time will be added for late presentations.

Chicken Butchery: 20 minutes
Knife Cuts: 20 minutes
Appetizer: 30 minutes
Soup: 60 minutes
Entrée 1: 30 minutes
Entrée 2: 30 minutes

<table>
<thead>
<tr>
<th>Component</th>
<th>Window open time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start</td>
<td>0:00</td>
</tr>
<tr>
<td>Set-up</td>
<td>0:20</td>
</tr>
<tr>
<td>Butchery</td>
<td>0:40</td>
</tr>
<tr>
<td>Knife Cuts</td>
<td>1:00</td>
</tr>
<tr>
<td>Appetizer</td>
<td>1:30</td>
</tr>
<tr>
<td>Soup</td>
<td>2:30</td>
</tr>
<tr>
<td>Entrée #1</td>
<td>3:00</td>
</tr>
<tr>
<td>Entrée #2</td>
<td>3:30</td>
</tr>
</tbody>
</table>

Presentation Windows:
- Please be aware of the time frame for presentation of all items. The time will be based on the plate presented for evaluation to the judge.
- The window for presenting is 5 minutes long. Items must be presented in this timeframe to receive full points.
- 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.
- On all other courses, the contestant will present finished plates to the designated area.
- Stock does not have a presentation window. Complete the stock as needed, and it will be evaluated.
SKILLS COMPONENT:
CHICKEN BUTCHERY
Each contestant will have 1 chicken to butcher. 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 evaluation for use in the menu as 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.

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

1. Small Dice (1/4”x1/4”x1/4”) – ½ Onion
2. Chopped Parsley – ¼ Bunch
3. Tomato Concassé –1 tomato
4. Medium Dice (1/2” x 1/2” x 1/2” cube) - 1/2 cup. Use vegetables based on your menu.
5. Julienne (1/8”x1/8”x2”) Carrots -2 oz. prepared weight required.

SKILL COMPONENT:
STOCK
Yield: 2-3 qt
Chicken bones, trim from your chicken
   Water
   Mirepoix
   Sachet
Use as needed throughout the competition.

SKILL COMPONENT:
APPETIZER/SALAD
Yield: 2 servings
Prepare appetizer of choice. This could be a plated appetizer or a salad.
Required components:
   Must contain a protein component.
   Three vegetable garnishes are required. One must be the tomato concassé prepared in the knife cut segment.
SKILL COMPONENT:
SOUP

Yield: 2 servings
Prepare cream soup of choice. Must include a discernable garnish.

SKILL COMPONENTS:
ENTRÉE, SAUCE, STARCH, VEGETABLE

ENTRÉE 1
Yield: 2 Plates
Protein: Sautéed Chicken
Vegetable: At least two vegetables displaying distinct knife cuts. One of the vegetables must be prepared using the sauté method.
Starch: Simmered grain, pilaf, or risotto
Sauce: Derivative of a Mother Sauce

ENTRÉE 2
Yield: 2 Plates
Protein: Braised Chicken
Vegetable: Properly braise appropriate vegetables from knife cuts, additional vegetables may be added
Starch: Roast Potatoes
Sauce: Fortified reduction of braising liquid