National Culinary Arts Contest

Post-Secondary

June 2021

Virtual
The 2021 Post-Secondary Culinary Arts Competition is a Modified Market Basket format.

1. Competitors will receive a list of required market basket ingredients including various proteins, vegetables, fruits, and starches.
2. Competitors must use at a noticeable amount of each item from their market basket.
3. They can supplement those ingredients with items from the pantry items.
4. The competitors will present a menu that includes an appetizer, a soup, and two entrees of their own choosing following the competition guidelines. The menu must be submitted to the contest chair, a hard copy must be available for the on-site evaluator.
Post-Secondary 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: 50 pts
Butchery of two Proteins

Finished Product: 485 pts
Stock: 25 pts
Appetizer/First Course: 75 pts
Soup: 75 pts
Appearance/Presentation
Creativity
Taste/Technique
Entrée 1: 155 pts
Entrée 2: 155 pts
Presentation
Protein Taste
Sauce Taste
Starch Taste
Vegetable Taste
Creativity/ Degree of Difficulty

Written Menu: 10 pts
Complete and matches dishes served.

Total Points available: 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/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
**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.*

Protein 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>
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<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:
Butchery
Each contestant will have two proteins to fabricate. Proteins are to be butchered to fit the menu provided.

SKILLS COMPONENT:
VEGETABLE CUTS
Prepare a minimum of 5 different cuts that will be used in your menu - they must be selected from the following list:
Mince, brunoise, julienne, batonnet, dice (small, medium, large), concasse', tourne

SKILL COMPONENT:
STOCK
Yield: 2-3 qt
Properly prepare stock. Use as needed throughout the competition.

SKILLS COMPONENT:
APPETIZER
Prepare appetizer of choice. This could be a plated appetizer or a salad. Course must include a protein. Garnish must include a minimum of two distinct knife cuts.

SKILLS COMPONENT:
SOUP
Prepare soup of choice using a minimum of two distinct knife cuts as garnish.

SKILLS COMPONENTS:
ENTRÉE, SAUCE, STARCH, VEGETABLE
Prepare two entrees of choice following the guidelines below:
Vegetables and starches should also demonstrate different cooking methods. A minimum of 4 different cooking methods must be used in the two entrees.

Entrée 1:
Protein: Seared, sautéed or roasted
Vegetable: Boiled or blanched
Starch: Steamed or roasted
Sauce: Variation or derivative of a Mother Sauce

Entrée 2:
Protein: Braised or poached
Vegetable: At least two vegetables displaying distinct knife cuts
Starch: Simmered grain, pilaf, or risotto
Sauce: Fortified reduction of braising liquid, nage or vin blanc

GOOD LUCK FROM THE CULINARY ARTS TECHNICAL COMMITTEE, NATIONAL EDUCATION TEAM AND JUDGES
SkillsUSA Culinary Arts
Post-Secondary Competition 2021
Required Market Basket Ingredients

1 ea. 3 lb. Chicken
6 ea. 13-15 or 16-20 shell-on non deveined shrimp
2 oz. Chicken Liver
½ lb. Haricot vert
½ hd. Cauliflower
½ lb. White mushrooms
1 head Romaine lettuce
½ lb. Parsnips
1 lb. Red potatoes
3 ea. Plum tomatoes