



**National
Culinary Arts Contest**

High School

**June 27, 2024
Atlanta, Georgia**

The High School Culinary Arts Competition is a Modified Market Basket format.

1. Competitors will receive a market basket with various ingredients. The contents of the basket are listed below.
2. Competitors must use a noticeable amount of each item in their market basket.
3. They can supplement those ingredients with items from the community pantry.
4. The competitors will present four copies of a menu that includes an appetizer, a soup, two entrees and a dessert following the competition guidelines. The menus must be turned in at the beginning of the competition and must include which market basket items will appear in each course. Competitor number must be listed on each menu.

2024 High School Market Basket

Ingredients subject to change based on availability. Ingredients will be substituted with similar products if necessary. Any substitutions will be announced at orientation on June 25, 2024

4 oz Parsnips
6 oz Green Beans
½ head Cauliflower
4 oz Shiitake Mushroom
1 Lemon
2 Zucchini
4 oz Land O'Lakes Clarified Butter
2 oz Blueberries

SkillsUSA
High School Culinary Arts Contest

MENU

Appetizer/First Course

Clear Soup

Sautéed Chicken with Sauce
Grains
Vegetables

Braised Chicken with Sauce
Roasted Potatoes
Vegetables

Custard

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: 135 pts

Hygiene and Safety	Cleanliness
Food Handling	

Technical Skills: 120 pts

Mise en Place	Cooking Methods and Techniques
Time Management and Planning	

Knife Skills: 50 pts

Vegetable Cuts

Butchery: 40 pts

Chicken Butchery

Finished Product: 520 pts

Stock: 20 pts	Soup: 70 pts	Entrée: 140 pts each
	Presentation: 25	Presentation: 25
Appetizer/First Course: 80 pts	Creativity: 20	Protein Taste/Technique: 35
Presentation: 25	Taste/Technique: 25	Sauce Taste/Technique: 20
Cracker: 10		Starch Taste/Technique: 20
Creativity: 20	Dessert: 70 pts	Vegetable Taste/Tech: 20
Taste/Technique: 25	Presentation: 25	Creativity: 20
	Creativity: 20	
	Taste/Technique: 25	

Written Menu: 10 pts

Complete menu and matches dishes served.

SkillsUSA Professional Development Test: 25 pts

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'	10 points
No ANSI approved food safety card	10 points
Late Service Windows	10-300 points

COMPETITION GUIDELINES

- 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.
- Equipment check-in will occur at orientation. All equipment must be checked in at this time. Any equipment not on the approved list must be removed. Equipment will be stored safely until your competition time. Please remove all school or personal information from your toolbox. Mark with your contestant number.
- Resumes must be turned in online. Resumes will not be accepted after orientation is complete. Competitor number must be on resume.
- Food Safety cards should be submitted online before arriving at the contest site. For 2024, we will accept them during orientation. Bring a copy of a current ANSI accredited food safety or food handler certificate, marked with your contestant number if you do not submit online.
- The competitors will present four copies of a menu that includes a starter, a soup, two entrees and dessert of their choosing following the competition guidelines. **Menus must include where the market basket items will appear on the plates.** The menus must be turned in at the beginning of your competition day. Include your competitor number on the menus.
- 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. 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 tasting judges for evaluation and one (1) display plate for the public to see. Plates should be identical.
- 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 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

- 8:00 am** Contestants meet in competition area for roll call. Menus will be turned in at this time.
- 8:10** Every contestant has from 8:10 until 8:25 to set their station with equipment only. No one will be allowed to their station after 8:25 until their scheduled start time. All equipment must fit completely under the station.
- 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 begins. Competitors will start in groups of 8, based on your contestant number, staggered in 15-minute intervals. The chart below is the competition schedule showing when each presentation window opens.

Group	1	2	3	4	5	6
Start	8:45	9:00	9:15	9:30	9:45	10:00
Times Windows Open						
Butchery	9:15	9:30	9:45	10:00	10:15	10:30
Knife Cuts	9:30	9:45	10:00	10:15	10:30	10:45
Appetizer	10:15	10:30	10:45	11:00	11:15	11:30
Lunch	11:00-11:30	11:15-11:45	11:30-12:00	11:45-12:15	12:00-12:30	12:15-12:45
Soup	11:45	12:00	12:15	12:30	12:45	1:00
Entrée #1	12:30	12:45	1:00	1:15	1:30	1:45
Entrée #2	1:00	1:15	1:30	1:45	2:00	2:15
Dessert	1:45	2:00	2:15	2:30	2:45	3:00
Clean up	2:30	2:45	3:00	3:15	3:30	3:45

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 time will be based on when the plate is presented for evaluation at the judge's area.
- The window for presenting is 5 minutes. For example, contestants in Group 1 have between 10:15 AM and 10:20 AM to present their appetizer course without penalty.
- Butchery and knife cuts will be judged at your station. These may be presented when completed, even if completed before the respective window opens.
- You may not present any courses before the window opens.
- On all courses, the contestant will present one plate to the judges and one plate will go on the display table for the public to view.
- **Late service window penalties**

Knife Skills/Butchery: 5-10 minutes late: -10 points; 10-15 minutes late: -20 points

Appetizer, Soup and Dessert: 5-10 minutes late: -15 points; 10-15 minutes late: -40 points

Entrees: 5-10 minutes late: -25 points; 10-15 minutes late: -70 points

Any items presented more than 15 minutes late will not be scored.

ALL FOOD PREPARATION AND PRESENTATION MUST BE COMPLETED BY 3:45pm

3:45pm Station clean and begin tear down.

Mandatory Contest Debrief

Friday, June 28, 8:00 AM

The mandatory contest debrief session on Friday morning will give us much more time to talk when competitors are not as tired. We will have some time to answer questions as well. Competitors and advisors are asked to stay to assist with contest tear down.

**SKILL COMPONENT:
CHICKEN BUTCHERY**

Each contestant will have one chicken to butcher. They will 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.
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.
4. Chicken may be further fabricated after evaluation.

**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 Concasse –1 tomato
4. Minced 4 large cloves garlic
5. Julienne (1/8"x1/8"x2") Carrots -2 oz. prepared weight required.

STOCK

Skill component: Stock

Prepare stock to be used throughout the competition.

APPETIZER/FIRST COURSE

Skill Components: Hot/Cold Appetizer, Salad, Flatbread

Prepare two identical plates of appetizer of choice. This could be a plated appetizer or a salad.

Required components:

1. Must contain a protein component.
2. Must contain a scratch-made crisp flour-based cracker component produced from a non-yeasted dough.
3. Three vegetable garnishes are required. One must be the tomato concasse prepared in the knife cut segment.

CLEAR SOUP

Skill components: Stock/Clear Soup

Prepare two identical plates of clear soup of choice. Must include a discernable garnish.

ENTRÉE 1

Skill Components: Sauté, Sauce, Grains, Vegetable

Prepare two identical plates following guidelines below.

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: Pan sauce or a derivative of a Mother Sauce

ENTRÉE 2

Skill Components: Braise, Sauce, Roast, Vegetable

Prepare two identical plates following guidelines below.

Protein; Braised Chicken

Vegetable: Properly braise appropriate vegetables from knife cuts

Starch: Roast Potatoes

Sauce: Fortified reduction of braising liquid

DESSERT

Skill Components: Baking, Custard, Fruit

Prepare two identical plates of basic custard following guidelines below. May be served hot or cold. Serve in soup cups and garnish with fruit.

2 cup Milk

2 eggs

¼ cup sugar

½ tsp vanilla

Heat milk until just bubbling at the edge of the pan. Whisk together eggs, sugar and vanilla. Pour a small amount of hot milk into egg mixture to temper. Whisk continuously while slowly adding remaining milk. Pour mixture into cups. Cook in a water bath at 325°F (163° C) for 45 minutes or until set.

Alternate method:

Start a double boiler on the stove top, bring the water to a boil then reduce to a simmer.

Pour the milk into a bowl and place bowl of milk on top of a double boiler over simmering water. Stir occasionally until milk is heated through.

Beat eggs in a large bowl until light. Add sugar and mix well. Temper the egg mixture with a small portion of hot milk into egg mixture, whisking constantly, until warmed and thinned. Pour mixture slowly back into hot milk, whisking constantly.

Cook and stir until custard is thick enough to coat the back of a spoon. An instant read thermometer inserted into custard should read 180° F (82° C). Remove from heat and stir in vanilla.

Transfer custard to cups and serve warm or chilled with appropriate garnish.