



**National
Culinary Arts Contest**

Post-Secondary

**June 26, 2024
Atlanta, Georgia**

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

1. Competitors will receive a market basket with various ingredients. The contents of the basket will be revealed the day before the competition.
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 of their own choosing 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 on each course. Competitor number must be listed on each menu.

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: 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

Butchery of two Proteins

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 and matches dishes served.

SkillsUSA Professional Development Test: 25 pts

Total Points available: 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
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 and announce the market basket assignment.
- 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, and two entrees of their own choosing following the competition guidelines. **Menus must include where the market basket items will appear on the plates.** This will be scored as part of the creativity score by the tasting judges. The menus must be turned in at the beginning of your competition day. Include your competitor number on the menu.
- 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.
- 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 or equipment 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 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 reset.

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:

Butchery

Each contestant will have two proteins in their market basket to fabricate. Proteins are to be butchered to fit the menu provided.

SKILL 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

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. Minimum of two distinct knife cuts.

CLEAR SOUP

Skill component: Stock/Clear Soup

Prepare two identical plates of consommé using a minimum of two distinct knife cuts as garnish.

ENTRÉE 1 & 2

Skill Components: Sauté, Sear, Poach, Braise, Roast, Sauce, Grains, Vegetable

Prepare two identical plates each of 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

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.

SkillsUSA Culinary Arts Post-Secondary Competition 2024 Potential Market Baskets

The selected market basket will be revealed during orientation on June 25, 2024. Ingredients subject to change based on availability. Ingredients will be substituted with similar products if necessary.

If you are experiencing difficulties procuring Anchor Chef's Heavy Cream via your local distributor, please reach out to Land O'Lakes (elunn@landolakes.com) for assistance.

Information on Land O' Lakes and Anchor products:
https://www.landolakesfoodservice.com/?icid=FSN_home

Mystery Basket 1

1 ea. 3 lb. Chicken
1 whole Tilapia 1½ lb.
2 oz. Chicken liver
8 oz Sugar snap Peas
½ head Cauliflower
4 oz. Pearl onions
1 lb. Parsnip
3 ea. Plum tomatoes
3 oz Lentils
4 oz Crimini mushrooms
4 oz Land O'Lakes
Clarified Butter
4 oz Land O'Lakes
Extra Melt Shreds
2 oz Blueberries

Mystery Basket 2

1 ea. 3 lb. Chicken
2 lb. Beef Fore Shank
1 oz Ground turkey
6 oz. Haricot vert
4 oz. Corn Meal
4 oz Shiitake Mushroom
1 head Romaine lettuce
8 oz. Parsnips
1 lb. Red (b) potatoes
3 ea. Plum tomatoes
4 oz Land O'Lakes
Extra Melt Shreds
4 oz Anchor Chef's
Heavy Cream
2 oz Blueberries

Mystery Basket 3

1 ea. 3 lb. Chicken
1 lb. Pork Tenderloin
2 oz. Firm Tofu
6 oz. Haricot vert
½ head Cauliflower
4 oz Shiitake Mushroom
1 lb. Yellow Squash
1 lb. Red (b) potatoes
3 oz. Lentils
3 ea. Plum tomatoes
4 oz Land O'Lakes
Clarified Butter
4 oz Anchor Chef's
Heavy Cream
2 oz Blueberries