



## Culinary Arts

### ELIGIBILITY

Open to active SkillsUSA members enrolled in programs with culinary arts or commercial food trades as the occupational objective with entry-level skills as the occupational objective.

### CLOTHING REQUIREMENTS

White chef's jacket (**NO** School logos or names on the jackets), white or black and white chef's pants, white or black leather work shoe or boots (**NO** Sneakers), white apron, chef or baker's hat. (Neckerchief optional)

*Note:* At the district level if a student is not able to wear the official SkillsUSA attire he/she may wear an outfit that would be acceptable in their specific field of study. *Please keep in mind that official SkillsUSA attire will be required at the state and national level.*

### EQUIPMENT AND MATERIALS SUPPLIED BY HOST

1. All cooking and serving equipment will be provided.
2. Dinner plates, silverware, napkins and glassware will be available for contestants to use to display their prepared items.
3. NOTE: No additional plates, silverware, napkins, glassware, etc. will be permitted. Contestants may not bring their own food supplies.

### EQUIPMENT AND MATERIALS SUPPLIED BY CONTESTANT

1. One page typed resume
2. Proof of Training Signed
3. Professional Chefs' Cutlery
4. Vegetable Peelers, Tongs, Whisks, Kitchen Spoons, Ladles and Pocket Thermometer
5. Hand Towels
6. Garnish Tools
7. Pastry Bag & Tips (Optional)

### SCOPE OF THE CONTEST - (DEFINED BY THE NATIONAL COMPETITION REGULATIONS)

*(District Competitions are meant to be a scaled down version of National Competition. It is important for the students to participate in a competition that will reflect a cross-section of the industry skills needed to prepare them for the state and national levels)*

### KNOWLEDGE PERFORMANCE

The contest will include a 25 multiple choice written knowledge test that will require the use of culinary math. The test will include topics but not limited to knowledge of standard weights and measures, the ability to convert recipes, yields, portion sizes, science, nutrition basics, environment health standards, practices, bacteria, viruses and food borne illnesses, food science and technology, information technology, language and communications, English (SOL) reading, management, sanitation, food preparation, equipment, and baking.



# Culinary Arts

## SKILL PERFORMANCE

The contest will include a series of testing stations for the actual preparation of food and arrangement of food on plates or platters and in dishes to serve to the customer.

## SAFETY REQUIREMENTS

Follow all safety and sanitation requirements (as per PA State Board of Health Department).

## CONTEST GUIDELINES

This is a general description of the Culinary Arts skill competition. The criteria and scoring of this event follow the SkillsUSA regulations. An orientation will be given before the competition.

## SKILL/TEST

The skill performance portion of the contest will ask contestants to:

1. Demonstrate and apply food safety principles, procedures, HACCP and key practices for ensuring food safety
2. Coordinate mise-en-place (setting everything in place in preparation) and apply organizational skills
3. Demonstrate and apply knowledge of proper cooking methods and techniques as required
4. Demonstrate knife skills and proper cutting techniques
5. Demonstrate and apply the proper use of equipment
6. Demonstrate and apply creative preparation, portioning and presentation of food items
7. Apply methodology and evaluation of job related observable skills, competencies, skill proficiencies and scoring sheets/tests (1,000 points) conducted by ACF certified chef and certified Culinary instructors
8. Vegetable Cuts

Students will be required to complete 5 out of the following eight items.

The items will be decided by the judges prior to the competition and revealed the day of the competition:

- Minced Shallot – Chop one shallot fine
- Minced Garlic – Chop 2 cloves of garlic fine
- Carrot- Cut into Rondelles
- Tomato Concassè –1 tomato
- Medium Dice ( 1/2 '' x 1/2'' x 1/2'' cube) 2 oz. each carrots, onions and celery
- Julienne ( 1/8 x 1/8 x 1-2 inches) Carrots -3 oz. finished
- Small dice (1/4'' x 1/4'' x 1/4'') Potato 3 oz. finished
- Batonnet (1/4'' x 1/4'' x 2'') Carrots 4 oz. finished
- \*\*\*Bonus points for using these cuts in your recipes



## Culinary Arts

### 9. Chicken Protein

The contestant will have 1 whole broiler chicken to fabricate; they should execute the following:

- Two breasts – The breast halves will be fabricated into two classical Supremes (Airline Breasts) which will be used in entrée.
- Two leg/thigh portions – the leg and thigh should be boneless and skinless trim, thigh and leg meat, and bones can be used as side dishes/as a garnish for extra points.
- All usable trim should be retained for use in stocks or other preparations.

### 10. Entrée

Students will be given one whole chicken.

Students will prepare two identical plated entrees, one for judges and one for pictures

- The student must prepare two portions of side dishes (one starch, one vegetable) that match their chicken entrees.
  - \*Vegetable Cookery – Selected vegetables may be prepared but not limited to:  
*Boiling, Steaming, Glazing, Sauté, Roasting, Pan Frying*
  - \* Starch Cookery – Selected starch may be prepared but not limited to:  
*Pilaf, Roasted, Pureed, Pan fry, Boiled, Sautéed, Steamed*
- The student must make a sauce for their entrée from the following list:
  - \* *Cream, Pan Sauce, Au Jus, Gravy, Butter Sauce, Réduction, Velouté*



## Culinary Arts

| Items Evaluated                 | Description   | Points Possible |
|---------------------------------|---|-----------------|
| Written Test                    |   | 50              |
| Uniform                         | chef hat, hair restraint/no jewelry, chef jacket, clean apron, chef pants | 50              |
| Vegetable Fabrication           |   | 50              |
| Vegetable Preparation           | (overall quality)   | 100             |
| Starch Preparation              | (overall quality)   | 100             |
| Protein Fabrication             |   | 50              |
| Entree with Sauce               |   | Total of 300    |
|                                 | <i>Appearance</i>   | <i>100</i>      |
|                                 | <i>Technique</i>  | <i>100</i>      |
|                                 | <i>Quality of Taste</i>   | <i>100</i>      |
| Sanitation, Safety and Clean Up |   | 200             |
| Utilization of Product          |   | 50              |
|                                 | <b>SUBTOTAL = 950</b>   |                 |
| Resume Penalty                  | Deduction -10   |                 |
| Safety Penalty                  | Deduction -10   |                 |
| Clothing Penalty                | Deduction -5  |                 |
|                                 | <b>TOTAL =</b>  |                 |

*Note: No cell phones or other electronic devices may be used at any time during a competition; this includes using a calculator function on a cell phone for competitions in which calculators are permitted.*

*Note: Scorecards should only be used as guidance. Changes may occur.*



## Culinary Arts

### Market Basket

The following will be guaranteed available for student use (other reasonable items can be requested 7 days prior to the competition) This is tentative, other things will be added as requested.

#### Dry Goods

|                        |                     |                     |
|------------------------|---------------------|---------------------|
| AP Flour               | Tabasco             | Sun Dried tomatoes  |
| Sugar                  | Orzo Pasta          | White Wine Vinegar  |
| Corn Meal              | Quinoa              | Red Wine Vinegar    |
| Couscous               | Dijon mustard       | Balsamic Vinegar    |
| Brown Lentils          | Whole grain mustard | Bread Crumbs        |
| Split Pea              | Walnuts             | Panko Bread Crumbs  |
| Corn Starch            | Pecans              | Assorted Dry Spices |
| Honey                  | Almonds             | Table Salt          |
| Arborio Rice           | Tomato puree        | Kosher Salt         |
| Vegetable Oil          | Tomato paste        | Jasmine Rice        |
| Extra Virgin Olive Oil | Kalamata olives     | Soy Sauce           |

#### Fruits and Vegetables

|          |                          |                     |
|----------|--------------------------|---------------------|
| Apples   | Leeks                    | Sweet Potatoes      |
| Eggplant | White Mushrooms          | Broccoli            |
| Lemons   | Red Peppers              | Zucchini            |
| Limes    | Green Leaf Lettuce       | Yellow Squash       |
| Oranges  | Romaine Lettuce          | Tomatoes            |
| Shallots | Assorted Seasonal Greens | Beets               |
| Garlic   | Parsley                  | Kale                |
| Onions   | Scallions                | Fingerling Potatoes |
| Carrots  | Russet potatoes          | Cauliflower         |
| Celery   | Red Bliss Potatoes       |                     |



# Culinary Arts

## **Milk and Dairy**

Butter Cream  
Whole Milk  
Eggs  
Cheddar Cheese

Swiss Cheese  
Provolone Cheese  
Parmesan Cheese  
Blue Cheese

Feta  
Cheese  
Sour  
Cream  
Ricotta  
Cheese

## **Stocks**

Vegetable Stock  
Chicken Stock

## **Fresh Herbs**

Oregano Thyme  
Rosemary  
Chives  
Sage  
Basil Cilantro Mint

## **Non-Food**

Butcher's Twine  
Tasting Spoon  
Tooth Picks  
2 oz. Portion Cups

## **Reference Texts:**

**“On Cooking” 4<sup>th</sup> or 5<sup>th</sup> Edition**

**“Culinary Fundamentals”**

**“Culinary Professional**