

North Dakota SkillsUSA

2019 Culinary Arts

Contest Orientation Packet

Post-Secondary

Sunday April 14th 2019

Skills USA Culinary Arts Competition

Tools, Equipment, and Uniform Needed For the Contest

1. Tools and Equipment

- a. A pen or a utensil to write with
- b. Small note pad
- c. Calculator
- d. Knife Kit and Cooks Tools
 - French (cooks) Knife
 - Paring Knife
 - Vegetable Peeler
 - Boning Knife (flexible)
 - Meat Thermometer
 - Offset Spatula
 - Garnish Set (zester, channel knife, parisienne scoop, ETC) (optional)
 - Serrated Slicing Knife (optional)
 - Plastic Squeeze bottles (optional)

2. Uniform Requirements

The uniforms required for the contest are industry accepted garments and shoes.

- a. Pants
 - Black, white ,or hounds tooth patterns are acceptable
- b. Shirt/Coat
 - Clean white chefs shirt or clean white chef coat are acceptable
- c. Shoes
 - White or Black, closed toe, leather, non slip
- d. Hat
 - White, Cloth or Paper toque
- e. Gloves
 - Plastic Serving gloves (if needed will be supplied)

*** Any other equipment that you bring must be made available to other competitors ***

Any Questions Regarding Equipment and Uniforms Please Contact
Kyle Armitage at (kyle.armitage@ndscs.edu)

SkillsUSA 2018

Contest Date: April 14th

State Conference: April 14-16

Competition Fees - \$50 total

Market Basket Competition – Contents the day before. Limited Store room

Sunday April 14th 2019

12:30 – 12:45 Meet lobby of student center

- ◆ What to have: All tools (refer to the tool list)
- ◆ What to wear: Uniform (chef coat) please no names. We will cover up any names showing on coats/shirts. All contestants must have HATS to conceal their hair.
- ◆ Each contestant must have their badge with the number on them for the competition.
- ◆ Please check names and schools to be sure they are spelled correctly.

12:45-1:00 Station Setup

- ◆ Every contestant has from 12:45 to 1:00 to set their station. No one will be allowed to their station after 1:00 until the contest start time.
- ◆ You will be placed at a work station with your number.
- ◆ No food can be prepped during this time.

1:00 – 1:15 Open question and answer with the technical chair person.

1:15 Lab Judge Introduction

1:30 – Competition starts

- ◆ There will be ovens on (the left stack will be on hold)
- ◆ Any questions can be asked to Kyle. He may not answer them.
- ◆ If you need to use the restroom they are located in the basement.

Serving (Serving Judges)

- ◆ Plates for serving will be provided. You all will have the same plates to work with.
- ◆ You will be serving 1 plate for judging and 1 plate for public presentation
- ◆ **All food will be presented during the presentation windows.**

Judging Time and Location

Start	1:30	
Meat Fabrication	2:00-2:10	Your Station
Knife Cuts	2:30-2:40	Your Station
Appetizer	3:20-3:30	Tasting Room
Salad	4:00-4:10	Tasting Room

Soup	4:50-5:00	Tasting Room
Entrée w/ Sides and Sauce	5:20-5:30	Tasting Room
Clean Up	5:31	

5:31 – 6:00

- ◆ Kitchen Clean

6:00 – 7:00

- ◆ Judge Critique
- ◆ This is your opportunity to get verbal feedback from the competition judges.

**North Dakota State College of Science
Culinary Arts Skills USA
Categories and Points
Post-Secondary Competition**

Skill Categories

Categories

Appearance and Grooming	10
Sanitation	70
Mise En Place	60
Equipment (use and safety)	10
Knife Cuts/Meat Fabrication	100
Technical Skills	480
▪ Appetizer	
▪ Soup	
▪ Salad	
▪ Entrée	
▪ Overall Creativity/Difficulty	

Total Points Possible 730

Points can be lost for a clothing penalty or failing to reset the station (-100)

Tie Breaker: All Students will complete a SkillsUSA General Knowledge Test that can be used as a contest tie-breaker.

ND SkillsUSA Post-Secondary Culinary Arts

Judging Categories

There will be 2-4 floor judges that will be judging sanitation, mise en place, knife skills, appearance, equipment use, and meat fabrication.

A. Appearance and Grooming

- Coats/Shirts: please no names. We will cover up any names showing on coats/shirts.
- Hats: All contestants must have to conceal their hair.
- Pants: Black, White, or Hounds tooth are acceptable.
- Shoes: Black leather type
- Piercings/Jewelry: **All** must be removed for the contest.

B. Sanitation, Mise en Place, Measuring, Equipment

- Sanitation practices must be followed. Including preventing cross contamination, glove use, and time and temp abuse.
- Basic organization, planning, and plan execution.
- Proper measuring and scaling, including recipe conversion (if needed).
- Equipment selection and use. This includes safety.

C. Skills Components

1. Vegetable Cuts – Minimum of 6 cuts including but not limited to:

- Mince, Chop, Brunoise, Julienne, Batonnet, Dice (all sizes) etc...
- These cuts will be used in your menu production
- These cuts need to be **listed on your menu** next to the item that they will be used in.

2. Meat Fabrication

- Each contestant will have Proteins in their market basket that need to be fabricated.
- They should be done in the best possible manner appropriate for their menu and use.

3. Appetizer – 1 cooking method

- 6 portions (3 used for judging, 3 used for display)
- Flavor and Appearance will be a major element in the final scoring of this category

4. Salad

- 2 portions (1 for judging, 1 for display)
- Proper classical execution is pivotal
- Flavor and Appearance will be a major element in the final scoring of this category

- Greens type salad with appropriate garnishes and dressing. Choice of permanent, semi-permanent or Temporary Emulsion
- Garnish must include a minimum of two distinct knife cuts

5. Soup – Including but not limited to:

- Clear, Cream, Puree
- Scaled to make ½ gal
- 2 portions will be served (1 for judging, 1 for display)
- Flavor and Appearance will be a major element in the final scoring of this category

6. Entrée with Sauce – 1 cooking method

- Must have 2 portions (1 for judging, 1 for display)
- Including but not limited to: cream, pan, au jus, gravy, butter, reduction etc...
- Flavor and Appearance will be a major element in the final scoring of this category

7. Vegetable Cookery

- Including but not limited to: boiling, steaming, glazing, sauté, roasting, pan frying, etc...

8. Starch Cookery

- Including but not limited to: pilaf, roasted, pureed, pan fry, boiled, steamed, simmering, risotto, etc....

D. Overall Creativity/Degree of Difficulty

E. Resume

- All contestants **must** submit a resume in order to compete.
- Submit resumes to the technical chair the morning of the competition.

There will be 2-3 separate judges that will be evaluation your foods based on appearance, creativity, taste, technique, and presentation.

Be aware, your equipment will be limited. There is a list provided at the end of this packet.

Your waste will also be tracked using a container on your station.

ND SkillsUSA Post-Secondary Culinary Arts

Market Basket Competition

1. Competitors will receive a market basket with various proteins, vegetables, fruits, and starches the Friday before the competition
2. They will also have a community storeroom that they can use as much or as little product as they would like. There will not be an extremely extensive list of available products.
3. The competitors will write a menu that includes a salad, an appetizer, soup, and 1 entrée of their own choosing.
4. Competitors must use at least a small amount of each item in their market baskets for their menu. There is no extra market basket product available.
5. The menu can be added to with the items from the community storeroom.

ND SkillsUSA Post-Secondary Culinary Arts Market Basket Contents

- Remember to write a menu to be turned in to the judges before the contest. **Do not put your name on the menu.**
Leave a space to write in your **contest number.**
- Remember; in your menu, include the knife cut/s that will be presented, judged, and used throughout your menu. You must have **6 cuts** throughout the entire menu.

Students will receive a market basket containing the following items to use at their discretion in the preparation of their menu items. You must use at least a small amount of each item in the market basket.

- 1 -3 lb. flat fish
- 1 each, 3 lb. chicken [See Chicken Fabrication Guidelines Document](#)
- 2 slices bacon
- ½ lb. haricot vert
- 1 lb. Yellow Squash
- ½ lb. Cipollini onions
- ½ lb Spring Mix
- 2 heads Belgium endive
- 1 lb. sweet potatoes
- 3 oz. Red Quinoa
- 3 ea. Plum tomatoes
- 1 cup split peas
- 1 head fennel
- 1 C Frozen, Cherries

Community Storeroom

<p>Dry Goods</p> <ul style="list-style-type: none"> Bread Flour Pastry Flour Cake Flour Corn Meal Baguette Corn Starch Honey Vegetable Oil Olive Oil Soy Sauce Tabasco Anchovy Fillets/Paste Dijon Mustard Grain Mustard Tomato Puree Tomato Paste Pecans Pine Nuts Capers Spanish Olives Various Vinegars (including balsamic) Bread Crumbs Dry Spices Apricot Jam Current Jelly 	<p>Produce</p> <ul style="list-style-type: none"> Lemons Shallots Garlic Onions Carrots Celery White Mushrooms Red Peppers Romaine Lettuce Parsley Green Onions Limes <hr/> <p>Stocks/Base</p> <ul style="list-style-type: none"> Beef Base Chicken Base Chicken Stock Demi <hr/> <p>Wines</p> <ul style="list-style-type: none"> White Wine Red Wine Port Brandy Sherry 	<p>Dairy</p> <ul style="list-style-type: none"> Sour Cream Butter Eggs Cheddar Cheese Swiss Cheese Parmesan Cheese Blue Cheese Cream Cheese <hr/> <p>Heavy Cream</p> <hr/> <p>Herbs</p> <ul style="list-style-type: none"> Thyme Basil Cilantro Rosemary <hr/> <p>Non-Food</p> <ul style="list-style-type: none"> Butchers Twine Tooth Picks Skewers Parchment Paper Paper Boats <hr/> <p>Deli Containers</p> <p>Cheese Cloth</p> <p>Ziploc bags</p>
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SkillsUSA Equipment List

- 1 – Full Sheet Pan
- 2 – ½ Sheet pan
- 2 – 2in Full Hotel Pan
- 1 – 4 in ½ Hotel Pan
- 2 – 2 in ½ Hotel Pan
- 1 – Roasting Pan Grate
- 1 – 6in 1/3 Pan
- 1 – 4in ¼ pan
- 1 – 8 ½ Qt Sauce Pot with lid
- 1 – 2 ½ qt sauce pan
- 2 – Bowl (1 large 1 medium)
- 2 – Sauté pans (10in & 12in)
- K5 – Mixer
- 2 Cutting Boards
- Scale/Measuring Cups
- Sanitation Buckets/Solution/Towels
- 1 – Buss tub