

2019 Culinary Arts

Contest Orientation Packet

Secondary

Monday April 15th 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 Culinary Arts
Hot Foods Competition
Monday April 15th 2019

Carefully study the competition packet. Read all of the instructions and pay attention to the procedures outlined. Ask for assistance if there is anything you do not understand.

You will be given a total of 3hrs for the preparation and presentation of your menu items. The contest will start at 9:30 and end at 12:30. You will be on site longer to finish clean up and to speak with the judges (1:30-2:30 aprox).

Clean as you go!! Sanitation is an important judging criterion. Keep your tools, work area, pots, pans, utensils, etc clean and sanitized.

Please use only as much of each ingredient as is necessary. Return unused portions to the supply tables.

Check with a technical committee member before taking any item which is not specifically listed in a recipe.

Please be sure to limit your talking. Do not talk to other contestants about menu items and recipes. If you have a question about the location of a food product or equipment please ask the technical chair person.

Each contestant is expected to assist in the overall cleanup of the contest area. Failure to do so will result in a deduction from your sanitation score.

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!

Judging Criteria: During the contest you will be judged on the skills used in preparing the products and your cooking ability. You will be judged in the categories listed below.

1. Personal Appearance and Hygiene
2. Sanitation Procedures and Techniques
3. Measuring, Weighing, and Accuracy
4. Following Directions, Proper Cooking techniques
5. Equipment Selection, usage and safety
6. Flavor of Products
7. Appearance and Garnishing
8. Overall Appearance of Platters, setup, and colors.

***Note: All Products prepared will be judged as to: Quality, timing, flavor, texture, and appearance. Your performance will be evaluated from the time that you start until the contest is over, this includes the final clean-up and sanitizing the area that you worked in. Also be sure that the equipment that you used is put back to the original location.

Competition Areas

- Appetizer
- Salad
- Entrée w/ 2 sides.

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

Skill Categories

Categories

Appearance and Grooming	15
Sanitation Techniques	20
Measuring/Weighing Accuracy	20
Equipment Selection (use and safety)	30
Following Directions/ Proper Cooking Tech	70
Chicken Fabrication	25
Appetizer (flavor and appearance)	25
Starch	10
Vegetable	10
Salad (flavor and appearance)	25
Entrée (flavor and appearance)	50
<u>Over all Presentation and Creativity</u>	<u>35</u>
 Total Points Possible	 335

Competition Schedule

Contest Date: April 15th
Hot Foods Competition

Monday April 15th 2018

8:45 – 9:00 Meet lobby of Student Center

- ◆ What to have: All tools (refer to the tool list) & Resume
- ◆ 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.

9:00-9:15 Station Setup

- ◆ Every contestant has from 8:00 to 8:15 to set their station. No one will be allowed to their station after 8:15 until the contest start time.
- ◆ You will be placed at a work station with your number.
- ◆ No food can be prepped during this time.

9:15 – 9:25 Open question and answer with the technical chair person.

9:25 Judge Introduction

9:30 – Competition starts

- ◆ There will be a designated holding oven.
- ◆ Any questions can be asked to Chef Kyle. He may not answer them.
- ◆ If you need to use the restroom they are located in the basement.

10:00 – Chicken Fabrication (Presented at your station) – **See Chicken Fabrication Guidelines Document**

- ◆ Each contestant will have 1 chicken to fabricate. They should execute the following:
 - Two breasts – The breast should be skin on and boneless.
 - The tender should be intact and attached to the breast. The tender and skin can be removed at a later time if desired.
 - Two leg/thigh portions (separated) – the leg and thigh should be bone-in
 - Carcass meat, trim and bones are to be presented and reserved.

12:20 – 12:30 Presentation Window

- ◆ 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 window.**

12:30 – 1:30

- ◆ Kitchen Clean

1:30 – 2:30 or as needed

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

Skills USA 2019
Culinary Arts Hot Foods Competition
April 15th 2019
Secondary Menu

Appetizer

Tomato Basil Bruschetta with Fresh Mozzarella
(Make as Recipe States)
(5 servings)

Salad

Traditional Caesar Salad
(Make as Recipe States)
(2 Servings)

Entrée

Braised Chicken with Parsley Buttered Red Potatoes and
Roasted Parsnips and Carrots
(Make as Recipe States)
(2 Servings)

Tomato Basil Bruschetta with Mozzarella

Tomato Basil Bruschetta

Yield 2 orders of 5

2 Sun-dried tomatoes
4 Fresh Roma tomatoes, seeded and chopped
1 T minced red onions
1 Garlic cloves minced
2t Balsamic vinegar
1T Chopped fresh basil, chopped
1t Fresh ground Black pepper
Salt to taste

½ loaf Baguette, or French bread
Fresh Mozzarella Cheese as needed
Parmesan Cheese as needed

1. Slice the baguette.
2. Rub with olive oil.
3. Season with garlic salt.
4. Toast baguette in the oven.
5. Remove and set aside.

1. Chop sun-dried tomatoes finely.
2. Combine all ingredients, except the bread slices, in a bowl and set aside for 35min to 1 hour at room temp.

Assembly:

Slice fresh cheese and place one slice on top of toasted baguette slice. Then top with Tomato basil mixture. Serve at room temp or warmed in the oven. Garnish with shredded parmesan and fresh basil leaves.

Traditional Caesar Salad

INGREDIENTS

3 tablespoons olive oil
2 medium cloves garlic, minced (about 2 teaspoons)
3 cups hearty bread, cut into 3/4-inch cubes
2 ounces finely grated Parmesan cheese, (about 1 cup), divided
Kosher salt and freshly ground black pepper

Dressing

1 egg yolk
1 tablespoon juice from 1 lemon
1 tablespoon Balsamic Vinegar
2 to 6 anchovies
1 teaspoon Worcestershire sauce
1/2 cup olive oil
2 heads romaine lettuce, washed and carefully dried, large leaves torn into smaller pieces, smaller leaves left intact

DIRECTIONS

1. Adjust oven rack to middle position and preheat oven to 375°F. In small bowl, combine 3 tablespoons olive oil with minced garlic and whisk for 30 seconds. Transfer to a fine mesh strainer set over a large bowl and press with the back of a spoon to extract as much oil as possible, leaving garlic behind. Reserve pressed garlic separately. Add bread cubes to garlic oil and toss to coat. Add 2 tablespoons Parmesan cheese, season to taste with salt and pepper, and toss again. Transfer to a rimmed baking sheet. Bake until croutons are pale golden brown and crisp, about 15 minutes. Remove from oven and toss with 2 more tablespoons Parmesan. Allow to cool.
2. While croutons bake, make the dressing. Combine egg yolk, lemon juice, anchovies, Worcestershire sauce, pressed garlic, vinegar, and 1/4 cup parmesan cheese in the bottom of a mixer. With mixer running, slowly drizzle in oil until a smooth emulsion forms. Transfer mixture to a medium bowl. Season to taste generously with salt and pepper.
3. To serve, toss lettuce with a few tablespoons of dressing (close to service), adding more if desired. Once coated, add half of remaining cheese and 3/4 of croutons and toss again. Transfer to salad bowl and sprinkle with remaining cheese and croutons. Serve.

Braised Chicken

INGREDIENTS

2 chicken thighs and 2 chicken breasts (or use whatever you feel is appropriate to make 2 portions – the rest of the chicken can be stored in the cooler, trimmed of any excess skin or fat)
Salt and pepper

1/2 cup plus 1 tablespoon all-purpose flour
2 teaspoons olive oil
3 tablespoons butter
2 cups thinly sliced yellow onions
1 tablespoon minced garlic
6 sprigs fresh thyme, tied in a bundle, or 2 sprigs fresh rosemary
1/4 teaspoon freshly ground black pepper
3 cups chicken stock
1/4 cup chopped fresh parsley

DIRECTIONS

Season the chicken all over with the salt and pepper. Place the 1/2 cup flour in a small bowl, and quickly dredge both sides of each thigh in the flour, shaking to remove any excess. Set aside.

Heat 1 teaspoon of the olive oil in a 10- to 12-inch sauté pan over medium-high heat.

Add 2 tablespoons of the butter, and when it has melted, place the chicken, skin side down, in the pan. Brown for 2 minutes on each side. Remove the chicken from the pan and set aside.

Add the remaining 1 tablespoon butter to the pan, and when it has melted, add the onions, garlic, thyme bundle or rosemary sprigs, remaining 1/2 teaspoon then whisk in the chicken stock and increase the heat to high. Return the chicken, skin side down, to the pan, and bring the stock to a boil. Reduce the heat to medium-low, cover the pan with a heavy, tight-fitting lid, and simmer for 15 minutes.

Uncover the pan, stir the bottom of the pan to prevent scorching, and turn the chicken skin side up. Cover the pan, and simmer for 20 minutes longer.

Stir the bottom of the pan a final time, re-cover, and simmer for 20 more minutes.

Remove the pan from the heat and discard the herb bundle or rosemary sprigs. Transfer the chicken to a serving platter. Add the parsley to the sauce, stir to combine, and then spoon the sauce over the chicken.

Parsley Buttered Red Potatoes

INGREDIENTS

1 pound mixed baby potatoes (such as white- and red-skinned)
2 tablespoons butter
2 tablespoons chopped fresh parsley
1 teaspoon grated lemon peel
1 teaspoon fresh lemon juice
1 1/2 teaspoons salt
Salt and pepper

PREPARATION

Cook potatoes in large pot of boiling salted water until tender. Drain.
Melt butter in heavy large skillet over medium-high heat. Add potatoes, 4 tablespoons parsley, lemon peel, lemon juice, salt, and pepper. Sprinkle with 2 tablespoons parsley and serve.

Roasted Parsnips and Carrots

Ingredients

1 pounds parsnips, peeled
½ pound carrots, peeled
1 ½ tablespoons good olive oil
Salt and Pepper
2 tablespoons minced fresh dill, parsley, or thyme

Directions

Preheat the oven to 425 degrees F.

If the parsnips and carrots are very thick, cut them. Place the cut vegetables on a sheet pan. Add the olive oil, salt, and pepper and toss well. Roast for 20 to 40 minutes, depending on the

size of the vegetables, tossing occasionally, until the parsnips and carrots are just tender.
Sprinkle with herbs and serve hot.

You will have access to many small tools and hand equipment but your cooking equipment will be limited. Here is the list of what each competitor will receive.

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)