

SkillsUSA

**National
Culinary Arts
Contest
High School
June 28, 2018
Louisville,
Kentucky**

SkillsUSA
High School Culinary Arts Contest
June 28, 2018

MENU

Composed Salad with Emulsified Dressing

Cream Soup

Sautéed Chicken with Sauce

Grains

Vegetables

Braised Chicken with Sauce

Roasted Potatoes

Vegetables

High School Judging Categories

A. Sanitation, Mise en Place, and Work Skills

1. There will be a minimum of four floor judges that will judge
 - i. Sanitation procedures
 - ii. Basic organization/ cleanliness/ attitude
 - iii. Safety
 - iv. Cooking techniques and procedures

B. Skills Components:

1. Vegetable cuts – may include any of the following:
 - i. Mince, brunoise, julienne, bâtonnet, dice (all sizes), concassée, chiffonade, oblique, tourne
 - ii. These cuts must be used in your production
2. Butchery – Including but not limited to:
 - i. Chicken, pork, beef, fish
3. Chicken stock
4. Handling/cleaning of salad greens
5. Emulsion dressing
6. Soup– may include any of the following:
 - i. Cream, puree, clear
7. Main entrees - 2 different cooking techniques from the following:
 - i. Sauté, roast, braise, stew, poach (shallow or deep), panfry
8. Sauces – 2 different types from the following:
 - i. Derivative from mother sauce, pan sauce, au jus, butter sauce, reduction
9. Vegetable cookery – may include any of the following:
 - i. Boiling, steaming, glazing, sauté, roasting, pan frying, braising, stewing
10. Starch Cookery – may include any of the following:
 - i. Rice- pilaf, risotto, steaming
 - ii. Potatoes- roasted, pureed, pan fry, boiled, steamed
 - iii. legumes

C. Written Test

The NOCTI test gives the student an opportunity to demonstrate their knowledge of culinary principles including but not limited to: Culinary math, sanitation, safety, culinary techniques and principles of cooking.

Skills USA National Culinary Arts Competition Scoring Breakdown

High School

Total Possible Points: 1000

<u>Category</u>	<u>Value</u>
Written Test (NOCTI)	100
Sanitation	150
Technical Skills	180
Knife Skills/ Butchery	100
Taste/Presentation/Menu	<u>470</u>
Total	1000

Tie Breaker: In the event of a tie, the competitor with the highest overall technical skills/ 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 overall contest area	10-50 points
From SkillsUSA – Uniform infraction	10-50 points
No Resume?	50 points

GENERAL INSTRUCTIONS/ TIPS

- During Orientation for the Contest, a member of the Technical Committee will review the contest packet with you.
- Before the Contest, carefully study the contest packet:
 - ✓ **Review** the list of available spices, herbs and ingredients in contest packet.
 - ✓ **Menu** – Write a menu of what you will produce
 - ✓ **Write** a Food List and a Preparation and Cooking Schedule designed to be ready during the specific service times identified in your packet.
- The competitors will present two copies of a menu that includes a salad, a soup, and two entrees of their own choosing following the competition guidelines. The menus must be turned in at the beginning of the competition.
- 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 and the like 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. No one will be allowed to their station after 8:25 until their scheduled start time
- 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 starts – Competitors will start in groups of 8, staggered in 15 minute intervals – The chart below is the competition schedule showing when each presentation window opens.

Contestant	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Judging Time						
Start	8:45	9:00	9:15	9:30	9:45	10:00
Butchery	9:15	9:30	9:45	10:00	10:15	10:30
Knife Cuts	10:15	10:30	10:45	11:00	11:15	11:30
Salad	10:45	11:00	11:15	11:30	11:45	12:00
Lunch	11:15-11:45	11:30-11:45	11:45-12:15	12:00-12:30	12:15-12:45	12:30-1:00
Soup	12:30	12:45	1:00	1:15	1:30	1:45
Entrée #1	1:00	1:15	1:30	1:45	2:00	2:15
Entrée #2	1:30	1:45	2:00	2:15	2:30	2:45
Clean up	2:00	2:15	2:30	2:45	3:00	3:15

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 window for presenting is 5 minutes long. For example, contestants 1-8 have between 10:15 AM and 10:20 AM to present their knife cuts without penalty.
- Any items presented between 5-10 minutes late will result in a 25 % point loss for that item.
- Any items presented between 10-15 minutes late will result in a 75 % point loss for that item.
- Any items presented 15 minutes late will not be scored.
- Butchery and knife cuts will be judged at your station.
- On all other courses, the contestant will present one plate to the judges and one plate will go on the display table for the public.

ALL FOOD PREPARATION AND PRESENTATION MUST BE COMPLETED BY 3:15pm

3:45pm Judges Critique (approx. 45 minutes) Room to be announced

**SKILLS COMPONENT (SECONDARY):
CHICKEN BUTCHERY**

Each contestant will have 1 chicken to butcher. They should 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. The wing bone and tender can be removed after evaluation for use in the menu as desired.
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.

**SKILLS COMPONENT (SECONDARY):
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. **Medium Dice (1/2" x 1/2" x 1/2" cube)** - 1/2 cup. Use vegetables based on your menu.
6. **Julienne (1/8"x1/8"x2")** Carrots -2 oz. prepared weight required.

STOCK

Skill component: Stock

Yield: 2-3 qt

Chicken bones, trim from your chicken

Water

Mirepoix

Sachet

Use as needed throughout the competition.

CREAM SOUP

Skill component: Stock/Cream Soup

Yield: 2 servings

Ingredients:

Vegetables

Veloute

Stock

Cream

Seasoning

Garnish

COMPOSED SALAD WITH EMULSION DRESSING

Contestants' choice

Skill Component: Cleaning-handling of greens/ Permanent Emulsion

Yield: 2 servings

Required components:

- Must contain a protein component.
- A permanent emulsion dressing is required.
- Three room temperature or chilled vegetable garnishes are required. They may be raw or cooked. One must be the tomato concasse prepared in the knife cut segment.
- Properly cleaned lettuce or greens are required.
- A crisp component is required. Examples may include a crostini, potato crisp, or cheese crisp.

ENTRÉE 1

Skills Components: Sauté, Sauce, Grains, Vegetable

Yield: 2 Plates

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

Skills Components: Braise, Sauce, Roast, Vegetable

Yield: 2 Plates

Protein; Braised Chicken
Vegetable: Properly braise appropriate vegetables from knife cuts
Starch: Roast Potatoes
Sauce: Fortified reduction of braising liquid

SkillsUSA National Culinary Arts Competition 2018

Sample Common Ingredients Subject to change based on availability

Dry Goods	Produce	Dairy
<ul style="list-style-type: none">• AP Flour• Sugar• Corn Meal• Cous cous• Corn starch• Brown rice• Orzo pasta• Lentils• Quinoa• Bread• Honey• Vegetable oil• Extra virgin olive oil• Soy sauce• Tabasco• Anchovy filets• Dijon mustard• Whole grain mustard• Almonds• Walnuts• Tomato puree• White wine vinegar• Red wine vinegar• Asst dry spices• Chicken base• Beef base• Demi glace• Red wine• White wine	<ul style="list-style-type: none">• Apples• Lemons• Garlic• Onions• Scallions• Shallots• Leeks• Carrots• Celery• Red Peppers• Mushrooms• Green Leaf Lettuce• Spinach• Assorted fresh herbs• Parsley• Potatoes• Tomatoes	<ul style="list-style-type: none">• Butter• Cream• Milk• Eggs• Cheddar Cheese• Parmesan Cheese• Blue Cheese

SkillsUSA

**National
Culinary Arts
Contest**

**Post-Secondary
June 27, 2018
Louisville,
Kentucky**

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

1. Competitors will receive a market basket with various proteins, vegetables, fruits, and starches. The contents of the basket will be revealed the day before the competition.
2. Competitors must use at a noticeable amount of each item in their market basket.
3. They can supplement those ingredients with items from the community storeroom.
4. The competitors will present two copies of a menu that includes an appetizer, a soup, and two entrees of their own choosing following the competition guidelines. The menus must be turned in at the beginning of the competition.

Post-Secondary School Judging Categories

A. Sanitation, Mise en Place, and Work Skills

1. There will be a minimum of four floor judges that will judge
 - i. Sanitation procedures
 - ii. Basic organization/ cleanliness/ attitude
 - iii. Safety
 - iv. Cooking techniques and procedures

B. Skills Components:

1. Vegetable Cuts – 5 cuts chosen from the following list:
 - i. Mince, brunoise, julienne, batonnet, dice (small, medium, large), concasse', tourne
 - ii. These cuts must be used in your production
2. Butchery, including but not limited to:
 - i. Any proteins in the market basket
3. Stock
4. Appetizer, including but not limited to:
 - i. Salad, starter
5. Soup, including but not limited to:
 - i. Cream, puree, clear
6. Main entrees - 2 different cooking techniques from the following:
 - i. Sauté, Roast, Braise, Stew, Poach (shallow or deep), Panfry
7. Sauces – 2 different rom the following:
 - i. Derivative of a mother sauce, Cream, Pan Sauce, Au Jus, Butter Sauce, reduction, contemporary
8. Vegetable Cookery – Including but not limited to:
 - i. Boiling, Steaming, Glazing, Sauté, Roasting, Pan Frying
9. Starch Cookery – Including but not limited to:
 - i. Pilaf, Roasted, Pureed, Pan fry, Boiled, Steamed, legumes
10. Creativity and Degree of difficulty

C. Written Test

The NOCTI test gives the student an opportunity to demonstrate their knowledge of culinary principles including but not limited to: Culinary Math, Sanitation, Safety, Techniques and Principles of Cooking.

Skills USA National Culinary Arts Competition Scoring Breakdown

Post-Secondary

Total Possible Points: 1000

<u>Category</u>	<u>Value</u>
Written Test (NOCTI)	100
Sanitation	150
Technical Skills	180
Knife Skills/ Butchery	100
Taste/Presentation/Menu	<u>470</u>
Total	1000

Tie Breaker: In the event of a tie, the competitor with the highest overall technical skills/ 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 overall contest area	10-50 points
From SkillsUSA – Uniform infraction	10-50 points
No Resume?	50 points

GENERAL INSTRUCTIONS/ TIPS

- During Orientation for the Contest, a member of the Technical Committee will review the contest packet and announce the Market basket assignment.
- Before the Contest, carefully study the contest packet:
 - ✓ **Review** the list of available spices, herbs and ingredients in contest packet.
 - ✓ **Menu** – Write a menu based on the market basket
 - ✓ **Write** a Food List and a Preparation and Cooking Schedule designed to be ready during the specific service times identified in your packet.
- 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. No one will be allowed to their station after 8:25 until their scheduled start time
- 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 starts – Competitors will start in groups of 8, staggered in 15 minute intervals – The chart below is the competition schedule showing when each presentation window opens.

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

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 window for presenting is 5 minutes long. For example, contestants 1-8 have between 10:15 AM and 10:20 AM to present their knife cuts without penalty.
- Any items presented between 5-10 minutes late will result in a 25 % point loss for that item.
- Any items presented between 10-15 minutes late will result in a 75 % point loss for that item.
- Any items presented 15 minutes late will not be scored.
- Butchery and knife cuts will be judged at your station.
- On all other courses, the contestant will present one plate to the judges and one plate will go on the display table for the public.

ALL FOOD PREPARATION AND PRESENTATION MUST BE COMPLETED BY 3:15pm

3:45pm Judges Critique (approx. 45 minutes) Room to be announced

SKILLS COMPONENT:

Butchery

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

SKILLS 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

SKILLS COMPONENT:

APPETIZER

Prepare appetizer of choice. This could be a plated appetizer or a salad. Course must include a protein. Garnish must include a minimum of two distinct knife cuts.

SKILLS COMPONENT:

SOUP

Prepare soup of choice using a minimum of two distinct knife cuts as garnish.

SKILLS COMPONENTS:

ENTRÉE, SAUCE, STARCH, VEGETABLE

Prepare 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

**GOOD LUCK FROM THE CULINARY ARTS TECHNICAL
COMMITTEE, NATIONAL EDUCATION TEAM AND JUDGES**

SkillsUSA Culinary-Post Secondary Competition 2018

Mystery Basket 1

1 each, 3 lb. Chicken
1 each 4 lb. Duckling
2 oz. Tofu-firm
2 slices Bacon
½ lb. Belgium endive
½ lb. Haricot vert
½ lb. White mushrooms
1 head Romaine lettuce
½ lb. Parsnips
1 lb. Red potatoes
3 oz. Cous cous
3 ea. Plum tomatoes
3 oz. Lentils

Mystery Basket 2

1 lb. Salmon filet
1 each, 3 lb. Chicken
2 slices Bacon
2 oz. Chicken liver
½ lb. Sugar snap Peas
1 lb. Eggplant
½ lb. Pearl onions
1 lb. Kale
1 lb. Celery root
1 lb. Red (b) potatoes
3 oz. Bulgur wheat
3 ea. Plum tomatoes
1 cup Green lentils

Mystery Basket 3

1 each, 3 lb. Chicken
1 lb. Pork loin
1 oz. Salt pork
2 slices Bacon
½ lb. Haricot vert
1 lb. Yellow squash
½ lb. Pearl onions
1 lb. Belgium endive
1 lb. Red (b) potatoes
3 oz. Quinoa
3 ea. Plum tomatoes
1 cup Green split peas

SkillsUSA National Culinary Arts Competition 2018

Sample Common Ingredients Subject to change based on availability

Dry Goods	Produce	Dairy
<ul style="list-style-type: none">• AP Flour• Sugar• Corn Meal• Cous cous• Corn starch• Brown rice• Orzo pasta• Lentils• Quinoa• Bread• Honey• Vegetable oil• Extra virgin olive oil• Soy sauce• Tabasco• Anchovy filets• Dijon mustard• Whole grain mustard• Almonds• Walnuts• Tomato puree• White wine vinegar• Red wine vinegar• Asst dry spices• Chicken base• Beef base• Demi glace• Red wine• White wine	<ul style="list-style-type: none">• Apples• Lemons• Garlic• Onions• Scallions• Shallots• Leeks• Carrots• Celery• Red Peppers• Mushrooms• Green Leaf Lettuce• Spinach• Assorted fresh herbs• Parsley• Potatoes• Tomatoes	<ul style="list-style-type: none">• Butter• Cream• Milk• Eggs• Cheddar Cheese• Parmesan Cheese• Blue Cheese