



Pennsylvania - District 2
Education . . . with a competitive side

CULINARY ARTS



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 bakers hat. (Neckerchief optional)

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.

Safety

All kitchen safety requirements apply.

Equipment and Materials: Supplied by host school:

1. As outlined in the SkillsUSA Championship Technical Standards.
2. All cooking and serving equipment will be provided.
3. Dinner plates, silverware, napkins and glassware will be available for contestants to use to display their prepared items.
4. 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. All students must have a one-page, typewritten résumé
2. Professional Chefs' Cutlery
3. Vegetable Peelers, Tongs, Whisks, Kitchen Spoons, Ladles and Pocket Thermometer
4. Hand Towels
5. Garnish Tools
6. 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 written knowledge test that will require the use of culinary math. The test will include topics such as 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.

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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.

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.

Contest Guidelines

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

The Competition:

Each Competitor will have to complete the following:

1. **Provide an updated resume**
2. **Complete a 45 question culinary arts quiz**
45 questions will be general culinary questions including but not limited to: Management, Recipes, Sanitation, Food Preparation, Equipment, and Baking
3. **Uniform**
All students should be in the following uniform:
 - White chef's jacket (**NO** School logos or names on the jackets)
 - White or black and white chefs pants
 - White or black leather work shoes or boots (**NO** Sneakers)
 - White apron, chef or bakers hat. (Neckerchief optional)

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4. **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 Concasse –1 tomato
- Medium Dice (½ ” x ½” x ½” cube) 2 oz. each carrots, onions and celery
- Julienne (1/8 x 1/8 x 1-2 inches) Carrots -3 oz. finished
- Small dice (¼” x ¼” x ¼”) Potato 3 oz. finished
- Battonet (¼” x ¼” x 2”) Carrots 4 oz. finished
- ***Bonus points for using these cuts in your recipes

5. **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 side dishes/as a garnish for extra points.
- All useable trim should be retained for use in stocks or other preparations.

6. **Entrée**

Students will be given one whole chicken.

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

- The students will have the ability to create own dish. No Recipe provided no allowed.
- 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, Reduction, Veloutte*

Judging Criteria

<u>Item</u>	<u>Maximum Points</u>
• Resume	50 points
• Written Test	50 points
• Uniform	50 points
• Vegetable Fabrication	50 points
• Vegetable Preparation	100 points (overall quality)
• Starch Preparation	100 points (overall quality)
• Protein Fabrication	50 points
• Entree with Sauce	300 points- (<i>100 points each for appearance, technique, and quality of taste</i>)
• Sanitation and clean up	200 points
• Utilization of product	50 points
Total Points:	1,000 points (Standard Deductions for Resume, Safety & Clothing Apply)

Tie Breaker: In the case of a tie, the student with the highest total scores from entrée with sauce category and sanitation category will prevail.

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	Sundried 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	

Milk and Dairy

Butter	Swiss Cheese	Feta Cheese
Cream	Provolone Cheese	Sour Cream
Whole Milk	Parmesan Cheese	Ricotta Cheese
Eggs	Blue Cheese	
Cheddar Cheese		

Stocks

Vegetable Stock
Chicken Stock

Fresh Herbs

Oregano	Basil	Sage
Thyme	Cilantro	Rosemary
	Mint	Chives

Non-Food

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

All china and silverware will be provided.

Reference Texts:

“On Cooking” 4th or 5th Edition
“Culinary Fundamentals”
“Culinary Professional”

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.

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