

SkillsUSA

District 8 Competition

Host School: Steel Center for Career and Technical Education

Site Host School: PTC American Academy of Culinary Arts

Culinary Arts Competition:

Purpose:

To evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism in the field of Culinary Arts.

Clothing Requirements

Participants will be well groomed and wear appropriate, clean attire.

Chef coat or jacket, industry pants, apron, hair covering, close-toed non-skid shoes.

Other:

All participants should observe the following: No

jewelry

No make up

No nail polish or false nails

No facial hair including side burns

No interactions with other contestants during the performance test.

All questions should be directed to the judges or the chairperson

Test timing:

30 minute orientation

2 1/2 hours for food preparation and plate preparation

and critique

30 minute cleanup

Eligibility

Open to active SkillsUSA member enrolled in career and technical programs with Culinary Arts or Commercial Food Trades as the occupational objective

Equipment and Materials

The attached list of items is to be supplied by the contestant

All food will be provided by the Host Site:

Contest Specifications:

1. Skills contestants will prepare two servings from each of the categories listed below:

Appetizer

Salad

Entree

and

Sides

2. Skill contestants will be asked to identify herbs/spices and equipment used in daily production.

Equipment List – Culinary Arts

Supplied By Contestant

The following equipment is a list of what you should require to prepare the given menu for the Culinary Competition. If you determine that there are some items that you will not be using and do not wish to bring with you that is your choice. If you feel that there is a piece of equipment that has been omitted please contact me.

- Measuring Cups (1 set)
- Measuring spoons (1 set)
- 1 Rubber Spatula
- 1 Vegetable peeler
- Knife Kit (Chef knife, paring knife, serrated slicer, boning knife)
- 1 zester
- 1 cutting board (unless PTC are willing to provide them)
- 1 whisk
- 1 OUNCE scale (2 Lb.)
- 1 sauce pan
- 1 medium size saute pan
- Pocket thermometer
- 1 Tong
- 1 slotted spoon
- 1 solid spoon
- 1 slotted turner
- 3 mixing bowls small-medium size
- Molds for presentation (optional)
- 1 strainer
- Side towels
- 2 dinner plates
- 2 salad plates
- 2 appetizer plates
- 2 hot pads
- Sanitizing Bucket (unless PTC are willing to provide them)
- Cleaner bucket (unless PTC are willing to provide them)

Contestant #	Possible Points	Points Earned	Notes:
Personal Appearance	10		
General Organization	10		
Knife Skills	10		
Use of tools and equip.	10		
Proper cooking techniques	10		
<u>First Course</u>			
Appetizer			
Plate Presentation	5		
Taste	10		
<u>Second Course</u>			
Salad and Dressing			
Plate Presentation	5		
Taste	10		
<u>Third Course</u>			
Entrée and Sides			
<u>Chicken Romano</u>			
Plate Presentation	5		
Taste	10		
<u>Confetti Cous Cous</u>			
Presentation	5		
Taste	10		
<u>Asparagus</u>			
Plate Presentation	5		
Taste	10		
Time Management	5		
Safety and Sanitation	10		
Competition Total	140		
Tie Breaker:			
Herb /Spice Identification	10		
Equipment Identification	10		
Tie- Breaker Total			
Grand Total			

Culinary Arts Competition

Menu

Bruschetta

Balsamic Vinaigrette with Salad

Chicken Romano with Sauce Beurre Blanc

Confetti Cous Cous

Steamed Asparagus

Bruschetta

Ingredients

2 large tomatoes, small diced

½ sweet onion small diced

2 tbsp olive oil

1 tbsp chopped fresh oregano

1 tsp chiffonade fresh basil

2 tsp chopped parsley

Italian Bread, Baguette sliced into 1-inch slices

¼ cup fresh grated parmesan cheese

Directions

1. Preheat oven to 350 degrees
2. In a medium bowl, combine tomatoes, onion, olive oil, oregano, basil, parsley. Place bread on a baking sheet and top with tomato mixture. Sprinkle with Parmesan.
3. Bake in pre heated for 8 to 10 minutes or until bottom of the bread had browned
4. Allow 5 minutes to cool before serving

Balsamic Vinaigrette and Salad

Vinaigrette

Yields $\frac{3}{4}$ cup

$\frac{1}{4}$ cups balsamic vinegar

1 tsp Dijon mustard

1 tsp honey

1 small clove minced garlic

$\frac{1}{2}$ cup olive oil

Salt and pepper

Preparation

In a small bowl, combine vinegar, mustard, garlic and honey. Add the oil in a slow steady stream, whisking constantly to emulsify. Season with salt and pepper to taste.

Salad

Ingredients

Rondelle carrots

julienne red bell pepper

Small dice Purple onion

Cucumber half moons

Torn salad greens

Use the given dressing and ingredients with the proper knife cuts to compose 2 salads for presentation.

Confetti Cous Cous

Ingredients

3/4 cup of boiling water

1/2 cup cous cous

1 tsp kosher salt

1 Tbsp olive oil

1/8th cup brunoise red bell pepper

1/8th cup brunoise Zucchini

1/8th cup brunoise Yellow Squash

1/8th cup brunoise Carrot

1/8th cup brunoise Purple Onion

Directions

Bring water to a simmer in a small pot over medium heat, then turn off the heat

Sautee all the vegetable together over medium high for 45 seconds to 1 minute or until slightly tender.

In a bowl or small hotel pan add the cous cous, stir in the sautéed vegetables, salt and add water. Cover the dish tightly with plastic wrap and allow to rest for 15 minutes by the stove.

When ready to serve flake the cous cous with a fork and taste for seasoning. Add salt if necessary.

Chicken Romano with Sauce Beurre Blanc

Chicken Romano

Ingredients

2 8-ounce boneless chicken breasts
2 tbsp olive oil
1 cup of flour
3 eggs
1/4 cup grated Parmesan or Romano cheese
1 lemon juiced
1 tsp dried parsley

Directions

Preheat oven to 350. Add oil to the skillet on medium heat

Mix egg, Romano cheese, lemon juice and parsley in a mixing bowl

Split each chicken breast in half, length wise, yielding 4 4-ounce pieces of chicken uniform in size.

Lightly tenderize the chicken, then dredge through flour and then through the egg batter. Cook in skillet until lightly golden brown. Finish in oven on a half sheet tray if necessary, until internal temperature is 165-degree Fahrenheit. Be sure to save the pan for the sauce beurre blanc

Hold warm for plating

Beurre Blanc

Ingredients

1 Tablespoon shallot minced finely
1/3 cup white cooking wine or white wine
1/3 cup white wine vinegar
Coarse salt pinch
1/2 cup cold butter 1stick, cut into 1 Tablespoon portions
1/2 teaspoon dried tarragon

Directions

In the same pan as the chicken Romano over medium heat

Add the shallots and Sautee till translucent

Add the wine, vinegar and tarragon and reduce till au sec

Turn heat to low and/or Remove from the heat to swirl in cold butter

Serv with chicken during presentation.

Asparagus

Ingredients:

8 ounces of Asparagus

Method of preparation

1. Trim the asparagus as necessary
2. Steam the Asparagus until tender

