

# **2023 Missouri Culinary Arts Contest**

**Pre-Contest: 8:00-8:30 a.m.**

**Contest: 9:00 AM**

**Friday, March 31**

**Columbia Area Career Center  
Columbia, Missouri**

**Please read the following information carefully!**

We will determine prior/during the Pre-contest meeting if a **“Preliminary”** round will be necessary to facility constraints at CPS – this will be based upon the number of Contestants in attendance.

ALL contestants will perform “The Preliminary” portion of the exam which will include the Knife Cuts, Chicken Butchery and Appetizer portions of the Menu.

At the completion of this session, if necessary the top X# of qualifiers will continue with the completion of the rest of Menu.

Due to the same day Pre-Contest meeting and Contest and in effort to gain more competition time, the majority of the contest questions will be handled via email.

Please review the contest packet and address any concerns or questions to Paul Santaularia at [santachef@gmail.com](mailto:santachef@gmail.com) by March 15, 2023.

A composite sheet answering all submitted questions will be posted to all district schools by March 21<sup>st</sup> 2023 via the State Tech website XXXXX

The Pre-Contest meeting will be open to Contestants, Advisors, Parents, Judges for the transfer of information regarding Roll – Call, Introductions, Station assignments, any last-minute questions regarding necessary (if necessary) cut-down or a preliminary round to reduce the number of competitors to meet facility cooking station limitations.

PLEASE – Bring a “Self – addressed large Manila Envelope” for your contestant scoring sheets. Your sheets will be returned to your ADVISOR!

We look forward to another successful event!

**SkillsUSA**  
**Culinary Arts Contest**  
**March 31, 2023**  
**Judging Categories**

**A. Sanitation, Professionalism & Mise en Place**

There will be a floor judge that will critique

- A. Basic organization
- B. Cleanliness
- C. Sanitation procedures
- D. Uniform – as per SkillsUSA - Technical Standards

**B. Skill Components:**

- 1. Vegetable Cuts
- 2. Chicken Fabrication (judged at your station)
- 3. Various Skill components
- 4. Appetizer
- 5. Soup
- 6. Salad / Emulsified Dressing
- 7. Entrée including Starch, Vegetable/s a/o Sauce/s

**C. Tasting** - 1 plate of each course will be delivered to the Tasting Judges. We use a double-blind scoring system

**D. Presentation** - 1 plate of each course will be delivered to the presentation area for critique and photos.

# GENERAL INSTRUCTIONS

- 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:
  - ✓ You may bring a:
    - Food List and/or a Preparation and Cooking Schedule designed for each kitchen area to be ready during the specific “windows” identified on during the orientation of this contest.
    - You may not bring photos of completed products
- **Clean as you go!** Your Sanitation/floor Judge will be scoring you on your sanitation habits and the cleanliness and organization of your contest area during the competition but also **your ability to leave your station sanitized and re-set for the next contestant.** In addition to your individual station, each contestant will be expected to assist in the overall clean-up of the contest area. Failure to leave your station re-set and assist with clean-up of the entire facility **will** result a deduction on your overall sanitation score. **If you do not understand this item, please ask for clarification.**
- All recipes are considered as guidelines. If you feel you need more or less of a particular item listed – it is the contestant’s discretion to modify the recipe within reason. Modifications by contestant must be within classical/industry expectation. The contest is designed to be an evaluation of classical technique; please remember that **technique must come before creativity.** Be considerate of specific items i.e. If the contest is requesting carrot for your vegetable and you serve green beans you would not receive points for your vegetable.
- Please use only as much of each ingredient as is necessary. Return unused portions to the supply tables.
- You will present two plates one (1) tasting plate to the Tasting Judges and one (1) presentation plate.
- Raise your hand and ask for assistance if there is anything that you do not understand.
- Technical questions to judges cannot be specific – how do I ....
- Judges may stop your progress at any time if they feel you are not operating in a safe or sanitary manner. i.e., Fires on stoves, cross-contamination issues.
- Windows will be open 5 minutes before and will be closed 5 minutes after stated times. Items may be turned in early but will not be judged until the window opens. Contestants may turn items in up to 5 minutes after window closes with an automatic 25%-point deduction. Items received more than 5 minutes late will be judged and yet will receive a score of -0- . We use a count-up clock as the official clock. EX. If your soup is due @ 1:00 that is 1 hour after you start.

# 2023 CONTEST MENU

**Skill Component/s:**

*Chicken Butchery*

*Knife Skill/s – Vegetable Cuts*

*Following Direction/s*

*Creativity*

**Appetizer:**

**Spaghetti Carbonara**

**w/ Chicken & Shrimp Scampi**

**Soup:**

*Cream of Celery*

*Escoffier # 637*

**Salad**

*Warm Lentil Salad*

*w/ Poached Egg*

**Entrée:**

**Sautéed Breast of Chicken**

*Mushroom Duxelles*

*Steamed Green Beans & Red Pepper*

*Rice Pilaf*

*Pan Jus*

All competitors will complete the following **Vegetable Cuts, Chicken Butchery and Appetizer components** in a preliminary round. Scores will be totaled and there will be reduction in competitors if, and only if, necessary to meet facility limitations. If this occurs the remaining competitor will complete the rest of the menu

**Vegetable Cuts:**

***:10-minute Timed Exercise***

Celery –	Bias
Shallot –	Mince
Carrot –	Oblique
Chard –	Chiffonade
Red Pepper	Julienne
Potato –	Batonnet
Garlic –	Paste
Mushroom –	Small Dice
Parsley –	Chopped
Supreme -	Citrus

## **Chicken Butchery:**

### ***10-minute Timed Exercise***

Disjoint the Chicken into the following Cuts

**w/ Wishbone Removed and Displayed**

2 ea Airline Breast  $\frac{1}{4}$ 's w/ 1<sup>st</sup> joint Wing bone and Tender INTACT

2 ea Leg  $\frac{1}{4}$ 's

2 ea Wings  $\frac{1}{4}$ 's – w/1 wing (paddle, flat) -- LOLLIPOP

2 ea Thigh  $\frac{1}{4}$ 's – w/1 thigh -- BONELESS

## **PASTA CARBONARA**

### **INGREDIENTS:**

- 1 Egg and 1 Egg Yolk
- ½ pound Spaghetti (pre-cooked)
- Bacon, ¼ pound chopped/diced
- Garlic - paste
- Parmesan Cheese, 1/3 C.
- Parsley, chopped 2 T
- Red Pepper Flakes (optional)
- Pasta Water – as needed

### **INSTRUCTIONS**

Take your egg and yolk and add your Parmesan and Chopped Parsley together - Hold

Render your bacon in a pan

Add your Spaghetti

Add ½ cup Pasta Water

Remove from the Heat

Add a little of the Pasta Water to the Egg mixture (Liaison)

Add this egg mixture to the Pasta

Place back on stove briefly to tighten up/reduce

Season

Serve 2 Portions served with the following

## **SHRIMP AND CHICKEN SCAMPI**

**INGREDIENTS:** DUE TO SMALL PORTION SIZES NO DIRECT AMOUNTS ARE GIVEN.

- 2 ea Chicken tenderloins
- 2 ea Shrimp, 16-20
- Salt and pepper
- Garlic Powder
- Olive Oil
- Butter
- Minced garlic
- Red Pepper flakes
- White Wine
- Chicken Broth
- Parmesan Cheese

### **INSTRUCTIONS**

1. Season chicken tenders and shrimp with salt, pepper and garlic powder. Heat olive oil over medium heat in a large nonstick skillet. Sauté chicken tenders and shrimp until nicely browned and just cooked through. Remove chicken from skillet, cover chicken then set aside.

2. Add butter, garlic, pepper flakes and sauté (do not let the garlic burn or become too brown).

3. Increase skillet temperature to medium-high then deglaze with white wine. Stir vigorously with a wooden spoon to emulsify the wine into the butter. Cook and stir until mixture is reduced by half. Add Tenders and Shrimp back to sauce Sprinkle parmesan over pasta then arrange chicken tenders and Shrimp with Pasta Carbonara.

Garnish.



# Warm Lentil Salad

With Poached Egg

yield 6 persons

**Skill component:** Poaching, Emulsified Dressing, Seasoning, Presentation, Creativity & Math!

## Dressing:

3T                   Lemon Juice  
1T                   Dijon, Whole Grain  
1/3 C               Extra Virgin Olive Oil  
TT                   S & P

## Salad Mix:               **Yield 6 portions**

1 1/2 C             Lentil, French Green (pre-soaked)  
3 T                  Butter, unsalted  
3 ea.                Carrots, peeled –Oblique  
2 ea.                Celery Stalk – JULIENNE  
1 ea.                Onion, Small DICE  
1 bu.                Swiss Chard, Chiffonade – reserve stems  
4 oz.                Goat Cheese  
1/3 C                Almonds  
1 C                  Parsley – Chopped  
6 ea.                Egg, poached (MEDIUM)

## *Directions*

In a bowl, whisk together lemon juice, Dijon, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Slowly add oil, whisking constantly, until emulsified; set aside for service

In a saucepan, cover lentils with at least 2 inches cold water; season with 1 1/2 teaspoons salt. Bring to a boil, then reduce heat to medium-low and simmer until lentils are tender but not mushy, Drain and transfer and hold for finishing.

Poach your egg medium while completing the rest of salad

Meanwhile, melt butter in a sauté pan. Add carrots, celery, onion, and chard stems. Season with salt and cook, stirring occasionally, until vegetables are tender but do not develop color. Stir in chard leaves and continue cooking until leaves collapse and become tender. Transfer to bowl with lentils. Immediately drizzle with dressing and toss to evenly coat. Let cool slightly. Fold in goat cheese, almonds, and parsley. Serve warm, with a medium poach egg on top.

Serve a side of dressing with your Salad

**Soup:**  
***Cream of Celery:***  
***Escoffier #637***

Skill Component: Puree Soup / Specialty Soup, Seasoning, Presentation, Math

Yield: 10 servings

**Ingredients:**

1# 12 oz	Celery
20 oz.	Potatoes, sliced
6.5 c.	White Stock / Chicken Stock
2.5 oz	Butter
5 oz	Butter

Slice celery and blanch in boiling water for a few moments; drain and stew together with 2.5 oz. butter without coloring. Add stock and sliced potatoes for the thickening bring to the boil and simmer gently until cooked. Strain as needed and finish at the last moment with the remaining butter.

A stick/pulse blender will be available for use.

**Garnish: Escoffier # 308 – Croutons**

Croutons are cut from white bread. They are fried in Clarified butter and are always prepared a la minute.

## **CHICKEN STOCK**

**For reference only:**

**(You can make and use but it will not be a component score)**

**Skill component: Stock**

**Yield: 1 Qt**

**Ingredients:**

Chicken bones and trim

Water

Mire Poix

Sachet

Using your unused fabricated chicken

1 ½ Quarts

4 oz

1 ea

1. Add cold water to chicken bones and meat. Bring to a slow simmer.
  2. Simmer 30 minutes skimming as necessary.
  3. Add mirepoix and Sachet at appropriate intervals.
  4. Simmer until desired flavor is reached.
- 5. Strain and degrease – use as needed.

**Entrée**  
**Pan-seared Chicken**  
**Mushroom Duxelles**  
**Pan Sauce**

**Skill Component:** Pan Sear/Braise, Creativity, Seasoning, Math

Using the butchered airline breast from your fabrication prepare two portions of the following recipe

**Skill Component: Pan-sear/Braise**

**Yield 12**

**Ingredients:**

<b>12 ea</b>	Breast White Wine Chicken Stock Butter
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**Instructions:**

<b>Chicken:</b>	Sauté/Pan-Sear/Braise your breast until done. Deglaze pan with stock and wine Finish with Butter
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<b>Duxelles:</b>	<b>Yield 8 servings</b>
2 oz.	Butter
4 oz	Shallots (mince)
4 ea.	Garlic – Clove
16oz	Mushrooms – Small Dice/Brunoise
10 oz	White wine
2 T	Parsley /Chopped
TT	Salt, Pepper and other seasonings

Using the mushrooms from your knife cuts, prepare further prep if necessary. Sear mushrooms in a sauté pan with butter and shallots and garlic cook until dry. Deglaze with Wine. Season mixture with pantry ingredients as desired.

Using basic culinary technique take the Duxelles to serve as part of the breast of chicken.

Cook the breast of chicken till done, remove and hold use the ingredients listed above and in pantry to prepare pan sauce with other ingredients.

**Serve a side of Pan Jus, on the side with your finished plate.**

## STARCH ACCOMPANIMENT FOR ENTREE

**Skill Component:**

**Yield: 2 servings**

**Ingredients:**

Rice – long grain	½ cup
Shallot - mince	2 T
Oil / Clarified	½ oz
Chicken stock /water	1 C +/-

Seasonings, herbs – your choice from contest supplies

**Instructions:**

- Place oil in pan – sweat shallots
- Place rice in pan with shallots, toss to coat
- Add stock
- Cover and simmer very gently until done
- Season, serve
- This starch will accompany the Entree

## VEGETABLE ACCOMPANIMENT/S FOR ENTRÉE

Steamed/Simmered - **Green Beans &** Red Pepper Julienne

**Instructions :**

Prepare, season and serve as you see fit an appropriately sized portion.