**2024 Missouri**

**Culinary Arts**

**Contest**

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

**Contest: 9:00 AM**

**Friday, April 5th**

**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, 2024.

A composite sheet answering all submitted questions will be posted to all district schools by March 21st 2024.

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.

We look forward to another successful event!**SkillsUSA**

**Culinary Arts Contest**

**April 5, 2024**

**Judging Categories**

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

There will be a floor judge that will critique

1. Basic organization
2. Cleanliness
3. Sanitation procedures
4. Uniform – as per SkillsUSA - Technical Standards
5. **Skill Components:**
6. Vegetable Cuts
7. Chicken Fabrication (judged at your station)
8. Various Skill components
9. Appetizer
10. Soup
11. Salad / Emulsified Dressing
12. Entrée including Starch, Vegetable/s a/o Sauce/s
    1. **Tasting -** 1 plate of each course will be delivered to the Tasting Judges. We use a double-blind scoring system
    2. **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.

**2024 CONTEST MENU**

**Skill Component/s:**

***Chicken Butchery***

***Knife Skill/s – Vegetable Cuts***

***Following Direction/s***

***Creativity***

**Appetizer: Small Plate**

**Roasted Chicken Roulade – du Chef**

**Honey Glazed Carrot and Pan-fried/Potato**

**Soup:**

***Chicken & Dumpling***

**Salad**

***Caesar Salad***

***Sour Dough Crouton***

**Entrée:**

**Tuscan Poached Breast of Chicken**

***with a Tomato and Spinach Broth***

***Sauteed Green Beans & Red Pepper***

***Roasted Garlic Risotto***

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***

Red Pepper - ½ ea. -Julienne

Onion - ½ ea. - Small Dice

Carrot - 1-2 ea. - Oblique

Spinach - Chiffonade

Celery - 1 Rib -Medium Dice

Chef Potato - 2 ea. – Batonnet (skin on)

Garlic - 1 tsp. - Minced

Mushroom - 2 - Sliced

Parsley - ¼ bu. - Chopped

Supreme - 1 ea. - Citrus

**Chicken Butchery:**

***10-minute Timed Exercise***

Disjoint the Chicken into the following Cuts

2 - ea Airline Breast ¼’s w/ 1st joint Wing bone and Tender - INTACT

2 - ea Leg ¼’s

2 - ea Wings ¼’s – w/ 2-wings (paddle, flat) & 2-drumies - LOLLIPOP

2 - ea Thigh ¼’s – -- BONELESS

1 **Wishbone Removed and Displayed**

**1 Carcass Displayed**

**Entrée**

**Tuscan Garlic Poached Breast of Chicken**

**Yield is 4**

* 4 ea. Chicken Breast **fillets**
* 2 tablespoons [olive oil](https://amzn.to/2LTQ7ld)
* 1 tablespoon [olive oil](https://amzn.to/2Vp1g5p)**or** **unsalted butter**
* 1/4 teaspoon [red pepper flakes](https://amzn.to/2Fea2tQ)
* 1 teaspoon [smoked paprika](https://amzn.to/2LUoqIG) or more, to taste
* 1 teaspoon [**Italian seasoning**](https://amzn.to/2RsSKj5)
* 1 medium**onion**, chopped
* 4 cloves **garlic**, minced
* 4 ea. **Roma tomatoes**, Concasse
* 4 oz fresh **spinach**
* 1/4 cup fresh **basil leaves**, chopped
* 1/2 cup **vegetable** or **chicken stock** (or dry white wine)
* 2 tablespoons high-quality [**olive oil**](https://amzn.to/2LTQ7ld), optional
  + **Salt** and [black pepper](https://amzn.to/2C5oalA), to taste

Place Chicken in small sauce/sauté pan.

Cover with cold stock

Add aromatics and seasonings of your choice. Ie… Citrus, Vegetables, Herbs and other seasonings to taste.

Cover Pan with a lid or baking paper. - Bring to a low simmer.

Simmer :10 - :15 minutes depending on the size of your product until 165 internal or till done.

Hold for Service:

**Sauce preparation:**

Preheat Sauté pan. Place oil in pan add pepper flakes and paprika – lightly toast

Add – Onions, Tomatoes and Stock or poaching liquid bring to a simmer

Add – other seasonings

Finish with Spinach, Basil and Garlic

Season to taste

Pour over Breast of Chicken for service

Serve a side portion of Sauce only for judging

**Soup:**

***Chicken and Dumpling Soup***

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

Yield: 8 servings

**Ingredients:**

1 c Celery,

1 c. Carrot

8 c. White Stock / Chicken Stock

2 ea Bay Leaf

TT Salt, Pepper, Chicken Base

Prepare celery and blanch in boiling water for a few moments; drain and stew together with 2.5 oz. butter without coloring. Add to stock and gently simmer until cooked.

**Garnish: Potato Dumpling**

2 ea Russet Potatoes, Baked

1 ea Egg

4T Flour – Approximately

TT Seasoning

TT Herb/s

Bake 2 russet potatoes at 150 for approximately 1 hour or until tender/soft when squeezed.

Remove the meat from the potato, Add 1 egg and seasoning

Mix gently

Add: 2 T Flour and continue to mix until fluffy – adding more flour as necessary.

Form into the shape of your choice

Place into simmering stock/soup/broth/water cook until done

Approximately 6 minutes for a dime sized ball

Remove and hold/place into your soup at service.

**Salad:**

**Caesar Salad**

**Skill Component: Emulsion dressing, Seasoning, Presentation, Toasting**

**Ingredients:**

1 ea. Egg-whole

½ c. EVOO

½ c. Salad oil

1-2 clove Garlic

1-2 ea. Anchovy Fillets

1 t. Dijon Mustard

2-3 T Parmesan cheese

TT Lemon Juice

TT Cracked Black Pepper

TT Salt

**Instructions:**

Place Egg, oil, garlic clove, Anchovy. Dijon and Parmesan into supplied container.

Insert Immersion Blender and blend for :05

Let stand 5:00

Add Lemon Juice, Pepper and Salt TT

Adjust consistency with water or oil.

Serve a portion of dressing on the side for tasting!

**An Immersion/stick/pulse blender will be provided for use.**

**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 Using your unused fabricated chicken

Water 1 ½ Quarts

Mire Poix 4 oz

Sachet 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.

**Appetizer**

**Pan-Seared**

**Stuffed Chicken Leg Roulade- du Chef**

**Honey Glazed Carrot, Mushroom Duxelles**

**Pan Sauce**

***Please bring a Typed Copy of your preparation for the Roulade***

**Skill Component:** Pan Sear/Braise, Creativity, Seasoning, Menu/Recipe writing

Using the butchered Chicken Thighs from your fabrication prepare two portions of the following recipe

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

**Yield 2**

**Ingredients:**

**2 ea Boneless Chicken Thighs**

Chefs Choice of Filling/s

Mushroom, Onions, Green Onions, Bread, other Chicken Trimmings,

Fresh, Thyme, Rosemary,

Fresh Lemon, Lime

Seasonings TT

White Wine

Chicken Stock

Butter, Oil

**Instructions: You may use this Duxelles recipe from a previous contest if you wish.**

**Provided as a guideline**

**Duxelles: Yield 8 servings**

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 stuffed in the chicken thigh.

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.

**Chicken: Season, fill, roll and secure/tie** your Thigh

**Pan-sear to set color, finish in oven if necessary**.

Deglaze pan with stock and wine as needed

Finish with Butter

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

**STARCH ACCOMPANIMENT**

**FOR ENTRÉE**

**Roasted Garlic Risotto**

**Skill Component: Boil, Steam, Simmer**

**Yield: 6 servings**

**Ingredients:**

* 1 head garlic
* ▢Olive oil for drizzling
* ▢4 tablespoons butter, divided
* ▢1 shallot, minced
* ▢3 cloves garlic, minced
* ▢2 cups Risotto rice
* ▢1/2 cup white wine
* ▢6 cups stock (see above for options)
* ▢3 tablespoons minced parsley
* ▢1/2 cup grated parmesan cheese

Seasonings, herbs TT – your choice from contest supplies

**Instructions:**

* Preheat the oven to 375°F. Slice the top off the head of garlic and set it into a packet made of foil. Drizzle some olive oil over the cut part and seal the packet. Roast this in the oven for 45 minutes to 1 hour.
* When the garlic is soft, squeeze it out of the husks and reserve. This step can be done up to a couple days in advance.
* Heat 2 tablespoons of the butter in a pot set over medium-high heat. Sauté the shallot until soft but not browned, then add the garlic and rice. Cook this, stirring often, for a couple minutes to toast the rice.
* Stir the white wine into the rice. It will be absorbed quickly. When it has almost boiled away, ladle in about 1/2 cup to 1 cup of the stock and stir that in. Let this cook, stirring often, until that has almost cooked away. Repeat with more stock, cooking and stirring, until the rice is fully cooked, but not mushy. This will take about 20 minutes or so.
* When the rice is ready, stir in the rest of the butter, the parsley and the grated cheese. Let this cook about a minute or two, then serve. You want the risotto to be wet, as in you'll need it to be served in a bowl, not on a plate. If the rice is too stiff, add a little more stock or water to thin it out.

**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.