



Culinary Arts Competition  
Waco, Texas

Texas State Technical College  
February 8, 2019

Menu, Contest Information, Recipes and  
Equipment List



## **Menu**

Sauteed French Chicken Breast with Mushroom Pan Sauce

Classic Rice Pilaf

Honey Glazed Carrots

## General Instructions/ Tips

- Your uniform should consist of black or checked work pants, white or black chef jacket, chef hat, apron and non-slip, close-toed kitchen shoes.

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- During orientation for the contest the lead state judge will review the contest packet with you.
- Before the contest carefully study the contest packet:
  - o Review the list of recipes/ingredients
  - o Write a preparation/cooking schedule to assist you during your competition period.
- Please use only as much of each ingredient from the pantry as necessary. Bulk ingredients **MUST NOT** leave the pantry table.
- Contact a judge to look at your garbage/waste before removing anything from your station.
- You may work on any component of your menu at any time.
- Hot food should be served **HOT** and cold food served **COLD!**
- Please wear gloves when handling ready to eat food.
- You will present one {1} tasting plate to the Tasting Judges and one {1} presentation plate for the public to view.
- During orientation raise your hand and ask questions if there is anything you do not understand. There will be a brief question and answer period immediately before the competition begins when any questions will be answered for all competitors to hear. Once the competition begins any questions about technique or definitions, etc will **NOT** be answered. Questions about where to find ingredients will be answered .
- Remember two things - this competition is about **LEARNING** and it should be **FUN!** If at any time you are overwhelmed and feel that you cannot continue please speak to a judge. We are here for you!

**SKILLS USA**  
**CULINARY ARTS**  
**WACO, TX**

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**COMPETITION SCORING BREAKDOWN**

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TOTAL POSSIBLE POINTS: 900

<b><u>Category</u></b>	<b><u>Value</u></b>
Safety and Sanitation	200
Mise en Place / Organization	100
Knife Skills / Chicken Fabrication	100
Technical Skills / Taste	500

Tie Breaker: In the event of a tie, the competitor with the highest overall technical skills / taste 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
Uniform Infraction	10-50 Points
No Resume	50 Points

# COMPETITION SCHEDULE

## AM COMPETITION

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<b>8:15-8:45</b>	Contestants meeting with Judges / Orientation
<b>8:45-9:00</b>	Set up and organize assigned work stations
<b>9:00-11:00</b>	Contest begins at 9 am and window time is 11:00
<b>11:00</b>	<b>Window Time</b>
<b>11:00-11:30</b>	Cleaning
<b>11:30-12:00</b>	Group Critique

## PM COMPETITION

<b>8:15-8:45</b>	Contestants meeting with Judges / Orientation
<b>12:45 - 1:00</b>	Set up and organize assigned work stations
<b>1:00 - 3:00</b>	Contest begins at 1 pm and window time is 3:00pm
<b>3:00</b>	<b>Window Time</b>
<b>3:00 - 3:30</b>	Cleaning
<b>3:30-4:00</b>	Group Critique

**NOTE:** Contestants will be divided into two groups to go into the Culinary Lab. All contestants should attend orientation in the morning. During orientation - open question and answer with lead judge. All questions will be answered. Everyone will hear the questions and answers. If a contestant is late and misses this session, then the questions and answers will not be repeated or re-answered. Chicken fabrication and knife cuts will be judged at your station. For the entree, the contestant will present one plate to the judges and one plate will go on the presentation table for the public to view.

## **Competition Time Line**

- Please be aware of the time frame for presentation of all items. The official time will be kept by a designated official time keeper.
- Any items presented between 1-5 minutes late will result in a 25% point loss for that item.
- Any items presented between 6-10 minutes late will result in a 50% point loss for that item.
- Any items presented between 11-15 minutes late will result in a 75% point loss for that item.
- Any items presented more than 15 minutes late will not be scored.
- Chicken fabrication and knife cuts will be judged at your station.

On all other courses, the competitor will create 1 plate for judge tasting and one plate will go on the presentation table for viewing by the public.

- All food preparation and presentation must be completed by 11:00 am/ 3:00pm and cleanup completed by 11:30 am/ 3:30 pm.
- A group critique will be given at 11:30 am/3:30 pm.

## **Chicken Fabrication and Knife Cuts**

Each contestant will have one chicken to break down according to the following requirements:

- 2 - airline breasts (skin on, first wing bone attached and trenched)
- 2 - tenders
- 2 - legs (bone in, skin on)
- 2 - thighs (bone in, skin on)
- 2 - two bone wing piece (fabricated as desired)
- Carcass and trim to be used for stock and soup
- Please follow this link for a video example of chicken fabrication techniques. Please refer to the above listed specs as they are slightly different from the video.  
<https://www.youtube.com/watch?v=7cc99t wyhs>

Each contestant will produce the following knife cuts:

- Onion (½ each medium dice, ½ each small dice)
- Carrot (1 each ½ inch rondelle)
- Celery (1 rib ½ inch bias cut)
- Carrot (3 ounces julienne, 1/8 x 1/8 x 2")
- Mushrooms (2 ounces sliced)
- Potato (4 ounces medium dice) lemon for lemon water

# Sauteed French Chicken Breast

Yield: 2 servings

Servings: 1

**2 each trenched chicken breast skin on**

**1 pinch salt and pepper, to taste**

**flour, as needed**

**1 tablespoon clarified butter**

1. Fabricate the chicken breasts, clean bone tip if necessary. Leave skin on.
2. Season the chicken with salt and pepper; dredge lightly in flour. Shake off excess flour.
3. Heat saute pan and then heat the butter. Saute the breasts in the butter, browning them and cooking a point. Remove and hold in a warm place.
4. When ready for service, slice thinly on bias and serve with appropriate sauce.

*Because MasterCook's Ingredient List may not include all of the ingredients listed in this recipe, we have displayed the recipe's nutritional analysis as it appears in the ON COOKING book.*

*Approximate values per 5-oz. (143-g) serving: Calories 230, Total fat 8 g, Saturated fat 3.5 g, Cholesterol 90 mg, Sodium 580 mg, Total carbohydrates 9 g, Protein 30 g, Vitamin C 10%, Iron 10%*

# Mushroom Sauce (Espagnole-Demi Glace)

Yield: 1 pint

Servings: 1

**1 Teaspoon Butter**

**1 tablespoon shallots, minced**

**4 ounces mushrooms, sliced**

**1 pint demi glace (prepared beforehand)**

**1 fluid ounce sherry**

**2 drops lemon juice**

**butter, as needed to finish**

**salt and pepper, to taste**

1. Heat butter and saute shallots briefly until clear. Add mushrooms and saute until browned.
2. Add in demi glace and simmer about 10 minutes.
3. Add the sherry and lemon juice.
4. Finish with butter and season to taste with salt and pepper.

# Classic Rice Pilaf

Yield: 4 servings

Servings: 1

**1 tablespoon butter**

**1 tablespoon olive oil**

**3 tablespoons minced onion**

**1/2 each bay leaf**

**7 ounces long-grain rice**

**16 fluid ounces chicken stock or water, boiling**

**1 pinch kosher salt, to taste**

**1 tablespoon unsalted butter, as needed**

1. Heat the butter and olive oil in a heavy sautoir or sauce pot.
2. Add the onion and bay leaf and saute until tender, but not brown.
3. Add the rice and stir to coat completely with the hot fat. Do not allow the rice to brown.
4. Pour in the boiling chicken stock and season with salt.
5. Cover the pot tightly with plastic film and aluminum foil and place it in a 350°F oven. Bake for 18-20 minutes, until the liquid is absorbed and the rice is fluffy and tender.
6. Transfer the cooked rice to a hotel pan and fluff the rice with a fork and butter. Remove the bay leaf and keep the rice hot for service.

*Because MasterCook's Ingredient List may not include all of the ingredients listed in this recipe, we have displayed the recipe's nutritional analysis as it appears in the ON COOKING book.*

*Approximate values per 6-oz. (180-g) serving: Calories 130, Total fat 7 g, Saturated fat 3 g, Cholesterol 7.5 mg, Sodium 440 g, Total carbohydrates 12 g, Protein 4 g*

# Honey Glazed Carrots

Yield: 2 servings

Servings: 1

**1 pound carrots, julienned**

**2 tablespoons butter**

**2 tablespoons honey**

**1 tablespoon fresh lemon juice**

**1/4 cup minced parsley**

**salt and fresh ground black pepper, to taste**

1. In a medium saucepan, bring water to a boil.
2. Add salt and then carrots and cook until tender, 5 to 6 minutes.
3. Drain the carrots and add back to pan with butter, honey and lemon juice. Cook until a glaze coats the carrots, 5 minutes.
4. Season with salt and pepper and garnish with parsley.

## **Equipment Needs**

Each contestant must bring all small ware equipment necessary to execute the entire menu, including full knife roll.

No electric or battery powered equipment may be used except thermometers and timers.

Each contestant must bring the following to display your work:

- 2 each dinner plates

# SkillsUSA District 5 Culinary Arts Competitor Scorecard

Competitor Number \_\_\_\_\_

<u>Category</u>	<u>Value</u>
Sanitation/Safety	_____
Mise en Place/Organization	_____
Knife Skills/Chicken Fab	_____
Technical Skills/Taste	_____
Entree	_____
Subtotal	_____
Deductions*: comment s:	_____
Total Score:	_____

\*Possible deductions:

Poor/no clean-up and reset of station and overall contest area (10-50 points), uniform infraction (10-50 points) and no resume (10 points)