Texas SkillsUSA
District 7
Culinary Arts Contest
February 8, 2020

Cleveland High School
1600 Houston Street
Cleveland, TX 77327

MENU

Sautéed Chicken Breast with Mushroom Pan Sauce
Rice Pilaf
Sautéed Green Vegetable
Glazed Julienne Carrots
Judging Categories

A. Sanitation & Mise en Place
   1. There will be three judges that will judge
      i. Sanitation procedures
      ii. Basic organization/cleanliness/attitude
      iii. Safety

B. Skills Components
   1. Vegetable cuts – may include any of the following:
      i. Mince, chop, brunoise, julienne, bâtonnet, dice (all sizes), concassée, chiffonade
   2. Chicken Fabrication
   3. Main Entrée
      i. Sauté
   4. Sauces
      i. Mother Sauce
      ii. Pan Sauce
   5. Vegetable Cookery
      i. Boiling
      ii. Glazing
      iii. Sautéing
   6. Starch Cookery
      i. Pilaf

C. Written Test
   1. There is no written test at the District Level for the Culinary Arts contest.

D. Supplies & Pantry Items
   1. All supplies, including tasting plates, needed for contest should be provided by
      the contestant.
   2. All ingredients available for use are listed in the recipes to follow.
   3. Salt, black pepper, and white pepper will be provided for seasoning items. NO
      OTHER SPICES OR INGREDIENTS ARE ALLOWED. THE USE OF ADDITIONAL ITEMS
      WILL RESULT IN DISQUALIFICATION.
   4. Butane canister burners MUST BE provided by each school competing. Each
      contestant may have up to TWO burners. ELECTRIC BURNERS WILL NOT BE
      ALLOWED as all outlets are designated for commercial baking contestants. No
      exceptions.
Texas SkillsUSA
District 7
Culinary Arts Competition
Scoring Breakdown

Total Possible Points: 1000

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sanitation</td>
<td>200</td>
</tr>
<tr>
<td>Mise en Place</td>
<td>100</td>
</tr>
<tr>
<td>Knife Skills/Meat Fabrication</td>
<td>200</td>
</tr>
<tr>
<td>Technical Skills/Taste</td>
<td>500</td>
</tr>
<tr>
<td>Total</td>
<td>1000</td>
</tr>
</tbody>
</table>

Tie Breaker: In the event of a tie, the competitor with the highest number of points in the Technical Skills/Taste category will be declared the winner. If competitors are still tied, the competitor with the highest score on the chicken fabrication portion of the contest will be declared the winner. If after rescoring again, there is still a tie, knife skills will be included to break the tie.

Deductions:
- Excessive Product
  Excessive Product
  Waste..................................................................................................................10-50 points
- Poor/no clean-up and reset of station and overall contest area.................10-50 points
- Uniform Infraction (See National Technical Standards)..............................10-50 points
- No
  Résumé..................................................................................................................50 points
General Instructions/Tips

- This is an individual contest. All students will compete independently, rather than as a team. Each student must be registered separately in order to compete.

- During Orientation for the Contest, the Technical Chair will review the contest packet with you.

- Before the Contest, carefully study the contest packet:
  - ✔ Review the list of available spices, herbs and ingredients in contest packet.
  - ✔ Write a Food List and a Preparation and Cooking Schedule designed to be ready during the specific service times identified in your packet.

- All competitors MUST provide their own supplies, equipment, and burners. NO ELECTRIC BURNERS ARE ACCEPTABLE, as power is unavailable to culinary arts competitors.

- Please use only as much of each ingredient as is necessary. Return unused portions to the supply tables. Keep waste to a minimum.

- Contact a judge to look at your garbage before removing anything from your station. Remember, excessive and unnecessary waste will deduct points from your final score.

- You may work on any component of your menu at any time, following the meat fabrication portion of the contest. (i.e. You can begin blanching your vegetables while you sauté your chicken)

- You will present one (1) tasting plate to the Tasting Judges. Presentation plates WILL NOT BE PROVIDED by the technical chair and must be supplied by the contestant. A white, round or square dinner plate should be used for presentation of the final dish. Paper plates should not be used.

- Raise your hand and ask for assistance if there is anything that you do not understand. This is a preliminary competition and should serve as a learning experience for you. There will be a period just before the start of the first session when all questions will be answered for all contestants to hear. Once the competition begins, any questions about technique, recipes, definitions, etc. will not be answered. Questions about where to find ingredients and the like will be answered.
• Remember two things – this is about LEARNING and it should be FUN! If at any time you feel overwhelmed and feel that you cannot continue, speak to a judge or the Technical Chair. We are here for you!

Texas SkillsUSA District 7
Culinary Arts
Tentative Competition Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-9:00 am</td>
<td>Contestant Check-in/Resume Submission – Competitors will be checked in and assigned a competitor number. All competitors will be given a full cooking session lasting up to 3 hours. A wave start will be utilized to spread out plating times. Waves will begin in 15 minute intervals. Students may plate as soon as they are ready.</td>
</tr>
<tr>
<td>9:00am</td>
<td>Orientation will be in the designated holding area with an Open Q&amp;A. The Technical Chair will answer ALL questions – everyone will be able to hear the questions and the answers. If a contestant is late and misses this session, the questions will not be repeated or re-answered. Advisors are encouraged to attend.</td>
</tr>
<tr>
<td>9:20am</td>
<td>Station setup</td>
</tr>
<tr>
<td>9:30am</td>
<td>Wave One Competition Begins</td>
</tr>
<tr>
<td>9:45am</td>
<td>Wave Two Competition Begins</td>
</tr>
<tr>
<td>10:00am</td>
<td>Wave Three Competition Begins</td>
</tr>
<tr>
<td>12:30pm</td>
<td>Wave One Cooking Time Ends</td>
</tr>
<tr>
<td>12:45pm</td>
<td>Wave Two Cooking Time Ends</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Wave Three Cooking Time Ends</td>
</tr>
<tr>
<td>TBD</td>
<td>Awards Session</td>
</tr>
</tbody>
</table>

**IMPORTANT**
Lunch will not be provided. There are a number of local fast-food options within 2 miles of the CHS campus. All advisors are responsible for lunch for their competitors.

DO NOT BRING ELECTRIC BURNERS. Electricity will not be provided for culinary arts competitors. Propane burners must be used and provided by the competitors home school.

**Note:** The final schedule will be determined by the number of contestants and available space.
Skills Components

**Chicken Fabrication**
Each contestant will have one chicken to fabricate. They should execute the following:

1. Two breasts – The breast should be skin on and boneless, except for the first bone of the wing (aka: airline or Frenched) which should be attached. The tender should be intact and attached to the breast. The wing bone and tender can be removed after judging, if the competitor chooses to do so.
2. Two leg/thigh portions – The leg and thigh should be bone-in and presented together, not separated.
3. Carcass meat, trim and bones are to be reserved and **NOT** discarded.

**Vegetable Cuts**
Prepare the following vegetable cuts and/or tasks and present for judging. These items will be used in other menu items:

1. Mince – ¼ Onion, Garlic Cloves (3ea)
2. Julienne (1/8” x 1/8” x 2”) – Carrots (3oz prepared by weight)
3. Slicing (1/4”) – Mushrooms (2oz prepared by weight)

**Sautéed Chicken Breast with Mushroom Pan Sauce**
Properly sauté appropriate pieces of chicken. Prepare mushroom pan sauce from fond. Plate chicken with sauce, rice pilaf, green vegetable, and glazed carrots.

**The Basic 9 Steps for Sauté of Chicken Breast**

1. Prepare Mise en place, (flattening chicken breast to even thickness recommended)
2. Prepare chicken velouté (OPTIONAL: 1 cup should be enough)
3. Heat (condition) sauté pan
4. Add *small amount* of fat (oil or clarified butter)
5. Add seasoned chicken breast (dredging optional based on fabrication)

6. Sear/turn once

7. Cook to desired doneness and golden brown color

8. Remove from pan, keep warm

9. Prepare pan sauce utilizing deglazed fond:
   - Assess fat left in pan and adjust if needed.
   - Sauté mushrooms.
   - Add minced shallots.
   - If using roux method, make roux (Omit if using velouté)
   - Deglaze with a bit of stock or water (**Take note of salt content when using canned stock or broth).
   - If using velouté, add velouté (Omit if using roux).
   - Simmer to adjust consistency.
   - Finish sauce with cream and/or whole butter (if desired).
   - Add back chicken to re-warm.

**Starch Accompaniment for Sautéed Entrée**

Yield: 2 portions

- Typical ingredients for Rice Pilaf
  - Fat (butter, oil)
  - Onion, Minced (from knife cuts)
  - Garlic (optional)
  - White Rice
  - Chicken Stock or Broth
  - Butter
  - Salt and Pepper

1. Heat fat in saucepan and add onions.
2. Add grains to saucepan and coat with fat.
3. Add hot cooking liquid, all at once, to grains.
4. Simmer until liquid is absorbed.

**Green Vegetable Component**

Yield: 2 portions

**Ingredients**

- Green Beans or Asparagus (Trimmed) 6-8oz
- Seasonings – Competitor choice from contest supplies As desired
- Fresh Herbs – Competitor choice from contest supplies As desired
Instructions
Using proper cooking technique for vegetables, prepare a sufficient amount for two (2) portions.

For creative variation, you may utilize additional herbs and seasonings from the contest supplies at your discretion. They are **NOT** required and may or may not be available for use.

**Glazed Vegetables**

Yield: 2 portions

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Julienne Carrots</td>
<td>From knife cuts</td>
</tr>
<tr>
<td>Butter</td>
<td>½ oz</td>
</tr>
<tr>
<td>Sugar or Honey</td>
<td>1 T</td>
</tr>
<tr>
<td>Stock or Broth</td>
<td>1 oz</td>
</tr>
<tr>
<td>Salt</td>
<td>To taste</td>
</tr>
<tr>
<td>Pepper</td>
<td>To taste</td>
</tr>
</tbody>
</table>

1. Place carrots in pan with butter, sugar, and stock.
2. Cover with parchment paper lid and bring to a simmer.
3. Simmer until vegetables are tender and they are glazed.
4. Adjust seasoning.

**NOTE:** All tools and equipment must be supplied by the contestant. Presentation plates used for presenting final dishes will not be available. It is best to practice the menu numerous times to determine which equipment and tools will be necessary for the contestant to compete at the highest level.