

District 4 SkillsUSA Texas
2019 Culinary Arts
Competition

El Centro College
Dallas, TX
January 19, 2019

**2019 SkillsUSA Texas District 4
High School Culinary Arts Contest
January 19**

MENU

Sautéed Chicken Breast with Mushroom Pan Sauce
Rice Pilaf
Green Beans and Julienne Carrots

SkillsUSA District 4 Culinary Arts Competition Scoring Breakdown

Total Possible Points: 900

<u>Category</u>	<u>Value</u>
Sanitation/Safety	200
Mise en Place/Organization	100
Knife Skills/Chicken Fab	100
Technical Skills/Taste	
Entrée	<u>500</u>
Total	900

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

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.
- 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!

Competition Schedule

9:00-9:45 am Contestants arrive at El Centro.

9:30 am Judges orientation.

10:00 am Contestant orientation - open question and answer with lead judge – ALL questions will be answered and everyone will be able to 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.

10:30 am Competition starts. Contestants will start in groups of 3-4 and will be staggered in 15 minute intervals.

JUDGING SCHEDULE

	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Judging Time						
Start	10:30	10:45	11:00	11:15	11:30	11:45
Chicken Fab	11:00	11:15	11:30	11:45	12:00	12:15
Knife Cuts	11:30	11:45	12:00	12:15	12:30	12:45
Entrée	12:30	12:45	1:00	1:15	1:30	1:45
Clean up	12:45	1:00	1:15	1:30	1:45	2:00

Note: 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.
- The window for presenting is 5 minutes long. For example, contestants in Group 1 have between 3:30-3:35 to present their chicken fabrication to the judges. After 3:35 there will be a penalty assessed as outlined below.
- 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 contestant will present one plate to the judges for tasting and one plate will go on the presentation table for viewing by the public.
- All food preparation and presentation must be completed by 6:15pm and cleanup completed by 6:30pm.
- A group critique will be given at 7:00pm.

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 frenched)
- 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)

Recipes

Stock (yield 2 quarts)

Ingredients:

Carcass and trim from fabricated chicken
Water
Mirepoix from knife skills
Sachet

Sautéed Chicken Breast with Mushroom Pan Sauce

Ingredients:

Airline chicken breast from chicken fabrication
Salt and pepper
Olive oil
Sliced mushrooms from knife skills
Shallots, minced
Flour as needed for singer
Chicken stock
Cream or butter to finish
Salt and pepper to taste

Rice Pilaf

Ingredients:

Fat (butter or oil)
Onion, small dice, ¼ each, from knife skills
Rice, long grain, converted
Chicken stock as needed
Salt and pepper
Butter

Sautéed Green Beans

Ingredients:

Greens beans
Olive oil and/or butter
Salt and pepper to taste

Glazed Carrots

Ingredients:

Carrots, julienne, 3 ounces, from knife skills

Butter

Sugar or honey

Chicken stock

Salt and pepper to taste

Equipment Needs

Each contestant must bring all equipment necessary to execute the entire menu.

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 4 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	_____
Entrée	_____
Subtotal	_____
Deductions*: comments:	_____
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)