CONTEST INFORMATION

Menu:

Composed Salad with Emulsified Dressing
Sautéed Chicken with Mushroom Pan Sauce
Brown Rice Pilaf
Green Vegetable and Julienne Carrots
High School Judging Categories

A. Sanitation & Mise en Place

1. There will be a minimum of four floor judges that will evaluate
   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, Bruniouse, Julienne, Bâtonnet, Dice (all sizes),
      Concassée, Chiffonade

2. Meat Fabrication –
   i. 2- Airline Frenched Chicken Breasts
   ii. 2- Bone-in Skin-On thigh
   iii. 2 Drums
   iv. 2- Wings- tips removed
   v. 1 carcass- cleaned of visible fat & skin

3. Handling/cleaning of salad greens

4. Emulsion Dressing

5. Main entrees – Cooking Techniques:
   i. 2- Sauteed Frenched Airline Chicken Breast

6. Sauces – 1 different types from the following:
   i. Cream, Pan Sauce, Au Jus, Gravy, Butter Sauce, Warm Vinaigrette,
      reduction.

7. Vegetable Cookery – may include any of the following:
   i. Boiling, Steaming, Glazing, Sauté, Roasting, Pan Frying, braising,
      stewing
8. Starch Cookery—
   i. Rice-Pilaf method

C. Written Test

The NOCTI test gives the student an opportunity to demonstrate their knowledge of culinary principles including but not limited to: Culinary Math, Sanitation, Safety, Techniques and principles of cooking.

SkillsUSA National Culinary Arts Competition

Scoring Breakdown

**Total Possible Points: 900**

<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>100</td>
</tr>
<tr>
<td>Technical Skills/Taste</td>
<td>500</td>
</tr>
<tr>
<td>Total</td>
<td>900</td>
</tr>
</tbody>
</table>

Tie Breaker: In the event of a tie, the competitor with the highest technical skills/tasting score will be determined to be the winner.
Deductions:

Poor/no clean-up (Station and entire contest area)  
10-50 points

Uniform Infractions  
10-50 points

No Resume  
50 points

GENERAL INSTRUCTIONS/ TIPS:

• 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: (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.

• Please use only as much of each ingredient as is necessary. Return unused portions to the supply tables.

• Contact a judge to look at your garbage before removing anything from your station

• You may work on any component of your menu at any time. ie: You can begin working on your stock and/or soup during your knife cut time.

• You will present one (1) tasting plate to the Tasting Judges and one (1) presentation plate for the public to see

• Raise your hand and ask for assistance if there is anything that you do not understand.– 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 starts, any questions about technique or 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 can not continue, speak to a judge or member of the Technical committee. We are here for you!
SAMPLE OF COMMON INGREDIENTS

*Subject to change based on availability*

<table>
<thead>
<tr>
<th>Dry Goods</th>
<th>Produce</th>
<th>Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>• AP Flour</td>
<td>• Apples</td>
<td>• Butter</td>
</tr>
<tr>
<td>• Sugar</td>
<td>• Lemons</td>
<td>• Cream</td>
</tr>
<tr>
<td>• Corn Meal</td>
<td>• Garlic</td>
<td>• Milk</td>
</tr>
<tr>
<td>• Cous Cous</td>
<td>• Onions</td>
<td>• Eggs</td>
</tr>
<tr>
<td>• Corn Starch</td>
<td>• Scallions</td>
<td>• Cheddar Cheese</td>
</tr>
<tr>
<td>• Brown Rice</td>
<td>• Shallots</td>
<td>• Parmesan Cheese</td>
</tr>
<tr>
<td>• Orzo Pasta</td>
<td>• Leeks</td>
<td>• Blue Cheese</td>
</tr>
<tr>
<td>• Lentils</td>
<td>• Carrots</td>
<td></td>
</tr>
<tr>
<td>• French Bread</td>
<td>• Celery</td>
<td></td>
</tr>
<tr>
<td>• Honey</td>
<td>• Red Peppers</td>
<td></td>
</tr>
<tr>
<td>• Vegetable Oil</td>
<td>• White Mushrooms</td>
<td></td>
</tr>
<tr>
<td>• Extra Virgin Olive Oil</td>
<td>• Green Leaf Lettuce</td>
<td></td>
</tr>
<tr>
<td>• Soy Sauce</td>
<td>• Spinach</td>
<td></td>
</tr>
<tr>
<td>• Tabasco</td>
<td>• Cabbage</td>
<td></td>
</tr>
<tr>
<td>• Anchovy Filets</td>
<td>• Assorted Fresh Herbs</td>
<td></td>
</tr>
<tr>
<td>• Sun Dried Tomatoes</td>
<td>• Parsley</td>
<td></td>
</tr>
<tr>
<td>• Dijon Mustard</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Whole Grain Mustard</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Almonds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Walnuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Tomato Puree</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Tomato Paste</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Capers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• White Wine Vinegar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Red Wine Vinegar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Asst. Dry Spices</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Chicken Base</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Beef Base</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Demi-Glace</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*UPDATE
1.22.202 Added:
White Rice
Baguette
Green onions
Radishes
Green Beans
Broccoli
## Competition Schedule

**8:00 AM** Contestants meet in competition area

**8:10 AM** Every contestant has from 8:10 – 8:25 to set their station. No one will be allowed to his or her station after 8:25 until his or her scheduled start time.

**8:25 AM** Open question and answer with Judges – all questions will be answered so that everyone can hear the questions and answers. If a contestant is late and misses this session, the questions will not be repeated or re-answered.

**8:45 AM** Contest starts – Competitors will start in groups of 2-3, staggered in 15-minute intervals. The chart below is the competition schedule showing when each presentation window opens.

<table>
<thead>
<tr>
<th>Contestant</th>
<th>Group 1</th>
<th>Group 2</th>
<th>Group 3</th>
<th>Group 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start</td>
<td>8:45</td>
<td>9:00</td>
<td>9:15</td>
<td>9:30</td>
</tr>
<tr>
<td>Butchery</td>
<td>9:15</td>
<td>9:30</td>
<td>9:45</td>
<td>10:00</td>
</tr>
<tr>
<td>Knife Cuts</td>
<td>10:15</td>
<td>10:30</td>
<td>10:45</td>
<td>11:00</td>
</tr>
<tr>
<td>Salad</td>
<td>10:45</td>
<td>11:00</td>
<td>11:15</td>
<td>11:30</td>
</tr>
<tr>
<td>Entrée # 1</td>
<td>11:15</td>
<td>11:30</td>
<td>12:00</td>
<td>12:15</td>
</tr>
<tr>
<td>Clean Up</td>
<td>11:45</td>
<td>12:00</td>
<td>12:15</td>
<td>12:30</td>
</tr>
</tbody>
</table>
Contest Timeline

- Please be aware of the time frame for presentation of all items.

- The window for presenting is 5 minutes long. For example, contestants 1-2 have between 10:15am and 10:20 to present their knife cuts without penalty.

- Any items presented between 5-10 minutes late will result in a 25% point loss for the item.

- Any items presented 10-15 minutes late will result in a 75% point loss for that item.

- Any item presented 15 minutes late will not be scored.

- Butchery and knife cuts will be judged at your station.

- On all other courses, the contestant will present one plate to the judges and one plate will go on display for the public.

All food preparation and presentation must be completed by 12:30PM

1:00-1:45: Judges critique will start and be approximately 45 minutes to an hour long.
SKILLS COMPONENT(SECONDARY):

Chicken Fabrication

Each contestant will have 1 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 which should be attached. The tender should be intact and attached to the breast. The wing bone, tender and skin can be removed at a later time if desired.
2. Two leg/thigh portions – the leg and thigh should be bone-in
3. Carcass meat, trim and bones are to be prepped for stock.

SKILLS COMPONENT(SECONDARY):

VEGETABLE CUTS

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

1. Oblique – 3 oz. Use vegetables based on your menu
2. Chopped Parsley –¼ Bunch
3. Tomato Concasse –1 roma tomato
4. Minced ½ onion ½ head garlic
5. Medium Dice (1/2” x 1/2” x 1/2” cube)- 1 cup. Use vegetables based on your menu.
6. Julienne (1/8x1/8 x1 ½ to 2inches) Carrots -3 oz. prepared weight required.
COMPOSED SALAD WITH EMULSION DRESSING

Contestants’ choice

Skill Component: Cleaning-handling of greens/ Permanent Emulsion

Yield: 2 servings

Guidelines for the composed salad:

• A permanent emulsion dressing is required.

• Three room temperature or chilled vegetable garnishes are required. They may be raw or cooked. One must be the tomato concasse prepared in the knife cut segment.

• Properly cleaned lettuce or greens are required.

• A crisp component is required. Examples may include a crostini, potato crisp, or cheese crisp.

SAUTEÉD CHICKEN BREAST WITH MUSHROOM PAN SAUCE

Skill Component: Sauté with pan sauce

Yield: 2 plates

• Properly sauté appropriate pieces of chicken. Prepare mushroom pan sauce from fond.

• Plate chicken with sauce, rice pilaf, green vegetable and glazed carrot.
STARCH ACCOMPANIMENTS FOR SautééD ENTRÉE
Skill Component: Brown Rice Pilaf
Yield: 2 portions

Typical ingredients for Rice Pilaf:
- Fat (butter, oil)
- Onion, minced
- Brown rice
- Chicken stock or broth
- Butter
- Salt and pepper

VEGETABLE ACCOMPANIMENTS FOR ENTRÉE

Skill Component: Green Vegetable Cookery
Yield: 2 servings
Ingredients:
- Green Vegetable of choice (Cut as desired and/or practical)
- Seasonings – your selection from contest supplies as desired
- Fresh herbs – your selection 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

Skill Component: Sautéed Vegetables
Yield: 2 portions
Ingredients:
- Julienne Carrots From knife cuts
- Seasonings – your selection from contest supplies as desired
- Fresh herbs – your selection from contest supplies as desired

Instructions:
- Using proper cooking technique for vegetables, prepare a sufficient amount for two (2) portions.