

SkillsUSA

**National
Culinary Arts
Contest**

**Post Secondary
June 21, 2017
Louisville,
Kentucky**

The Post Secondary Culinary Arts Competition is a Market Basket format.

1. Competitors will receive a market basket with various proteins, vegetables, fruits, and starches. The contents of the basket will be revealed the day before the competition.
2. Competitors must use at a noticeable amount of each item in their market basket.
3. They can supplement those ingredients with items from the community storeroom.
4. The competitors will present two copies of a menu that includes a salad, a soup, and two entrees of their own choosing following the competition guidelines. The menus must be turned in at the beginning of the competition.

Post Secondary School Judging Categories

A. Sanitation, Mise en Place, and Work Skills

1. There will be a minimum of four floor judges that will judge
 - i. Sanitation procedures
 - ii. Basic organization/ cleanliness/ attitude
 - iii. Safety
 - iv. Cooking techniques and procedures

B. Skills Components:

1. Vegetable Cuts – Minimum of 5 cuts including but not limited to:
 - i. Mince, brunoise, julienne, batonnet, dice(all sizes), concassee', tourne
 - ii. These cuts must be used in your production
2. Butchery, including but not limited to:
 - i. Any proteins in the market basket
3. Stock
4. Emulsion Dressing
5. Soup, including but not limited to:
 - i. Cream, puree, clear
6. Main entrees - 2 different cooking techniques from the following:
 - i. Sauté, Roast, Braise, Stew, Poach (shallow or deep), Panfry
7. Sauces – 2 different types including but not limited to:
 - i. Cream, Derivative from Mother sauce, Pan Sauce, Au Jus, Butter Sauce, reduction, contemporary.
8. Vegetable Cookery – Including but not limited to:
 - i. Boiling, Steaming, Glazing, Sauté, Roasting, Pan Frying
9. Starch Cookery – Including but not limited to:
 - i. Pilaf, Roasted, Pureed, Pan fry, Boiled, Steamed, legumes
10. Creativity and Degree of difficulty

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.

Skills USA National Culinary Arts Competition Scoring Breakdown

High school and Post Secondary

Total Possible Points: 1000

<u>Category</u>	<u>Value</u>
Written Test (NOCTI)	100
Sanitation	200
Mise en Place	100
Knife Skills/ Meat Fabrication	100
Technical Skills/ Taste	<u>500</u>
Total	1000

Tie Breaker: In the event of a tie, the competitor with the highest overall technical skills/ tasting 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 over all contest area.....	10-50 points
From Skills USA – Uniform infraction.....	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 and announce the Market basket assignment.
- Before the Contest, carefully study the contest packet:
 - ✓ **Review** the list of available spices, herbs and ingredients in contest packet.
 - ✓ **Menu** – Write a menu based on the market basket
 - ✓ **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 waste 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) plate to the tasting judges for evaluation and one (1) display 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!

Competition Schedule

- 8:00 am** Contestants Meet in competition area
- 8:10** Every contestant has from 8:10 until 8:25 to set their station. No one will be allowed to their station after 8:25 until their scheduled start time
- 8:25** Open question and answer with Technical Committee Chair – all questions will be answered in such a way that 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.
- 8:45** Competition starts – Competitors will start in groups of 8, staggered in 15 minute intervals – The chart below is the competition schedule showing when each presentation window opens.

Contestant	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Judging Time						
Start	8:45	9:00	9:15	9:30	9:45	10:00
Butchery	9:15	9:30	9:45	10:00	10:15	10:30
Knife Cuts	10:15	10:30	10:45	11:00	11:15	11:30
Salad	10:45	11:00	11:15	11:30	11:45	12:00
Lunch	11:15-11:45	11:30-11:45	11:45-12:15	12:00-12:30	12:15-12:45	12:30-1:00
Soup	12:30	12:45	1:00	1:15	1:30	1:45
Entrée #1	1:00	1:15	1:30	1:45	2:00	2:15
Entrée #2	1:30	1:45	2:00	2:15	2:30	2:45
Clean up	2:00	2:15	2:30	2:45	3:00	3:15

A 30 minute lunch period is **MANDATORY** for all competitors. During this time, you are **NOT** allowed to go to your station for any reason including temperature adjustment.

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 1-8 have between 10:15 AM and 10:20 AM to present their knife cuts without penalty.
- Any items presented between 5-10 minutes late will result in a 25 % point loss for that item.
- Any items presented between 10-15 minutes late will result in a 75 % point loss for that item.
- Any items 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 the display table for the public.

ALL FOOD PREPARATION AND PRESENTATION MUST BE COMPLETED BY 3:15pm

3:45pm Judges Critique (approx. 45 minutes) Room to be announced

SKILLS COMPONENT:

Butchery

Each contestant will have two proteins in their market basket to fabricate. Proteins are to be fabricated to fit the menu provided.

SKILLS COMPONENT:

VEGETABLE CUTS

Prepare a minimum of 5 different cuts that will be used in your menu - they can include, but are not limited to:

Mince, chop, brunoise, julienne, batonnet, dice (all sizes), concassee', tourne

SKILLS COMPONENT:

SALAD

Prepare a green salad with choice of permanent, semi-permanent or temporary emulsion dressing. Garnish must include a minimum of two distinct knife cuts.

SKILLS COMPONENT:

SOUP

Prepare soup of choice using a minimum of two distinct knife cuts as garnish.

SKILLS COMPONENT:

Entrée, Sauce, Starch, Vegetable

Prepare two entrees of choice following the guidelines below:

Vegetables and starches should also demonstrate different cooking methods. A minimum of 4 different cooking methods must be used in the two entrees

Entrée 1:

Protein: Seared, sautéed or roasted
Vegetable: Boiled or blanched
Starch: Steamed or roasted
Sauce: Reduction or emulsion, variation of mother sauce

Entrée 2:

Protein; Braised or poached
Vegetable: At least two vegetables displaying distinct knife cuts
Starch: Simmered grain, pilaf, or risotto
Sauce: Fortified reduction of braising liquid, nage or vin blanc

**GOOD LUCK FROM THE CULINARY ARTS TECHNICAL
COMMITTEE, NATIONAL EDUCATION TEAM AND JUDGES**

SkillsUSA Culinary-Post Secondary Competition 2017

Mystery Basket 1

1 each, 3 lb. chicken
1 lb. ox tail
1 oz. salt pork
2 oz feta cheese
½ lb. kale
½ lb. sugar snap peas
½ lb. shitake mushrooms
1 head romaine lettuce
½ lb rutabaga
1 lb. yukon gold potatoes
3 oz bulgur wheat
3 ea. plum tomatoes
1 cup red lentils

Mystery Basket 2

1 each, 3 lb. chicken
1 lb. beef cheek
2 slices bacon
2 oz ground turkey
½ lb. snow peas
1 lb. yellow squash
½ lb. oyster mushrooms
½ lb. arugula
½ lb. parsnips
1 lb. russet potatoes
3 oz. corn meal
3 ea. plum tomatoes
1 cup lentils

Mystery Basket 3

1 each, 3 lb. chicken
1 lb. pork loin
2 slices bacon
2 oz chicken liver
½ lb. haricot vert
1 lb. yellow squash
½ lb. pearl onions
1 lb. Belgium endive
1 lb. red (b) potatoes
3 oz. cous cous
3 ea. plum tomatoes
1 cup green split peas

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Sample Common Ingredients Subject to change based on availability

Dry Goods	Produce	Dairy
<ul style="list-style-type: none">• AP Flour• Sugar• Corn Meal• Cous cous• Corn starch• Brown rice• Orzo pasta• Lentils• French bread• Honey• Vegetable oil• Extra virgin olive oil• Soy sauce• Tabasco• Anchovy filets• Sun dried tomatoes• Dijon mustard• Whole grain mustard• Almonds• Walnuts• Tomato puree• Tomato paste• Capers• White wine vinegar• Red wine vinegar• Asst. dry spices• Chicken base• Beef base• Demi glace	<ul style="list-style-type: none">• Apples• Lemons• Garlic• Onions• Scallions• Shallots• Leeks• Carrots• Celery• Red Peppers• White Mushrooms• Green Leaf Lettuce• Spinach• Cabbage• Assorted fresh herbs• Parsley	<ul style="list-style-type: none">• Butter• Cream• Milk• Eggs• Cheddar Cheese• Parmesan Cheese• Blue Cheese