



Culinary Arts (CA)

Food, Hospitality, & Human Services

Skilled and Technical Sciences Contests

State Qualifying Conference: North
Contest Information

State Qualifying Event: Yes

National Contest: Yes

Participation: Individual

Contest Description

The competition will encompass both hot and cold food preparation and presentation. Contestants will demonstrate their knowledge and skills through the production of a four-course menu in a full-day competition. The contestants are rated on organization, knife skills, cooking techniques, creative presentation, sanitation and food safety techniques, and above all, the quality and flavor of their prepared items.

Material and Equipment Provided

Consumable materials and ingredients unless outlined below.

Clothing Requirement – For Safety

Shoes, Apron, Hat, Chef coat, Chef pants, and Side towels.

Each Contestant Will Need to Provide

- Personal knife kit
- Measuring cups and teaspoons
- Kitchen Towels
- Kitchen timers—CELLPHONES WILL NOT BE PERMITTED AS TIMERS
- Oven mits, oven pads
- Food handler gloves
- Vegetable peeler
- Potato masher
- Meat thermometer
- Blue tape and sharpie to label items

Skills Performance

- Contestants will prepare 1 plate with 2 components as selected by the Culinary Arts Technical Committee.
- Competitors will be given 15 minutes before start time to collect mise en place and set up station.
 - NO KNIFE CUTS OR FOOD PREP MAY BE DONE BEFORE START TIME
- Competitors will be given 1 hour and 15 minutes to complete the contest
- All menu components must be presented on one white plate
- Competitors will be judged on kitchen communication and safety
- If contestant leaves before clean-up is complete and final roll call is taken, contestant will be disqualified from the competition

Knife Cuts

**Competitor will present the following knife cuts:

1. 2 cloves garlic, minced
2. 10 leaves basil chiffonade
3. ¼ bunch parsley, minced
4. ¼ bunch oregano minced
5. ½ onion, small dice
6. Fabricate ½ whole chicken to create:
 - a. Boneless chicken breast
 - b. Wing
 - c. Thigh
 - d. Drumstick

Judging Criteria

1. Chicken
 - a. Amount of meat left on carcass
 - b. Cleanliness of cuts (through cartilage not bone)
 - c. Correct number of cuts displayed
2. Vegetables
 - a. Consistency in size
 - b. Accuracy of cut
 - c. Amount of waste
3. Sanitation
 - a. Station is organized to avoid cross contamination
 - b. Knife and cutting board are cleaned after chicken is cut

Entrée

Pan fried Chicken Parmesan with Linguini with olive oil, parsley, parmesan, and salt and pepper

Chicken breast
Parmesan cheese grated
Eggs
AP flour
Bread crumbs
Marinara sauce (provided by host)
Sliced provolone
Oil
Linguini
Basil
Parsley
Oregano
Garlic
Yellow onions
Salt and pepper

1. Fabricated chicken breast pound breast if desired
2. Dredge chicken in seasoned flour
3. Dredge in beaten eggs
4. Dredge in seasoned bread crumbs
5. Place oil in sauté pan, allow to heat
6. Pan fry chicken, turn once
7. Cook to desired doneness and color. Finishing cooking breast in oven if desired
8. Remove chicken from pan when cooked
9. Layer chicken with marinara sauce then 1 slice of provolone, melt in oven
10. Serve on provided white plate with appropriate amount of cooked linguini tossed in olive oil, parsley, parmesan, salt and pepper
11. Garnish with chiffonade of basil

Judging Criteria

1. Chicken
 - a. External color, internal doneness, flavor, moisture of meat
2. Sanitation

Side Dish

Cooked linguini tossed in olive oil, parsley, parmesan, salt and pepper

2 ounces of linguini
Olive oil
Parsley
Parmesan cheese grated
Salt and pepper

1. Cook linguini in boiling salted water al dente
2. Drain
3. Toss with olive oil, parsley, parmesan, salt and pepper
4. Serve appropriate amount of pasta on white plate provided with chicken breast

Judging Criteria

1. Pasta
 - a. Texture
 - b. Flavor
2. Sanitation

Pantry List Available For All Competitors

Heavy cream
Thyme
Rosemary
Flour
Breadcrumbs
Eggs
Garlic powder
Onion powder
White and black pepper