Contest Description
The competition will encompass both knife skills and hot food preparation and presentation. Contestants will demonstrate their knowledge and skills through the production of one plat with four components. The contestants are rated on organization, knife skills, cooking techniques, 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, and Black or Chef check pants.

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
- Vegetable peeler
- Potato masher
- Meat thermometer or pocket thermometer
- Sharpie permanent marker
Skills Performance

- Contestants will prepare 1 plate with 4 components as selected by the Culinary Arts Technical Committee.
- Competitors will be given 30 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 30 minutes to complete the contest
- All menu components must be presented on one white plate provided
- Competitors will be judged on kitchen safety and sanitation
- 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. 1 shallot minced
3. ¼ bunch parsley, minced
4. 2 carrots, ¼ inch bias cut rondelle
5. 2 russet potatoes, med dice
6. ½ onion, small dice
7. 2 chicken thigh, bone-in, skin-on:

Judging Criteria

1. Vegetables
   - a. Consistency in size
   - b. Accuracy of cut
   - c. Amount of waste
2. Chicken Thigh
   - a. Trimming of fat
3. Sanitation
   - a. Station is organized to avoid cross contamination
   - b. Knife, cutting board and station are cleaned and sanitized after chicken is trimmed
SAUTÉED CHICKEN THIGHS

Portions: 1

Ingredients:
2 ea chicken thighs, trimmed, pat dry & seasoned
2 Tbsp oil blend
2 Tbsp whole butter, cold
to taste salt & pepper

Procedure:
1. Preheat oven to 425°F
2. Heat oil and butter in a 10 inch skillet over medium heat. Add the dry, seasoned thighs skin side down in the skillet; sear for about 6-7 minutes; flip and cook for 6-7 more minutes.
3. Roast in the skillet for 15-20 minutes at 425°F skin side up. When your pocket thermometer reads 162°F place to rest on a paper towel on the corner of a clean cutting board while making a sauce. The internal temperature will continue to rise.
4. BE CAREFUL AND USE AN OVEN PAD TO HOLD THE SKILLET HANDLE AT ALL TIMES TO MAKE THE SAUCE!!!

Judging Criteria:
1. External Color
2. Internal Doneness
3. Flavor Profile
4. Moisture Content
5. Sanitation will be observed during the entire competition
SHALLOT PAN SAUCE

Portions: 1

Ingredients:
1 only shallot, minced
½ clove garlic, minced
¼ only onion, diced small
2 Tbsp white wine Vinegar
1 cup chicken stock
to taste parsley, fresh, minced
2 Tbsp whole butter, cold
to taste salt & pepper

Procedure:
1. Be careful, use an oven pad to hold the skillet handle during the whole recipe.
2. Turn heat to low/medium; add shallot, garlic and onion. Sauté, stirring until softened, about 3 minutes.
3. Carefully add the Vinegar to deglaze; scrape the skillet with a rubber spatula to loosen all the flavors on the skillet. Bring mixture to a LOW boil then reduce by half, let the vinegar become syrupy. DO NOT run the skillet dry.
4. Add the chicken stock and bring to a LOW boil then reduce by half, or until mixture is no longer soupy but thicker, like a sauce.
5. If a sauce like consistency add in a little bit of parsley for color and stir; add in cold butter and stir until melted.
6. Taste and season with salt and pepper if needed.
7. Use the sauce with your chicken thighs or starch to compliment flavors.

Judging Criteria:
1. Flavor Profile
2. Consistency & Thickness
3. Shine & Richness
4. Sanitation will be observed during the entire competition
ROASTED BIAS CUT CARROTS

Portion: 1-2

Ingredients:
2 only med – large carrot, ¼ inch thick bias rondelle cut
2 Tbsp olive oil
½ clove garlic, minced
to taste parsley, minced
to taste salt & pepper

Procedure:
1. Preheat oven to 425°F
2. Line a ½ sheet pan with a half sheet of parchment paper.
3. Toss all ingredients together in a medium bowl and mix well.
4. Spread in a single layer in the middle of the sheet pan.
5. Roast until golden on the outside and tender on the inside, about 20 - 25 minutes, but always watch the bottom of the carrots which will brown first.
6. Cooking tip: Flip carrots over after 10 minutes of cooking.

Judging Criteria:
1. Flavor Profile
2. Golden Color
3. Texture & Doneness
4. Consistency of Cuts
5. Sanitation will be observed during the entire competition
GARLIC MASHED POTATOES

Portions: 2

Ingredients:
- 2 only russet potatoes, peeled, medium dice
- 1 clove garlic, minced
- 8 Tbsp butter, room temp
- \(\frac{1}{4} \text{ cup} \) \(\frac{1}{2} \& \frac{1}{2} \text{ cream, room temp}
- to taste parsley, fresh, minced
- to taste salt & pepper

Procedure:
1. Add the diced potatoes, garlic and a little salt to a medium sauce pan; cover with cold water and bring to a boil.
2. Once boiling, turn the heat down to a simmer and cook until fork tender; about 10-13 minutes; drain in a colander.
3. Place cooked potatoes and garlic in a medium stainless steel mixing bowl. Mash by hand with a potato masher; add milk, soft butter, salt and pepper.
4. Taste and use a rubber spatula to incorporate a little parsley for color. Adjust the salt and pepper if needed.
5. This is enough for TWO serving or TWO plates! Enjoy with your favorite sauce.

Judging Criteria:
1. Texture and Creaminess
2. Flavor Profile
3. Sanitation will be observed during the entire competition