



# Culinary Arts

## Career Competition

**Career Cluster:** Hospitality and Tourism/ Human Services

**State Qualifying Exam:** Yes

**National Contest:** Yes

**Participation:** Individual

**Competition will be held off-site at Illinois Central College. Transportation will be provided from the Peoria Civic Center.**

### Competition Description

This competition will encompass both hot and cold food preparation and presentation. Competitors will demonstrate their knowledge and skills through the production of a meal. The competitors will be rated on their organization, knife skills, cooking techniques, creative presentation, sanitation, food safety techniques, and, above all, the quality and flavor of their prepared items.

### Clothing Requirement

**National Requirement:**

**Class G:** Competition Specific: Culinary Arts | Baking and Pastry Arts

- White chef's jacket
- Black work pants or black-and-white checkered chef's pants
- Black, non-slip, non-porous shoes
- White apron
- Hair restraint.

**State Requirement:**

National Requirement OR

- White chef's jacket
- Black work pants or black-and-white checkered chef's pants
- Black, non-slip, non-porous shoes
- White apron
- Hair restraint.
- Any embroidered names or school patches must be covered, if applicable.

### Provided by Competitor

- Knife kit (chef/ peeler/ steel/ paring/boning)
- Thermometer
- Measuring spoons
- Timer
- Black fine tip permanent marker
- Garnishing kit
- 2 side towels (used as oven mitts)
- Presentation plates/bowls for salad, entree, and soup (2 of each) [see additional information]

### Provided by Technical Committee

- All ingredients
- Cutting boards
- Stock pots
- Whisks
- Tongs
- Cook spoons
- High temp spatula
- Strainer/ China cap
- Mixing bowls
- Cleaning towels
- Liquid measuring cups
- Digital scales
- Assorted ladles
- Assorted sauce pans and sauté pans
- Contest site organized (workstations, ranges, refrigeration, access to product and additional equipment) in as fair a manner possible for each contestant



## *Culinary Arts*

## Career Competition

### **Additional Information**

Hair restraints will be provided by technical committee.

The competitors will be divided into 2 groups. We will have a morning group and afternoon group. Groups will be determined by random draw and will be notified the week of competition.

Competitors need to know how to work cleanly and within the time constraints.

Knife cuts and proper seasoning is very crucial to having a good score.

Competitors may bring own plates/bowls for presentation or may use plates and bowls supplied by technical committee.

# SkillsUSA Illinois Championships 2024

## Culinary Arts Career Competition

### Additional Information

Competitor workspace includes 6 ft x 2.5 ft stainless steel workspace with storage underneath. 18 inches will be designated as presentation area for knife cuts, chicken, breakdown, and stock presentation. Only finished product should be placed in the presentation area.



Range and Convection Oven. Each competitor will get 2 burners (front and back). Oven will be set to 325°F



Fryers will be set to 350°F



Combi Oven will be set to steam at 212°F



Grill will be set to high



Warming Ovens will be set to 165°F



# SkillsUSA Illinois Championships 2024

## Culinary Arts Career Competition

**Tech Standards:** Please review the SkillsUSA Tech Standards for Culinary Arts

### Before the Contest:

- Carefully read over the recipe packet.
- Review the list of pantry items.
- Prepare a Food List and Cooking Timeline. These may be used during the competition.
- Work on organization and keeping your workspace clean.

### Other Notes:

- Please only use the amount of each ingredient as necessary. Return unused products to the supply tables.
- Please check standards for dress requirements. If you have a marked coat or apron, the marking must be covered.
- You may work on any component of your menu at any time, but they can only be presented in the presentation window.
- You will present 2 identical plates for each course at the presentation space.
- Raise your hand to ask for assistance if there is anything you do not understand. You will also have time before the contest starts in which you may ask questions.
- Judges will speak to students and ask questions about their work or product. They will not give advice or be allowed to answer questions regarding the competition.
- Competitors may not bring any food items.
- The information sheet contains minimum list of tools needed. Competitors may bring additional materials, but they must be stored in your workplace. Judging will include a neat and clean workspace.
- All ovens are convection and will be set at 325°F. Fryers will be set at 350°F. Combi oven will be set to steam at 212°F. Grill will be set on high. Griddle will be set to 350°F. Warming will be set to 165°F. Temperatures may NOT be adjusted.
- Remember this is about learning and having fun. It is a time to show off your skills and learn to improve even more.

**Resume Requirement:** All competitors are required to bring one copy of their one-page resume to the Thursday night briefing. Points will be deducted if they are not presented at this time.

**Menu Card Requirement:** All competitors will be required to have a menu card at their presentation space describing the courses. Failure to have a menu card at their presentation space will result in a fifty (50) point penalty. Please see example menu card.

### Menu

- Composed Salad with Emulsified Dressing
- Cream of Broccoli Soup
- Sautéed Chicken Breast with Orange Gastrique, Rice Pilaf, Green Vegetable and Battonet Glazed Carrots.

*NOTE: Only the items placed at their presentation space will be evaluated.*



## Competitor Schedule:

The times listed note the time items must be presented to the judges. The presentation window is 5 minutes long. For example, in morning group on the chart below, contestants MUST present their salads from 9:45-9:50 AM. There will be an announcement that the presentation window is open and when the window closes.

- Any item presented 5-10 minutes late will result in a 25%-point loss for that category.
- Any items presented between 10-15 minutes late will result in a 75%-point loss for that category.
- Any item presented 15 minutes late will not be scored.
- Note: Knife cuts and chicken fabrication will be judged at your work station.

Category	Morning Group Windows	Afternoon Group Windows
Set-up	7:45 AM	12:45 PM
Start Time	8:00	1:00
Knife Cuts	8:30 – 8:35	1:30 – 1:35
Chicken Fab	8:45 – 8:50	1:45 – 1:50
Stock Presentation	9:00 – 9:05	2:00 – 2:05
Salad	9:45 – 9:50	2:45 – 2:50
Soup	10:45 – 10:50	3:45 – 3:50
Entree	12:00 – 12:05 PM	5:00 - 5:05

## Pantry Items:

**Seasonings:** Kosher Salt, Black Pepper, White Pepper

**Dried Herbs and Spices:** Anise, Basil, Bay Leaf, Caraway, Cayenne, Chili Powder, Cinnamon, Cloves, Coriander, Cumin, Curry Powder, Dill, Fennel, Garlic Powder, Ginger, Juniper, Mace, Marjoram, Mustard, Onion Powder, Oregano, Nutmeg, Paprika, Poppy Seed, Sage, Sesame Seeds (black and white), Tarragon, Thyme, Turmeric

**Fresh Herbs:** Basil, Mint, Parsley, Sage, Thyme, Rosemary

**Vegetables:** Asparagus, Broccoli, Brussels Sprouts, Green Bell Pepper, Green Beans, Celery, Carrots, Button Mushrooms, Tomatoes, Garlic, Yellow Onion, Red Onion, Radishes, Sugar Snap Peas, Idaho Potatoes, Red Potatoes

**Fruit:** Lemons, Limes, Granny Smith Apples, Oranges

**Lettuce:** Romaine, Leaf, Curly Endive, Radicchio

**Vinegars:** White Wine, Red Wine, Distilled, Cider, Balsamic, White Balsamic, Malt, Rice, Sherry

**Oils:** Olive, Corn, Peanut, Sesame

**Condiments:** Worcestershire, Soy Sauce, Franks Red Hot, Tabasco, Oyster Sauce, Liquid Smoke, Hoisin Sauce, Sweet Chili Sauce, Ketchup, Yellow Mustard, Whole Grain Mustard, Dijon Mustard, Chili Sauce

**Sweeteners:** Granulated Sugar, Honey, Maple, Brown Sugar, Agave

**Stock:** White Chicken Stock

**Dairy:** Heavy Cream, Whole Milk, Butter, Cheddar Cheese, Gruyere Cheese, Parmesan Cheese,

**Dry Goods:** Bread Flour, Cornstarch, Pecans, Walnuts, Almonds

**Bakery:** French Bread, Sliced White Bread, Sliced Wheat Bread, Sliced Pumpernickel Bread

## **Skills Components:**

### **Knife Cuts**

- Chiffonade – 4 leaves basil
- Chopped Parsley - ¼ bunch.
- Concassè – 1 tomato
- Minced – 4 cloves of garlic.
- Small dice onion - (¼ x ¼ x ¼ inch) 1 each
- Battonet carrots - (¼ x ¼ x 2 inch) 10 sticks

### **Chicken Fabrication**

Each competitor will have 1 chicken to fabricate. The competitor should execute the following:

- 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 (commonly known as Airline Breast). The wing bone, tender, and skin can be removed at a later time if desired.
- Two wing flats/paddles and two wing tips, separated.
- Two leg/thigh portions - the leg and thigh should be bone-in (don't forget the oyster).
- The carcass and wing tips are to be used for stock.
- Leg/thigh portions will be collected by technical committee after evaluation.

### **Stock**

#### **Ingredients:**

Chicken carcass and wing tips

Water – 1 qt 1 pt 2 fl oz

Mirepoix – 5 oz

Sachet – 1 bay leaf, ¼ tsp dry thyme, ¼ tsp crushed peppercorns, 4 – 2 in parsley stems

#### **Method:**

- Measure out water in provided 2 qt container
- Place chicken carcass and wing tips on display plate (provided by technical committee).
- Place mirepoix and sachet on display plate (provided by technical committee).
  - Sachet should include cheesecloth. Lay ingredients on cheesecloth but do not tie up cheesecloth.

**DO NOT MAKE STOCK.** Stock for competition will be provided by technical committee.

### **Composed Salad with Emulsified Dressing**

- Dressing should be a permanent emulsion of competitor's choice. Competitor must make 1 pt of dressing.
- Three room temperature or chilled vegetable garnishes are required. One must be the tomato concasse prepared in knife cuts.
- Properly cleaned lettuce or greens required.
- A crisp component is required. Examples may include a crostini, potato crisp, or cheese crisp.
- Remember to use gloves when handling ready-to-eat foods.
- Present 2 identical portions of dressed salad and 2 – 2 oz portions of dressing.

## **Cream of Broccoli Soup**

### **Ingredients:**

Butter – 1 oz

Onion, small dice – 2 oz

Celery, small dice – 1 oz

Broccoli stems, chopped – 8 oz

Veloute sauce (see recipe) – 1 pt, 1 cup

Chicken stock – 4 fl oz

Heavy cream – 4 fl oz

Salt and pepper – to taste

### **Method:**

- Sweat onions and celery in butter. Add broccoli and sweat until tender.
- Add velouté and simmer until vegetables are tender. Puree soup using immersion blender.
- Thin with stock as needed and strain through basket strainer.
- Add heavy cream and season to taste.
- Serve 2 – 6 oz servings with garnish(es) of choice.

## **Veloute Sauce**

### **Ingredients:**

Butter – 2 oz

Flour – 2 oz

White Stock – 1 qt, 1 cup

Salt and pepper – to taste

### **Method:**

- Heat butter in small saucepan. Add flour and cook to make blond roux.
- Add stock to blond roux, stirring constantly with a whisk to prevent lumps. Bring to a boil and reduce to a simmer.
- Simmer until reduced to 1 qt. Season to taste.

## **Sautéed Chicken Breast with Orange Gastrique**

### **Ingredients:**

Chicken Breasts – 2 each

Butter – 2 oz

Salt and pepper – to taste

Oranges, juiced – 6 fl oz

Sugar – 4 oz

Water – 1 fl oz

### **Method:**

- Heat butter in sauté pan. Season chicken breasts and sauté. Remove from heat when done and keep warm.
- Combine sugar and water and add to pan after chicken is removed. Cook until sugar is lightly caramelized.
- Add juice to pan (will splatter for a moment). Stir until sugar is dissolved and sauce is smooth.
- Serve sauce warm or at room temperature.

## **Rice Pilaf**

### **Ingredients:**

Butter – ½ oz

Olive oil – ½ oz

Onion, small dice – 1 oz

Long grain rice – 4 oz

Stock – 1 cup

Salt and pepper – to taste

### **Method:**

- Heat butter and oil in saucepan. Add onion and sweat. Add rice and stir to coat rice in fat.
- Pour in stock and season. Bring to a boil. Transfer to 1/6 size hotel pan, cover and place in 350° oven.
- Bake until liquid is absorbed and rice is fluffy and tender.
- Keep rice warm for service.

## **Green Vegetable**

### **Ingredients:**

Green vegetable of choice (cut as desired and/or practical)

Other ingredients as needed

### **Method:**

- Use proper cooking technique for vegetable, prepare enough for 2 portions.
- For creative variation, you may utilize additional ingredients from the pantry.

## **Glazed Carrots**

### **Ingredients:**

Battonet carrots – 10 each (from knife cuts)

Herbs, spices, and condiments – as needed (from pantry)

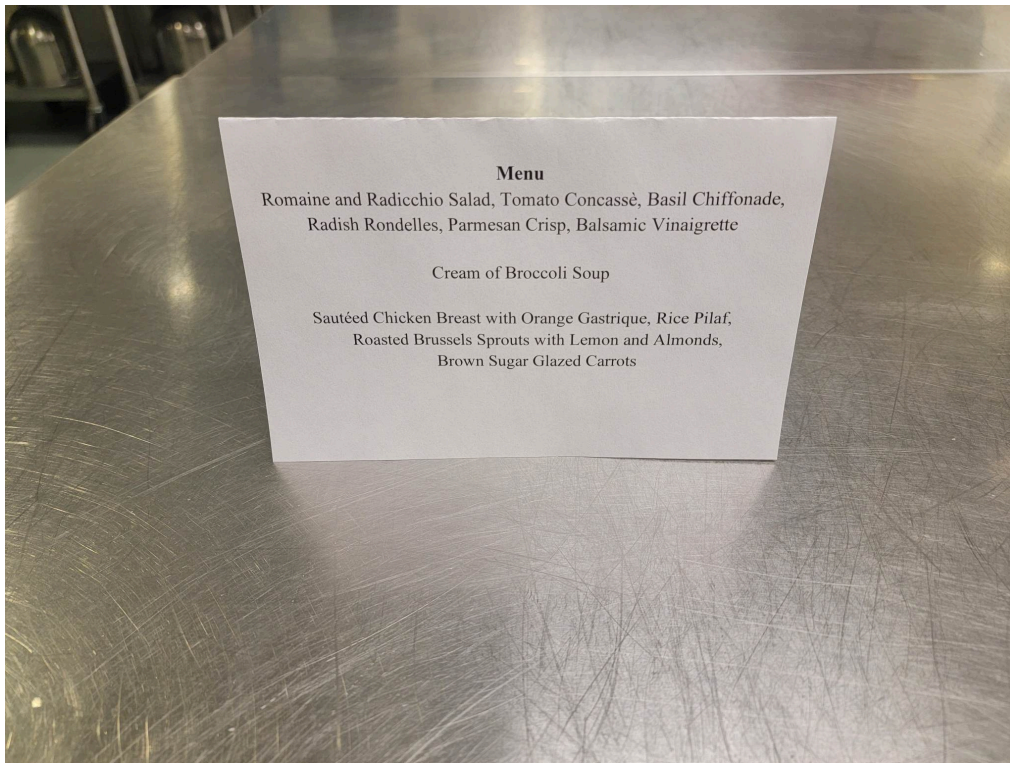
Fat – as needed (from pantry)

Sweetener – as needed (from pantry)

### **Method:**

- Parcook and shock carrots.
- For service: sauté carrots to caramelize and finish cooking. Finish with sweetener and other flavorings of choice. Serve 5 sticks on each plate.

## Menu Card Example



## **Menu**

Romaine and Radicchio Salad, Tomato Concassè, Basil Chiffonade,  
Radish Rondelles, Parmesan Crisp, Balsamic Vinaigrette

Cream of Broccoli Soup

Sautéed Chicken Breast with Orange Gastrique, Rice Pilaf,  
Roasted Brussels Sprouts with Lemon and Almonds,  
Brown Sugar Glazed Carrots