

2019 SkillsUSA
Missouri State
Culinary Arts
POST-SECONDARY
Contest

Pre-Contest/Contest: Friday, April 5th
Columbia Area Career Center

Pre-Contest: 8:00 am-8:30 pm
Contest: 8:30 am-Completion

*Contest Final Market Basket will be
posted on March 29, 2019*

**2019 SkillsUSA Missouri State
Culinary Arts
Post-Secondary Contest
Judging Categories
April 5th, 2019**

A. Sanitation, Professionalism & Mise en Place

There will be floor judges that will critique

- A. Basic organization
- B. Cleanliness
- C. Sanitation procedures
- D. Uniform – as per Technical Standards – Contestant must provide own toque/hat

B. Skill Components: (may include)

- 1. Vegetable Cuts and preparation
- 2. Protein Fabrication
- 3. Herb, Spice and Equipment Identification
- 4. Various Skill components
- 5. Breakfast, Appetizer and/or Hors d'oeuvre
- 6. Soup
- 7. Salad/Emulsion Dressing
- 8. Entrée including Starch, Vegetables & Sauce/s
- 9. Seasoning

C. Tasting - 1 plate of each course will be delivered to the Tasting Judges. We use a double-blind scoring system

D. Presentation - 1 plate of each course will be delivered to the presentation area for critique and photos.

GENERAL INSTRUCTIONS

- In an effort to gain more competition time, and due to the Pre-Contest meeting and the contest being the same day, contest questions and answers will be handled via email to the lead advisor of contestants entered. Please review the contest packet and address any concerns or questions to Theresa Struempf at Theresa.Struempf@dese.mo.gov by March 29, 2019.
- The Pre-Contest meeting will be limited to judges' introductions, station assignments, and limited questions.
- Station assignments will be made during the pre-contest meetings. Please check the statetech@mo.edu site for more information and updates for video of the kitchens and equipment posted for your review.
- **Reminder:** The post-secondary competitors will compete in a "mystery/market basket" style competition on Friday.
- There is compilation of three sample mystery/market baskets to practice creating your menus. The final version will be posted by March 29, 2019.
- The following contest is under revision and is a guideline. It is not planned to change much... but may in order to facilitate the contest.
- Contestants may lose points for having the incorrect uniform. Contestants must follow the State Leadership and Skills Contest Clothing requirements for this contest.
- Students are expected to bring their own side towels.
- Per SkillsUSA rules, any use of a cell phone once the contest has started will result in disqualification. It is strongly recommended that students leave their cell phones with their advisor for the duration of the contest.
- During Pre-Contest/Orientation for the Contest, a member of the Technical Committee will review the contest packet with you. Food will be available for contestants before and after the contest.

- Before the Contest, carefully study the contest packet:
 - ✓ Please provide
 - 3 **Typed** copies of your planned menu.
 - At least one should include detailed/highlighted use of foods from the market basket
 - Recipes and personal notes may be used.
 - Including a food list and/or a Preparation and Cooking Schedule designed by you for each course to be prepared during the specific “windows” identified during the orientation of this contest.
 - You may not bring photos of completed products

- **Clean as you go!** Your Sanitation/Floor Judges will not only be scoring you on your sanitation habits and the cleanliness and organization of your contest area during the competition, but also **your ability to leave your station sanitized and re-set for the next contestant.** In addition to your individual station, each contestant will be expected to assist in the overall clean-up of the contest area. Failure to leave your station re-set and assist with clean-up of the entire facility **will** result a deductions on your overall sanitation score. **If you do not understand this item, please ask for clarification.**

- Your recipes are considered as guidelines. If you feel you need more or less of a particular item listed – it is the contestant’s discretion to modify the recipe within reason. Modifications by contestant must be within classical/industry expectation. The contest is designed to be an evaluation of classical technique; please remember that **technique must come before creativity.** Be considerate of specific items i.e. If the contest is requesting carrot for your vegetable and you serve green beans you would not receive points for your vegetable.
 - ✓ Although, there will be points awarded for creativity and difficulty, be careful! A super creative and difficult menu prepared poorly will not score as well as a well planned and executed effort!

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

- You will present one (1) tasting plate to the Tasting Judges and one (1) presentation plate.

- Raise your hand and ask for assistance if there is anything that you do not understand.

- Technical questions to judges cannot be specific – how do I

- Judges may stop your progress at any time if they feel you are not operating in an unsafe or unsanitary manner. i.e. fires on stoves, cross-contamination issues.

SPECIFIC INSTRUCTIONS

Contestants will be assigned a number and group (with start location) at pre-contest meeting.

Contest specifics, menu, directions and timeline are subject to change without notice due to product availability or other unforeseen events.

- Disjointing/portioning of whole chicken
 - 2 Frenched/Airline breasts – tender intact, & leg/thigh portion, attached - boneless/skin-on
- Vegetable cuts requested and preparation method requirement as instructed, cover/label & refrigerate as needed
- Preparation of a COLD appetizer as described in your recipe
- Preparation of cream soup
- Preparation of two entrées with **two vegetables, starch and sauce and sauce served on the side, using cooking methods as instructed**
- Execution of various listed skill components (judged at station or at assigned location as instructed)

Tentative CACC timeline

:00	Start
:30	Chicken Fabrication
1:30	Knife Cuts
2:00	Appetizer
3:15	Soup
3:45	Entrée #1 with Accompaniments
4:15	Entrée #2 with Accompaniments
4:30	Clean, Critique

Windows will be open 5 minutes before and will be closed 5 minutes after stated times. Items may be turned in early but will not be judged until the window opens. Contestants may turn items in up to 5 minutes after window closes with an automatic 25% point deduction. Items received more than 5 minutes late will not be judged and will receive a score of -0-. We use a count-up clock as the official clock. **EX. If your appetizer is due @ 1:15 that is 1 hour 15 minutes after start.**

SKILL COMPONENT:

Timed Chicken Fabrication (:30 minutes)

Each contestant will have 1 chicken to fabricate and should execute the following:

1. Two Frenched/Airline breasts – The breast should be skin on and boneless, except for the first bone of the wing, which should have the meat cleaned off the knuckle and the tenderloin attached.
2. Two leg/thigh portions (**NOT separated**) –skin on and boneless
3. Carcass, trim and bones to be used for stock as desired.

**SKILL COMPONENT:
Timed Vegetable cuts**

Prepare the following vegetable cuts and identify in your menu where they are to be used and/or tasks and present for judging:

Julienne
Tourne
Paysanne
Citrus Suprême
Medium Dice
Bias
Tomato Concasse' (may be cut into strips)
Batonnet
Chiffonade
Garlic Paste
Shallot Mince

Above items will be prepared as part of the "timed" Knife Skills component

**2019 SkillsUSA Missouri State Culinary Arts
POST-SECONDARY Contest**

MENU

Requirements

Appetizer: Cold

SKILL COMPONENT: Mayonnaise

Side of mayonnaise presented for judging

Soup:

Cream Soup

SKILL COMPONENT: Stock

Entrée #1:

Sautéed Chicken with Sauce

Grains Vegetables

Entrée #2:

Braised Chicken with Sauce

Roasted Potatoes Vegetables

STOCK

SKILL COMPONENT: Stock

Yield: 2-3 qt

Chicken bones, trim from your chicken

Water

Mirepoix

Sachet

Use as needed throughout the competition.

CREAM SOUP

SKILL COMPONENT: Stock/Cream Soup

Yield: 2 servings

Ingredients:

Vegetables

Veloute

Stock

Cream

Seasoning

Garnish

COMPOSED SALAD WITH EMULSION DRESSING

Contestants' choice

SKILL COMPONENT: Cleaning-Handling of Greens/Permanent Emulsion

Yield: 2 servings

Required components:

1. Must contain a protein component.
2. A permanent emulsion dressing is required.
3. Three room temperature or chilled vegetable garnishes are required. They may be raw or cooked. Properly cleaned lettuce or greens are required.
4. A crisp component is required. Examples may include a crostini, potato crisp, or cheese crisp.

ENTRÉE 1**SKILL COMPONENT: Sauté, Sauce, Grains, Vegetable****Yield: 2 Plates**

Protein: Sautéed Chicken

Vegetable: At least two vegetables displaying distinct knife cuts. One of the vegetables must be prepared using the sauté method.

Starch: Simmered grain, pilaf, or risotto

Sauce: Pan sauce or a derivative of a Mother Sauce

ENTRÉE 2**SKILL COMPONENT: Braise, Sauce, Roast, Vegetable****Yield: 2 Plates**

Protein; Braised Chicken

Vegetable: Properly braise appropriate vegetables from knife cuts

Starch: Roasted Potatoes

Sauce: Fortified reduction of braising

SkillsUSA Culinary-Post Secondary Potential Market Baskets 2019

Mystery Basket 1

1 ea. 3 lb. Chicken
1 ea. 4 lb. Duckling
2 oz. Tofu-firm
2 slices Bacon
½ lb. Belgium Endive
½ lb. Haricot Vert
½ lb. White Mushrooms
1 Head Romaine Lettuce
½ lb. Parsnips
1 lb. Red Potatoes
3 oz. Cous Cous
3 ea. Plum Tomatoes
3 oz. Lentils

Mystery Basket 2

1 lb. Salmon Filet
1 ea. 3 lb. Chicken
2 slices Bacon
2 oz. Chicken Liver
½ lb. Sugar Snap Peas
1 lb. Eggplant
½ lb. Pearl Onions
1 lb. Kale
1 lb. Celery Root
1 lb. Red (b) Potatoes
3 oz. Bulgur Wheat
3 ea. Plum Tomatoes
1 cup Green Lentils

Mystery Basket 3

1 ea. 3 lb. Chicken
6 ea. 16-20 Shrimp
¼ lb. Blue Cheese
¼ lb. Cauliflower
¼ lb. Brussel Sprouts
¼ lb. Shiitake Mushroom
1 Head Iceberg
1 Zucchini
1 lb. Sweet Potatoes
2 Roma Tomatoes
1 Bulb Fennel
2 Oranges

**2019 SkillsUSA Missouri State Culinary Arts
Secondary and Post-Secondary Contests**

**Common Table Ingredients:
Secondary & Post-Secondary Competitions**

**These may be used to supplement, but not replace any of the required ingredients of the
Mystery Basket/Post-secondary competition!**

Dry Goods

AP Flour
Sugar
Corn Meal
Cous Cous
Corn Starch
Brown Rice
Orzo Pasta
Lentils
Quinoa
Bread
Honey
Vegetable Oil
Extra Virgin Olive Oil
Soy Sauce
Tabasco
Anchovy Filets
Dijon Mustard
Whole Grain Mustard
Almonds
Walnuts
Tomato Puree
Assorted Vinegars
Assorted Dry Spices &
Herbs
Brown Chicken Stock
White Chicken Stock
Chicken Demi-Glace
Red Wine
White Wine
Capers

Produce

Apples
Lemons
Garlic
Onions
Scallions
Shallots
Leeks
Carrots
Celery
Red Peppers
Mushrooms
Green Leaf Lettuce
Spinach
Assorted Fresh Herbs
Potatoes (Russet & New)
Tomatoes

Dairy

Butter
Cream
Milk
Eggs
Cheddar Cheese
Parmesan Cheese
Blue Cheese