

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

Pre-Contest/Contest: **Friday, April 5<sup>th</sup>**  
**Columbia Area Career Center**

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

Welcome to the SkillsUSA Missouri State Culinary Arts Secondary Contest! Please read the following information carefully!

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](mailto:Theresa.Struempf@dese.mo.gov) by March 29, 2019.

The Pre-Contest meeting will be limited to judges' introductions, station assignments, and limited questions.

The contest will be run in two rounds with a preliminary round narrowing the field to twelve contestants before the final contest. Station assignments will be made during the pre-contest meetings using a double-blind system. If there are 12 or less contestants, no one will be eliminated in the first round and timeline for the day will be changed at the judge's discretion. Food will be provided between the two rounds for the contestants to eat.

We have provided videos of the kitchens and equipment for your review on the SkillsUSA Missouri website. Please be sure to view the website for updates. If it is not there, please be patient.

Stations will be equipped with the necessary equipment to complete the tasks. Contestants should bring their own knives, utensils, other desired equipment, and uniform items. Please see the tool list on the website for specifics. All contestants should bring a food list and/or a preparation and cooking schedule designed by the student for each round of the contest. This should be ready during the specific "windows" identified during the orientation of this contest. You may not bring photos of completed products or any food products to use.

Recipes are not provided for contestants, but rather descriptions of what the finished dishes should look like. The contest is designed to be an evaluation of classical technique; please remember that **technique must come before creativity**. A list of available ingredients is attached to this packet. Additional items may be available on the day of the contest. Contestants may not bring any food or seasonings with them. Make sure you follow directions and complete all components i.e. if the contest is requesting carrot for your vegetable and you serve green beans you would not receive points for your vegetable. Please only use as much of each ingredient as necessary and return unused portion to the supply table.

**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**. 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 deductions on your overall sanitation score. **If you do not understand this item, please ask for clarification.**

For each course, you will present one (1) tasting plate to the tasting judges and one (1) presentation plate. The presentation plates will remain available for pictures after the contest is complete.

Contestants cannot speak with advisors or visitors during the contest. Any questions should be directed to the contest coordinator. Raise your hand and ask for assistance if there is anything that you do not understand. Judges cannot answer technical questions (i.e. how do I cook this). Judges may stop your progress at any time if they feel you are not operating in a safe or sanitary manner. i.e. fires on stoves, cross-contamination issues, etc.

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.

Resumes must be turned in to the contest coordinator. Failure to do so will result in a deduction of points.

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

Due to the kitchen set-up, the contest will be split into two rounds.

For the first round all contests will have 45 minutes to complete their knife cuts and make a three-egg, French rolled omelet. Two to three knife cut ingredients must be used in the omelet and some must be presented for knife cut judging. Fresh herbs and cheese will also be available to use, if desired. When students are done, they will turn in their knife cuts and omelet and take a written knowledge test. The scores from their knife cuts, omelet, and written knowledge tests will be combined. The top twelve contestants will move on to the final round.

Students will be expected to complete the following knife cuts during the first round. Contestants must show various knife cuts using supplied vegetables of their choice. Knife cuts may be used during the second portion of the contest, should they proceed on.

Knife cuts must include:

- Julienne
- Small Dice
- Paysanne
- Minced
- Bias
- Supreme
- Tourne
- Chiffonade
- Paste
- Medium Dice

The following vegetables will be given for knife cuts:

- Onion
- Carrots
- Potatoes
- Lemons
- Garlic
- Tomatoes
- Bell Peppers
- Scallions
- Celery
- Spinach

For the final round, students will be completing the following skills components:

- **Chicken Fabrication** – Contestants will fabricate a chicken into 8 useable pieces including:
  - Two Frenched/Airline Breasts with Tender Intact
  - 2 Leg/Thigh Portions Separated
  - Usable trim and bones must be presented as well
- **Preparation of a soup**
- **Preparation of a salad with a side of dressing for tasting**
- **Preparation of two entrees and accompaniments**
- **Execution of various skill components**

**Judges scores will be based on the following criteria:**

- A. **Sanitation, Professionalism & Mise en Place** – There will be floor judges that will critique:
  - Basic organization
  - Cleanliness
  - Sanitation procedures
  - Uniform
- B. **Skilled Components** –
  - Vegetable Cuts and preparation
  - Protein Fabrication
  - Various Skill components
  - Soup
  - Salad/Emulsion Dressing
  - Multiple Entrées and Accompaniments
  - Seasoning, Ingredient Identification & Use
- C. **Tasting & Presentation** – 1 plate of each course will be delivered to the Tasting Judges. Contestants will be judged on taste, technique, and overall presentation.

# 2019 SkillsUSA Missouri State Culinary Arts SECONDARY Contest Menu

Composed Salad with Emulsified Dressing

Cream Soup

Sautéed Chicken with Sauce  
Grains  
Vegetables

Braised Chicken with Sauce  
Roasted Potatoes  
Vegetables

Contestants will be given 15 minutes to set their station before starting the final round of the contest. Dishes will be due in the following order and at the stated times:

Start: 00:00

Chicken Fabrication: 00:30

Salad: 01:30

Soup: 02:45

Entrée 1: 03:15

Entrée 2: 03:45

A clock will be displayed in the kitchen counting up so students can keep track of their time. 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- . **i.e. If your soup is due @ 1:30 that is 1 hour and thirty minutes after you start.**

## **SKILL COMPONENT (SECONDARY):**

### **CHICKEN FABRICATION**

Each contestant will have 1 chicken to butcher. They should execute the following:

1. 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. The wing bone and tender can be removed after evaluation for use in the menu as desired.
2. Two leg/thigh portions – the leg and thigh should be separated, skin on and bone-in.
3. Carcass meat, trim and bones are to be used for stock and soup.

### **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.
4. Properly cleaned lettuce or greens are required.
5. 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

**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