<u>Each student MUST bring the following equipment: (any other equipment may not be permitted to be used. The decision will be made by the competition chair exclusively.)</u>

- Pen, Marker, and Pencil
- Calculator
- 4—1/2 size sheet pans
- 2 cutting boards that fit inside a full size sheet pan—approximately 14”X20” (one for chicken and one for the other mise en place)
- 2—1/2 hotel pans: throw away aluminum; stainless steel not necessary, but acceptable
- 25— 4 oz plastic soufflé cups
- 2—10-12 inch sauté pan, and 1 small saute pan (non stick allowed)
- 1—1 qt sauce pots
- 1 – 2qt sauce pot with lid
- 1 – 3qt sauce pot with lid
- 4 Stainless steel bowls
- 1 set measuring cups and spoons
- 1 ea. 8-12 inch whisk
- 2—ladles
- 2 rubber spatulas
- 1sizzle platter
- 1 metal spatula and entrée fork
- 1 each: chef knife, serrated knife, boning knife, paring knife and steel
- 1 - Food safe Form for plating. Ex Metal Ring (Subject to approval onsite)
- 2-3 set tongs—8—12 inches
- Spoons: 1 slotted, 2 regular, 2 wooden, 2 plating spoons
- Strainers, chinois and/or china cap
- Sanitation bucket/spray bottle
- Disposable cloths/side towels/cleaning towels.
- Plastic Wrap and Aluminum foil
- Side towels and hot pads
- Disposable gloves
- Tasting Spoons
- Timers
- 2 Band-Aids
- 1 portable burner w/ butane *Optional

For Service and Display: White/Rounds

- 2 dinner plates 10 inch or 12 inch
- Two soup bowls

Skills to Practice for SkillsUSA Florida Culinary State Contest:

Sanitation, organization, station set up, clean up, plating temperatures, portion size, and techniques

Vegetable Cuts – may include any of the following:

- Chiffonade, Rondelle, Oblique, Bruniose, Julienne, Dice (all sizes),

Chicken Fabrication

- 2 French cut chicken breasts, skin-on The breast should be boneless, except for the first bone of the wing which should be attached.
- 2 ea. chicken tenderloins, whole and cleaned of membrane
- 2 ea. skinless, boneless thighs, "oyster" attached
- 2 ea. 2nd joint of wing
- Be prepared to show all trim and carcass when presenting to judges
- Sanitation and Temp Control is of utmost importance during butchery and preparation.
- Chicken Fabrication and Cookery Skills should be practiced prior to contest.

Soup– may include variations of the following:

- Cream, Puree, Clear

Vegetable Cookery – may include any of the following:

- Steaming, Sautéing, Roasting

Sauce Cookery – may include any of the following:

- Cream, Pan Sauce or Gravy, Butter Sauce, Warm Vinaigrette, Reduction.

Starch Cookery – may include any of the following:

- Pilaf, Roasted, Pureed, Pan fry, Boiled, Steamed, Please be familiar with cooking items such as rice, couscous, pasta, potatoes, other grains.