

CULINARY ARTS

2023 STATE COMPETITION

SCOPE OF THE CONTEST

The culinary arts competition is designed to showcase the skills needed for jobs within commercial foodservice operations. The performance phase of this competition will be the actual preparation of food products as per the menu provided and the presentation of finished products. Competitors should be given a predetermined menu with a selection of all necessary food items to produce the courses assigned.

At the state competition, competitors will prepare a multi-course menu selected to showcase their skills in the following areas:

- Sanitation, Mise en Place, and Work Skills
 - Sanitation procedures
 - Basic organization/ cleanliness/ attitude
 - Safety
- Classical Knife Cuts/Skills – may include any of the following:
 - Mince, brunoise, julienne, bâtonnet, dice (all sizes), concassée, chiffonnade, oblique, tourne. These cuts must be used in your production.
- Butchery
 - Including but not limited to: Chicken, pork, beef, fish
- Main entrée production – 2 different cooking techniques from the following:
 - Sauté, roast, braise, stew, poach (shallow or deep), panfry
- Starch Cookery – may include any of the following:
 - Rice – pilaf, risotto, steaming
 - Potatoes – roasted, pureed, pan fry, boiled, steamed
 - Legumes
- Vegetable Cookery – may include any of the following:
 - Boiling, steaming, glazing, sauté, roasting, pan frying, braising, stewing
- Sauce Production – 2 different types from the following:
 - Derivative from mother sauce, pan sauce, au jus, butter sauce, reduction
- Salad Preparation & Dressings and/or Stock/Soup Preparation Skills
 - Handling/cleaning of salad greens
 - Emulsion dressing
 - Soup– may include any of the following: Cream, puree, clear

Related skills such as proper temperature, seasoning/flavor profiles, plating, as well as station organization, sanitation, clean up, and written exam/s, etc. are also scored.

SUPPLIES AND MATERIALS

Supplied by the Technical Committee/ Host Site:

- Competition problem (menu, instructions)
- All products for food presentation
- All necessary food items for the competition, paper goods, etc. No outside food will be allowed.
- A “commissary table” may be set up for spices, optional ingredients, etc. These containers and ingredients should not leave the commissary table area to be scaled, etc. to allow all competitors fair access. Replacements for burned, spilled or wasted products are not supplied to competitors.
- Sanitizing chemicals
- 3 bay sink with soap, sanitizer and scrub pads or dishwashing area

Supplied by the Contestant:

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.)

- Pen, Marker, and Pencil
- Calculator
- 2—full size sheet pans
- 2 cutting boards that fit inside a full-size sheet pan—approximately 14”X20” (one for chicken, one for other mise en place)
- 2— ½ sheet pan
- 2—1/2 hotel pans: throw away aluminum; stainless steel not necessary, but acceptable
- 25— 4 oz. plastic soufflé cups
- 1 – Citrus Zester - optional
- Peeler
- 2—10-12-inch sauté pans, NON STICK ALLOWED
- 2—3 qt. sauce pots
- 1 – 1qt. sauce pot with lid
- 1 – 2qt. sauce pot with lid
- 4 Stainless steel bowls
- 1 set measuring cups and spoons
- 2 ea. 8–12-inch whisk
- 2—ladles
- 2 rubber and 1 metal spatulas
- 1 Meat Mallet or similar
- 1 – Squeeze bottle, optional
- 2 sizzle platters
- 1 entrée fork, optional
- 1 each: chef knife, serrated knife, boning knife, paring knife, honing steel
- 2-3 set tongs — 8-12 inches
- Spoons: 1 slotted, 2 regular, 2 wooden, 3 plating
- Strainer, chinois and/or china cap
- Sanitation bucket/spray bottle
- Disposable cloths/side towels/cleaning towels
- Plastic Wrap and Aluminum foil
- Parchment paper - 3 sheets, optional
- Side towels and hot pads
- Disposable gloves
- Tasting Spoons
- Timers
- 2 Band-Aids

For Service and Display:

- White/Rounds
 - 2 dinner plates 10-inch or 12-inch
 - Two salad plates, 8-10-inch

COMPETITION TIMELINE AND LATE POINT DEDUCTIONS

Please be aware of the time frame for presentation of all items.

- The window for presenting is 5 minutes long.
- Any items presented between 5-10 minutes late will result in a 25% penalty for that item.
- Any items presented between 10-15 minutes late will result in a 75% penalty for that item.
- Any items presented 15 minutes late may be submitted but will not be scored.
- Butchery and knife cuts will be judged at each station. Contestants will raise their hand and wait for the judges to acknowledge. Other menu prep may continue during this time.
- On all other courses, the competitor will present one plate to the judges and one plate will go on the display table for the public to view and for optional post-competition critiques.