



SkillsUSA

Washington State

Culinary Art Contest

April 20, 2018

Contest Components

Knife Cuts

Chicken Fabrication

Cream of Chicken Soup

Sautéed Chicken Breast with Tarragon Cream Sauce

Rice Pilaf

Green Beans and Batonnet Carrots

## **SkillsUSA Washington State Competition 2018 - Equipment, Materials and Uniform Information**

### **The following will be supplied by the Contest Sponsors:**

1. Menus, recipes, instructions
2. All necessary food items. **Do not bring any ingredients of your own.** Students using ingredients not provided by the contest sponsors will be disqualified. Students will be able to use any spices and herbs from the supplies table. Fresh thyme, sage, rosemary, parsley and tarragon will also be available.
3. Contest site organized, (workstations, heat sources (some students will have to use portable butane burners as the site doesn't have enough range space), access to product and refrigeration.
4. All necessary plates, bowls, china as necessary.
5. Aluminum foil, plastic wrap, parchment paper, sanitation solution and sani-rags and towels. (not side towels)

### **Supplied by the contestant:**

1. All cookware, smallwares and equipment needed to prepare the recipes. Supplies should be marked for identification.
2. Cleaning and sanitation buckets
3. Pencil, pen, pad
4. Knife Kits - all knives needed to execute the cuts and recipes.
5. Thermometers - digital or bimetallic
6. Timers
7. Gloves

Uniforms - black or black and white checkered chef pants (no leggings or jeans) white chef jacket without identifying marks such as school logo or names, (tape may be used to cover writing) non-skid closed-toed shoes, white apron, and chef hat.

Jewelry: Remove jewelry from hands and arms prior to contest. Contestants cannot wear any of the following: Rings, except for a plain band. Bracelets, including medical bracelets. Watches, earrings, necklaces, and facial jewelry.

No cell phones are allowed during the event.

**SkillsUSA**  
**General Instructions/Tips**  
**STATE CULINARY ARTS CONTEST 2018**

The contest has these elements.

1. Written Quiz.
2. Knife cuts.
3. Poultry Fabrication.
4. Menu Item Production.

The judges will be evaluating Sanitation and Mise en Place (organization) in addition to the above elements.

First: Do the knife cuts first and present to the judges using the containers provided. Set your tray of cuts in front of your contestant number in the area designated. You will need to retrieve your vegetable cuts later to use in your recipes.

Second: Fabricate the Chicken and be sure the judges have evaluated your bird. The judges will evaluate your required cuts. After the judges have finished scoring your cuts you may break down your breasts and store the rest of the chicken where directed.

Third: After completing the chicken fabrication you may work on any component of the menu at any time.

Present two plates to the judges. One is for presentation and one is for tasting. You will be instructed as to where to place them.

There will be a period just before the start when all questions will be answered for all contestants to hear. Raise your hand and ask for assistance if there is anything you don't understand. Once competition starts, any questions about technique or definitions, etc will not be answered. Questions about where to find ingredients or equipment and the like will be answered. If a restroom break is requested, you will be escorted to the restroom.

Keep containers in your station for usable waste and garbage. The judges will review these items. We will coordinate the removing of these items with the judges.

Please use only as much of each ingredient as necessary. Return unused portions to the supply tables and shelves. Leave the supply table neat and clean as this will be judged as well.

You are required to clean your station and you are responsible for your own equipment. We will show you where brooms, dustpans and mops can be obtained.

Remember, this is about learning and growing; it will be fun. Relax and do your best. We are here to help

## **Schedule for State Competition on April 20, 2018**

Contest starts at 11:00 with check-in, drawing of stations, allow contestants to set up their station, contestant orientation. You can set everything up but you not be able to get your ingredients until your start time.

Written Test at 11:30A.M. Allow 20 minutes. No cell phones will be allowed to be on your person. They must remain with your instructor.

12:00 P.M. we do a staggered start. One group every 10 minutes. 5 per group depending upon how many contestants we have.

5 at 12:00                    Completed Entrée at 3:00 P.M.

5 at 12:10                    Completed Entrée at 3:10 P.M.

5 at 12:20                    Completed Entrée at 3:20 P.M.

5 at 12:30                    Completed Entrée at 3:30 P.M

The contestants will stay in the designated area until it is time for them to start.

Contestants are given 3 hours to complete the various elements of the competition. Last group done by 3:30 P.M.

Judges compile results by 4:00 P.M. and turn sheets into contest facilitators. The results will be announced at the closing ceremony Saturday.

A debriefing by the judges will be in the commons area at about 4:00 PM.

We have Certificates of Participation for each contestant.

Contest adjourns at 4:30 PM.

## SKILLS COMPONENT:

### Vegetable Cuts

State Contest 2018

Minced Shallot- chop one shallot fine

Small Dice: ½ Onion

Batonnet Carrots: 3 oz

Chopped Parsley: ¼ Cup

Chopped Tarragon: 1 Tablespoon

Carrot: Small dice 1/3 cup

Celery: Small dice 1/3 cup

Use the foil trays provided to bring the cuts to the judges table. Write your contestant number on the tray using a post-it note and a marker.

**Note: You will be retrieving some of your vegetable cuts from the judges table to be used in your recipes.**

**SKILLS COMPONENT:**

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**Chicken Fabrication**

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

Two breasts. (Airline Chicken Breast) The breast should be skin-on and boneless, except for the first bone of the wing which should be attached. The skin should be intact and trimmed cleanly and the tender should be intact and attached to the breast.

*After the judges have looked at your fabricated chicken, you may further trim the breast to a boneless skinless breast for your chicken entrée component.*

Separate the leg and thigh.

*After the judges have looked at your fabricated chicken, you may further trim the leg and thigh for your chicken soup component.*

Keep any unused parts of the chicken in a separate containers for the contest staff to remove. Please use two containers: keep the bones for stock separate from any usable trim.

# Cream of Chicken Soup

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### Ingredients for Soup:

- 2 C Chicken broth (provided - held at 150 to 160 F- on a steam table)
- ½ C Heavy cream – gently warmed. Set aside for finish
- ½ C Cooked chicken – legs and thighs, medium dice – kept warm
  
- 1/3 C onion, small dice
- 1/3 C carrot, small dice
- 1/3 C celery, small dice
- 2 T butter
- 2 T flour

### Method:

1. Melt 2 Tablespoons butter in a 2 quart sauce pot until foam subsides using medium heat.
2. Add the vegetables and sweat for 3 to 4 minutes until soft.
3. Sprinkle the flour over the mixture and whisk steadily until all flour is incorporated into the vegetables. Cook to a blond roux.
4. Stir in the warm chicken stock whisking until smooth.
5. Reduce the heat to low, add the cream slowly, whisking to incorporate.
6. Add the diced chicken.
7. Season with salt and pepper.
8. Garnish as desired.

# Washington State Culinary Arts Contest 2018

## SAUTEED CHICKEN BREAST WITH TARRAGON CREAM SAUCE

**Skill component: Pan-fry with pan sauce**

**Yield: 2 servings**

Chicken Breasts from morning session	2 ea.
Salt	as needed
Pepper	as needed
Flour	as needed
Clarified Butter or oil	1 oz.
White Wine	¼ C
(You may substitute chicken broth)	
Chicken Stock	¼ C
Shallot chopped	2 t
Heavy Cream	6 oz.
Chopped Tarragon	1 T

1. Season chicken and dredge lightly in flour
2. Sauté to correct color and doneness in butter or oil- remove and keep hot. Assess fat and residue left in pan and make necessary adjustments.
3. Quickly sauté shallot in hot pan
4. Deglaze pan with wine and reduce almost dry
5. Add stock and reduce until almost dry
6. Add tarragon and cream and reduce to desired consistency. Season to taste
7. Serve chicken with sauce on the side or underneath.

### **Instructions:**

- **Use chicken breasts fabricated during earlier session**
- **Execute sauté cooking method**
- **Prepare pan sauce**
- **Plate two (2) plates of entrée with appropriate starch and vegetable accompaniment**

**Skills Component: Pilaf**

**Yield: 2 servings**

**Ingredients:**

Rice	½ C
Onions, fine dice	2 T
Oil	½ oz.
Chicken Stock	1 C
Seasonings, herbs- your selections from contest supplies	

Follow standard Pilaf method

**VEGETABLE ACCOMPANIMENTS FOR PAN-FRIED ENTRÉE**

**Skills Component: Vegetable Cookery**

**Yield: 2 servings**

**Ingredients:**

Batonnet Carrots	From knife cuts
Green Beans	6-8 oz. Cut as desired
Seasonings- your selection from contest supplies as desired	
Fresh Herbs- your selection from contest supplies as desired	

**Instructions:**

- Using proper cooking techniques for vegetables, prepare a sufficient amount for two (2) portions.

*For creative variation, you may utilize additional herbs and seasonings from the contest supplies at your discretion*