

SkillsUSA Michigan

Culinary Arts

Contestant's Orientation

Welcome Letter

Schedule

General Regulations for the Contest

Please read over ALL rules and recipes for this competition. If you have any questions regarding the competition, please email Chef Aaron Gaertner at Agaertner2@YCSchools.US

Lunch will NOT be provided, however a small amount of cooler space will be available for boxed lunch brought in by individual instructors.

Reminder, instructors are forbidden from ALL competition areas judges areas and contact with student after check-in

**2019 SkillsUSA Michigan
HIGH SCHOOL CHAMPIONSHIPS
TASK AND MATERIALS LIST
SKILL OR LEADERSHIP AREA: CULINARY ARTS**

HIGH SCHOOL CONTEST LOCATION:

Grand Rapids Community College in Grand Rapids

Tour and COMPETITION:

- Friday, April 5, 2019 Optional Tour ONLY
 - o Location: ATC Banquet Rooms at GRCC
 - o 4:30-5:30pm (approximately)
- Saturday, April 6, 2019 Competition day
 - o Location: ATC Kitchens Rooms 109 and 111
 - o 7:30 - 8:30 a.m. Judges orientation
 - o 8:00 - 8:30 a.m. Student Check-in. **After Check-in Instructors are not allowed contact with students and must leave competition area and judges area. Contact with a student may result in disqualification.**
 - o 8:30 - 9:00 a.m. Orientation for students ONLY
 - o 9:00 - 9:30 a.m. Students are allowed into the lab for a tour
 - o 9:30 a.m. Competition begins with all students setting up stations
 - o 9:45 a.m. staggered starts begin

Friday Tour Location:

Applied Technology Center (ATC)
151 Fountain NE
Grand Rapids, MI, US
(616) 234-GRCC
<http://www.grcc.edu/>

Contest Check-in and Location:

Secchia Institute for Culinary Education
Applied Technology Center (ATC)
151 Fountain NE
Grand Rapids, MI, US
(616) 234-GRCC
<http://www.grcc.edu/sice>

PURPOSE

The purpose of the Skills USA contest is to evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism in the culinary arts.

RESUME:

Each student must submit a **one-page** printed resume before the contest start at the contest site (present to contest coordinator, not judges). The resume is no longer submitted online. This is the only time that resumes can be turned in. Failure to do so will result in a 10 point penalty. Resumes may be used to break any tie at the discretion of the judges.

CLOTHING REQUIREMENTS:

- Hat: White chef hat, any style, paper or cloth, **AND hairnet** (no baseball caps or doo-rags)
- Pants: Black pants or black-and-white checkered chef's pants. Pants must fit properly and not drag on the floor.
- Coats: White chef coat or chef shirt, plain (**no student or school names or logos**). Covering school or student names with tape is also **not allowed** because tape may become a physical hazard in food.
- Apron: White
- Shoes: Black or white leather top non-slip shoes or clogs (Tennis shoes will not be allowed)
- White neckerchiefs optional.
- No jewelry is allowed (including watches)
- Beards must be covered by a snood during all periods of food handling.
- No cell phones are permitted on the contest floor and cannot be used in place of a kitchen timer.
- No school logo, school name, contestant name or any other identifying marks of any kind are allowed on clothing.

EQUIPMENT AND MATERIALS:

1. Supplied by the technical committee:

- Contest packet (menus, recipes, instructions). **No other outside notes/prep lists are allowed into the completion area.** A blank note book is acceptable. The contest guidelines and product recipes and other instructions needed for product preparation will be posted on the SkillsUSA Michigan website.
- All necessary food items listed on the pantry list, seasonings, etc. No outside food is allowed.
- Contest site organized (work stations, ranges, refrigeration, access to product and additional equipment) in as fair a manner possible for each contestant.
- All china necessary for food presentations.
- All information and furnishings for judges and technical committee.

2. Supplied by the contestant. Be aware contestant space and storage is very limited. **Please note: No additional equipment will be permitted in the kitchen.** No butane burners will be allowed. Judges will check all equipment upon student check in. **(Penalties will be assessed for any equipment NOT listed)**

- Pen or pencil (two each, small note pad if desired)
- Masking tape and marker
- Gloves
- Resume

Knife kit and cook's tools as desired from the following: Note: No other knives will be allowed

- 8 to 10 inch French cook's knife
- Paring knife
- Vegetable peeler
- Knife steel
- 5 to 7 inch Boning knife
- Cook's fork
- Slicing knife (meat)
- 8 to 10 inch Serrated slicing knife
- Fillet knife
- Utility knife

Kitchen Utensils

- rubber spatulas
- mixing spoons (one solid, and one perforated)
- fine-wire whisk
- 18" x 24" cutting board
- Needle nose pliers or tweezers
- pot holders
- bar towels
- 2 oz ladle
- Offset spatula
- Cook's tongs (8-12 in.)
- Pocket thermometer
- Rolling pin
- Piping bags and tips
- Molds or timbals
- Silt pats
- Timer or clock

- Small mesh strainer
- Oven thermometer
- Food handler gloves
- Hair net(s)
- Cheesecloth
- Whisk
- Kitchen spoons
- Stainless steel mixing bowls

Professional cook's tool kit:

- Citrus zester
- Channel knife
- Parisienne scoop
- Apple corer
- Turner knife
- Canapé or biscuit cutters
- Plastic squeeze bottles

Measuring:

- tablespoon
- teaspoon
- 1/2 teaspoon
- 1/4 teaspoon
- Measuring Cups
- 1-quart measuring cup

Sauté Pans (total of 2)

- 10-inch or 12-inch pan
- 12-inch pan

Sauce Pans

- 1-1/2 quart pan
- 3-3/4 quart pan
- sauce pan cover

Mixing Bowls

- 2-quart
- 3-quart

Other Items

- Flat Grater (MicroPlane) - Capable of course shred or fine shred (**No Box Graters**)
- Pastry bags with three (3) tips of the student's choice
- Spiral Scale/Portion Scale
- small wire mesh strainer
- spring tongs
- half pan - 2" or 4" deep
- half sheet tray
- sanitation bucket
- bench scrapper
- Tasting Spoons
- **Note:** No electrical devices, pasta machines, other pots and pans, baking trays, mandolins or large equipment will be allowed.
- Contestants will not be allowed to bring any other items into the kitchen. The judges and technical committee will inspect the contestants' items prior to contestants entering the kitchen. Penalties will be assessed for any extra items.
- No cellphones or smart watches!!

Skill Performance

The performance phase of this contest will be the actual preparation of food and the arrangement of food on plates and in dishes ready for serving to the customer. (The contest does not include the actual serving of food to the customer).

The skill performance portion of the contest will ask contestants to follow ServSafe key practices for ensuring food safety.

1. Coordinate mise en place and apply organizational skills.
2. Demonstrate and apply knowledge of proper cooking methods and techniques as required.
3. Demonstrate effective knife skills and proper cutting techniques: ability to break-down a chicken.
4. Demonstrate and apply the proper use of equipment.
5. Demonstrate and apply creative preparation, portioning and presentation of food items.
6. Apply methodology and evaluation of job-related observable skills, competencies, skill proficiencies and scoring sheets/tests (1,000 points) conducted by chefs and culinary instructors.

TASKS TO BE PERFORMED:

The contest will be geared toward the commercial restaurant business rather than dietary aid or pastry preparation. Contestants will demonstrate their ability to perform jobs and skills selected from the following competencies as determined by the Michigan Skills USA Championship Technical Committee.

- The ability to follow a standardized recipe
- Proportion items by today's standards
- Proper use of knives:
- Knife Skills, **Minimum of 4 skills**
- Selection and preparation of accompaniment salads and proper dressings
- Preparation of entree
- Preparation of sauce
- Selection of proper garnishes and appealing plate presentations
- Select and clean fresh vegetables and salad greens, with appropriate flavorings
- Fabricate poultry
- Properly slice meats
- Proper vegetable and starch cookery
- Proper soup preparation
- To properly time the preparation of foods to ensure the highest quality food and efficient equipment usage
- The practice of basic kitchen safety and food sanitation practices
- Prepare the following products:
 - oSoup
 - oSalad - with emulsified dressing and appropriate garnishes and crisp component
 - oEntrée - bone, vegetable medley, starch
 - oSauce - roux thickened
 - oStock

Contestants will be given a predetermined selection of all food items. Spoiled or burned supplies will not be replaced. **Please note, recipes may be adapted per judge's request.**

Pantry List

<u>Protein</u>	<u>Dry Pantry</u>	<u>Fresh Herbs</u>
Whole Chicken	Bread Crumb-Panko	Cilantro
	White Wine	Tarragon
<u>Produce</u>	Brown Sauce	Rosemary
Carrots	Rice	Thyme
Onion-Yellow	Vinegar-Apple Cider	Basil
Onion-Red	Vinegar-Red Wine	Parsley
Celery	Vinegar-Balsamic	
Mushrooms	Olive Oil	<u>Sachet</u>
Tomato	Vegetable Oil	Cheesecloth
Asparagus	Dijon Mustard	Twine
Green Beans	Sugar	
Yellow Squash	Honey	
Lettuce-Spring Mix	Flour	
Lettuce-Romaine	<u>Dairy</u>	
Lettuce-Iceberg	Heavy Cream	
Radish	Milk-Whole	
Cucumber-English	Eggs	
Tomato-Cherry	Parmesan Cheese-Shredded	
Tomato-Roma	Butter	
Bell Pepper-Asst	<u>Bread</u>	
Shallots	Baguette	
Scallions		
Potato-Russet, small	<u>Dry Spices</u>	
Garlic Cloves-Peeled	Garlic Powder	
Lemon	Tarragon	
	Basil	
	Paprika	
	Bay Leaf	
	Salt	
	Pepper	
	Peppercorn	

Judges may adjust the list the day of competition due to product availability. **All reasonable efforts will be made to ensure this list is the produce**

Students will not be allowed to request any additional products.

Burned or wasted product will not be replaced!! GRCC will only have enough of each product on hand for each student to complete the recipe once!

Judges will be scoring based upon:

1. Sanitation and Mise en Place

- Sanitation procedures
- Basic organization/cleanliness/mise en place
- Safety

2. Skill Components to be performed

- **4 Knife Skills are required at the start of the competition and MUST be used in the final dishes - Skills may include any of the following:**

Rondelle: $\frac{1}{4}$ " thick disc shaped slices

Diagonal: $\frac{1}{4}$ " thick oval shaped slices

Batonnet: Cut into long, thin, rectangular pieces $\frac{1}{4}$ " x $\frac{1}{4}$ " x 2"

Julienne: Cut into long, thin, rectangular pieces. $\frac{1}{8}$ " x $\frac{1}{8}$ " x 2"

Large Dice: Cube shaped $\frac{3}{4}$ " x $\frac{3}{4}$ " x $\frac{3}{4}$ "

Medium Dice: Cube shaped $\frac{1}{2}$ " x $\frac{1}{2}$ " x $\frac{1}{2}$ ".

Small Dice: Cube shaped $\frac{1}{4}$ " x $\frac{1}{4}$ " x $\frac{1}{4}$ "

Brunoise: Very small dice. $\frac{1}{8}$ " x $\frac{1}{8}$ " x $\frac{1}{8}$ "

Paysanne: Square cut $\frac{1}{2}$ " x $\frac{1}{2}$ " x $\frac{1}{8}$ "

Chiffonade: Leafy green vegetables such as spinach or basil that are stacked, rolled tightly, and then cut into long thin strips. Approximate width is $\frac{1}{8}$ ".

Tourne: football shape, $\frac{3}{4}$ " diameter, 2" long, seven equal sides and flat ended

***Students must show enough product to demonstrate consistency. Judges may ask for more product**

- Chicken fabrication, skin-on airline style breast with only the first bone of the wing still attached and knuckle removed and Frenched (marrow exposed). Clean carcass, tenderloin intact with the breast, leg and thigh cleanly separated with oyster in contact with the thigh.
- Specified Menu Preparation including:
 - Two identical plates/portions of each course.
 - Emulsion dressing
 - Soup
 - Pan sauce
 - Vegetable cookery
 - Starch cookery - rice-pilaf method

GENERAL INSTRUCTIONS/ TIPS

- During Orientation for the Contest, a member of the Technical Committee or Judge will review the contest packet with you.
- Before the Contest, carefully study the contest packet:
- Refer to the pantry list for products that will be available.
- Please use only as much of each ingredient as necessary. Return unused portions to the supply tables.
- Contact a judge to look at your knife skills products/ chicken fabrication and waste before removing anything from your station
- You may work on any component of your menu at any time after chicken fabrication.
- 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.
 - o There will be a period just before the start of the first session when all questions will be answered for all contestants to hear.
 - o Once the competition starts, any questions about technique or definitions ,etc. will not be answered.
 - o Questions about where to find ingredients and the like, will be answered.
- Remember two things-This is about LEARNING and it should be FUN.

If at anytime you feel overwhelmed and feel that you cannot continue, speak to a judge or member of the Technical committee.

We are here for you!

Event Timing

ALL TIMES TENTATIVE AND SUBJECT TO CHANGE

Judges Orientation Start Time	7:30 AM	ATC 109
Student Check-in and Location	8:00- 8:30	ATC 117, WHITE HALLWAY
Student ONLY Orientation Start Time and Location (No Instructors)	8:30 AM	KITCHEN 111
Student Only Lab Tour Start Time	9:00 AM	KITCHEN 111
Mise en Place - Station set up	9:30 AM - All Contestants	
Staggered Start Times	9:45am, 10am, 10:15am	
Knife Skills(20min) - Window Closes 4 Skills from provided list <u>Contact the judges to view your products. Product must be used in dishes!</u> If the contestant finishes Knife Skills early, they may move on to chicken fabrication after judges view their products.	9:45-10:05 AM Contestants 1-6	
	10-10:20 AM Contestants 7-12	
	10:15-10:35 AM Contestants 13-18	
Chicken Fabrication(30min) - Window Closes <u>Contact the judges to view your chicken after fabrication</u> If the contestant finishes fabrication early, they may move on to general production after judges view their chicken.	10:05-10:35 AM Contestants 1-6	
	10:20-10:50 AM Contestants 7-12	
	10:35-11:05 AM Contestants 13-18	
General Production 120 minutes	10:35-12:35 Contestants 1-6	
	10:50-12:50 Contestants 7-12	
	11:05-1:05 Contestants 13-18	
Soup and Salad Plating Window Open/Closes	12:35-1:05 PM Contestants 1-6	
	12:50-1:20 PM Contestants 7-12	
	1:05-1:35 PM Contestants 13-18	
Entrée Plating Window Open/Closes	1:05-1:35 PM Contestants 1-6	
	1:20-1:50 PM Contestants 7-12	
	1:35-2:05 PM Contestants 13-18	
Clean up Students will be dismissed from each area per judges.	30 min Ending 2:05, 2:20, 2:55	
Feedback - IF JUDGES ARE AVAILABLE! Some or all may not be able to stay after the contest to give feedback.	All judges are volunteers and many must return to their restaurant to prepare for the evenings service or have other obligations. Please be understanding.	

SkillsUSA
State of Michigan
High School Culinary Contest

Menu

Chicken Vegetable soup
Composed Salad with Emulsified Dressing
Sauté of Airline Chicken Breast
with a Pan Sauce
Served with Rice Pilaf and Vegetable Medley

RECIPE INFORMATION - Culinary Competition

Menu Item	Chicken Vegetable soup		
Number of Portions	2	Portion Size	6oz
Cooking Method	Stock		
Recipe yield	1-11/2 qt approximately		

Ingredients	
Item	Amount
Chicken bones, leg and thigh	As needed
Water	Approximately 40oz
Standard Mirepoix	10 oz.
Sachet d'Epices	1
Seasoning	To Taste (from common kitchen)

1. Add cold water to chicken bones and meat. Bring to boil- reduce to a simmer. Adjust water as needed
2. Simmer 30 minutes skimming fat and scum
3. Add Sachet
4. Simmer until desired flavor is reached
5. In a separate 2-3 qt sauce pot or stock pot, sweat vegetables in a small amount of fat. Add vegetables in increments according to cooking time.
6. Strain 2/3 of broth, reserving meat, On top of cooked vegetables. Save the rest of the broth to use on other menu items.
7. Clean up all of the cooked chicken meat and cut or shred it as it should be added to the soup as a garnish

Menu Item	Composed Salad with an Emulsion Dressing		
Number of Portions	2	Portion Size	TBD
Cooking Method	Permanent emulsion and various		
Recipe yield	2 salads		

Ingredients	
Item	Amount
Chicken component	Reserved meat
Vegetable component	Product table
Emulsifier	Product table
Assorted greens	3-4 oz

1. Use extra white meat chicken, (i.e. tenderloins, wings) to prepare a protein component for the salad. Examples may be: breaded and pan-fried, grilled, chicken salad etc.
- 2. A permanent emulsion must be made from ingredients on product table.**
3. Wash and prep assorted greens using sanitary procedures and learned skills. Properly cleaned greens are required.
4. Three room temperature or chilled vegetable components are required. They may be raw or cooked.
5. A crisp component is required from the pantry list

Student is allowed to assemble the salad as desired as long as it remains and is presented as a composed salad. It must include the components mentioned above. Dressing must be incorporated into the plate.

Menu Item	Sautéed Chicken Breast		
Number of Portions	2	Portion Size	1 breast
Cooking Method	Sauté and pan roasting		

Ingredients	
Item	Amount
Chicken Breast (<i>airline style with marrow exposed</i>)	2 each
Clarified butter	As needed approx.-2-3 Tbsp
Seasoned flour	¼ cup
Add to flour, salt	½ tsp
pepper	¼ tsp
Garlic powder	pinch
Dry basil	½ tsp

1. Break down chicken into two, skin-on airline style breast with only the first bone of the wing still attached and knuckle removed and Frenched.
2. Remove leg and thigh and utilize for other recipe components as instructed
3. Combine seasonings and flour
4. Lightly flour airline breasts, sauté in clarified butter until golden. Remove and place in half pan and finish in 375 degree oven until correct internal temperature is reached.
5. Adjust as necessary.

Menu Item	Pan Sauce		
Number of Portions	TBD	Portion Size	TBD
Cooking Method	Roux base pan sauce		

Ingredients	
Item	Amount
TBD	As needed

1. An important part of the preparation is using your knowledge and skills to properly pare a sauce with the chicken.
1. **A roux based pan must be made from ingredients on product table.**
2. Adjust for seasoning and consistency

Menu Item	Rice Pilaf		
Number of Portions	2	Portion Size	4 oz each
Cooking Method	Pilaf Method		

Ingredients	
Item	Amount
Clarified Butter	1 Tbsp.
Onion	1oz
Rice	½ cup
Chicken stock	1 ½ cup
salt	TT
pepper	TT
Bay leaf	1 each

1. Cook pilaf method
2. Adjust stock and seasonings as needed.

Menu Item	Vegetables		
Number of Portions	2	Portion Size	TBD
Cooking Method	The cooking method should vary depending on the product being utilized		

Ingredients	
Item	Amount
Asparagus	6
Carrots	TBD
Yellow Squash	TBD

1. An important part of the preparation is using your knowledge and skills to properly prepare each vegetable.
2. You must utilize all 6 asparagus
3. Utilize a professional cut on your carrots and yellow squash

Cook your vegetables using proper methods for each vegetable. Assemble them on each plated entrée as you like.

Points

General Skills _____25/pts.
Overall Entrée(presentation) _____/10pts.
Chicken _____/10pts.
Sauce _____/5pts
Rice _____/5pts
Veg. _____/5pts
Soup _____/20pts.
Salad _____/20pts

Deductions

Resume _____/ -10pts.
Uniform _____/ -15pts.
Equipment _____/ -10pts
Time Penalty _____/ - pts.
-15% of Sub Total(1- 5 min.)
-25% of Sub Total (6-10 min.)
-100% More than 10min

SkillsUSA Culinary Arts	Criteria	Criteria	Criteria	Criteria/ Notes
General Skills	Excellent 5 pts.	Good 4 pts.	Average 3 pts.	0 pts. / Notes
Sanitation/ Food Hand- ling ____pts.	Follows all sanitation practices.	Displays almost all proper sanitation practices.	Shows some sanitation concerns during preparation.	
Safety/ Proper Use of Equip- ment ____pts.	Follows all safety practices. Selects and uses all tools and equipment properly and safely.	Displays most safety practices. Uses most tools and equipment properly.	Lacks safe industry techniques.	
Mise en Place/Orga- nization ____pts.	Very organized and applies a strong understanding of mise en place.	Mostly organized and displays a good understanding of mise en place.	Lacks a plan; disorganized mise en place.	
Fabrication ____pts.	Demonstrated proper technique. Clean carcass, optimal yield, oyster intact.	Demonstrated most techniques properly with minimal waste.	Lacked proper technique in poultry fabrication.	
Knife Skills ____pts.	Demonstrated proper techniques on all cuts with minimal waste.	Demonstrated most techniques properly with minimal waste.	Lacked proper technique; excessive waste.	
General Skills Total pts. ____/25				
Overall En- trée Plate	Excellent 5 pts.	Good 4 pts.	Average 3 pts.	0 pts./ Notes

Serving Methods/ Presentation ____pts.	Closely placed items for maintaining temperature. Hot serving plate. Presentation was excellent. Plates show no smudges. Creativity was evident.	Presentation was good. Food was hot. Plate was mostly smudge free. Demonstrated knowledge of proper food placement and presentation. Some creativity was evident.	Presentation was acceptable. Plate was cold.
Portion Size ____pts.	Excellent proportions of protein, starch and vegetable.	Good proportions of protein, starch, and vegetable.	Components weren't properly proportioned.

Chicken	Excellent 5 pts.	Good 4 pts.	Average 3 pts.	0 pts./ Notes
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Flavor, Taste, Texture, Doneness ____pts.	Great flavor and taste. Proper texture was achieved. Seasoning was balanced and flavorful.	Pleasing, appropriate taste. Good use of seasoning.	Adequate but not outstanding taste. Under or/ over seasoned.
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Presentation ____pts.	Excellent/3 slices	Good presentation/ sliced	Acceptable presentation.
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Sauce	Excellent 5 pts.	Good 4 pts.	Average 3 pts.	0 pts./ Notes
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Flavor, Taste, Texture, Doneness ____pts.	Great flavor and taste. Proper texture was achieved. Seasoning was balanced and flavorful. Proper consistency.	Pleasing, appropriate taste. Good use of seasoning. Good consistency.	Adequate but not outstanding taste. Under/ or over seasoned. Poor consistency.
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Rice	Excellent 5 pts.	Good 4 pts.	Average 3 pts.	0 pts./ Notes
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Flavor, Taste, Texture, Doneness ____pts.	Great flavor and taste. Proper texture was achieved. Seasoning was balanced and flavorful. Rice was cooked properly.	Pleasing, appropriate taste. Good use of seasoning. Rice was a little over or undercooked.	Adequate but not outstanding taste. Under/ or over seasoned. Rice was over or undercooked.
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Vegetables	Excellent 5 pts.	Good 4 pts.	Average 3 pts.	0 pts./ Notes
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Flavor, Taste, Texture, Doneness ____pts.	Great flavor and taste. Proper texture was achieved. Seasoning was balanced and flavorful. Vegetable cookery was excellent.	Pleasing, appropriate taste. Good use of seasoning. Vegetable cookery was good.	Adequate but not outstanding taste. Under/ or over seasoned. Demonstrated improper vegetable cookery.	
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Soup	Excellent 10 pts.	Good 8 pts.	Average 6 pts.	0 pts./ Notes
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Flavor, Taste, Texture ____pts.	Great flavor and taste. Proper texture was achieved. Seasoning was balanced and flavorful.	Pleasing, appropriate taste. Good use of seasoning.	Adequate but not outstanding taste. Under/ or over seasoned.	
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Presentation ____pts.	Hot bowl/cup. Presentation was excellent.	Warm bowl. Presentation was good.	Presentation was acceptable.	
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Salad	Excellent 10 pts.	Good 8pts.	Average 6 pts.	0 pts./ Notes
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Flavor, Taste, Texture ____pts.	Great flavor and taste. Proper texture was achieved. Seasoning was balanced and flavorful. Crispy component was crisp. Emulsion was flavorful and stable.	Pleasing, appropriate taste. Good use of seasoning. Plate had all components. Difficulties with Crispy component and/or emulsification.	Adequate but not outstanding taste. Under/ or over seasoned. Missing components.	
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Presentation ____pts.	Cold serving plate. Presentation was excellent.	Presentation was good.	Presentation was acceptable.	
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Additional Notes:				
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