

SkillsUSA Michigan

Culinary Arts

Contestant's Orientation

Welcome Letter

Schedule

General Regulations for the Contest

**Date - Location: Contest will be virtual, via
Zoom recording**

April 8th and 9th 2021

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

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

**2021 SkillsUSA Michigan
HIGH SCHOOL CHAMPIONSHIPS
TASK AND MATERIALS LIST
SKILL OR LEADERSHIP AREA: CULINARY ARTS**

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.

CAMERA

Only one camera is allowed and must conform to all SkillsUSA recording and camera rules and regulations.

MENU

Each contestant must have a printed menu with each dish described turned into the contest administrator by April 4, 11:59pm; Agaertner2@YCSchools.US. This is the only time that the menu can be turned in. Failure to do so will result in a 10 point penalty.

RESUME:

Each student must submit a **one-page** printed resume to the contest administrator by April 4, 11:59pm; Agaertner2@YCSchools.US. 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.

Written Test:

Each student will take the SkillsUSA Leadership test and Culinary Arts technical exam. These tests will be administered by SkillsUSA Michigan. **Test scores will only be used in the event of a tie.**

CLOTHING REQUIREMENTS:

- No specific uniform is required but clothing must be professional and meet all industry safety standards.
- 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.

EQUIPMENT AND MATERIALS:

1. Supplied by the technical committee:

- Contest packet (instructions). **No other outside notes/prep lists are allowed into the completion area.** A miss en place plan may be written after the start of the contest
- All information and furnishings for judges and technical committee.

2. Supplied by the contestant.

1. **Please note: No ELECTRONIC OR MOTORIZED equipment will be permitted in the kitchen with the exception of digital scales and thermometers.**
2. **No cellphones or smart watches!!**

- Contestants must supply their own standard industry equipment
- Students are only allowed to film once
- Students are to measure and gather all equipment and supplies themselves. If an ingredient or piece of equipment is forgotten, students must work without it. Organization is a critical part of this demo competition.

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). **Judges will be scoring based upon:**

1. Coordinate mise en place and apply organizational skills.
2. Demonstrate and apply knowledge of proper cooking methods and techniques as required.
3. Demonstrate and apply the proper use of equipment.
4. Demonstrate and apply creative preparation, portioning and presentation of food items.
5. Follow ServSafe key practices for ensuring food safety.
6. Apply methodology and evaluation of job-related observable skills, competencies, skill proficiencies and scoring sheets/tests (100 points) conducted by chefs and culinary instructors.
7. No fabrication/knife skills/butchery will be part of the scoring.

TASKS TOBE 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 SkillsUSA Michigan Technical Committee.

- Proportion items by today's standards
- Selection and preparation of accompaniment salads and proper dressing
- Preparation of entree
- Preparation of sauce
- Select and clean fresh vegetables and salad greens, with appropriate flavorings
- Proper vegetable and starch cookery
- 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

Contestants will be given a predetermined selection of all food items. Spoiled or burned supplies will not be replaced.

GENERAL INSTRUCTIONS

Students are expected to narrate during the competition, letting the judges know what they are doing. **This is not a written script.**

Students are expected to explain the steps and techniques they are demonstrating while making the product. Once the product is finished they may set them aside or on a speed rack until the end when they will do one final look for the judges with all products together on the table or bench and the camera is able to zoom in on each item.

Students will produce 1 entree and 1 salads using products from the Pantry list below in no more than 90 minutes:

Note: No other products are allowed.

MISE EN PLACE MAYBE BE DON EAHEAD OF TIME!

-1 6oz Chicken breast with thickened pan source using items from the pantry list, cut in half and presented. (A solid white plate is encouraged)

-A side of sauce in a wide white container is required to show emulsification and must show nape on the back of a spoon.

-Rice Pilaf (onions may be grated)

-Sautéed Fresh Asparagus

-Plated salad w/ emulsified dressing (A solid white plate is encouraged)

-A side of dressing to show emulsification please place in a white or clear wide container

Pantry List

<u>Protein</u>	<u>Dry Pantry</u>	<u>Fresh Herbs</u>
6oz Chicken Breast, boneless and skinless	Chicken Stock	Parsley
	White Wine	Tarragon
<u>Produce</u>	Flour	Rosemary
Scallions	Rice	Thyme
Onion-Yellow	Honey	Basil
Radish	Vinegar-Red Wine	
Cucumber-English	Vinegar-Balsamic	<u>Dry Spices</u>
Mushrooms	Olive Oil	Garlic Powder
Tomato	Vegetable Oil	Tarragon
Asparagus	Dijon Mustard	Basil
Garlic	Sugar	Paprika
Lemon	Corn Starch	
Lettuce-Spring Mix	<u>Dairy</u>	Salt
Shallots	Butter	Pepper
Capers	Eggs	Peppercorn
	Heavy Cream	

Event Timing

A schedule will be emailed to each instructor with the times and date for each competitor to record their competition. Please make sure each instructor emails Chef Aaron Gaertner(Agaertner2@YCSchools.US) by March 5th with information about each student competing . A confirmation email will be sent back to you. You will need to record your zoom and upload to the cloud. More information on how to do this will be sent to you. Zoom recording will be sent to the lead judges email. Chef Aaron Gaertner(Agaertner2@YCSchools.US) will give each teacher more instructions on this as they become available.

90 min time limit

Time starts at when the student introduces themselves

Times stops when student says “this conclude my presentation”

SkillsUSA

State of Michigan

High School Culinary Contest

Menu

Composed Salad with Emulsified Dressing

Sautéd 6oz Chicken Breast
with a Thickened Sauce

Served with Rice Pilaf and Asparagus

Points

General Skills _____ 30/pts.
 Presentation _____ 5/pts
 Entrée _____/15pts
 Sauce _____/15pts
 Rice _____/10pts
 Veg. _____/10pts
 Salad _____/15pts

Deductions

Missing Resume _____/ -10pts.
 Missing Menu _____/ -10pts.
 Unsafe/Unprofessional Clothing _____/ -10pts
 Time Penalty _____/ - pts.
 -15% of Sub Total(1- 5 min.)
 -25% of Sub Total (6-10 min.)
 -50% More than 10min

SkillsUSA Culinary Arts				
General Skills	Excellent 10-9 pts.	Good 8-6 pts.	Average 5- pts.	0 pts. / Notes
Sanitation/ Food Handling ____pts.	Follows all sanitation practices.	Displays almost all proper sanitation practices.	Shows some sanitation concerns during preparation.	
Safety/Proper Use of Equipment ____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/Organization ____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.	
Presentation	Excellent 5 pts.	Good 4 pts.	Average 3- pts.	0 pts./ Notes
VOICE ____pts.	Pitch, tempo, volume, diction and enthusiasm are developed and performed to a professional level	Pitch, tempo, volume, diction and enthusiasm are developed and performed to an advanced level	Pitch, tempo, volume, diction and enthusiasm are undeveloped and performed to a basic level	

Entree	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.	
Sauté Technique ____pts.	The sauté cooking technique selected was appropriate and done to a professional level	The sauté cooking technique selected was appropriate and done to an advanced level level	The sauté cooking technique selected was not appropriate and done to a basic level level	

Sauce	Excellent 5 pts.	Good 4 pts.	Average 3- pts.	0 pts./ Notes
Sauce Technique ____pts.	The sauce production technique selected was appropriate and done to a professional level.	The sauce production technique selected was appropriate and done to an advanced level level	The sauce production technique selected was not appropriate and done to a basic level level	
Sauce Emulsification ____pts.	Emulsification is stable with the correct nape. Sauce was finished correctly	Sauce is mostly stable with nearly the correct thickness	Sauce is not stable and is too thin/thick	
Selected Ingredients and flavor profile ____pts.	Selected ingredients provide correct and creative flavor profile	Selected ingredients provide correct and some what creative flavor profile	Selected ingredients do not provide correct and creative flavor profile	

Rice	Excellent 5 pts.	Good 4 pts.	Average 3- pts.	0 pts./ Notes
Texture, Doneness ____pts.	Proper texture was achieved. Seasoning was adjusted. Rice was cooked properly.	Rice was a little over or undercooked.	Rice was over or undercooked.	

Pilaf Technique _____pts.	Pilaf technique was correctly utilized	Pilaf technique was nearly correctly utilized.	Pilaf technique was not correctly utilized. Missing multiple steps
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Vegetables	Excellent 5 pts.	Good 4 pts.	Average 3- pts.	0 pts./ Notes
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Texture, Doneness _____pts.	Proper texture was achieved. Vegetable cookery was excellent.	Vegetable cookery was good.	Vegetable was under or over cooked
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Cooking Technique _____pts.	The cooking technique selected was appropriate and done to a professional level.	The cooking technique selected was appropriate and done to an advanced level	The cooking technique selected was not appropriate and done to a basic level level
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Salad	Excellent 5 pts.	Good 4 pts.	Average 3- pts.	0 pts./ Notes
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Presentation _____pts.	Cold serving plate. Presentation was excellent.	Presentation was good.	Presentation was acceptable.	
Emulsification _____pts.	Emulsification is stable with the correct thickness	Emulsification is mostly stable with nearly the correct thickness	Emulsification is not stable and dressing is too thin/thick	
Selected Ingredients and flavor profile _____pts.	Selected ingredients provide correct and creative flavor profile	Selected ingredients provide correct and some what creative flavor profile	Selected ingredients do not provide correct and creative flavor profile	Selected Ingredients and flavor profile _____pts.

Additional Notes:
