

# **Skills 2024 Kansas State Championship**

## **Johnson County Community College**

### **April 5<sup>th</sup>, 2024**

### **Updated 2/29/24.**

Thank you for joining us here at Johnson County Community College for the 2024 Kansas State Championships. We are pleased to host and celebrate the best Culinary and Party student for high school and post-secondary institutions around the state.

#### Competition notes:

- Equipment check-in will be from 6:30 to 7:15
- Competitors meeting at 7:15, draw for start time and answer any questions.
- First competitors enter kitchens at 8:00am
- Speed carts, Sheet pans, Pots and Pans provided by Facility.

## **Skill competition common goods list**

### **Dry:**

- AP flour
- Sugar
- Baking powder
- Baking soda
- Corn meal
- Couscous
- Corn starch
- Jasmin rice
- Arborio rice
- Basmati rice
- Orzo pasta
- Lentils
- Quinoa
- Panko
- Honey
- Canola oil
- Extra virgin olive oil
- Dijon mustard
- Almonds
- Walnuts
- Tomato puree
- White wine vinegar
- Red wine vinegar
- Dry yeast
- Chicken base
- Beef base
- Red wine
- White wine

### **Produce:**

- Apples
- Lemons
- Limes
- Ginger
- Garlic
- Yellow onions
- Green onions
- Shallots
- Leeks
- Carrots
- Broccoli
- Cucumber
- Celery
- Red bell peppers
- Green leaf lettuce
- Butter lettuce
- Swiss Chard

- Baby Spinach
- Rosemary
- Thyme
- Sage
- Dill
- Parsley
- B-red potatoes
- Yukon gold potatoes
- Roma tomatoes
- Green beans

**Dairy:**

- Butter, Unsalted
- Heavy cream 38%
- Whole milk
- Whole eggs, large
- Cheddar cheese
- Parmesan cheese
- Saga Blue cheese

**Equipment list for competitors**

Items provided by competitors; you do not need to have all these items but no equipment outside this list will be allowed.

Knife kits:

- French knife
- Paring knife
- Vegetable peeler
- Knife steel
- Boning knife
- Slicing knife
- Serrated knife
- Fillet knife
- Utility knife
- Cooks fork

Garnish kit:

- Zester
- Channel knife
- Parisienne scoop
- Apple corer
- Tourer knife
- Pastry cutter

Hand tools:

- Tongs
- Micro plane
- Whisk multiple sizes.
- Kitchen and serving spoons.

- Measuring cups and spoons
- Mesh strainers
- Bench scraper
- Offset spatula.

Equipment:

- Piping bags and tips
  - Molds timbals
  - Stainless steel mixing bowls
  - Food mill or ricer
  - Sil-pads
  - Plastic squeeze bottles
  - Pocket thermometer
  - Oven thermometer
- Undercounter equipment rack must fit under the counter table have approximately 32 inches of clearance. No additional equipment will be allowed, equipment will be checked in during check-in time 6:30 to 7:15.

Items provided by the Host facility.

- Rolling pins
- Salad spinner
- Cutting boards
- ½ and ¼ pans
- Mise en place containers
- Cheese cloth
- Time clocks

**Contestant timeline**

- Please be aware of the time frame for presentation of all items. The time will be based on when the plate is presented for evaluation at the judges area.
- The window for presentation is 5 minutes. Competitor may not present before the window opens and will have deductions for serving after window closes.
- The deductions will be as follows 5- 10 minutes = 25% deduction for that judged item, 10-15 minutes = 75% deduction on that judged item. No score after 15 minutes.
- You may not present before your window opens on plated courses.
- Butchery and knife cuts will be judged at your station. These may be presented when completed even if before the perspective window is not open.
- On all other courses the competitor will present one plate to the judges and one plate will go on the display table for public viewing.

# Kansas State Championship Culinary Arts Contest High School and Post secondary. April 5<sup>th</sup> 2024

## **The high school Culinary Arts Competition is a modified Market basket format.**

1. Competitors will receive a market basket with various vegetables, fruit, and starches. The content of the basket is listed below.
2. Competitors must use a noticeable amount of each item in their basket.
3. They can supplement those ingredients with items from the community pantry.
4. The competitors will present four copies of the menu to include an appetizer, a soup or salad, and two entrees following the competition guidelines. The menus must include which market basket items will appear on each course. Competitor numbers must be listed on the top of each menu along with their name.

### High School market basket Kansas State championship 2024

- Parsnips
- Champignon mushrooms
- Butternut squash
- Whole chicken

# Skills USA Menu Kansas State Championship

## Appetizer/Salad – 2 portions

## Soup – 2 portions

### Main course #1 – 2 portions

Sauteed chicken breast with pan sauce

One potato dish of contestants choice

One vegetables of contestants choice

### Main course #2 – 2 portions

Braised chicken Thigh with braising sauce

Grain of contestants choice

One vegetables of contestants choice

(Different from first Main course)

## High School Judging Categories

### Written Exam: 50 pts.

The American Culinary Federation Certified Fundamentals Cook® (CFC®) exam will be utilized. All competitors achieving a score of 70% on the written exam and 75% in the cooking portion will receive the ACF CFC® certification.

### Sanitation: 75 pts

Hygiene and Safety

Food Handling

Cleanliness

### Technical Skills: 70 pts

Mise en Place

Time Management and Planning

Cooking Methods and Techniques

### Knife Skills: 30 pts

Vegetable Cuts

### Butchery: 20 pts

Chicken Butchery

### Finished Product:

**Stock: 15 pts.**

**Appetizer/salad: 45 pts**

Presentation: 10

Flatbread: 5

Creativity: 10

Taste/Technique: 20

### Soup 35 pts

Presentation: 10

Creativity: 10

Taste/Technique: 15

### Entrée #1

& #2: 75 pts each

Presentation: 10

Protein

Taste/Technique: 25

Sauce

Taste/Technique: 10

Starch

Taste/Technique: 10

Vegetable Taste/Tech:

10

Creativity: 10

### Written Menu: 10 pts.

Complete menu and matches dishes served.

**Total Points: 500**

Tie Breaker: In the event of a tie, the competitor with the highest overall tasting score will be determined to be the winner. If there is still a tie, the competitor with the highest score on the written test will be determined to be the winner.

**Deductions:**

Poor/no clean-up and reset of station and/or overall contest area 10-50 points.

From SkillsUSA – Uniform infraction 10 points

No Resume' 10 points

No food safety card or serve safe card 10 points

Late/Missed Service Windows 25%-100% of that course.

## COMPETITION GUIDELINES

- During orientation for the contest, a member of the Technical Committee will review the contest packet.
- Equipment check-in will occur at arrival/orientation. All equipment must be checked in at this time. Any equipment not on the approved list must be removed. Equipment will be stored safely until your competition time. Please remove all school or personal information from your toolbox. Mark with your contestant number.
- Resumes must be turned in during orientation. Resumes will not be accepted after orientation is complete. Competitor number must be on resume.
- Food Safety cards will be turned in during orientation. Bring a copy of a current food safety or food handler certificate, marked with your contestant number.
- The competitors will present four copies of a menu that includes a starter, a soup, and two entrees of their own choosing following the competition guidelines. **Menus must include where the market basket items will appear on the plates.** The menus must be turned in at the beginning of the competition. Include your competitor number on the menu.
- Please use only as much of each ingredient as is necessary. Return unused portions to the supply tables.
- Contact a judge to look at your waste before removing anything from your station.
- You may work on any component of your menu at any time. i.e.: You can begin working on your stock and/or soup during your knife cut time.
- You will present one (1) plate to the tasting judges for evaluation and one (1) display plate for the public to see. Plates should be identical.

- Raise your hand and ask for assistance if there is anything that you do not understand. There will be a period just before the start of the first session when all questions will be answered for all contestants to hear. Once the competition starts, any questions about technique or definitions, etc. will not be answered. Questions about where to find ingredients and other logistics will be answered.
- Remember two things – This is about LEARNING, and it should be FUN. If at any time you feel overwhelmed and feel that you cannot continue, speak to a judge or member of the technical committee. We are here for you!

### **Uniform standard**

- White chef's jacket or school standard chefs coat must be clean and stain free.
- Black work pants or black-and-white checkered chef's pants
- Black non-slip, non-porous, oil resistant shoes (black preferred), no tennis shoes
- Skill USA Official Apron (optional, Clean White Apron)
- Hair restraint, as needed to meet Health department regulations. Toques will be provided however if you choose to wear your schools skull cap that is acceptable.

#### **Note:**

- Toques provided by Facility technical committee.
- No facial jewelry is allowed. Earrings are not permitted even if covered by a bandage. A single watch (no smartwatches allowed) or wedding ring is the only jewelry that will be allowed to be worn during the orientation and competition periods. All hair must be restrained by either a hat or hairnet. Facial hair must be covered by a snood during all periods of food handling.
- Cellphones and/or smartwatches are not permitted on the competition floor and cannot be used in place of a kitchen timer. See the "Prohibited Devices" section below for more information.

### **PROHIBITED DEVICES**

Cellphones, electronic watches and/or other electronic devices not approved by a competition's national technical committee are **NOT** allowed in the competition area. Please follow the guidelines in each technical standard for approved exceptions. Technical committee members may also approve exceptions onsite during the SkillsUSA Championships if deemed appropriate.

#### **Penalties for Prohibited Devices**

If a competitor's electronic device makes noise or if the competitor is seen using it at any time during the competition, an official report will be documented for review by the Director of the SkillsUSA Championships. If confirmed that the competitor used the device in a manner which compromised the integrity of the competition, the competitor's scores may be removed.

#### **Competition Schedule:**

6:30am – 7:15am competitors equipment check-in  
 7:15am – 7:30am competitors draw for time slots.  
 7:30am -7:45am competitors time for questions  
 8:00am Competitors start to enter kitchens.

### **Kitchen timelines**

Set up – 20 minutes, turn in menu packets to floor jury, can begin pulling product needed and premeasure product as needed.

Jury set up check – 5 minutes.

Skill (vegetable cuts, chicken fabrication, and stock started) – 90 minutes have items displayed on shelf in cooler ready for jury. Notify floor jury if you finish early, you may begin production at that point.

Production time – 120 minutes for all items

Appetizer/first course tasting – 30-minute service window.

Soup – 30 minutes

Entree #1 – 30 minutes

Entree #2 – 30 minutes

Clean up 30 minutes.

### **SKILLS COMPONENT (SECONDARY):**

#### **CHICKEN BUTCHERY**

Each contestant will have one chicken to butcher. They will execute the following:

1. Two breasts – The breast should be skin on with first joint of the wing attached and frenched, the tender should be intact and attached to the breast. The wing bone and tender can be removed after evaluation for use in the menu as desired.
2. Two leg/thigh portions – the leg and thigh should be separated, skin on and bone-in
3. Carcass, meat, trim and bones are to be used for stock and soup.
4. This skills section can be evaluated at any time, place in cooler and notify member of the jury. Extra time from this section can be used for production time.

### **SKILLS COMPONENT (SECONDARY):**

#### **VEGETABLE CUTS**

Prepare the following vegetable cuts and/or tasks and present for judging. These items will be used in other menu items:

1. Small Dice (1/4"x1/4"x1/4") – ½ Onion
2. Chopped Parsley (minced fine) – ¼ Bunch
3. Tomato Concasse –1 tomato
4. Minced 4 large cloves garlic
5. Medium Dice (1/2" x 1/2" x 1/2" cube) - 1/2 cup. Use vegetables based on your menu.
6. Julienne (1/8"x1/8"x2") Carrots -2 oz. prepared weight required.
7. Place in cooler and notify member of the Jury for evaluation. Any extra time from this section can be used for production.

### **STOCK**

#### **Skill component: Stock**

Prepare stock to be used throughout the competition.

## **APPETIZER/FIRST COURSE**

### **Skill Component: Hot/Cold Appetizer, Salad**

Yield: 2 servings

Prepare appetizer of choice. This could be a plated appetizer or a salad.

Required components:

1. Must contain a protein component.
2. Must contain a scratch-made crisp flatbread component produced from a non-yeasted dough.
3. Three vegetable garnishes are required. One must be the tomato concasse prepared in the knife cut segment.

## **SOUP**

### **Skill component: Stock/Soup**

Yield: 2 servings

Prepare soup may be a clear soup, must include discernable garnish.

## **ENTRÉE 1**

### **Skills Components: Sauté, Sauce, potato, 2 Vegetables**

Yield: 2 Plates

Protein: Sautéed Chicken

Vegetable: One vegetable displaying distinct knife cuts. One of the vegetables must be prepared using the sauté method.

Starch: Potatoes of contestants choice

Sauce: Pan sauce using a derivative of a Mother Sauce

## **ENTRÉE 2**

### **Skills Components: Braise, Sauce, Roast, Vegetable**

Yield: 2 Plates

Protein; Braised Chicken

Vegetable: Properly braise appropriate vegetables from knife cuts

Starch: Rice Pilaf, grains, or Risotto (other of your choice from common store room)

Sauce: Fortified reduction of braising liquid

# **The Post-Secondary Culinary Arts Competition is a Market Basket format.**

1. Competitors will receive a market basket with various proteins, vegetables, fruits, and starches. The contents of the basket will be revealed the day before the competition.
2. Competitors must use a noticeable amount of each item in their market basket.
3. They can supplement those ingredients with items from the community pantry.
4. The competitors will present four copies of a menu that includes an appetizer, a soup, and two entrees of their own choosing following the competition guidelines. The menus must be turned in at the beginning of the competition and must include which market basket items will appear on each course.

## **SkillsUSA Culinary Arts Post-Secondary Competition Kansas State Championship 2024**

### **Potential Market Baskets**

The selected market basket will be revealed during orientation on March 20, 2023. Ingredients subject to change based on availability. Ingredients will be substituted with similar products if necessary.

#### **Mystery Basket 1**

- 1 ea. 3 lb. Chicken
- 1 Salmon side
- 2 oz. Chicken liver
- 8 oz Sugar snap Peas
- 1 lb. Kale
- 8 oz. Pearl onions
- 1 lb. Parsnip
- 3 ea. Plum tomatoes
- 1 cup Lentils
- 8 oz White mushrooms

#### **Mystery Basket 2**

- 1 ea. 3 lb. Chicken
- 1 lb Head on Shrimp
- 1 oz Chorizo
- 8 oz. Haricot vert
- 4 oz. Corn Meal
- 4 oz Crimini Mushrooms
- 1 head Romaine lettuce
- 8 oz. Parsnips
- 1 lb. Red (b) potatoes

3 ea. Plum tomatoes

**Mystery Basket 3**

1 ea. 3 lb. Chicken

1 ea. 4 lb Duckling

1 oz. 1 slice bacon

8 oz. Haricot vert

½ head Cauliflower

8 oz Crimini Mushrooms

1 lb. Yellow Squash

1 lb. Red (b) potatoes

3 oz. Quinoa

3 ea. Plum tomatoes