

**2023 SkillsUSA Indiana CHAMPIONSHIPS
TASK AND MATERIALS LIST**

SKILL OR LEADERSHIP AREA: **CULINARY ARTS**

CONTEST LOCATION:

IVY Tech- The Corporate College and Culinary Center
2801 N. Meridian St.
Indianapolis, IN 46208

Date: **SATURDAY** April 15, 2023

Unloading equipment begins: 7:00 am

Contest begins: 8:00 am-1:00 pm

CLOTHING REQUIREMENTS:

- white or checked work pants, white chef's shirt or jacket (if possible)
- white or black work shoes
- white apron, white chef's hat (paper or cloth), and white chef's scarf
- Tennis shoes will not be allowed
- Long hair and/or beards require suitable restraint

No school logo, school name, contestant name or any other identifying marks of any kind on clothing. If you do have them, they must be covered up so that no part of the identification is visible.

ALL STUDENTS MUST HAVE A 1-PAGE RESUME THAT WILL BE TURNED IN AT THE BEGINNING OF THEIR CONTEST. THERE WILL BE A 10PT DEDUCTION IF NOT TURNED IN ON TIME.

AWARDS CEREMONY DRESS CODE

*A Dress Code will be enforced during the Awards Ceremony. To accept an award "on-stage", the student must wear the "Official SkillsUSA Uniform", State T-Shirt or the competition attire. **NO SHORTS OR HATS!!!***

Equipment and Materials:

I. Supplied by the technical committee:

- a. Contest problem (menus, recipes, instructions)
 1. All food necessary food items, seasonings, etc.
 2. Contest work sections will be as fair as possible for each contestant.
 3. All cookware and small wares necessary for food preparation.
 4. All necessary platters, dishes, and china necessary for food presentations.

II. Supplied by the contestant:

1. No. 2 pencil and small note pad

2. Knife kit and cook's tools as desired from the following: See Below
4. Any other small tools must be approved at the competition by the technical chair and must be made available for all other contestants to use.

SEE MENUS BELOW

*****WATCH VIDEOS*****

Basic Chicken Cut

<https://drive.google.com/open?id=0B2hWc4sSZnTDbW4xMkJjZm5rbXc>

French Breast or Airline Cut

<https://drive.google.com/open?id=0B2hWc4sSZnTDdXQwaVIVRGh5V28>

SkillsUSA

High School Culinary Arts Contest 2023

MENU

Soup: Clear Soup

Sauté Plate

Sautéed Chicken with Mushroom Pan Sauce

Braised Vegetables

Rice Pilaf

Braise Plate

Braised Chicken

Roasted Potatoes

Green Vegetable

GENERAL INSTRUCTIONS/TIPS

- **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 Two plates. One tasting plates to the Tasting Judges. One plate will be put on display.**
- **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 the like will be answered.**

Note: Chicken Fabrication and knife cuts will be judged at your station. For all other courses, the contestant will present 2 plates one will go on display, the other you will take to the judges in the judging room (room CCCI 224).

Contest Timeline

- **Please be aware of the time frame for presentation of all items.**
- **The window for presenting is 5 minutes long. For example, contestants 1-8 have between 10:15 AM and 10:20 AM to present their knife cuts without penalty.**
- **Any items presented between 5-10 minutes early/late will result in a 25 % point loss for that item.**
- **Any items presented between 10-15 minutes late will result in a 75 % point loss for that item.**
- **Any items presented 15 minutes early/late will not be scored.**
- **Chicken Fabrication and knife cuts will be judged at your station at the scheduled time.**

On all other courses, the contestant will present two plates one will go on display, the other you will take to the judges in the judging room (room CCCI 224).

Items available to student:

Butchers Twine

Cheese cloth

Common pantry for culinary in the kitchen:

Fresh parsley

Dried thyme

Bay leaf

Peppercorns

Fresh garlic

Butter

Flour

Ground black pepper

Kosher salt

Milk

Vegetable oil

Heavy cream

Fresh tarragon

Lemons

Sugar

Leeks

Eggs

Culinary individual will have on their station:

Measurements will not be exact.

1 chicken

2 qt chicken stock

16 leaves of basil

2 yellow onions small

2 carrots

2 ribs celery

7 cloves garlic

1 leek

1 red pepper

1 large zucchini or 2 small

1 Idaho potato

1 large parsnip or 2 small

11 oz. Mushrooms

12 oz. red potatoes about

1 cup Rice

4 oz. butter

1 Roma tomato

8 oz green beans or broccoli

SKILLS COMPONENT

Chicken Fabrication

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

1. **Two breasts – The breast should be skin on and boneless, except for the first bone of the wing which should be attached (Airline Breast). The tender should be intact and attached to the breast. The wing bone, tender and skin can be removed after fabrication score has been recorded.**
2. **Two leg/thigh portions – the leg and thigh should be bone-in. Separated cleanly at the joint.**
3. **Carcass meat, trim and bones.**

SKILLS COMPONENT

VEGETABLE CUTS

Prepare the following vegetable cuts and/or tasks and present for judging.

These items will be used in other menu items:

1. **Chiffonade Basil- 6 leaves**
2. **Tomato Concassè –1 Roma tomato**
3. **Medium Dice (1/2 " x 1/2" x 1/2" cube) - 1 cup. Use vegetables based on your menu.**

RECIPES

Stock:

Skill component: Stock

Chicken bones, trim from your fabricated chicken,

Water, Mirepoix, Sachet

Will be started on your stations.

Finished stocks will be available to competitors during the competition.

Chicken Vegetable Soup

Skill component: Stock/Clear Soup

Soup Yield: 1 to 1-1/2 Qt

Ingredients:

Trim from chicken

Oil

1 tsp.

Cut vegetables for garnish

Approx. 1-1.2 cup

Seasoning

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SAUTEÉD CHICKEN BREAST WITH MUSHROOM PAN SAUCE

Skill Component: Sauté with pan sauce

Yield: 2 plates

Properly sauté appropriate pieces of chicken.

Prepare mushroom pan sauce from fond.

Plate chicken with sauce, rice pilaf, and braised vegetables

STARCH ACCOMPANIMENTS FOR SAUTEÉD ENTRÉE

Skill Component: Rice Pilaf

Yield: 3 cups

Typical ingredients for Rice Pilaf

Fat (butter, oil)

Onion

Rice

Chicken stock

Seasoning

VEGETABLE ACCOMPANIMENTS FOR SAUTEÉD ENTRÉE

BRAISED VEGETABLES

Skill Component: Braising vegetables

Properly braise appropriate vegetables from knife cuts and others to accompany braised entrée

Braised Chicken

Skill Component: Braising Yield:

2 Servings

Properly braise the appropriate chicken pieces.

Plate two portions accompanied with roasted potatoes and sauté vegetables.

STARCH ACCOMPANIMENTS FOR POACHED ENTRÉE

ROASTED POTATOES

Skill Component: Roast

Yield: 2 Servings

Properly roast potatoes to accompany braised entrée.

VEGETABLE ACCOMPANIMENT FOR BRAISED ENTRÉE

Skill Component: Green Vegetable Cookery

Yield: 2 servings

Ingredients:

Green Vegetable of choice (Cut as desired and/or practical)

Seasonings – your selection from contest supplies as desired

Fresh herbs – your selection from contest supplies as desired

Instructions:

- **Using proper cooking technique for green vegetables; including blanching and shocking. Prepare a sufficient amount for two (2) portions.**

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 4. All necessary platters, dishes, and china necessary for food presentations

II. Supplied by the contestant:

1. A. No. 2 pencil and small note pad
2. B. Knife kit and cook's tools as desired from the following:
 - French cook's knife
 - Paring knife
 - Vegetable peeler
 - Knife steel
 - Boning knife
 - Offset spatula
 - Cook's tongs (8-12 in.)
 - Thermometer-bi-metallic stem thermometer or digital
 - Molds or timbales for rice (optional)
 - Timer or clock
 - Small mesh strainer
 - Measuring Cups
 - Measuring Spoons
 - Wooden Spoon
 - Whisk
 - Scale
3. Professional Cook's tool kit:
 - Citrus zester
 - Channel knife
 - Parisienne scoop
 - Apple corer
 - Tourné knife
4. Any other small tools must be approved at the competition by the technical chair and must be made available for all other contestants to use.