

# Introduction

Thank you for your dedication to ensuring student growth and achievement through the management of this SkillsUSA state competition event. The SkillsUSA state director and the national SkillsUSA organization appreciate your commitment to preparing America’s future workforce. The purpose of this document is to equip you with the necessary competition specifications that will allow you to host a successful state competition.

# Competition Technical Standards

The state director will provide the state technical committee with a copy of the current SkillsUSA Championships Technical Standards. The Technical Standards are the official competition guide/rules for the national SkillsUSA Championships. SkillsUSA Championships clothing requirements included in the technical standards have been established for the National Leadership and Skills Conference.

# Disclaimer

***The state project information is confidential. To ensure fairness and integrity in all competitive events, please do not share this packet with teachers or students.*** The following suggested SkillsUSA State Skill Performance Project is intended as a supplement to the guidance found in the SkillsUSA Championships Technical Standards. While most state competitive events are modeled after the national Technical Standards, rules for state events may vary from the national guidelines based on the time and/or equipment available at the state level. It is crucial that all student competitors understand any state specific requirements which should be communicated as state competition updates.

# State Competition Update - Optional

Definition:A competition update is anything that is not already listed in the SkillsUSA Championships Technical Standards that a competitor and/or advisor needs to be aware of and/or bring for the upcoming state competition.

State specific competition updates may include a list of materials the competitor must bring, state specific scorecard, and/or clothing allowances. Please be sure to check the “Supplied by the Technical Committee and Competitor(s)” section in the SkillsUSA Championships Technical Standards and adjust these requirements as necessary. The state technical committee, working with the state director, should establish any additional requirements needed to successfully complete the state-level competition.

**The following items should be reviewed, and a State Specific Competition Update posted if applicable:**

1. Supplied by the State Technical Committee:
2. Supplied by the Competitors: Each student may bring the following equipment in addition to what is printed in the technical standards: This is a minimum list of tools needed. Competitors may bring additional materials\*, but they must be stored in your workplace. Judging will include a neat and clean workspace. \**Additional equipment brought is subject to the competition chair’s review and approval for use.*
   1. Pen, marker, and pencil
   2. Calculator
   3. 2—full size sheet pans
   4. 2 cutting boards that fit inside a full size sheet pan—approximately 14”X20” (one for chicken and one for the other mise en place)
   5. 2— ½ sheet pan
   6. 2—1/2 hotel pans: throw away aluminum; stainless steel not necessary, but acceptable
   7. 25— 4 oz. plastic soufflé cups
   8. Mise en place containers
   9. 1 – citrus zester - optional
   10. 1- peeler
   11. 2—10-12 inch sauté pans
   12. 2—4 qt. sauce pots
   13. 3 – 2qt. sauce pot with lid
   14. 4 stainless steel bowls
   15. 2 ea. 8-12 inch whisk
   16. 2 ladles
   17. 2 rubber and 1 metal spatulas
   18. 1 meat mallet or similar
   19. 1 – squeeze bottle, optional
   20. 1 each: chef knife, serrated knife, boning knife, paring knife and steel
   21. 2-3 set tongs
   22. Spoons: 1 slotted, 2 regular, 3 plating spoons
   23. Strainers, chinois and/or china cap
   24. Sanitation bucket/spray bottle
   25. Disposable cloths/side towels/cleaning towels.
   26. Plastic Wrap and Aluminum foil
   27. parchment paper - 3 sheets, optional
   28. Disposable gloves
   29. Tasting Spoons
   30. Timers
   31. 1 portable burner w/ butane \*Optional, if competition site or lead judge allows.

For Service and Display:

* 1. 4 dinner plates 10 inch or 12 inch
  2. 2 soup bowls

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# Competition Site Logistics

**Materials (and quantity):**

Supplied by the technical committee:

* Competition problem (menu, instructions)
* All products for food presentation
* All necessary food items for the competition, paper goods, etc.
* The host site should provide all ingredients necessary for competitors to create the competition menu.
* Do not allow competitors to bring in any additional ingredients.
* A commissary table will be set up for all ingredients. These containers and ingredients should not leave the commissary table area to be scaled, etc. to allow all competitors fair access.

All ingredients should be easily accessible to all competitors. Separate areas for poultry and dairy items is encouraged.

Suggested minimum ingredient amounts per competitor.

Chicken, whole       1 whole each

Butter                          16 oz. each

Heavy Cream                   ½ cup each

Vegetable/Canola Oil 12 oz. each

Romaine Lettuce            ½ head

Mushrooms, shiitake 2 oz. each

AP Flour                        8 oz.

Potatoes, Red  ¾ lb. each

Green Beans              8 oz. each

Shallot                     1 each

Parsley, flat fresh       ½ bunch each

Red bell peppers       1 each

Olive Oil                 8 oz. each

Mustard, Dijon        3 oz. each

Lemon                      1 each

Tomatoes   2 each

Red Onions ½ each

Vidalia Onions             ½ each

Cucumbers                1 each

Garlic                             4 cloves each

Eggs 4 each

Carrots 2 each

Cauliflower ½ head

Zucchini 2 each

Whole Milk 16 oz. each

White wine vinegar 4 oz. each

      Kiwi Fruit Assorted Fresh Berries

Staple items to have available, but not limited to:

Kosher Salt

Ground Black Pepper

Parmesan Cheese

Cheddar Cheese

Butter

Panko Breadcrumbs

Baguettes or bread

Balsamic Vinegar

Honey

Orange Juice

Pecans

Radish

Chicken Base

Sugar

Vanilla extract

Flour

Assorted dry herbs and spices

Assorted fresh herbs

Arborio Rice Long Grain Rice

Sauvignon Blanc

**Host Site Supplies**

* Sani buckets/chemicals
* 3 bay sink with soap, sanitizer and scrub pads or dishwashing area (if available)
* Tables for public display of dishes outside of kitchen
* Orientation room/ judges’ area.
* Judges tasting area, away from any competitors or spectators. Stocked with flatware, water, and garbage cans
* Holding room for parents/ teachers (if available- not allowed in the kitchens) Spectators may watch through windows or designated viewing areas if available.
* Garbage bins and bags
* Mops/Mop buckets
* Paper towels and hand soap
* First Aid Kit
* Coordinate Lunches and bottled water from SkillsUSA Competition Coordinator/State Director, for students and judges
* \*Optional - Coordinate safe storage and any donations of unused chicken parts, wings, etc.

E**quipment (and quantity):**

Competition site organized (workstations, ovens, stoves, refrigeration, access to product and additional equipment) in as fair a manner as possible for each competitor.

This must be based on your competition and any constraints in the kitchen competition area. It is preferable to provide a minimum of the following: three burners, 4-6 ft of prep space and refrigeration space. Water and ice should also be accessible to all competitors. Competition host facilities should provide all plates necessary for the courses or let competitors know what to bring in advance. All plateware should be plain white and pattern free. It is up to the host/state if they will provide cooking pots and pans, or you can require competitors to bring their own equipment. Any tools or equipment not on the list will not be permitted for use during the competition.

**Electrical needs (voltage & amperage):**

* Electrical needed for the oven/stove.
* Please adjust the power requirements based on the specific equipment and facility utilities/rules.

**Competition utility requirements (water, plumbing, etc.):**

Water is needed for cooking.

**Competition Host Site**:

Please plan to give a kitchen and facility tour, showing where to find all ingredients, explain clean up procedures, and please have a program representative available in the competition area for questions. *Tip: plan ahead for storage of cut/trim from chicken fabrication, by supplying a container and instructions for safe repurposing chicken carcasses, wings, etc. if your program plans to utilize or donate these items following the competition.*

**Note for State Technical Chair:**

The culinary arts competition is designed to showcase the skills needed for jobs within commercial foodservice operations. The performance phase of this competition will be the actual preparation of food products as per the guidelines provided and the presentation of finished products. Competitors should be given the guidelines with a selection of all necessary food items to produce the courses assigned.

At the state competition, competitors will prepare a multi-course menu selected to showcase their skills in the following areas:

* Classical Knife Cuts
* Chicken Fabrication
* Starch Cookery
* Vegetable Cookery
* Sauce Production
* Appetizer/ Salad Preparation
* Soup Preparation
* Stock Preparation

Related skills such as proper temperature, seasoning/flavor profiles, plating, as well as station organization, sanitation, clean up, and written exam/s, etc. are also scored*.*

**Special Judge and Facility Notes:**

* **Competition Lead Judge**: The competition lead judge should be a volunteer from the local restaurant industry, preferably with some competition logistics experience. It is recommended that the lead judge does not have any direct connection to any of the competing programs, whenever possible. Please feel free to contact the National Culinary Tech committee in advance for competition assistance or advice.
* **Judges:** It is best to allow the lead judge to assist with the selection of the judges. Lead judges should plan to provide an orientation prior to the start of the competition, as the competitors are students, not professionals. Competition judges should be experienced in restaurant operations, sanitation best practices, and cookery methods. The tech committee recommends a minimum of 6-10 judges based on the number of competitors. Two of the judges to score sanitation, two to judge floor sections, and at least 4 judges to be assigned tasting, knife skills and chicken fabrication. (This works well since the competitors will complete the knife skills portion before any of the plates will be presented for tasting.)

It is very important that each segment is evaluated by the same group of judges, for example: the knife skills judges will judge all competitors’ knife cuts to ensure consistent scoring across all segments. It is recommended that chicken butchery and knife cuts be judged at the competitors’ station when they indicate they are ready during their window. (Record times of judging and indicate for late submissions, in case needed during final scoring for deductions)

 ACF Chapter locator website, contact your local chapter/s for potential volunteer judges- <https://www.acfchefs.org/ACFSource/Membership/Chapters.aspx>.

# Sample State Competition Schedule

An alternative schedule would be to have competitors do orientation and tour the day or evening before the competition. As you develop your overall competition schedule, the SkillsUSA state director will provide information about how the written knowledge test will be offered in your state.

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| --- | --- | --- |
| **Time** | **Item** | **Item Description** |
| 7:00 a.m. | Check-in, for group 1 | Competitors meet in the competition area to check in. |
| 7:15 a.m. | Orientation, Clothing Check, Kitchen Tour with Competition Host and Judges | Room 119. |
| 7:30 a.m. | Every competitor has from 7:30 a.m. until 7:55 a.m. to set their station. |  |
| 8:00 a.m. | Competition Starts for Group 1 | Competitors will start in heats. Group size is based on kitchen space and number of competitors. Groups should be no larger than eight competitors. |
| 9:00 a.m. |  |  |
| 9:30 a.m. | Chicken Fab due by 9:30 p.m. | Post Secondary contestants. |
| 10:15 a.m. | Kinfe Cuts due. |  |
| 10:30 a.m. | Appetizer due. |  |
| 11:15 a.m. | Soup due. |  |
| 11:45 a.m. | Entrée 1 due. | Window closes at 2:00 p.m. Any items presented between 10 – 15 minutes late will result in a 75 %-point deduction for that item. Any items presented 15 minutes late may be submitted but might not be scored. |
| 12:15 p.m. | Entrée 2 due. | Window closes at 12:30 p.m. |
| 12:45 p.m. | Dessert due. | Window closes at 1 p.m. |
| 1:15 p.m. | Window Closes | Clean up must be completed by 1:30 p.m. |
| 1:30 p.m. | Lunch. | Room 101 Middletown Commons Classroom inside Culinary Arts Facility. |

**Competition Timeline and Late Point Deductions:**

* Please be aware of the time frame for presentation of all items. Plates may not be presented early.
* The window for presenting is 5 minutes long.
* Any items presented between 5-10 minutes late will result in a 25% point deduction for that item.
* Any items presented between 10-15 minutes late will result in a 75% point deduction for that item.
* Any items presented 15 minutes late may be submitted but will not be scored.
* Butchery and knife cuts will be judged at your station. These may be presented early. Please raise your hand and wait for the judges to acknowledge you. You can continue to work on your menu prep during this time.
* On all other courses, the competitor will present one plate to the judges and one plate will go on the display table for the public to view and for optional post competition critiques.

# Competition Layout

This must be based on your competition and any constraints in the kitchen competition area. It is preferable to provide a minimum of three burners, 4-6 ft of prep space, refrigeration space, and water and ice should also be accessible to all competitors.

Judging will also require a neat and clean workspace/table, tasting spoons/forks/knives, masking tape and a volunteer to clear plates.

The Viewing Table should be clearly marked with competitor numbers and have space for 1 plate of each course – both plates shown to tasting judges, then 1 plate of each course should be placed on the viewing table. Constructive and encouraging critiques may be available after the competition, at the judge’s discretion.

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# Competition Project

Please use the culinary arts competition provided or past national competitions, removing any segment needed to best fit any anticipated space, time, or equipment constraints. You may also be able to compress the proposed competition timetable based on the layout of your competition area. The culinary tech committee recommends at minimum the competition includes knife skills, appetizer (salad and/or soup) and one entrée.

**MENU**

Appetizer/First Course

Clear Soup

Sautéed & Braised Chicken with Sauce

Grains

Vegetables

Custard

**General Instructions and Tips:**

* During Orientation for the competition, a member of the Technical Committee will review the competition packet with competitors and allow for Q&A prior to the start of the competition.
* Before the competition, competitors should:
  + Carefully read the competition packet and menu
  + Write a prep list or cooking schedule with a timeline. Be ready during the specific service times identified in your packet to avoid point deductions for late submissions.

**Other Notes:**

* Please only use the amount of each ingredient as necessary. Return unused products to the supply tables for others to use.
* Please check standards for dress requirements. If you have a chef coat or apron with your name, city or school logo, the marking must be covered. Masking tape may be used. Your competitor number must also be visible; we recommend it be taped or pinned to your back for the least distraction.
* Competitors with long hair or beards that may pose a possible safety or sanitary hazard, must wear a hair containment or hair net supplied by the competitor.
* You may work on any component of your menu at any time, but they can only be presented in the presentation window and points are deducted for late submissions.
* You will present 1 plate to the tasting judges and 1 plate for presentation.
* Resumes must be turned in during orientation. Resumes will not be accepted after orientation is complete.
* 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 competitors to hear. Any questions that show you do not know the correct technique or definitions, etc. will not be answered. Questions about where to find garbage bags, and the like 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!

**Frequently asked questions by competitors:**

* Due to limited supplies, spoiled or burnt supplies may not be replaced.
* No cell phones, computers, smart watches, or similar electronic devices will be allowed.
* Basic calculators are and will be allowed for both the written test and the culinary practical competition.
* Penalties for late submission of courses or skills assigned competition item:
  + Any items presented between 5-10 minutes 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 late will be accepted but will not be scored.

**Competitor Dismissal/End of Competition:**

No competitors are permitted to leave until the host program instructor has approved the completed kitchen clean-up. Clean-up includes garbage emptied, dish sinks drained and dried, floor properly mopped, and all competitor equipment is removed from the kitchen.

**Communication During Competitions:**

No cell phones are permitted in the competition area, even if turned off. No speaking, signing or any other communication with advisors and competitors is allowed once the competition begins. This may result in disqualification of competitors or removal of offending parties from the competition area. Advisors/educators are not permitted inside the competition area kitchen, though may view through windows or designated viewing area, if available and approved by the lead judge.

Students who need to use the restroom during the competition should be escorted near the bathroom entrance by a volunteer, to avoid interactions with other competitors, educators, or advisors.

Please note that any competition grievances must be filed on an official form by the competitor, (not an advisor, parent, etc.) during the competition and be submitted to the lead judge. The lead judge must alert the State Director or person overseeing all the competitions as soon as possible, to review and discuss. The state’s grievance policy should be followed.

**SKILLS COMPONENT: CHICKEN BUTCHERY**

Each competitor will have 1 chicken to butcher. They should execute the following to be scored:

1. Two breasts – The breast should be skin on and boneless, except for the first bone of the wing, which should be attached. The tender should be intact and attached to the breast. The tender can be used for appetizer round. 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 may be used for stock and/or soup, if your competition requires.
4. Show judges all trim, and once scoring is complete, you may wrap and label your unused portion or add to collection receptacles provided for unused chicken parts, as directed by the lead judge.

**Note**: Further fabrication and butchery are allowed after scoring for your menu preparations. For example, flattening of the breast for cooking is optional and would be done following the fabrication scoring portion of the competition.

**SKILLS COMPONENT: VEGETABLE CUTS**

Prepare the following vegetable cuts and/or tasks and present them 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** – 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.

**STOCK**

Skills component: Stock

Yield: 2-3 qt

Chicken bones, trim from your chicken

Water

Mirepoix

Sachet

Use as needed throughout the competition.

**CLEAR SOUP**

Skill Component: Stock/Clear Soup

Yield: 2 servings

Prepare clear soup of choice. Must include a discernable garnish.

Ingredients:

Vegetables

Stock

Seasoning

Garnish

**Appetizer**

Skills 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.

**ENTRÉE 1**

Skills component**: Sauté, Sauce, Grains, Vegetable**

Yield: 2 Plates

Protein: Sautéed Chicken Breast/ Tender and Braised Chicken Thighs or legs

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

Starch: Simmered grain, pilaf, or risotto

Sauce: Pan sauce or a derivative of a Mother Sauce

**ENTRÉE 2**

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

Prepare two identical plates following guidelines below.

Yield: 2 Plates

Protein: Braised Chicken Thighs or legs

Vegetable: Properly braise appropriate vegetables from knife cuts

Starch: Roast Potatoes

Sauce: Fortified reduction of braising liquid

**Custard Recipe**

2 cup milk

2 eggs

¼ cup sugar

½ tsp vanilla

Heat milk until just bubbling at the edge of the pan. Whisk together eggs, sugar and vanilla. Pour a small amount of hot milk into egg mixture to temper. Whisk continuously while slowly adding the remaining milk. Pour mixture into cups. Cook in a water bath at 325°F (163° C) for 45 minutes or until set.

Alternate method:

Start a double boiler on the stove top, bring the water to a boil then reduce to a simmer.

Pour the milk into a bowl and place bowl of milk on top of a double boiler over simmering water. Stir occasionally until milk is heated through.

Beat eggs in a large bowl until light. Add sugar and mix well. Temper the egg mixture with a small portion of hot milk into egg mixture, whisking constantly, until warmed and thinned. Pour mixture slowly back into hot milk, whisking constantly.

Cook and stir until custard is thick enough to coat the back of a spoon. An instant read thermometer inserted into custard should read 180° F (82° C). Remove from heat and stir in vanilla.

Transfer custard to cups and serve warm.

**Judging Categories**

Sanitation, Mise en Place, and Technical Skills

These floor judges will evaluate:

* Sanitation procedures
* Basic organization/ cleanliness/ attitude
* Safety
* Cooking methods and techniques

Butchery and knife skills

Taste, presentation, creativity

Tasting judges will be evaluating:

* Presentation
* Creativity/Degree of Difficulty
* Taste/Technique

**Potential Skill Components**

* Vegetable cuts -may include any of the following:
  + Mince, brunoise, julienne, bâtonnet, dice (all sizes), concassée, chiffonnade, oblique, tourne. These cuts must be used in your production.
* Butchery
  + Including but not limited to: Chicken, pork, beef, fish.
* Chicken stock
* Handling/cleaning of salad greens
* Emulsion dressing
* Soup– may include any of the following: Cream, puree, clear.
* Main entrees - 2 different cooking techniques from the following:
  + Sauté, roast, braise, stew, poach (shallow or deep), panfry
* Sauces – 2 different types from the following:
  + Derivative from mother sauce, pan sauce, jus, butter sauce, reduction
* Vegetable cookery – may include any of the following:
  + Boiling, steaming, glazing, sauté, roasting, pan frying, braising, stewing
  + Starch Cookery – may include any of the following: Rice- pilaf, risotto, steaming
  + Potatoes- roasted, pureed, pan fry, boiled, steamed
  + Legumes