

Culinary Arts – Post Secondary

Scope of Contest

To create and present a green salad with herb vinaigrette and an entrée of Chicken Fricassee, Rice Pilaf and Maple Glazed Carrots. 2 plates for 2 judges that will be tasting.

Tools/ Equipment supplied BY CONTESTANT:

- a. No. 2 pencil (two each, small note pad if desired)
- b. Knife kit, Plates, Knives, Cutting Boards, Cooking Utensils, All Pots and Pans needed.

Culinary Schedule

First Group of Students should be at the arena in uniform by 7:30 am unloaded and ready to check in. Check in at 7:30 am with Coordinator

8:00 am – 8:25 am Go to assigned station and set up equipment, this includes gathering food product as well.

8:30 am – Cooking time starts. Students will need to fabricate chicken per the national standards at some point throughout the competition and use it as part of the main course.

10:00 am – **Salad and Entree Presentation** (1 plate will be served to the tasting judges and 1 will be kept for display)

10:00-10:30 pm – Clean up should be completed (Students are EXPECTED to completely clean and breakdown their stations, including disposing of tasting plates from the judges)

Second Group of Students should be at the arena in uniform by 12:00 pm unloaded and ready to check in. Check in at 11:30 pm with Coordinator

12:00 pm – 12:25 pm Go to assigned station and set up equipment, this includes gathering food product as well.

12:30 pm Cooking time starts. Students will need to fabricate chicken per the national standards at some point throughout the competition and use it as part of the main course.

2:00 pm – **Salad and Entrée Presentation** (1 plate will be served to the tasting judges and 1 will be kept for display)

2:00 – 2:30 pm – Clean up should be completed (Students are EXPECTED to completely clean and breakdown their stations, including disposing of tasting plates from the judges)

There will be a written test the night before the exam.

CLOTHING REQUIREMENT

White or black work pants or black-and-white checkered chef's pants, white chef's jacket, white or black leather nonskid work shoes, white apron, side-towels and a chef's hat.

EQUIPMENT AND MATERIALS

1. Supplied by the technical committee:

A. All necessary food items, seasonings, etc.

B. Contest site organized (workstations, ranges, refrigeration, access to product and additional equipment) in as fair a manner possible for each contestant

2. Supplied by the contestant:

No. 2 pencil (two each, small note pad if desired), Knife kit and cook's tools as desired from the following:

1. French cook's knife
2. Paring knife
3. Vegetable peeler
4. Knife steel
5. Boning knife
6. Cook's tongs (8–12 in.)
7. Meat thermometer (pocket type)
8. Rolling pin
9. Piping bags and tips
10. Molds or timbals
11. Sift pats
12. Timer or clock
13. Small mesh strainer
14. Oven thermometer
15. Food handler gloves
16. Cheesecloth
17. Whisk
18. Kitchen spoons
19. Stainless steel mixing bowls
20. Sauté Pans
21. Saucepans
22. Plates for entrée and salad
23. ½ sheet pans

24. Ingredient Containers
25. Any other cooking utensils or pots and pans that may be needed.