



NYS SkillsUSA Standards



PURPOSE

To evaluate each competitor's preparation for employment in the food service industry and to recognize outstanding students for excellence and professionalism in culinary arts.

ELIGIBILITY

Open to active NYS SkillsUSA members enrolled in programs with culinary arts or commercial food trades as an occupational objective.

CLOTHING REQUIREMENT

NYS Kitchen Area Attire:

- All identifying markings or names must be covered on chef's uniform.
- White or black work pants or black and white checkered chef's pants.
- White chef's jacket
- White or black leather work shoes (non-slip) (oil resistant)
- White apron
- Side-towels
- Hairnet
- Chef's hat
- Food handlers' gloves
- No facial jewelry is allowed. Earrings are not permitted even if covered by a bandage.

A single watch is the only jewelry that will be allowed during the orientation and contest period. **Watches should be kept on your worktable or in your pocket.**

All hair must be restrained by either a hat, hairnet or pinned up (if hair is collar length). Beards must be covered by a snood during all periods of food handling.

Note: Contestants must wear their contest clothing to the contest orientation meeting. Also bring #2 pencil, resume, safety assurance form and copy of conference program.

EQUIPMENT AND MATERIALS

1. Supplied by the technical committee:
 - a. Competition specifications.
 - b. All necessary food items, seasonings, etc.
 - c. Organized competition site workstations, refrigeration, access to product and additional equipment
2. Supplied by the competitor:
 - a. No. 2 pencil (two each, small note pad if desired)
 - b. 2 presentation plates (white only, any shape)
 - c. Competitors must bring a twin burner electric hot plate set up to cook on.
 - d. No Butane or Gas, no induction burners, no 220v burners, no single burners (unless you only want to work with one burner) No one gets two electric connections.
 - e. Competitors must bring a twin burner electric hot plate set up to cook on.
 - f. No Butane or Gas, no induction burners, no 220v burners, no single burners (unless you only want to work with one burner) No one gets two electric connections.
 - g. Extension Cord
 - h. Sanitation Bucket
 - i. 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 fork
 - 7). Slicing knife (meat)
 - 8). Serrated slicing knife
 - 9). Fillet knife
 - 10). Utility knife
 - 11). Offset spatula
 - 12). Cook's tongs (8–12 in.)
 - 13). Pocket thermometer
 - 14). Micro plane
 - 15). Piping bags and tips
 - 16). Molds or timbals
 - 17). Sil-pats
 - 18). Battery-powered timer or clock
 - 19). Small mesh strainer
 - 20). Oven thermometer
 - 21). Hairnet(s)
 - 22). Cheesecloth
 - 23). Whisk
 - 24). Kitchen spoons
 - 25). Stainless steel mixing bowls
 - 26). Food mill or ricer
 - 27). Salad spinner
 - 28). Measuring cups/spoons

- 29). *Mise en place* containers
- 30). Plastic squeeze bottles
- 31). Under counter equipment rack (must fit under table)
- 32). Bench scrapers
- 33). Rubber Spatulas
- 34). Cutting boards
- 35). Rolling pin
- 36). ½ or ¼ sheet pans
- 37). Garnish kit:
 - a.) Citrus zester
 - b.) Channel knife
 - c.) Parisienne scoop
 - d.) Apple corer
 - e.) Tournier knife
 - f.) Canapé or biscuit cutters

No additional equipment will be allowed. Equipment check will occur during orientation. Storage space will be provided.

Note: No electrical devices such as: pasta machines, pots, pans, baking trays, or large equipment will be allowed.

RESUME REQUIREMENT

Competitors must create a one-page resume to submit at orientation.

DEVICES

Cell phones or other electronic devices not approved by the NYS Chairperson will be collected by the contest chair during the competition. Chairpersons will announce their acceptance by listing it on their standard or at the orientation meeting. In case of emergencies advisors should allow the ompetitors to take their phones to the contest areas.

If the competitor uses their device in a manner which compromises the integrity of the competition, the competitor's score may be penalized.

SCOPE OF THE COMPETITION

KNOWLEDGE PERFORMANCE

All competitors are required to take the NYS SkillsUSA professional development test online.

SKILL PERFORMANCE

The competition will include the actual preparation of food and arrangement of food on plates or platters and in dishes to serve to the customer.

COMPETITION GUIDELINES

The skill performance portion of the competition will ask competitors to:

1. Demonstrate and apply food safety principles, procedures and key practices for ensuring food safety
2. Coordinate mise en place and apply organizational skills
3. Demonstrate technical and creative menu making expertise
4. Demonstrate and apply knowledge of proper cooking methods and techniques as required
5. Demonstrate knife skills and proper cutting techniques
6. Demonstrate and apply the proper use of equipment
7. Demonstrate and apply creative preparation, portioning, and presentation of food items

STANDARDS AND COMPETENCIES

CA 1.0 — Understand the importance of proper planning as it relates to being prepared to execute professional food production

- 1.1. Envision success by analyzing all available documentation well in advance of the activity and following instructions
- 1.2. Make lists and develop workflow plans
- 1.3. Assemble all components of professional attire
- 1.4. Assemble appropriate equipment using a predetermined list of allowed items
- 1.5. Ensure all proper documents are assembled or prepared according to written instructions
- 1.6. Maintain a positive attitude and can-do spirit
- 1.7. Demonstrate a polished professional image

CA 2.0 — Maintain knowledge of safety, sanitation policies, procedures and codes in a food preparation setting

- 2.1. Ensure that personal certifications are maintained
- 2.2. Ensure that proper containers are used for storage of food, chemicals and other supplies
- 2.3. Check that personal attire meets safety standards (e.g., covered hair)
- 2.4. Ensure that proper cleaning solutions are maintained and used
- 2.5. Ensure that spills and other safety problems are addressed immediately

CA 3.0 — Maintain personal hygiene and compliance with dress code in a food preparation setting

- 3.1. Demonstrate that uniforms are clean and fit properly
- 3.2. Demonstrate that hair restraints are used
- 3.3. Ensure that perfume and cologne use is minimal
- 3.4. Demonstrate that hands and nails are clean and groomed
- 3.5. Ensure that use of jewelry meets standards (e.g., only a single watch and/or wedding ring)

CA 4.0 — Maintain safe and sanitary work area(s)

- 4.1. Show that sanitizers are located at every station
- 4.2. Show that work area, tools and equipment are cleaned and sanitized after each activity
- 4.3. Ensure that sharp and hot objects are handled and stored properly
- 4.4. Take necessary precautions to prevent cross-contamination
- 4.5. Demonstrate proper communications to ensure the safety of those working around you

CA 5.0 — Hold and store food at proper temperature

- 5.1. Show that food products are labeled and dated
- 5.2. Calibrate thermometers properly
- 5.3. Ensure that temperature of food and storage areas are within guidelines
- 5.4. Demonstrate that temperatures are checked regularly
- 5.5. Ensure that storage guidelines are followed
- 5.6. Prepare food according to specifications

CA 6.0 — Review menu, recipes, and instructions

- 6.1. Demonstrate that clarification is sought when questions arise
- 6.2. Ensure that recipe reviewed is up to date
- 6.3. Ensure that quantity of food is verified
- 6.4. Ensure that menu items are consistent with recipes
- 6.5. Demonstrate that recipes are available and referenced when needed

CA 7.0 — Identify and select the necessary ingredients

- 7.1. Identify and use appropriate substitutions if necessary
- 7.2. Verify ingredient list
- 7.3. Verify that preparation ingredients are consistent with recipe
- 7.4. Verify that freshness and proper rotation are checked

CA 8.0 — Follow procedures for appropriate cooking techniques

- 8.1. Demonstrate that proper weights and measurements are used
- 8.2. Assemble all necessary equipment and ingredients in an efficient and effective manner
- 8.3. Verify that cooking procedures are followed consistently
- 8.4. Identify that cooking and serving times are consistent with recipes
- 8.5. Identify that food is consistent with recipe

CA 9.0 — Demonstrate the proper execution of classical culinary techniques according to specifications

- 9.1. Execute assigned vegetable cuts utilizing appropriate products and utilize as directed
- 9.2. Break down proteins according to generally accepted butchery/fabrication techniques
- 9.3. Produce stock using bones and trim to ensure maximum utilization of ingredients
- 9.4. Produce an appetizer course including but not limited to salads, hot appetizers, cold appetizers, etc.
- 9.5. Produce a soup course including but not limited to cream or clear soup, puree, bisque or chowder
- 9.6. Produce two main entrees using two different cooking techniques from the following: sauté, roast, braise, stew, poach (shallow or deep) and/or panfry
- 9.7. Produce two different sauces to be included on the two main entrees. Choose from the following: derivative of a mother sauce, cream, pan sauce, au jus, butter sauce, reduction or contemporary.
- 9.8. Produce vegetable accompaniment utilizing techniques including but not limited to boiling, steaming, glazing, sauté, roasting and/or panfrying
- 9.9. Produce starch accompaniments utilizing techniques including but not limited to pilaf, roasted, pureed, panfry, boiled, steamed, legumes
- 9.10. Demonstrate knowledge of basic baking techniques and produce baked products including but not limited to flatbread, yeast bread, quick bread, custards and/or pies and tarts.
- 9.11. Leverage creativity and degree of difficulty to produce appealing plates of well-prepared foods

CA 10.0 — Assess final product for quality assurance

- 10.1. Verify that the presentation of product is consistent
- 10.2. Ensure that the final product is prepared at the correct temperature

- 10.3. Ensure that the final product is seasoned at correct level
- 10.4. Ensure hot food is served hot and cold food is served cold

CA 11.0 — Gather the necessary equipment in the food preparation setting

- 11.1. Use the right tool or piece of equipment for task
- 11.2. Ensure that tools and equipment are transported to work area safely
- 11.3. Use checklists to verify equipment

CA 12.0 — Verify that equipment and tools are in working order

- 12.1. Inspect equipment and tools visually
- 12.2. Identify equipment and tools with missing parts
- 12.3. Ensure that equipment is tested before use (e.g., oven temperature)
- 12.4. Ensure that defective tools and equipment are reported to competition organizers
- 12.5. Ensure that tools and equipment that create safety hazards are removed

CA 13.0— Use tools and equipment in a safe and sanitary manner

- 13.1. Verify that tools and equipment are cleaned and sanitized before and after use
- 13.2. Use proper colored cutting board (e.g., blue/fish, red/raw meat, green/vegetables)
- 13.3. Use food handler gloves properly
- 13.4. Verify that knives are sharpened on a regular basis
- 13.5. Use equipment safety devices
- 13.6. Follow manufacturer's operating instructions for equipment

CA 14.0 — Clean and sanitize equipment and tools after every use

- 14.1. Use proper chemical mixture to clean and sanitize equipment and tools
- 14.2. Ensure that cutting boards are properly cleaned and sanitized
- 14.3. When cleaning tools and equipment, use hot water
- 14.4. Ensure that policies and procedures for using chemicals and sanitizers are followed

CA 15.0— Store tools and equipment in proper area after use

- 15.1. Verify that equipment and tools are cleaned, sanitized and covered before storage
- 15.2. Ensure that cleaning supplies are stored in the proper area
- 15.3. Return tools and equipment to proper storage place
- 15.4. Ensure that equipment sanitization storage rules are followed

CA 16.0 — Maintain awareness of surroundings in the food preparation setting

- 16.1. Report security or safety problems promptly to appropriate personnel
- 16.2. Ensure that hazardous situations are dealt with promptly
- 16.3. Verify that work area is visually scanned on a regular basis for safety and security problems
- 16.4. Identify emergency exits and procedures
- 16.5. Check emergency equipment regularly
- 16.6. Monitor location of co-workers

CA 17.0 — Advise competition organizers of safety and security concerns

- 17.1. Notify supervisory personnel promptly about safety and security concerns
- 17.2. Document safety concerns in a timely manner

- 17.3. Forward concerns to appropriate personnel
- 17.4. Document concerns containing all relevant information
- 17.5. Ensure that follow-up activities occur after concerns have been forwarded

CA 18.0 — SkillsUSA Framework

The SkillsUSA Framework is used to pinpoint the Essential Elements found in Personal Skills, Workplace Skills and Technical Skills Grounded in Academics. Students will be expected to display or explain how they used some of these Essential Elements. Please reference the graphic, as you may be scored on specific elements applied to your project. For more, visit: www.skillsusa.org/who-we-are/skillsusa-framework/.



COMMITTEE IDENTIFIED ACADEMIC SKILLS

The technical committee has identified that the following academic skills are embedded in this competition.

Math Skills

- Use fractions to solve practical problems.
- Use proportions and ratios to solve practical problems.
- Simplify numerical expressions.
- Use scientific notation.
- Solve practical problems involving percentages.
- Solve single variable algebraic expressions.
- Solve problems using proportions, formulas and functions.

Science Skills

- Use knowledge of cell theory.
- Use knowledge of patterns of cellular organization (cells, tissues, organs, systems).
- Describe basic needs of organisms.
- Classify living organisms.
- Use knowledge of carbon, water and nitrogen cycles.
- Describe and recognize elements, compounds, mixtures, acids, bases and salts.
- Describe and recognize solids, liquids and gases.
- Describe characteristics of types of matter based on physical and chemical properties.
- Use knowledge of physical properties (shape, density, solubility, odor, melting point, boiling point and color).
- Use knowledge of chemical properties (acidity, basicity, combustibility and reactivity).

Language Arts Skills

- Provide information in conversations and in group discussions.
- Provide information in oral presentations.
- Demonstrate use of such verbal communication skills as word choice, pitch, feeling, tone and voice.

- Demonstrate use of such nonverbal communication skills as eye contact, posture and gestures using interviewing techniques to gain information.
- Demonstrate comprehension of a variety of informational texts.
- Use test structures to aid comprehension.
- Understand source, viewpoint and purpose of texts.
- Organize and synthesize information of use in written and oral presentations.
- Demonstrate knowledge of appropriate reference materials.
- Use print, electronic databases and online resources to access information in books and articles.
- Demonstrate narrative writing.
- Demonstrate expository writing.
- Demonstrate information writing.
- Edit writing for correct grammar, capitalization, punctuation, spelling, sentence structure and paragraphing.

CONNECTIONS TO NATIONAL STANDARDS

State-level academic curriculum specialists identified the following connections to national academic standards.

Math Standards

- Numbers and operations
- Algebra
- Geometry
- Measurement
- Problem solving
- Communication
- Connections
- Representation

Source: NCTM Principles and Standards for School Mathematics. For more information, visit: www.nctm.org.

Science Standards

- Understands the structure and function of cells and organisms
- Understands relationships among organisms and their physical environment
- Understands biological evolution and the diversity of life
- Understands the structure and properties of matter
- Understands the sources and properties of energy
- Understands the nature of scientific inquiry

Source: McREL compendium of national science standards. To view and search the compendium, visit: www2.mcrel.org/compendium/.

Language Arts Standards

- Students apply a wide range of strategies to comprehend, interpret, evaluate and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies, and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics).
- Students adjust their use of spoken, written and visual language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.
- Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes.
- Students use a variety of technological and information resources (e.g., libraries, databases, computer networks, video) to gather and synthesize information and to create and communicate knowledge.
- Students use spoken, written and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion and the exchange of information).

Source: IRA/NCTE Standards for the English Language Arts. To view the standards, visit: www.ncte.org/standards.

NYS SkillsUSA
Culinary Competition

April 25, 2024

Competition Chair

Chef Michael Speranza
Executive Chef | Custom Culinary
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Cluster Chair

Chef Shannon Speranza

Monroe One BOCES

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Purpose

The purpose of the NYS SkillsUSA competition is to evaluate each contestant's level of preparation for employment in the food service industry and to recognize outstanding students for excellence and professionalism in culinary arts.

Scope of the contest

The competition will include **two primary areas**: Knowledge Performance & Skills Performance

1. Knowledge Performance

a. Students will take **SKILLS PDP knowledge test the evening before** the skills (if not done prior online)

B. Students will be **required to submit a proper R sum ** at Orientation Wednesday night.

C. Students are **required to submit a Menu** for the composed salad and entree based on the guidelines listed in the practical portion of competition.

2. Skills Performance-explained in detail further in the document

a. Basic Skills round and Composed Salad round from ingredients supplied

b. Entr e round featuring chicken

Attire: Chef Hat (Toque or Beanie style), Chef Jacket, Chef pants (black or checkered)** Please refer to National SKILLS USA uniform guidelines. (Chef Neckerchief NOT REQUIRED)

FORMAT

ROUND 1

Competitors will be required to demonstrate knife skills and prepare a salad using ALL ingredients provided

Two portions of each item must be prepared; one for judging and one for display in the designated area.

Menu to be presented (menu to include salad & entree)

ROUND ONE: Basic Skills

Knife Skills: 45 minutes

¼ cup Italian flat leaf parsley, finely minced

1 yellow onion, ¼ " small dice

1 rib celery, ¼ " small dice

1 carrot, ½ " medium dice

4 ea mushroom caps, ⅛" slice

2 cloves garlic, finely minced

Salad with emulsified dressing: 30 minutes

Competitors will prepare and present **2 plated salads** using ***ALL of the ingredients*** supplied (LIST TO FOLLOW) with dressing and garnish of choice that represent a salad found in an upscale restaurant. Be creative!

Required recipe format:

3 parts oil to 1 part vinegar

Salt and pepper to taste

1. *Whisk the olive oil and balsamic vinegar.*
2. *Add salt and pepper to taste.*

***This round is cold food preparation. NO COOKING is allowed.**

Deductions:

Uniform

Resume (due Wednesday night)

Recipe display

ROUND 2: Entree

1.Set up: 10 minutes

2.Chicken fabrication: 15 minutes

Fabrication of one 2 ½ - 3 pound whole chicken:

- 2 ea French Cut Chicken Breasts, skin on, only wing bone attached and “frenched” meaning the bone is exposed.
- 2 ea chicken tenders
- 2ea thighs, skin on, oyster attached
- 2 ea drumsticks, “frenched”, meaning knuckle removed and bone is exposed
- 2 ea winglets (tip removed)
- Carcass prepared for stock: body fat and residual skin removed and carcass separated

3.Menu preparation: 60 minutes

Competitors will demonstrate their skills and **creativity** completing the following menu **using their recipes**:

Menu

**Sautéed French Cut Chicken Breast with Mushroom Sauce
Risotto & Green Beans**

Competitors will be scored as follows:

Sanitation/Safety
Time management
Chicken Fabrication
Menu preparation
Presentation
Taste

ROUND ONE
required ingredients

MUST USE ALL INGREDIENTS:

- Mixed Greens (basic Mesclun mix) pre-washed
- Extra virgin olive oil
- Balsamic vinegar
- Dijon mustard
- Honey
- Goat cheese
- Red onion
- Granny Smith Apple
- Almonds
- Fresh Basil
- Salt / Pepper as needed

** Competitors are required to use **ALL** of these ingredients.*

** Competitors are requested to only take product amounts they will be using and are requested to return unneeded products to mise en place area asap to be available to others.*

PANTRY LIST / ROUND 2

Any remaining items from ROUND 1

Parsley

Rosemary

Thyme

Tarragon

Basil

Onion

celery

Carrots

Mushrooms

Garlic

Scallion

Bacon

Butter

Parmesan cheese

Demi glace

Chicken base

Vegetable base

Kosher salt

Black pepper

Dijon mustard

Flour

Heavy Cream

Cooking wine

Green Beans

Arborio Rice

SUGGESTED EQUIPMENT LIST for ROUND TWO

Please remember you are producing two finished plates in all categories so choose equipment with that in mind

- Pen and Pencil
- Calculator
- **110 ELECTRIC BURNER TWIN SET PREFERED**
NO SINGLE ELECTRIC, INDUCTION, BUTANE OR GAS BURNERS ALLOWED
- Display plates: 2 salad and 2 entree round
- cutting boards
- 1— ½ sheet pan
- sauté pans, NON STICK ALLOWED; your choice of size and type
- sauce pots; size and type your choice
- Stainless steel bowls
- 1 set measuring cups and spoons
- whisk
- ladle
- rubber spatula
- chef knife, serrated knife, boning knife, paring knife
- tongs
- Spoons
- Side towels / hot pads
- Disposable gloves
- Apron
- Hat
- Salad spinner for drying greens
- Anything else you deem necessary to complete your planned menu

***No electric smallwares or electric hand tools will be allowed.**

For Service and Display:

- Two SQUARE or ROUND plates, 8-10 inch FOR SALAD COURSE
- Two SQUARE or ROUND dinner plates 10 ENTRÉE COURSE



Championships for 2024

Special Instructions to Contestants

Date submitted: January 29, 2024

Contest Name _____ Culinary Arts _____

Chairperson: Chef Michael Speranza

List any new special instructions for the contestants that are not listed or might be changed from the New York SkillsUSA Technical Standards for 2024. DO NOT list requirements already printed in the NYS standards.

Other:

All Culinary contestants will compete in Round 1 and 2.