**SkillsUSA Area 1**

**Alfred Regional Competition**

Contest Chair: Caitlin Kucharski

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Purpose: To evaluate each competitor’s preparation for employment in the food service industry.

Clothing Requirements:

* **All identifying markings or names must be covered on the chef’s uniform**
* Black or white and black checkered chef pants
* White Chef Coat
* Black kitchen shoes (non-slip) (oil resistant)
* White apron
* Side Towel
* Hairnet
* Chef’s Hat
* **Food handler gloves –** each competitor is required to bring their own box
* No facial jewelry is allowed. Earring are not allowed even if covered with bandages

Competitors can have a single watch that needs to be kept in pocket or at work station.

All hair needs to be restrained by a hat, hair net and pinned up (if hair is collared length). Beards need to be covered by a hair net at all times of the contest.

Equipment and Materials:

1. Supplied by the technical committee

* Competition Specifications (9A’s)
* All necessary food items, spices, etc.
* Flat Wear- plates for salads and chicken dishes
* A work station (table), Refrigeration, Stove top range, Ovens

1. Supplied by the Competitor

* Marker for labeling
* Thermometer
* Sanitation Bucket with Rag (sanitizer will be provided at contest site)
* Chef Knife, Paring Knife, Peeler, Boning Knife
* Cooking Tongs (2-3)
* Micro Plane
* Non Slip mat for cutting boards
* Cutting boards (2)
* Timer or Watch
* Small mesh strainer
* Whisk
* Variety of stainless steel mixing bowls
* Kitchen Spoons
* Salad Spinner
* Measuring spoons and cups
* Mise en place containers
* Bench Scrapers
* Rubber Spatula (heat resistance)
* ½ Sheet Pans – (2-3)
* Garnishing Kit
* Pie Tins
* Oven Mitts
* Sauté Pans (2-3)
* Small sauce pans (2-3)
* Parchment paper (6 half sheets)
* Oz. Scale for knife cuts

-There is limited storage space- Totes for equipment must be a standardized tote and fit under the workstation tables. Totes need to be no bigger than 14 inches high and 36 inches wide. There is limited space. Students will lose 5 points if not followed.

Devices

Cell phones or other electronic devices are not permitted during the contest time, this includes smart watches. Make sure all devices are stored away.  If a competitor is seen with any of these devices out during the contest time frame the competitor will be disqualified.

Skills Performance

This competition will include actual preparation of food and arrangement of food on plates to serve to customers.

Competition Guidelines

The skill performance competition portion 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 planning
4. Demonstrating and applying proper cooking methods and techniques as required
5. Demonstrate proper knife skills
6. Demonstrate and apply proper use of equipment
7. Demonstrate Proper fabrication skills
8. Demonstrate and apply creative preparation, portioning and presentation skill

Day of Competition

Objective for Competitors: Competitors will be asked to complete 4 tasks on the day of competition.

* **Time Frame:  Competition will run from 9 AM to 12 PM - at the end of the contest students will be required to clean their own work stations and dishes.**
* **Due to the limited amount of space there will be no spectators during competition time.**

1. Knife Skills – Students will be given 20 minutes to complete the following knife cuts on a carrot.  STUDENTS WILL BE LIMITED TO TWO ( 2)  CARROTS for this portion.

* Batonnet: 1 oz.
* Medium Dice: 1 oz.
* Julienne: 1 oz.
* Rondelle(¼ inch thick): 1 oz.

1. Composed Salad (a salad arranged on a plate. NOT TOSSED) with a Vinaigrette (½ Cup max)– This portion will be a Mystery Basket.  Competitors will be given a variety of ingredients to work with. They will create 1 side salad with the vinaigrette on the side.

1. Chicken Fabrication – 20 minutes - half sheet tray will be supplied

Fabrication of a 2-3 pound whole chicken

* 2 each French Cut Chicken Breast, skin on, only wing bone attached and “frenched” meaning bone is exposed
* 2 each chicken tenders
* 2 each chicken thighs, skin on, oyster attached
* 2 each drumsticks, “French” meaning knuckle removed and bone exposed
* 2 each winglets (tip removed)
* Carcass prepared for stock: body fat removed and rest of skin removed and carcass separated

1. Entrée Dish: Once Competitor completed the fabrication round competitors will have remained of designated time to complete 1 full completed dish of the following items.

-Sautéed French Cut Chicken Breast

-Roasted Red Potato

-Sautéed Green Beans

-Pan Sauce

For this portion of the contests competitors will have access to a variety of ingredients, competitors will have creative ability to complete 1 full dish.

The List below are some of the items that could be available for students.

Parsley

Rosemary

Thyme

Tarragon

Basil

Onion

Carrot

Celery

Garlic

Mushrooms

Scallion

Bacon

Butter

Parmesan Cheese

Chicken Stock

Vegetable Stock

Kosher salt

Black Pepper

Dijon Mustard

Flour

Heavy Cream

Cooking Wine

Variety of lettuces and greens

Variety of Citrus

Variety of Vinegars

Red Onion

Cucumbers

Tomatoes

Below is the breakdown of how competitors will be graded.

If there is a tie the Skills knowledge test will be used as a tie break.  If there is a tie with the test Sanitation will be used for a tie breaker.

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| Items  Evaluated | Possible Points |
| Sanitation | **10** |
| Uniform   (Chef coat, apron, Chef pants (checks or black) chef hat, non-slip shoes) | **10** |
| Knife Cuts   4 cuts  Julienne, batonnet, med. Dice, rondelle 1/4 in | **20**  **(5 pts. Per cut)** |
| Salad (5)   dressing (5)  Plate Presentation (5) | **15 total** |
| Entree  *Overall Appearance, presentation* | **5** |
| Chicken  Vegetable  Potato  Sauce | **5**  **5**  **5**  **5** |
| Chicken Fabrication | **20** |
| Clean Up | **15** |
| Tote Size  14 in H X 36 in W | **5** |
| Total | **120 pts.** |