**SkillsUSA Area 1 Alfred Competition**

**Food Prep Assistant**

Julienne Salad with Vinaigrette, Turkey Club Sandwich

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| **INGREDIENTS** | **QUANTITY** | **METHOD** |
| **Club Sandwich**  White Bread, toasted  Turkey, sliced  Tomato  Bacon  Lettuce  Mayonnaise  Toothpicks  Garnish from supplied fruit | 3 Slices  3 oz  2 oz  3 slices  2-3 leaves  TT  4  TT | 1. Cook bacon in oven until crisp. 2. Slice tomato 3. Separate lettuce leaves. 4. Toast bread. 5. Assemble and present on plate, with appropriate garnish. |
| Julienne Salad Assorted greens (Romaine, Leaf,  Bibb, Iceberg)  Hard-boiled Egg, ¼ cut  Tomato, wedged  Turkey, Julienne  Swiss cheese, Julienne  Carrot, Julienne  Red Bell Pepper, Brunoise  Mushroom, Sliced | Enough for one  lunch presentation  1 each  1/2tomato  1 oz  1 oz  1 oz  1 oz  0.5 oz | Students will construct an appetizer size salad of ingredients provided. Can use one or more of the lettuces provided. |
| Vinaigrette Salad Oil  Vinegar, Red Wine  Sugar  Dijon Mustard  Salt  Pepper | ¾ c  ¼ c  1 tsp  1 tsp  ½ tsp  1/8 tsp | 1. In mixing bowl, whisk together salt, pepper, sugar, mustard and vinegar. 2. Whisk in the oil. 3. Vinaigrette may be presented on the side. |
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Equipment List:

Mixing bowl

Whisk

Chef knife

Paring knife

Serrated knife

Cutting Board

Peeler

Measuring Spoons

Measuring Cups

Ounce Scale

Towels

Sanitation Bucket