



**Culinary Arts Contest  
Post-Secondary**

**April 7, 2023**

**BRIGHTWATER**

A CENTER FOR THE STUDY OF FOOD

# **The Post-Secondary Culinary Arts Competition is a Market Basket format.**

1. Competitors will receive a market basket with various proteins, vegetables, fruits, and starches. The contents of the basket will be revealed the day before the competition.
2. Competitors must use a noticeable amount of each item in their market basket.
3. They can supplement those ingredients with items from the community storeroom.
4. The competitors will present two copies of a menu that includes an appetizer, a soup, and two entrees of their own choosing following the competition guidelines. The menus must be turned in at the beginning of the competition.

# Post-Secondary Judging Categories

## Written Exam: 100 pts

The American Culinary Federation Certified Fundamentals Cook® (CFC®) exam will be utilized. All competitors achieving a score of 70% on the written exam and 75% in the cooking portion will receive the ACF CFC® certification.

## Sanitation: 150 pts

- Hygiene and Safety
- Food Handling
- Cleanliness

## Technical Skills: 120 pts

- Mise en Place
- Time Management and Planning
- Cooking Methods and Techniques
- Equipment Use

## Knife Skills: 50 pts

- Vegetable Cuts

## Butchery: 50 pts

- Butchery of two Proteins

## Finished Product: 520 pts

|                                |                                  |
|--------------------------------|----------------------------------|
| Stock: 25 pts                  | Entrée: 165 pts each             |
| Appetizer/First Course: 90 pts | Presentation                     |
| Soup: 75 pts                   | Protein Taste                    |
| Appearance/Presentation        | Sauce Taste                      |
| Creativity                     | Starch Taste                     |
| Taste/Technique                | Vegetable Taste                  |
|                                | Creativity/ Degree of Difficulty |

## Written Menu: 10 pts

Complete and matches dishes served.

## Total Points available: 1000

Tie Breaker: In the event of a tie, the competitor with the highest overall tasting score will be determined to be the winner. If there is still a tie, the competitor with the highest score on the written test will be determined to be the winner.

## Deductions:

|   |                         |
|---|-------------------------|
| Poor/no clean-up and reset of station and/or overall contest area | 10-50 points            |
| From SkillsUSA – Uniform infraction                               | 10 points               |
| No Resume'  | 10 points               |
| Late/Missed Service Windows                                       | 25%-100% of that course |

## COMPETITION GUIDELINES

- Congratulations on earning a spot at the SkillsUSA National Competition.
- During orientation for the contest, a member of the Technical Committee will review the contest packet and announce the market basket assignment.
- Equipment check-in will occur at orientation. All equipment must be checked in at this time. Equipment will be stored safely until your competition time
- Resumes must be turned in during orientation. Resumes will not be accepted after orientation is complete. Competitor number must be on resume.
- Before the Contest, carefully study the contest packet:
  - ✓ **Review** the list of available ingredients in contest packet.
  - ✓ **Menu:** Write a menu based on the market basket
  - ✓ **Write** a food list and a timeline including the presentation windows for each component.
- The competitors will present two copies of a menu that includes a starter, a soup, and two entrees of their own choosing following the competition guidelines. The menus must be turned in at the beginning of the competition. Include your competitor number on the menu.
- Please use only as much of each ingredient as is necessary. Return unused portions to the supply tables.
- Contact a judge to look at your waste before removing anything from your station
- You may work on any component of your menu at any time. i.e.: You can begin working on your stock and/or soup during your knife cut time.
- You will present one (1) plate to the tasting judges for evaluation and one (1) display plate for the public to see.
- 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 contestants to hear. Once the competition starts, any questions about technique or definitions, etc. will not be answered. Questions about where to find ingredients or equipment 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!

## Competition Schedule

- 8:00 am** Contestants meet in competition area for roll call. Menus will be turned in at this time.
- 8:10** Every contestant has from 8:10 until 8:25 to set their station. No one will be allowed to their station after 8:25 until their scheduled start time
- 8:25** Open question and answer with Technical Committee Chair – all questions will be answered in such a way that everyone will be able to hear the questions and the answers. If a contestant is late and misses this session, the questions will not be repeated or re-answered.
- 8:45** Competition begins. Competitors will start in groups of 8, based on your contestant number, staggered in 15-minute intervals. The chart below is the competition schedule showing when each presentation window opens.

| Contestant          | Group 1     | Group 2     | Group 3     | Group 4     | Group 5     | Group 6    |
|---------------------|-------------|-------------|-------------|-------------|-------------|------------|
| <b>Judging Time</b> |             |             |             |             |             |            |
| Start               | 8:45        | 9:00        | 9:15        | 9:30        | 9:45        | 10:00      |
| Butchery            | 9:15        | 9:30        | 9:45        | 10:00       | 10:15       | 10:30      |
| Knife Cuts          | 10:15       | 10:30       | 10:45       | 11:00       | 11:15       | 11:30      |
| Appetizer           | 10:45       | 11:00       | 11:15       | 11:30       | 11:45       | 12:00      |
| Lunch               | 11:15-11:45 | 11:30-12:00 | 11:45-12:15 | 12:00-12:30 | 12:15-12:45 | 12:30-1:00 |
| Soup                | 12:30       | 12:45       | 1:00        | 1:15        | 1:30        | 1:45       |
| Entrée #1           | 1:00        | 1:15        | 1:30        | 1:45        | 2:00        | 2:15       |
| Entrée #2           | 1:30        | 1:45        | 2:00        | 2:15        | 2:30        | 2:45       |
| Clean up            | 2:00        | 2:15        | 2:30        | 2:45        | 3:00        | 3:15       |

A 30 minute lunch period is MANDATORY for all competitors. During this time, you are NOT allowed to go to your station for any reason including temperature adjustment.

## **Contest Timeline**

- Please be aware of the time frame for presentation of all items. The time will be based on when the plate is presented for evaluation at the judge's area.
- The window for presenting is 5 minutes. For example, contestants in Group 1 have between 10:45 AM and 10:50 AM to present their appetizer without penalty.
- 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 not be scored.
- You may not present before the window opens.
- Butchery and knife cuts will be judged at your station. These may be presented when completed, even if before window opens.
- On all other courses, the contestant will present one plate to the judges and one plate will go on the display table for the public to view.

**ALL FOOD PREPARATION AND PRESENTATION MUST BE COMPLETED BY 3:15pm**

**3:45pm** Judges Critique (approx. 45 minutes) Room to be announced

**SKILLS COMPONENT:**

**Butchery**

Each contestant will have two proteins in their market basket to fabricate. Proteins are to be butchered to fit the menu provided.

**SKILLS COMPONENT:**

**VEGETABLE CUTS**

Prepare a minimum of 5 different cuts that will be used in your menu - they must be selected from the following list:

Mince, brunoise, julienne, batonnet, dice (small, medium, large), concasse', tourne

**STOCK**

**Skill component: Stock**

Prepare stock to be used throughout the competition.

**SKILLS COMPONENT:**

**APPETIZER**

Prepare two identical plates of 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. Minimum of two distinct knife cuts.

**SKILLS COMPONENT:**

**SOUP**

Prepare two identical plates of consommé using a minimum of two distinct knife cuts as garnish.

**SKILLS COMPONENTS:**

**ENTRÉE, SAUCE, STARCH, VEGETABLE**

Prepare two identical plates each of two entrees of choice following the guidelines below: Vegetables and starches should also demonstrate different cooking methods. A minimum of 4 different cooking methods must be used in the two entrees

Entrée 1:

Protein: Seared, sautéed or roasted  
Vegetable: Boiled or blanched  
Starch: Steamed or roasted  
Sauce: Variation or derivative of a Mother Sauce

Entrée 2:

Protein; Braised or poached  
Vegetable: At least two vegetables displaying distinct knife cuts  
Starch: Simmered grain, pilaf, or risotto  
Sauce: Fortified reduction of braising liquid, nage or vin blanc

**SkillsUSA Culinary Arts  
Post-Secondary Competition 2022  
Potential Market Baskets**

The selected market basket will be revealed during orientation on June 21, 2022. Ingredients subject to change based on availability. Ingredients will be substituted with similar products if necessary.

Mystery Basket 1

1 ea. 3 lb. Chicken  
1 lb. Shrimp  
1 oz Salt pork  
½ lb. Haricot vert  
½ hd. Cauliflower  
¼ lb. Forest Mushrooms  
1 head Romaine lettuce  
½ lb. Parsnips  
1 lb. Red potatoes  
3 ea. Plum tomatoes

Mystery Basket 2

1 ea. 3 lb. Chicken  
1 lb. Pork Shank  
2 oz. Chicken liver  
½ lb. Sugar snap Peas  
1 lb. Eggplant  
½ lb. Pearl onions  
1 lb. Celery root  
3 ea. Plum tomatoes  
1 cup Lentils  
½ lb. White mushrooms

Mystery Basket 3

1 ea. 3 lb. Chicken  
1 ea. 4 lb Duckling  
1 oz. Ground Turkey  
½ lb. Haricot vert  
1 lb. Kale  
½ lb. Crimini Mushrooms  
1 lb. Zucchini  
1 lb. Red (b) potatoes  
3 oz. Quinoa  
3 ea. Plum tomatoes