



# **Arkansas Culinary Arts Contest**

## **High School**

**SkillsUSA**  
**High School Culinary Arts Contest**

**MENU**

Appetizer/First Course

Clear Soup

Sautéed Chicken with Sauce  
Grains  
Vegetables

Braised Chicken with Sauce  
Roasted Potatoes  
Vegetables

# High School Judging Categories

## Sanitation: 150 pts

- Hygiene and Safety
- Food Handling
- Cleanliness

## Technical Skills: 240 pts

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

## Knife Skills: 50 pts

- Vegetable Cuts

## Butchery: 50 pts

- Chicken Butchery

## Finished Product: 500 pts

- Stock: 30 pts
- Appetizer/First Course: 85 pts
- Soup: 75 pts
  - Appearance/Presentation
  - Creativity
  - Taste/Technique
- Entrée: 155 pts each
  - Presentation
  - Protein Taste
  - Sauce Taste
  - Starch Taste
  - Vegetable Taste
  - Creativity/ Degree of Difficulty

## Written Menu: 10 pts

Complete menu and matches dishes served

## Total Points: 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 Arkansas State Competition.

- During orientation for the contest, a member of the Judging Committee will review the contest packet.
- 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 possible ingredients in contest packet.
  - ✓ **Menu:** Write a menu of what you will produce
  - ✓ **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 and other logistics 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!

## **Sample 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 with equipment only. 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 – 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.

<b>Contestant</b>	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>	<b>Group 5</b>	<b>Group 6</b>
<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
Starter	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.

### **Sample 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 long. For example, contestants in Group 1 have between 10:45 AM and 10:50 AM to present their starter course 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.
- Butchery and knife cuts will be judged at your station.
- 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 (SECONDARY):  
CHICKEN BUTCHERY**

Each contestant will have one chicken to butcher. They will execute the following:

1. Two breasts – The breast should be skin on and boneless, except for the first bone of the wing, which should be attached. The tender should be intact and attached to the breast. The wing bone and tender can be removed after evaluation for use in the menu as desired.
2. Two leg/thigh portions – the leg and thigh should be separated, skin on and bone-in
3. Carcass meat, trim and bones are to be used for stock and soup.

**SKILLS COMPONENT (SECONDARY):  
VEGETABLE CUTS**

Prepare the following vegetable cuts and/or tasks and present for judging. These items will be used in other menu items:

1. Small Dice (1/4" x 1/4" x 1/4") – 1/2 Onion
2. Chopped Parsley – 1/4 Bunch
3. Tomato Concasse – 1 tomato
4. Minced 4 large cloves garlic
5. Medium Dice (1/2" x 1/2" x 1/2" cube) - 1/2 cup. Use vegetables based on your menu.
6. Julienne (1/8" x 1/8" x 2") Carrots - 2 oz. prepared weight required.

**STOCK**

**Skill component: Stock**

Yield: 2-3 qt

Chicken bones, trim from your chicken

Water

Mirepoix

Sachet

Use as needed throughout the competition.

**APPETIZER/FIRST COURSE**

**Skill Component: Hot/Cold Appetizer, Salad**

Yield: 2 servings

Prepare 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. Three vegetable garnishes are required. One must be the tomato concasse prepared in the knife cut segment.

## **CLEAR SOUP**

**Skill component: Stock/Clear Soup**

Yield: 2 servings

Prepare clear soup of choice. Must include a discernable garnish.

## **ENTRÉE 1**

**Skills Components: Sauté, Sauce, Grains, Vegetable**

Yield: 2 Plates

Protein: Sautéed Chicken

Vegetable: At least two vegetables displaying distinct knife cuts. One of the vegetables must be prepared using the sauté method.

Starch: Simmered grain, pilaf, or risotto

Sauce: Pan sauce or a derivative of a Mother Sauce

## **ENTRÉE 2**

**Skills Components: Braise, Sauce, Roast, Vegetable**

Yield: 2 Plates

Protein; Braised Chicken

Vegetable: Properly braise appropriate vegetables from knife cuts

Starch: Roast Potatoes

Sauce: Fortified reduction of braising liquid