



April 2, 2022
Culinary Arts
State Championships

Hotel, Culinary Arts and Tourism (HCAT)
at Anne Arundel Community College

Schedule Subject to Change

8:00 am-8:30 am Orientation
8:30 am-9:00 am Set-Up Stations, In kitchen Orientation
9:00 am-11:00 am Morning Mise en Place - See further instruction below
11:00 am-11:30 am Lunch, Mandatory
11:30 am-1:00 pm Afternoon Skills Performance - See further instruction below
1:00 pm - 1:30 pm Clean kitchen and return to buses

Morning Mise en Place

You will have two hours to complete all of the following:

- Vegetable Cuts
- Fabricating and Portioning one chicken (wrap, label and reserve for use)
- Preparation of chicken stock
- Any other prep for afternoon session

Afternoon Skills Performance

You will have two hours to complete and present the following in order:

- 2 Caesar Salads
- 2 Chicken Stock (2 - 2oz portions)
- 2 Entree

Please present one show plate and one tasting plate.

No students will be dismissed until the kitchen is completely clean.

Clothing Requirement

Clean and pressed white or checkered work pants, white chef's coat or baker's shirt, black or white non-slip work shoes (closed leather upper), white apron, and hat. Students will be **disqualified for improper shoes** in accordance with OSHA safety standards. Hairnets are not required if all hair is tucked completely into hats.

Vegetable Cuts

Please present the following by 11:00 am:

- Oblique one medium size carrot
- Mince three cloves of garlic
- Chop one bunch of parsley
- “Chiffonade” one leaf of romaine - 1/8” thickness
- Julienne one carrot
- Small Dice one onion

Chicken Portioning

For chicken portioning, you will need to fabricate one chicken. Please present at the end of the AM session:

- Two Airline/Suprême Breasts - Frenched, remove tenderloin
- Two Tenderloins
- One Leg
- One Drumstick
- One Boneless Thigh
- Two Wings
- One Carcass

As soon as you complete portioning, present to judges. They will score your cuts and return them for wrapping, labeling and starting your fortified broth

Please present fabricated chicken in vessel provided by HCAT. Refrigerator space will be provided for chicken cuts after judging.

Please mark vessel with contestant number in permanent marker and tape.

Chicken Stock

You will not be provided with a recipe for your broth. Standard mirepoix and sachet ingredients will be provided.

You will need approximately one to two quarts of **stock**.

Caesar Dressing

Egg Yolk	1
Dijon Mustard	1/8 tsp.
Lemon Juice	1 tbsp.
Garlic, minced	1 tsp.
Anchovy fillet, minced	½ tsp.
Blended oil	5 tbsp.
Parmesan, grated	1 oz
Pepper	to taste

1. Put the egg yolk, mustard, lemon juice, anchovy, and minced garlic in a small mixing bowl; blend with a whisk until very smooth.
2. Slowly whisk in the oil until emulsified.
3. Add the grated Parmesan, and if needed whisk in 2 tbsp. water to give a slightly looser consistency.
4. Season with dressing with pepper to taste.
5. Wash and cut romaine to 1" thickness

Salad will consist of romaine tossed in dressing finished with parmesan and provided croutons.

Sautéed Chicken Breast with Mushroom Pan Sauce

Skills Component: Sauté with Pan Sauce

Yield: 2 Plates

Properly sauté chicken breasts with skin on. Prepare mushroom pan sauce from fond.

You are responsible for your pan sauce recipe as this component is part of your overall creativity and knowledge of culinary skills.

Classic Rice Pilaf

Skills Component: Starch Cookery

Yield : 2 portions

¼	ounce	Butter
¼	ounce	Olive oil
¾	ounces	Onion -- fine dice
½		Bay leaf
½	cup	Long-grain rice
½	pint	Chicken stock -- boiling
		Salt -- to taste

Heat the butter and olive oil in a small sautoir or saucepot.

Add the onion and bay leaf and sauté until tender, but not brown.

Add the rice and stir to coat completely with the hot fat. Do not allow the rice to brown.

Pour in the boiling chicken stock and season with salt.

Cover the pot tightly and place it in a 350°F (175°C) oven. Bake for 18-20 minutes, until the liquid is absorbed and the rice is fluffy and tender.

Fluff the rice with a fork. Remove the bay leaf and keep the rice hot for service.

Vegetable Accompaniments for Sautéed Entree

Skill Component: Green Vegetable Cookery

Yield: 2 Servings

Ingredients:

Green Vegetable of Choice (cut as desired and/or practical)

Seasonings - your selection from contest supplies

Fresh Herbs - your selection from contest supplies

Instructions:

Using proper cooking technique for vegetables, prepare a sufficient amount for two portions

Presentation Menu

Please present the following in sequence for judging

Two Cesar Salads

Romaine, Cesar dressing, Parmesan, Crouton

Two Ramekins of Prepared Stock At least
two oz each

Two Entrees

Pan-Roasted Airline Chicken, Rice Pilaf, Haricots Vert

Suggested Tool List

French Knife
Paring Knife
Boning Knife
Slicing Knife
Knife Steel
Vegetable Peeler
Utility Knife
Offset Spatula
Tongs
Meat Thermometer
Molds or Timbals
Timer or Clock
Small Mesh Strainer
Oven Thermometer
Whisk
Kitchen Spoons
Sauce Spoon
Chinois
Pencil
Marker
Masking Tape

Note: No electrical devices, knife cut models or charts, pasta machines, pots, pans, baking trays or large equipment will be allowed.