



March 25, 2023

**Culinary Arts  
State Championship**

### **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 Tossed Salads w/ Emulsified Vinaigrette & Crispy Flatbread
- 2 Chicken Soup - 2 - 2oz portions  
with appropriate garnish
- 2 Entrée –  
Chicken Saute with Onions, garlic  
& Basil
- Rice Pilaf
- Green Beans w/ crispy garlic

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:

Mirepoix – 8 oz

Mince 8 cloves of garlic

Chop 1/4 bunch of parsley

“Chiffonade” Basil – Prior to entrée plating

Julienne one carrot – 4 oz net required

Small Dice 1/2 onion

Brunoise 1/2 onion

Concasée 2 Roma Tomatoes

Paysanne 1 Radish (half-moon)

Thin Bias cut 2 oz cucumber

## Chicken Portioning

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

Two Boneless Skinless Breasts

Two Tenderloins

One Leg

One Drumstick

One Boneless Thigh

One Whole Wing plus

One Wing Tip, 1<sup>st</sup> joint,

2<sup>nd</sup> joint

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**.

**This will be used in your soup and entrée.**

## Tossed Salad

<u>Amount</u>	<u>Ingredient</u>
1/4 head	Romaine
1/4 head	Red leaf lettuce
1/6 head	Radicchio
1/6 head	Iceberg
2 oz.	Cucumber, sliced thin & cut into ½ moon
2 oz.	Cherry Tomatoes, cut in half lengthwise or into ¼'s
2 oz.	Carrot, julienne
1 oz.	Radish, sliced thin, cut into 1/2 moons
1 oz.	Scallion, cut thin on a bias
to taste	Salt
to taste	Freshly ground black pepper
as needed	Emulsified vinaigrette dressing

### Method of Production

1. Cut each type of lettuce, combine; wash and dry using a salad spinner.
2. Place greens in a medium bowl. Add vegetables and dressing and gently toss to combine all ingredients.
3. Place salad onto 2 plates.

## Emulsified Vinaigrette Dressing

<u>Amount</u>	<u>Ingredient</u>
1 Tbsp.	Dijon mustard
3/4 tsp.	Salt
1/8 tsp.	White pepper
3/4 tsp.	Paprika
3/4 tsp.	Dry mustard
3/4 tsp.	Granulated sugar
3/4 tsp.	Herbs de Provence or Italian Seasoning
2 Tbsp.	White wine vinegar
3/4 cup	Canola oil
1 Tbsp. & 2 tsp.	Lemon juice

### Method of Production

1. Place the Dijon mustard, all the dry ingredients and 1 Tbsp. vinegar into a small mixing bowl. Using a balloon whisk, blend well.
2. Gradually add the oil in a slow, steady stream until an emulsion forms.
3. Add the remaining oil, occasionally thinning the dressing by adding a little vinegar and lemon juice. Continue until all the oil, vinegar, and lemon juice have been incorporated.
4. Taste and adjust seasonings and consistency if needed. Refrigerate.

## Flatbread Crackers

### INGREDIENTS

- 3/4 cup all-purpose flour (plus more for dusting)
- 1/2 teaspoon fresh herbs of choice
- Pinch teaspoon ground black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon sugar
- 1 tablespoon olive or canola oil
- 1/4 cup cold water

### INSTRUCTIONS

1. Preheat the oven to 450 degrees. Mix the flour, thyme, pepper, salt, sugar, and oil in a bowl until evenly distributed.
2. Add the water and mix just until the dough starts to stick together (about 10 seconds). Remove the dough, press together gently with your hands to form a single ball, and cut into four pieces. Let the dough rest for about ten minutes.
3. Roll out each individual piece of dough as thin as you possibly can. If the dough starts to shrink up, let it rest a little longer. You want the dough to get very, very thin. Once it's rolled, shape as desired. Place on a piece of parchment paper, dock with a fork and transfer to a baking sheet.
4. Bake for 3-4 minutes, but check periodically to make sure it's not getting too brown – flip each cracker piece and bake another 3-4 minutes. Turn the oven off and let the crackers sit in the oven for 1-2 hours to really dry out and get crispy.

## **Chicken Sauté with Onions, Garlic and Basil**

<b><u>Amount</u></b>	<b><u>Ingredient</u></b>
2 each	Chicken breasts, boneless, skinless
As needed	Salt and pepper
As needed	AP flour, for dredging
1 oz.	Clarified butter
2 oz.	Onion, small dice
2 tsp.	Garlic, chopped
4 fl. oz.	White wine
1 Tbsp.	Lemon juice
4-6 oz.	Tomato, concasée (2 Roma tomatoes)
4 fl. oz.	Chicken Stock
6 each	Basil leaves, chiffonade

### **Method of Production:**

1. Place saran wrap over each breast and lightly pound until the breasts have even thickness. Cut each breast into two pieces.
2. Season the flour with salt and pepper. Heat butter in sauté pan.
3. Dredge the chicken pieces in flour and shake off excess flour. Sauté the breasts browning both sides evenly and cooking until they are firm to the touch. Remove from the pan and set aside.
4. Add the onion and garlic to the fond in the pan (add more butter if needed). Sauté until the onion is translucent.
5. Deglaze the pan with the wine and lemon juice.
6. Add the diced tomatoes and stock. Cook to combine the flavors. Reduce the sauce to the desired consistency.
7. Add the basil to the sauce and return the chicken to the pan for reheating. Taste and adjust the seasonings as desired.
8. Place chicken on dinner plate and cover with the sauce.

## Rice Pilaf

<b><u>Amount</u></b>	<b><u>Ingredient</u></b>
½ oz.	Clarified butter
1/4 cup	Onion, brunoise
1 Tbsp.	Garlic, minced
1 cup	Converted rice
1 pt.	Chicken stock, hot
1 each	Bay leaf
1 tsp.	Salt
to taste	White pepper

### **Method of Production**

1. Heat butter in small saucepan and add onions. Sauté until tender.
2. Add garlic to saucepan and cook 1 minute. Add rice and stir to coat.
3. Add stock, bay leaf and salt. Bring rice to a boil. Cover and bake in a preheated 350°F oven until all liquid is absorbed – about 20 minutes.
4. Turn cooked rice into a stainless bowl and fluff with a fork. Remove the bay leaf. Season with salt and white pepper to taste.

## Sautéed Green Beans with Crispy Garlic

<u>Amount</u>	<u>Ingredient</u>	<u>Preparation</u>
4 oz.	Green Beans A.P.	Trimmed, cut if desired.
½ gallon	Cold Water	
1 oz.	Salt, Kosher	
1 oz.	EVOO or unsalted butter	
2-3 each	garlic, cloves	minced
To taste	Salt	
To taste	Black Pepper	
	Ice Bath	

### Method:

#### Blanching beans:

1. Place pot on burner, cover, and bring salted cold water to a boil.
2. When water has come to a full boil, place beans into pot. Do not cover.
3. Boil beans approximately 4 minutes until they become bright green and barely tender or al dente. Taste to determine doneness.
4. Immediately strain beans using a colander or spider, **shock** in ice water. Drain and dry before sautéing.
5. Garnish with 2 oz blanched and seasoned julienne carrots

#### Finishing:

1. Heat oil or butter in medium size sauté pan over medium high heat.
2. Add green beans and garlic, toss for 2-3 minutes until garlic is golden and green beans are heated through. Season with s&p. Toss together. Taste and adjust seasoning as needed.
3. Immediately serve on heated dish.

## **Presentation Menu**

Please present the following in sequence for judging

Two Tossed Salads  
Emulsified Vinaigrette and Crispy Flatbread

Chicken Soup  
2 – 2 oz portions with garnish

Two Entrees  
Chicken Sauté with Garlic Onions and Basil  
Rice Pilaf  
Green Beans

### **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.