



April 13, 2024

**Culinary Arts
State Championship**

Schedule Subject to Change

8:00 am-8:30 am Orientation

8:30 am-9:00 am Set-Up Stations

9:00 am-11:00 am Morning Mise en Place - further instruction below

11:00 am-11:30 am Mandatory Lunch

11:30 am-1:00 pm Afternoon Skills Performance - 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 and Bread Cuts
- Fabricating and Portioning one chicken (wrap, label and reserve for use)
- Preparation of chicken stock
- Any prep for afternoon session

Afternoon Skills Performance

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

- 2 appetizer size Caesar Salads
- 2, 8 oz cups Greek Lemon Chicken Soup
- 2 plates Cheesy Spinach Stuffed Pan Roasted Chicken with Mushroom Risotto and Green Beans Almondine

Present one show plate and one tasting plate.

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

Clothing Requirement

Clean black, white or checkered work pants, white chef's coat, 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 Knife Cuts

Please present the following by 11:00am:

- Mince 8 cloves garlic
- Julienne carrot - 4 oz
- Small Dice onion - 8 oz
- Chop celery - 4 oz
- Medium Dice baguette - 2 oz
- Concasse 2 roma tomatoes

Chicken Fabrication

For chicken fabrication, you will need to fabricate one chicken into the following portions:

- Two Boneless Breasts
- Two Tenderloins
- Two Wing Tips
- Two Drumettes
- Two Mid Joint Wing
- Two Thighs
- Two Drumsticks
- One Carcass

As soon as you complete fabrication, present to judges in the AM session. They will score your cuts and return them for wrapping, labeling and starting your fortified broth. Refrigerator space will be provided for your breasts to use for your entree. Mark the vessel with your contestant number.

Chicken Stock

- 1 chicken carcass
- 4 oz celery ribs, chopped, from knife cuts
- 4 oz carrots, julienned, from knife cuts
- 8 oz onion, medium dice, from knife cuts
- 2 bay leaves
- ½ teaspoon whole black peppercorns
- 2 quarts water

1. In a stock pot, add all ingredients and turn the heat to medium. Once it simmers, reduce to medium low.
2. Let the stock simmer on medium low, checking every 45 minutes to use a spoon to skim off any foam that forms on the surface.
3. Once your stock is to your preferred concentration, strain into a container.

Caesar Salad

- 2 ounces medium diced baguette, from knife cuts
 - ¾ cup olive oil, divided
 - 2 egg yolks
 - 1 garlic clove, minced
 - 2 tablespoons freshly squeezed lemon juice
 - 3 anchovies, minced
 - ¼ t worcestershire sauce
 - 1 head romaine lettuce
 - 1 ounce shaved parmesan
 - Salt and pepper to taste
1. In a small bowl, toss diced baguette with 2 tablespoons olive oil and salt and pepper to taste. Bake at 350* until golden brown.
 2. In a bowl or blender, combine 2 egg yolks with garlic, lemon juice, anchovies and worcestershire sauce. While whisking or blending, slowly add olive oil until the dressing is emulsified. Season with salt and pepper to taste, and set aside.
 3. Cut romaine lettuce into 1 inch pieces and toss with croutons and dressing. Plate and garnish with shaved parmesan.

Greek Lemon Chicken Soup

- 1 chicken thigh, from fabrication
 - 1T olive oil, divided
 - ½ c brunoise onion
 - ½ c brunoise carrot
 - ½ c brunoise celery
 - 1 garlic clove, minced
 - 1 bay leaf
 - 24oz chicken stock, from contestant stock pot
 - ⅓ c orzo
 - 2T lemon juice
 - 1 egg yolk
 - Salt and pepper to taste
1. Heat ½ T olive oil in a pot, and sear chicken thigh, on both sides until internal temperature is 165* or higher. Remove chicken and set aside.
 2. Add the remaining ½ T olive oil. Saute onion, carrot and celery until softened. Add garlic, cook until fragrant. Add the bay leaves and stock, bring to a simmer.
 3. Once simmering, add orzo and cook for 10 minutes.
 4. Shred chicken and add to pot.
 5. Whisk egg yolks with lemon juice, then temper into the simmering soup.
 6. Cook for 5 minutes and season to taste.

Cheesy Spinach Stuffed Pan Roasted Chicken

- 2oz cream cheese
 - 1oz mozzarella, shredded
 - 1 cup fresh spinach
 - 2T vegetable oil
 - 2 skin on chicken breasts, from prep
 - Seasoning of choice, to taste
 - 1T flour
 - 8oz chicken stock, from contestant stock pot
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1. Prepare stuffing by wilting spinach then mixing into 2oz softened cream cheese and 1oz shredded mozzarella.
 2. Season chicken breast with desired seasoning to taste, and stuff with spinach cream cheese mixture.
 3. Heat oven safe skillet and add vegetable oil, add chicken breast and sear until a golden brown crust has formed.
 4. Add skillet to a preheated oven and cook until chicken breasts stuffing reaches an internal temperature is at least 165*.
 5. Remove chicken breast and make pan sauce, by adding flour and making a roux then slowly adding in chicken stock until a pan sauce has formed. Adjust seasoning as needed.

Mushroom Risotto

- 2c chicken stock, from contestant stock pot
- 1T olive oil
- 2oz mushrooms
- 2T shallot, diced
- ½ c arborio rice
- 2oz white wine
- 1T butter
- 2T parmesan cheese
- Salt and pepper to taste

1. Bring chicken stock to a simmer in a small saucepan.
2. In a separate pan, heat ½ T olive oil and cook mushrooms. Set aside.
3. Add remaining ½ T olive oil and saute shallots, then add rice and cook until rice is toasted and coated in oil.
4. Deglaze with white wine, stirring constantly until fully absorbed.
5. Add a ladle of chicken stock at a time, stirring until fully absorbed and the rice is tender, yet firm to the bite.
6. Remove from heat, stir in cooked mushrooms, butter and parmesan cheese. Season to taste.

Green Beans Almondine

- ½ lb green beans, trimmed
- 1T butter
- 2T sliced almonds
- 1 shallot, brunoised
- 1 clove garlic, minced
- ½ a lemon, zested and juiced
- Salt and pepper to taste

1. Bring a pot of water to a boil and salt to taste. Blanch green beans 4-5 minutes, and shock in ice water.
2. In a large skillet, toast almonds until lightly golden brown and fragrant, set aside.
3. Add butter to the skillet and saute shallot and garlic.
4. Drain green beans and add to the skillet. Saute until tender, add the lemon zest, juice and toasted almonds. Adjust seasoning if needed.

Suggested Tool List

French Knife
Paring Knife
Boning Knife
Slicing Knife
Knife Steel
Vegetable Peeler
Utility Knife
Offset Spatula
Piping Bags
Tongs
Ladle
Meat Thermometer
Timer or Clock
Small Mesh Strainer or Spider
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.