



March 29, 2025

**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 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 plates Cheesy Spinach Stuffed Pan Roasted Chicken with Mushroom Risotto and Green Beans Almondine

Each student will have one (1) gas burner on the range.

Present one show plate and one tasting plate.

No students will be dismissed until the kitchen is completely clean. All students are required to hand wash all dishes in the 3 compartment sink.

### **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.

**If you have questions regarding the contest, contact Charles Wallace.**

Email: [Charles.wallace@maryland.gov](mailto:Charles.wallace@maryland.gov)

Phone: 443-850-8686

## **Vegetable Knife Cuts**

Please present the following by 11:00am:

- Mince 2 cloves garlic
- Julienne 2oz carrot
- Small dice 2oz onion
- Medium dice 2oz baguette

## **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
- 4 oz carrots
- 8 oz onion
- 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
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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.

## **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.

## **TOOL LIST**

Competitors will need to provide the following items for the competition. You are welcome to bring other small equipment, not to include cut models/charts or pasta machines.

Butane Burner /Extra Fuel  
French Knife  
Paring Knife  
Boning Knife  
Slicing Knife  
Serrated Knife  
Channel Knife  
Cooks Fork  
Vegetable Peeler  
Microplane  
½ or ¼ sheet pans  
Sil-pats  
Stainless Steel Mixing Bowls  
Stainless Steel Skillet  
Stock Pot  
Sauce Pot 2qt.  
Sauté Pans  
Serving/Presentation Plates, Vessel, and or Bowls of your choice  
Tongs  
Ladle  
Rubber Spatulas  
Whisk  
Kitchen Spoons  
Wooden Spoon  
Measuring Cups/Spoons  
Small Mesh Strainer or Spider  
Chinois  
Cheesecloth  
Offset Spatula  
Bench Scraper  
Salad Spinner  
Mise en Place Containers  
Plastic Squeeze Bottles  
Battery Operated Scale  
Calibrated Instant Read Thermometer  
Battery Operated Timer or Clock  
Masking Tape  
Pencil  
Permanent Marker