

**2022 SkillsUSA  
Missouri  
State Culinary Arts  
SECONDARY  
Contest**

**Pre-Contest/Contest: Friday, April 8th  
Columbia Area Career Center**

**Pre-Contest: 8:00 am-8:30 am  
Contest: 8:30 am-Completion**

All Hospitality contests are being held at Columbia Area Career Center, part of Columbia Public Schools. All participants and advisors/attendees will be required to follow Columbia Public Schools COVID requirements at time of contest.

Friday, April 8<sup>th</sup> will be a normal school day at CPS. Based on the building set up, viewing for most contests will be minimal to none. Please keep attendance to a maximum 1 advisor per student.

Welcome to the SkillsUSA Missouri State Culinary Arts Secondary Contest! Please read the following information carefully!

In an effort to gain more competition time, and due to the Pre-Contest meeting and the contest being the same day, contest questions and answers will be handled via email to the lead advisor of contestants entered. Please review the contest packet and address any concerns or questions to Linda Stinson at [Linda.Stinson@dese.mo.gov](mailto:Linda.Stinson@dese.mo.gov) 2 weeks or more prior to the contest.

The Pre-Contest meeting will be limited to judges' introductions, station assignments, and limited questions.

The contest will be run in two rounds with a preliminary round narrowing the field to twelve contestants before the final contest. Station assignments will be made during the pre-contest meetings using a double-blind system. If there are 12 or less contestants, no one will be eliminated in the first round and the timeline for the day will be changed at the judge's discretion. Food will be provided between the two rounds for the contestants to eat.

We have provided videos of the kitchens and equipment for your review on the SkillsUSA Missouri website. Please be sure to view the website for updates. If it is not there, please be patient, and check back.

Stations will be equipped with the necessary equipment to complete the tasks. Contestants should bring their own knives, utensils, other desired equipment, and uniform items. Please see the tool list on the website for specifics. All contestants should bring a food list and/or a preparation and cooking schedule designed by the student for each round of the contest. This should be ready during the specific "windows" identified during the orientation of this contest. You may not bring photos of completed products or any food products to use.

Recipes are not provided for contestants, but rather descriptions of what the finished dishes should look like. The contest is designed to be an evaluation of classical technique; please remember that **technique must come before creativity**. A list of available ingredients is attached to this packet. Additional items may be available on the day of the contest. Contestants may not bring any food or seasonings with them. Make sure you follow directions and complete all components i.e. if the contest is requesting carrot for your vegetable and you serve green beans you would not receive points for your vegetable. Please only use as much of each ingredient as necessary and return the unused portion to the supply table.

**Clean as you go!** Your Sanitation/Floor Judges will not only be scoring you on your sanitation habits and the cleanliness and organization of your contest area during the competition, but also **your ability to leave your station sanitized and re-set**. In addition to your individual station, each contestant will be expected to assist in the overall clean-up of the contest area. Failure to leave your station reset and assist with clean-up of the entire facility **will** result in deductions on your overall sanitation score. **If you do not understand this item, please ask for clarification.**

For each course, you will present one (1) tasting plate to the tasting judges and one (1) presentation plate. The presentation plates will remain available for pictures after the contest is complete.

Contestants cannot speak with advisors or visitors during the contest. Any questions should be directed to the contest coordinator. Raise your hand and ask for assistance if there is anything that you do not understand. Judges cannot answer technical questions (i.e. how do I cook this). Judges may stop your progress at any time if they feel you are not operating in a safe or sanitary manner. i.e. fires on stoves, cross-contamination issues, etc.

Contestants may lose points for having the incorrect uniform. Contestants must follow the State Leadership and Skills Contest Clothing requirements for this contest.

Students are expected to bring their own side towels.

Per SkillsUSA rules, any use of a cell phone once the contest has started will result in disqualification. It is strongly recommended that students leave their cell phones with their advisor for the duration of the contest.

Resumes must be uploaded as per SkillsUSA guidelines. Failure to do so will result in a deduction of points.

*Contest specifics, menu, directions and timeline subject to change without notice due to availability of product or other unforeseen events.*

Due to the kitchen set-up, the contest will be split into two rounds.

For the first round all contests will have 45 minutes to complete their knife cuts and make a three-egg, French rolled omelet. Two to three knife cut ingredients must be used in the omelet and some must be presented for knife cut judging. Fresh herbs and cheese will also be available to use, if desired. When students are done, they will turn in their knife cuts and omelet and take a written knowledge test. The scores from their knife cuts, omelet, and written knowledge tests will be combined. The top twelve contestants will move on to the final round.

Students will be expected to complete the following knife cuts during the first round. Contestants must show various knife cuts using supplied vegetables of their choice. Knife cuts may be used during the second portion of the contest, should they proceed on.

Knife cuts must include:  
cuts:

- Julienne
- Small Dice
- Paysanne
- Minced
- Bias
- Supreme
- Tourne
- Chiffonade
- Paste
- Medium Dice

The following vegetables will be given for knife

- Onion
- Carrots
- Potatoes
- Lemons
- Garlic
- Tomatoes
- Bell Peppers
- Scallions
- Celery
- Spinach

For the final round, students will be completing the following skills components:

- **Chicken Fabrication** – Contestants will fabricate a chicken into 8 useable pieces including:

- Two Frenched/Airline Breasts with Tender Intact
- 2 Leg/Thigh Portions Separated
- Usable trim and bones must be presented as well

- **Preparation of a soup**

- **Preparation of a salad with a side of dressing for tasting**

- **Preparation of two entrees and accompaniments**

- **Execution of various skill components**

**Judges scores will be based on the following criteria:**

A. **Sanitation, Professionalism & Mise en Place** – There will be floor judges that will critique:

- Basic organization
- Cleanliness
- Sanitation procedures
- Uniform

B. **Skilled Components** –

- Vegetable Cuts and preparation
- Protein Fabrication
- Various Skill components
- Soup
- Salad/Emulsion Dressing
- Multiple Entrées and Accompaniments
- Seasoning, Ingredient Identification & Use

C. **Tasting & Presentation** – 1 plate of each course will be delivered to the Tasting Judges. Contestants will be judged on taste, technique, and overall presentation.

# 2022 SkillsUSA Missouri State Culinary Arts SECONDARY Contest Menu

Composed Salad with Emulsified Dressing

Clear/Broth Soup

Sautéed Chicken with Sauce  
Grains  
Vegetables

Braised Chicken with Sauce  
Roasted Potatoes  
Vegetables

Contestants will be given 15 minutes to set their station before starting the final round of the contest. Dishes will be due in the following order and at the stated times:

Start: 00:00

Chicken Fabrication: 00:30

Salad: 01:30

Soup: 02:45

Entrée 1: 03:15

Entrée 2: 03:45

A clock will be displayed in the kitchen counting up so students can keep track of their time. Windows will be open 5 minutes before and will be closed 5 minutes after stated times. Items may be turned in early but will not be judged until the window opens.

Contestants may turn items in up to 5 minutes after the window closes with an automatic 25% point deduction. Items received more than 5 minutes late will not be judged and will receive a score of -0-. **i.e. If your soup is due @ 1:30 that is 1 hour and thirty minutes after you start.**

## **SKILL COMPONENT (SECONDARY):**

### **CHICKEN FABRICATION**

Each contestant will have 1 chicken to butcher. They should 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.

### **STOCK**

**SKILL COMPONENT: Stock**

**Yield: 2-3 qt**

Chicken bones, trim from your chicken

Water

Mirepoix

Sachet

Use as needed throughout the competition.

### **CLEAR/BROTH SOUP**

**SKILL COMPONENT: Clear/Broth Soup**

**Yield: 2 servings**

**Ingredients:**

Vegetables

Stock

Seasoning

Garnish

### **COMPOSED SALAD WITH EMULSION DRESSING**

Contestants' choice

**SKILL COMPONENT: Cleaning/Handling of Greens/Permanent Emulsion**

**Yield: 2 servings**

Required components:

1. Must contain a protein component.
2. A permanent emulsion dressing is required.
3. Three room temperature or chilled vegetable garnishes are required. They may be raw or cooked.
4. Properly cleaned lettuce or greens are required.
5. A crisp component is required. Examples may include a crostini, potato crisp, or cheese crisp.

## **ENTRÉE 1**

**SKILL COMPONENT: 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**

**SKILL COMPONENT: Braise, Sauce, Roast, Vegetable**

**Yield: 2 Plates**

Protein: Braised Chicken

Vegetable: Properly braise appropriate vegetables from knife cuts

Starch: Roasted Potatoes

Sauce: Fortified reduction of braising

**2022 SkillsUSA Missouri State Culinary Arts  
Secondary and Post-Secondary Contests**

Secondary & Post-Secondary Competitions

**These may be used to supplement, but not replace any of the required ingredients of the Mystery Basket/Post-secondary competition!**

Dry Goods	Produce	Dairy
AP Flour	Apples	Butter
Sugar	Lemons	Cream
Corn Meal	Garlic	Milk
Couscous	Onions	Eggs
Corn Starch	Scallions	Cheddar Cheese
Brown Rice	Shallots	Parmesan Cheese
Orzo Pasta	Leeks	Blue Cheese
Lentils	Carrots	
Quinoa	Celery	
Bread	Red Peppers	
Honey	Mushrooms	
Vegetable Oil	Green Leaf Lettuce	
Extra Virgin Olive Oil	Spinach	
Soy Sauce	Assorted Fresh Herbs	
Tabasco	Potatoes (Russet & New)	
Anchovy Fillets	Tomatoes	
Dijon Mustard		
Whole Grain Mustard		
Almonds		
Walnuts		
Tomato Puree		
Assorted Vinegars		
Assorted Dry Spices & Herbs		
Brown Chicken Stock		
White Chicken Stock		
Chicken Demi-Glace		
Red Wine		
White Wine		
Capers		