

**2022 SkillsUSA  
Missouri  
State Culinary Arts  
Post-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.

# **Contest Final Market Basket will be posted on one week before**

## **2022 SkillsUSA Missouri State Culinary Arts Post-Secondary Contest Judging Categories**

### **A. Sanitation, Professionalism & Mise en Place**

There will be floor judges that will critique

- A. Basic organization
- B. Cleanliness
- C. Sanitation procedures
- D. Uniform – as per Technical Standards – Contestant must provide own toque/hat

### **B. Skill Components: (may include)**

- 1. Vegetable Cuts and preparation
- 2. Protein Fabrication
- 3. Herb, Spice and Equipment Identification
- 4. Various Skill components
- 5. Breakfast, Appetizer and/or Hors d'oeuvre
- 6. Soup
- 7. Salad/Emulsion Dressing
- 8. Entrée including Starch, Vegetables & Sauce/s
- 9. Seasoning

**C. Tasting** - 1 plate of each course will be delivered to the Tasting Judges. We use a double-blind scoring system

**D. Presentation** - 1 plate of each course will be delivered to the presentation area for critique and photos.

## GENERAL INSTRUCTIONS

- 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) by 2 weeks prior to the contest.
- The Pre-Contest meeting will be limited to judges' introductions, station assignments, and limited questions.
- Station assignments will be made during the pre-contest meetings. Please check the [statetech@mo.edu](mailto:statetech@mo.edu) site for more information and updates for video of the kitchens and equipment posted for your review.
- **Reminder:** The post-secondary competitors will compete in a "mystery/market basket" style competition on Friday.
- There is a compilation of three sample mystery/market baskets to practice creating your menus. The final version will be posted 1 week before.
- The following contest is under revision and is a guideline. It is not planned to change much... but may in order to facilitate the contest.
- 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.
- During Pre-Contest/Orientation for the Contest, a member of the Technical Committee will review the contest packet with you. Food will be available for contestants before and after the contest.

- Before the Contest, carefully study the contest packet:
  - Please provide
    - 3 **Typed** copies of your planned menu.
      - At least one should include detailed/highlighted use of foods from the market basket
    - Recipes and personal notes may be used.
    - Including a food list and/or a Preparation and Cooking Schedule designed by you for each course to be prepared during the specific “windows” identified during the orientation of this contest.
    - You may not bring photos of completed products
  
- **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 for the next contestant.** 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.**
  
- Your recipes are considered as guidelines. If you feel you need more or less of a particular item listed – it is the contestant’s discretion to modify the recipe within reason. Modifications by contestants must be within classical/industry expectation. The contest is designed to be an evaluation of classical technique; please remember that **technique must come before creativity.** Be considerate of specific items i.e. If the contest is requesting carrots for your vegetable and you serve green beans you would not receive points for your vegetable.
  - Although, there will be points awarded for creativity and difficulty, be careful! A super creative and difficult menu prepared poorly will not score as well as a well planned and executed effort!
  
- Please use only as much of each ingredient as is necessary. Return unused portions to the supply tables.
  
- You will present one (1) tasting plate to the Tasting Judges and one (1) presentation plate.
  
- Raise your hand and ask for assistance if there is anything that you do not understand.
  
- Technical questions to judges cannot be specific – how do I ....
  
- Judges may stop your progress at any time if they feel you are not operating in an unsafe or unsanitary manner. i.e. fires on stoves, cross-contamination issues.

## SPECIFIC INSTRUCTIONS

Contestants will be assigned a number and group (with start location) at pre-contest meeting.

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

- Disjointing/portioning of whole chicken
  - 2 Frenched/Airline breasts – tender intact, & leg/thigh portion, attached - boneless/skin-on
- Vegetable cuts requested and preparation method requirement as instructed, cover/label & refrigerate as needed
- Preparation of a COLD appetizer as described in your recipe
- Preparation of soup
- Preparation of two entrées with **two vegetables, starch and sauce and sauce served on the side, using cooking methods as instructed**
- Execution of various listed skill components (judged at station or at assigned location as instructed)

### Tentative CACC timeline

:00	Start
:30	Chicken Fabrication
1:30	Knife Cuts
2:00	Appetizer
3:15	Soup
3:45	Entrée #1 with Accompaniments
4:15	Entrée #2 with Accompaniments
4:30	Clean, Critique

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 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-. We use a count-up clock as the official clock. **EX. If your appetizer is due @ 1:15 that is 1 hour 15 minutes after start.**

### SKILL COMPONENT:

#### Timed Chicken Fabrication (:30 minutes)

Each contestant will have 1 chicken to fabricate and should execute the following:

1. Two Frenched/Airline breasts – The breast should be skin on and boneless, except for the first bone of the wing, which should have the meat cleaned off the knuckle and the tenderloin attached.
2. Two leg/thigh portions (**NOT separated**) –skin on and boneless
3. Carcass, trim and bones to be used for stock as desired.

**SKILL COMPONENT:  
Timed Vegetable cuts**

Prepare the following vegetable cuts and identify in your menu where they are to be used and/or tasks and present for judging:

Julienne  
Tourne  
Paysanne  
Citrus Suprême  
Medium Dice  
Bias  
Tomato Concasse' (may be cut into strips)  
Batonnet  
Chiffonade  
Garlic Paste  
Shallot Mince

**Above items will be prepared as part of the "timed" Knife Skills component**

**2020 SkillsUSA Missouri State Culinary Arts  
POST-SECONDARY Contest**

**MENU**

**Requirements**

**Appetizer: Cold**

**SKILL COMPONENT:** Mayonnaise

Side of mayonnaise presented for judging

**Soup:**

Clear/Broth Soup

**SKILL COMPONENT:** Stock

**Entrée #1:**

Sautéed Chicken with Sauce

Grains Vegetables

**Entrée #2:**

Braised Chicken with Sauce

Roasted Potatoes Vegetables

## **STOCK**

**SKILL COMPONENT: Stock**

**Yield: 2-3 qt**

Chicken bones, trim from your chicken

Water

Mirepoix

Sachet

Use as needed throughout the competition.

## **SOUP**

**SKILL COMPONENT: Soup**

**Yield: 2 servings**

**Ingredients:**

Vegetables

Veloute

Stock

Cream

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



## **SkillsUSA Culinary-Post Secondary Potential Market Baskets 2020**

### **Mystery Basket 1**

1 ea. 3 lb. Chicken  
1 ea. 4 lb. Duckling  
2 oz. Tofu-firm  
2 slices Bacon  
½ lb. Belgium Endive  
½ lb. Haricot Vert  
½ lb. White Mushrooms  
1 Head Romaine Lettuce  
½ lb. Parsnips  
1 lb. Red Potatoes  
3 oz. Cous Cous  
3 ea. Plum Tomatoes  
3 oz. Lentils

### **Mystery Basket 2**

1 lb. Salmon Filet  
1 ea. 3 lb. Chicken  
2 slices Bacon  
2 oz. Chicken Liver  
½ lb. Sugar Snap Peas  
1 lb. Eggplant  
½ lb. Pearl Onions  
1 lb. Kale  
1 lb. Celery Root  
1 lb. Red (b) Potatoes  
3 oz. Bulgur Wheat  
3 ea. Plum Tomatoes  
1 cup Green Lentils

### **Mystery Basket 3**

1 ea. 3 lb. Chicken  
6 ea. 16-20 Shrimp  
¼ lb. Blue Cheese  
¼ lb. Cauliflower  
¼ lb. Brussel Sprouts  
¼ lb. Shiitake Mushroom  
1 Head Iceberg  
1 Zucchini  
1 lb. Sweet Potatoes  
2 Roma Tomatoes  
1 Bulb Fennel  
2 Oranges

**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

AP Flour

Sugar

Corn Meal

Couscous

Corn Starch

Brown Rice

Orzo Pasta

Lentils

Quinoa

Bread

Honey

Vegetable Oil

Extra Virgin Olive Oil

Soy Sauce

Tabasco

Anchovy Fillets

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

Produce

Apples

Lemons

Garlic

Onions

Scallions

Shallots

Leeks

Carrots

Celery

Red Peppers

Mushrooms

Green Leaf Lettuce

Spinach

Assorted Fresh Herbs

Potatoes (Russet & New)

Tomatoes

Dairy

Butter

Cream

Milk

Eggs

Cheddar Cheese

Parmesan Cheese

Blue Cheese