



STATE SKILL PERFORMANCE PROJECT




SkillsUSA®

Disclaimer

To ensure the availability of the materials used in this competition project, the State Competition Technical Committee should study this project plan in advance and make modifications to the materials and/or dimensions as necessary. In order to account for these necessary changes in the competition's contents and scope, the instructions to competitors may also need to be modified.

The SkillsUSA State Skill Performance Project is intended to supplement the guidance of the SkillsUSA Championships Technical Standards. The Technical Standards are the official competition guide for the SkillsUSA Championships and contain rules for all national events.

While most state competitive events are modeled after the national Technical Standards, rules for state events may vary from the national guidelines. It is crucial that all student competitors understand the difference between the State Championships State Skill Performance Project, which is used to prepare for state-level competitions, and the SkillsUSA Championships Technical Standards, which is used to prepare for national-level competitions.

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Introduction

Thank you for your dedication to ensuring student growth and achievement through the management of this SkillsUSA state competition event. The SkillsUSA state director and the national SkillsUSA organization appreciate your commitment to preparing America's future workforce. The purpose of this document is to equip you with the necessary competition specifications that will allow you to host a successful state competition. As you begin to review the State Skill Performance Project, it is beneficial to consider the following:

1. Start by having the competition technical committee review this document carefully and make note of any questions.
2. This competition packet does not have to be used exactly as presented. This document is meant to be used as a guide to set up your own unique state competition. It also describes the competition goal and will guide students in your state to success. While you may follow this packet exactly, you can also use this information as a starting point for planning your state competition. You should work with the state director to ensure you are meeting the needs of your SkillsUSA state association and career and technical schools.
3. Reviewing the suggested scorecard is an important step in the competition preparation process. It is suggested that you look over each item in the scorecard, make any necessary edits and submit to the SkillsUSA state director once it is finalized.
4. Important note: *This information is confidential to the technical committee and the state director. To ensure fairness and integrity in all competitive events, please do not share this packet with teachers or students.*

Thank you for your dedication and SkillsUSA is honored to partner with you in the mission of creating skilled leaders.

SkillsUSA Framework

The connection between the SkillsUSA Framework and SkillsUSA State Championships is imperative. The SkillsUSA Framework is used to pinpoint the Essential Elements found in Personal Skills, Workplace Skills, and Technical Skills Grounded in Academics. Students will be expected to display or explain how they used some of these Essential Elements. For more information, please visit www.skillsusa.org/about/skillsusa-framework/.



Competition Overview

Competition Name:

Culinary Arts

Competition Description:

The competition will encompass both hot and cold food preparation and presentation. Competitors will demonstrate their knowledge and skills through the production of menu items meeting industry standards. The competitors are evaluated on organization, knife skills, cooking techniques, creative presentation, sanitation and food safety, and the quality and flavor of their prepared items. High school competitors will create menus to demonstrate required fundamental cooking techniques using items from a common pantry. College/postsecondary students will work from a market basket format and create their own menus using required fundamental cooking techniques.

Number of Competitors (team or individual):

Individual

Competition Level:

State Championship

Competition Length:

4 hours (Plus set up/clean up)

Competition Technical Standards:

The state director will provide the state technical committee with a copy of the current [SkillsUSA Championships Technical Standards](#). The Technical Standards are the official competition guide/rules for the SkillsUSA Championships and are revised annually. The Technical Standards are embedded with important academic standards as well as SkillsUSA Framework standards. The SkillsUSA Framework actualizes what opportunities need to be created for students to enact the SkillsUSA mission. These Framework skills define the mission and enable the organization to develop competitions, programming and assessments that build skills in students that prepare them for life.

The scope for state competitions is determined by the technical standards and due to limitations may not encompass all of the competencies (e.g. length of time available for conducting the skill performance).

Competition Clothing:

SkillsUSA Championships clothing requirements included in the technical standards have been established for the National Leadership and Skills Conference. The clothing classifications can be reviewed at <https://skillsusa.egnyte.com/dl/zqBfetodFz>.

These regulations refer to clothing items that are pictured and described at www.skillsusastore.org. If you have questions about clothing or other logo items, call 1-888-501-2183.

In lieu of the national competition clothing requirements, each state may specify a state trade clothing regulation. Ensure that your state competition clothing modifications meet OSHA standards for safety which can include things like appropriate PPE (toe guard) and 100% cotton clothing in welding.

Competition Materials List

Materials (and quantity):

Supplied by the technical committee:

- Competition problem (menu, instructions)
- All products for food presentation
- All necessary food items for the competition, paper goods, etc. No outside food will be allowed.
- The host site should provide all ingredients necessary for competitors to create the competition menu.
- Do not allow competitors to bring in any additional ingredients.
- Items do not need to be pre-scaled, though you can pre-set boxes of menu ingredients for each competitor with any/all of their ingredients.
- A “commissary table” may be set up for spices, optional ingredients, etc. These containers and ingredients should not leave the commissary table area to be scaled, etc. to allow all competitors fair access. Replacements for burned, spilled or wasted products are not supplied to competitors.

Each student will receive an ingredient basket containing the following items to use at their discretion in the preparation of their menu items.

Chicken, whole	1 whole each
Prepared Chicken Stock or base	10 oz.
Butter	4 oz. each
Clarified Butter	4 oz. each
Heavy Cream	1/2 cup each
Vegetable/Canola Oil	8 oz. each
Romaine Lettuce	1/2 head per student
Mushrooms, button	4 oz. each
AP Flour	4 oz.
Potatoes, Red	3/4 lb. each
Green Beans	8 oz. each
Shallot	1/2 each
Parsley, flat fresh	1/4 bunch each

(continued on next page)

Red bell peppers	1 each
Veg Oil/Olive Oil	4 oz. each
Clarified Butter	6 oz. each
Mushrooms, Button or other	4 oz. each
Chicken Stock	8 oz.

Anticipated amounts to have on available per student for ingredients below:

White wine vinegar	2 oz. each
Balsamic vinegar	2 oz. each
Mustard, Dijon	3 oz. each
Lemon	1 each
Tomatoes (Plum)	1 each
Red Onions	$\frac{1}{2}$ each
Radish	1 each
Cucumbers	$\frac{1}{3}$ each
Garlic	3 cloves each

Common/Commissary Table items to have available, but not limited to:

Kosher Salt
Ground Black Pepper
Parmesan Cheese
Cheddar Cheese
Butter
Panko Bread Crumbs
Baguettes or bread
Honey
Orange Juice
Pecans
Pasteurized Egg Yolks
Carrots
Broccoli
Onions
Dill, fresh
Basil, fresh
Cilantro, fresh
Tabasco/hot sauce
Dried Oregano and various selection of dried herbs and spices

Host Site Supplies

- Sani buckets/chemicals
- 3 bay sink with soap, sanitizer and scrub pads or dishwashing area (if available)
- Tables for public display of dishes outside of kitchen
- Orientation room/ judges' area, and judges' tasting table.
- Holding room for parents/ teachers (if available- not allowed in the kitchens)
- Garbage bins and bags
- Mops/Mop buckets
- Paper towels and hand soap
- First Aid Kit
- Coordinate Lunches and bottled water from SkillsUSA Competition Coordinator/State Director, for students and judges
- *Optional - Coordinate safe storage and any donations of unused chicken parts, wings, etc.

Equipment (and quantity):Supplied by the technical committee:

Competition site organized (workstations, ovens, stoves, refrigeration, access to product and additional equipment) in as fair a manner as possible for each competitor.

This must be based on your competition and any constraints in the kitchen competition area. It is preferable to provide a minimum of: three burners, 1/2 to 1 work bench of prep space and refrigeration space. Water and ice should also be accessible to all competitors. Competition host facilities should provide all plates necessary for the courses or let competitors know what to bring in advance. All plateware should be plain white and pattern free. It is up to the host/state if they will provide cooking pots and pans, or you can require competitors to bring their own equipment. Any tools or equipment not on the list will not be permitted for use during the competition.

Electrical needs (voltage & amperage):

- Electrical needed for the oven/stove.
- Please adjust the power requirements based on the specific equipment and facility utilities/rules.

Competition utility requirements (water, plumbing, etc.):

Water is needed for cooking

Note for State Tech Chair:

The culinary arts competition is designed to showcase the skills needed for jobs within commercial foodservice operations. The performance phase of this competition will be the actual preparation of food products as per the menu provided and the presentation of finished products. Competitors should be given a predetermined menu with a selection of all necessary food items to produce the courses assigned.

At the state competition, competitors will prepare a multi-course menu selected to showcase their skills in the following areas:

- Classical Knife Cuts/Skills
- Chicken Fabrication
- Starch Cookery
- Vegetable Cookery
- Sauce Production
- Salad Preparation & Dressings and/or Stock/Soup Preparation Skills

Related skills such as proper temperature, seasoning/flavor profiles, plating, as well as station organization, sanitation, clean up, and written exam/s, etc. are also scored.

Special Judge and Facility Notes:

- **Competition Lead Judge:** The competition lead judge should be a volunteer from the local restaurant industry, preferably with some competition logistics experience. It is recommended that the lead judge does not have any direct connection to any of the competing programs, whenever possible. Please feel free to contact the National Culinary Tech committee in advance for competition assistance or advice.
- **Judges:** It is best to allow the lead judge to assist with the selection of the judges. Lead judges should plan to provide an orientation prior to the start of the competition, as the competitors are students, not professionals. Competition judges should be experienced in restaurant operations, sanitation best practices, and cookery methods. The tech committee recommends a minimum of 6-10 judges based on the number of competitors. Two of the judges to score sanitation and floor judging sections, and at least 4 judges to be assigned tasting, knife skills and chicken fabrication. (This works well since the competitors will complete the knife skills portion before all of the plates will be presented for tasting.)

It is very important that each segment is evaluated by the same group of judges, for example: the knife skills judges will judge all competitors' knife cuts to ensure consistent scoring across all segments. It is recommended that chicken butchery and knife cuts be judged at the competitors' station when they indicate they are ready during their window. (Record times of judging and indicate for late submissions, in case needed during final scoring for deductions)

ACF Chapter locator website, contact your local chapter/s for potential volunteer judges-
<https://www.acfchefs.org/ACFSource/Membership/Chapters.aspx> .

Competition Host Site:

Please plan to give a kitchen and facility tour, to explain clean up procedures, and please have a program representative available in the competition area for questions. *Tip: plan ahead for storage of cut/trim from chicken fabrication, by supplying a container and instructions for safe repurposing chicken carcasses, wings, etc. if your program plans to utilize or donate these items following the competition.*

Items Brought by Competitors

(per the Technical Standards)

Please review the SkillsUSA Championships Technical Standards to review the list of items required for your competitor to bring to competition and adjust this list as necessary for your state competition project plan.

Each student **MUST** bring the following equipment: (any other equipment may not be permitted to be used. The decision will be made by the competition chair exclusively.)

- Pen, Marker, and Pencil
- Calculator
- 2 cutting boards that fit inside a full size sheet pan—approximately 14”X20” (one for chicken and one for the other mise en place)
- 2— 1/2 sheet pan
- 2—1/2 hotel pans: throw away aluminum; stainless steel not necessary, but acceptable
- 25— 4 oz. plastic soufflé cups
- 1 – Citrus Zester - optional
- 1- Peeler
- 2—10-12 inch sauté pans, NON STICK ALLOWED
- 2—3 qt. sauce pots
- 1 – 1qt. sauce pot with lid
- 1 – 2qt. sauce pot with lid
- 4 Stainless steel bowls
- 1 set measuring cups and spoons
- 2 ea. 8-12 inch whisk
- 2—ladles
- 2 rubber and 1 metal spatulas
- 1 Meat Mallet or similar
- 1 – Squeeze bottle, optional
- 2 sizzle platters
- 1 entrée fork, optional

- 1 each: chef knife, serrated knife, boning knife, paring knife and steel
- 2-3 set tongs—8—12 inches
(continued on next page)
- Spoons: 1 slotted, 2 regular, 2 wooden, 3 plating spoons
- Strainers, chinois and/or china cap
- Disposable cloths/side towels/cleaning towels.
- Side towels and hot pads
- Timers

For Service and Display:

White/Rounds

- 2 dinner plates 10 inch or 12 inch
- Two salad plates, 8-10 inch
- 2 bowls for soup

Competition Update

Definition:

A competition update is anything that is not listed in the SkillsUSA Championships Technical Standards and that a competitor and/or advisor needs to be aware of and bring for the competition.

Competition Schedule

Written knowledge testing is a core component of the SkillsUSA Championships. These tests are designed to assess the knowledge that a student has around their career competition area. SkillsUSA State Directors may provide access to written knowledge assessments prior to the SLSC competition. As you develop your overall competition schedule, contact your SkillsUSA state director for more information about how the written knowledge test will be offered in your state.

Competition Schedule	Group 1	Group 2
Check-In	6:30 AM	
Orientation	6:45 AM	
Station Set	7:00 AM	
Questions/Clarification	7:25 AM	
Start	7:45 AM	12:30 PM
Knife Cuts	8:15 AM	1:00 PM
Salad	8:45 AM	1:30 PM
Soup	9:30 AM	2:15 PM
Entrée 1	10:00 AM	2:45 PM
Lunch	10:30 AM	
Entrée 2	11:30 AM	3:45 PM
Clean up	12:00 PM	4:15 PM

Competition Timeline and Late Point Deductions:

- Please be aware of the time frame for presentation of all items.
- The window for presenting is 5 minutes long.
- Any items presented between 5-10 minutes late will result in a 25 % point loss for that item.
- Any items presented between 10-15 minutes late will result in a 75 % point loss for that item.
- Any items presented 15 minutes late may be submitted, but will not be scored.
- Butchery and knife cuts will be judged at your station. Please raise your hand and wait for the judges to acknowledge you. You can continue to work on your menu prep during this time.
- On all other courses, the competitor will present one plate to the judges and one plate will go on the display table for the public to view and for optional post competition critiques.

**Written Exam/s should have been taken at an earlier time. If not, an option is for groups 1 and 2 to take the exam once they finish the practical portion of competition, while all other competitors can take the exam before they begin in the kitchen.*

Competition Layout

This must be based on your competition and any constraints in the kitchen competition area. It is preferable to provide a minimum of three burners, 1/2 to 1 work bench of prep space, refrigeration space, and water and ice should also be accessible to all competitors.

Judging will also require a neat and clean workspace/table, tasting spoons/forks/knives, masking tape and a volunteer to clear plates.

The Viewing Table should be clearly marked with competitor numbers and have space for 1 plate of each course – both plates shown to tasting judges, then 1 plate of each course should be placed on the viewing table. Constructive and encouraging critiques may be available after the competition, at the judge's discretion.

Competition Project

Please use the culinary arts competition provided or past national competitions, removing any segment needed to best fit any anticipated space, time or equipment constraints. You may also be able to compress the proposed competition time table based on the layout of your competition area. The culinary tech committee recommends at minimum the competition includes: knife skills, appetizer (salad and/or soup) and one entrée.

Categories:

- Knife Cuts
- Chicken Fabrication
- Food Preparation

MENU

Composed Salad with Emulsified Dressing

Clear Soup

Sautéed Chicken with Mushroom Sauce

Green Beans with Red Pepper

Competitors Choice: Potato Side Dish

General Instructions and Tips:

- During Orientation for the competition, a member of the Technical Committee will review the competition packet with competitors and allow for Q&A prior to the start of the competition.
- Before the competition, competitors should:
 - Carefully read the competition packet and menu
 - Write a prep list or cooking schedule with a timeline. Be ready during the specific service times identified in your packet to avoid point deductions for late submissions.

Other Notes:

- Please only use the amount of each ingredient as necessary. Return unused products to the supply tables for others to use.
- Please check standards for dress requirements. If you have a chef coat or apron with your name, city or school logo, the marking must be covered. Masking tape may be used. Your competitor number must also be visible, we recommend it be taped or pinned to your back for least distraction.
- Competitors with long hair or beads, that may pose a possible safety or sanitary hazard, must wear a hair containment or hair net supplied by the competitor.
- You may work on any component of your menu at any time, but they can only be presented in the presentation window and points are deducted for late submissions.
- You will present 1 plate to the tasting judges and 1 plate for presentation in the hallway.
- Resumes must be turned in during orientation. Resumes will not be accepted after orientation is complete.

- Raise your hand and ask for assistance if there is anything that you do not understand. There will be a period just before the start of the first session when all questions will be answered for all competitors to hear. Any questions that show you do not know the correct technique or definitions, etc. will not be answered. Questions about where to find garbage bags, and the like will be answered.
- Remember two things – This is about LEARNING and it should be FUN. If at any time you feel overwhelmed and feel that you cannot continue, speak to a judge or member of the Technical Committee. We are here for you!

Most commonly asked questions by competitors:

- Due to limited supplies, spoiled or burnt supplies will not be replaced.
- No cell phones, computers, iPhones or similar electronic devices will be allowed.
- Basic calculators are and will be allowed for both the written test and the culinary practical competition.
- Penalties for late submission of courses or skills assigned competition item:
 - Any items presented between 5-10 minutes late will result in a 25% point loss for that item.
 - Any items presented between 10-15 minutes late will result in a 75% point loss for that item.
 - Any items presented 15 minutes late will be accepted, but will not be scored

Competitor Dismissal/End of Competition:

No competitors are permitted to leave until the host program instructor has approved the completed kitchen clean-up. Clean-up includes the garbage emptied, dish sinks drained and dried, floor properly mopped, and all competitor equipment is removed from the kitchen.

Communication During Competitions:

No cell phones are permitted in the competition area, even if turned off. No speaking, signing or any other communication with advisors and competitors is allowed once the competition begins. This may result in disqualification of competitor/s or removal of offending parties from the competition area. Advisors/educators are not permitted inside the competition area kitchen, though may view through windows, if available and approved by the lead judge.

Students who need to use the restroom during the competition, should be escorted to near the bathroom entrance by a volunteer, to avoid interactions with other competitors, educators or advisors.

Please note that any competition grievances must be filed on an official form by the competitor, (not an advisor, parent, etc) during the competition and be submitted to the lead judge. The lead judge must alert the State Director or person overseeing all of the competitions as soon as possible, to review and discuss.

Please contact the National Tech Committee with any questions. Greg Beachey, National Tech Chair for Culinary - skillsusa.culinary@gmail.com

CULINARY COMPETITION: PART 1 - KNIFE SKILLS & BUTCHERY

SKILLS COMPONENT: CHICKEN BUTCHERY

Each competitor will have 1 chicken to butcher. They should execute the following to be scored:

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 may be used for stock and/or soup, if your competition requires.
4. Show judges all trim, and once scoring is complete, you may wrap and label your unused portion or add to collection receptacles provided for unused chicken parts, as directed by the lead judge.

Note: Further fabrication and butchery is allowed after scoring for your entree preparations. For example, flattening of the breast for cooking is optional and would be done following the fabrication scoring portion of the competition.

SKILLS COMPONENT (SECONDARY):VEGETABLE CUTS

Prepare the following vegetable cuts and/or tasks and present them for judging. These items will be used in other menu items:

1. **Chopped Parsley** – ¼ Bunch
2. **Mince** – ½ shallot
3. **Small Dice** 3oz Potatoes
4. **Batonnet** – Red Pepper-4 oz finished

Please show trim/waste and you may use vegetables in your dishes.

CULINARY COMPETITION PART 2 - FOOD PREPARATION**SKILLS COMPONENT: STOCK**

Yield: 2-3 qt

Chicken bones, trim from your chicken

Water

Mirepoix

Sachet

Use as needed throughout the competition.

Ingredients:

Chicken bones and trim from fabricated chicken

Water

Mirepoix

Sachet

SKILL COMPONENT: STOCK/CLEAR SOUP**CLEAR SOUP:**

Yield: 2 servings

Ingredients:

Vegetables

Stock

Seasoning

Garnish

CHICKEN VEGETABLE SOUP:

Yield- 1 ½ quarts / 2 presentation bowls

Ingredients:

Trim from chicken	as needed
Vegetable oil	as needed
Cut vegetables for garnish	Approximately 1 ½ cups
Seasoning	TT

SKILLS COMPONENT: HANDLING OF GREENS/PERMANENT EMULSION

COMPOSED SALAD WITH EMULSION DRESSING:

Competitors' choice

Yield: 2 servings

Required components:

An emulsified dressing is required and salad must be presented dressed. (No dressing on side)

- Three raw or cooked vegetables are required for the salad.
- Properly cleaned lettuce or greens are required.
- A prepared crisp component is required. Examples may include a crouton, crostini, potato crisp, candied nuts, or cheese crisp, etc.

SKILLS COMPONENT: KNIFE CUTS, EMULSIONS, PLATING, SERVING SIZE

SALAD WITH EMULSIFIED DRESSING:

Yield: 2 servings

Instructions:

- Each competitor will be provided greens for this salad.
- Prepare emulsion dressing of choice using ingredients available, oils, vinegars, juices, herbs and spices.
- Prepare appropriate garnish using ingredients available and crunch component.
- Assemble and plate 2 plates of salads. (Show both plates to judges, one for tasting, one for public display table)

SKILLS COMPONENTS: SAUTÉ, SAUCE, STARCH, VEGETABLE

ENTRÉE 1:

Yield: 2 Plates

Protein:	Sautéed Chicken Breast
Vegetable:	Green beans with Red Pepper
Starch:	Potatoes - competitor choice for cooking method
Sauce:	Mushroom Pan sauce

SAUTÉED CHICKEN BREAST WITH MUSHROOM PAN SAUCE:

Yield 2 portions

Ingredients:

- Clarified butter
- Airline chicken breast
- Salt and pepper to taste
- Flour for dredging
- Shallot, minced
- White button mushrooms, thinly sliced
- Chicken stock
- Heavy cream
- Parsley—Minced 1T

Instructions:

1. Sauté chicken breast
2. Create mushroom pan sauce
3. Ladle sauce as desired on a plate to serve with reserved chicken and sides. Serve hot.

Instructions:

- Adhere to all sanitation for chicken preparation and storage.
- Use chicken breasts fabricated earlier.
- Execute proper cooking method
- Prepare pan sauce
- Plate two (2) plates of entrée with appropriate starch and vegetable accompaniment

SKILLS COMPONENT: VEGETABLE COOKERY

ACCOMPANIMENTS FOR ENTRÉE

Yield: 2 servings

SAUTÉED GREEN BEANS WITH RED BELL PEPPER

Yield: 2 portions

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Ingredients:

1. Green beans, trimmed
2. Red bell pepper, Battonet
3. oil – enough to lightly coat beans in pan
4. Salt and pepper to taste
5. Butter

Instructions:

- Using proper knife skills and cooking technique for vegetables, prepare a sufficient amount for two (2) equal portions to be served with entrée and starch.
- *For creative variation, you may utilize additional herbs and seasonings from your competition supplies at your discretion, if available.*

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SKILL COMPONENT: STARCH COOKERY

STARCH ACCOMPANIMENTS FOR SAUTEED ENTRÉE

Yield: 2 servings

Potato Side Dish – Competitors Choice

- Please prepare a potato side dish of your choice to be plated as an accompaniment to your entrée and veg side.

Competition Scorecard

Written knowledge testing is a core component of the SkillsUSA Championships. These tests assess a competitor's knowledge of their career competition area. As you build/edit your competition scorecard, please take the following into account:

- A) SkillsUSA State Directors may provide access to written knowledge assessments prior to the SLSC competition. Please contact your SkillsUSA state director to confirm that your state is participating in a written knowledge test.
- B) The written assessment cannot exceed more than 15% of your total score on your scorecard.

Type	Skill Description	Max Score
Standard	Sanitation - Hygiene and Safety	50
Standard	Sanitation - Food Handling, Glove Use/Handwashing	50
Standard	Sanitation - Cleanliness & Organization	50
Standard	Floor Judge - Mise en Place	50
Standard	Floor Judge - Time Management/Planning	50
Standard	Floor Judge - Cooking Methods & Techniques	50
Standard	Tools & Equipment - Proper Use	50
Standard	Vegetable Cuts - #1	20
Standard	Vegetable Cuts - #2	20
Standard	Vegetable Cuts - #3	20
Standard	Vegetable Cuts - #4	20
Standard	Chicken Butchery	100
Standard	Salad - Appearance/Presentation/Creativity	30
Standard	Salad- Taste/Technique	40
Standard	Stock/Soup Tasting- Appearance/Presentation	40
Standard	Stock/Soup Tasting - Taste/Technique	40
Standard	Entrée 1 - Overall Appearance/Presentation of Plate	40
Standard	Entrée 1 - Main Protein-Taste/Technique	30
Standard	Entrée 1 - Sauce-Taste/Technique	20
Standard	Entrée 1 - Starch-Taste/Technique	30
Standard	Entrée 1 - Vegetable-Taste/Technique	30
Standard	Entrée 1 - Creativity/Degree of Difficulty	20

Standard	Online Skill Test	150
Total Possible		1000
Standard		0
Penalty	Resume Penalty	-10
Penalty	Clothing Penalty	-50
Penalty		0
Tie Breaker	Sample Tie Breaker 1	1
Tie Breaker	Sample Tie Breaker 2	1
Tie Breaker	Professional Development Test	25

Judging Categories

Sanitation, Mise en Place, and Work Skills

There will be floor judges that will evaluate:

- Sanitation procedures
- Basic organization/ cleanliness/ attitude
- Safety
- Cooking techniques and procedures

Skills Components

- Vegetable cuts -may include any of the following:
 - Mince, brunoise, julienne, bâtonnet, dice (all sizes), concassée, chiffonnade, oblique, tourne. These cuts must be used in your production
- Butchery
 - Including but not limited to:Chicken, pork, beef, fish
- Chicken stock
- Handling/cleaning of salad greens
- Emulsion dressing
- Soup– may include any of the following: Cream, puree, clear
- Main entrees - 2 different cooking techniques from the following:
 - Sauté, roast, braise, stew, poach (shallow or deep), panfry
- Sauces – 2 different types from the following:
 - Derivative from mother sauce, pan sauce, au jus, butter sauce, reduction
- Vegetable cookery – may include any of the following:
 - Boiling, steaming, glazing, sauté, roasting, pan frying, braising, stewing
- Starch Cookery – may include any of the following:
 - Rice- pilaf, risotto, steaming

- Potatoes- roasted, pureed, pan fry, boiled, steamed
- Legumes