



# UTAH SkillsUSA Culinary Arts

## SECONDARY COMPETITION

CONTEST QUESTIONS CONTACT – MEGAN.LEWIS@MTEC.EDU

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***SPECIAL THANKS TO CHEF TONY, HIS TEAM AND MOUNTAINLAND TECHNICAL COLLEGE FOR HOSTING BOTH SECONDARY AND POSTSECONDARY COMPETITIONS!***

## **SkillsUSA Culinary Arts **SECONDARY** Competition– 2024**

**The Secondary Competition is Thursday, March 28, 2024**

- **Secondary students will compete at the Mountainland Tech College (MTEC) Lehi Campus/Cafeteria (Thanksgiving Point).** Address is: 2301 West Ashton Blvd. Lehi, UT 84043. Location & Contest Contact: Chef Anthony, [anthony.huntington@mtec.edu](mailto:anthony.huntington@mtec.edu).
- **Pre-Contest Meeting** – 3/28/24 at 7:00 am sharp. We recommend that you are on campus by 6:45 am. at the MTECH Lehi Campus
- **SECONDARY Contest will begin** at 8:00 am on 3/28/24 at the MTECH Lehi Campus.

### **REMINDER:**

As a reminder and to be consistent with the other culinary related contests –

**We ask that each school provides prizes for each placement (post-secondary 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> and secondary 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>). We will be putting all of these prizes together for the winners.**

### **QUESTIONS:**

Contact Megan Lewis at [megan.lewis@mtec.edu](mailto:megan.lewis@mtec.edu) or you can call 480-235-0850.

## Competition Overview

**Competition Name:** Culinary Arts Secondary SkillsUSA 2024

### Competition Location:

- **Where:** Mountainland Technical College – Lehi Campus
- **When:** THURSDAY, March 28, 2024

### 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.

### Number of Competitors (team or individual):

Individual. (2 per school, maximum)

### Competition Level:

State Championship

### Competition Length:

Approximately 4 hours (Plus set up/clean up)

## **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>.

### **\*UNIFORM CLARIFICATION FOR STATE COMPETITION\***

- White chef coat
- Black work pants or black and white checkered chef pants
- Black-non slip-non porous shoes
- White apron
- Toque, skull cap, or chef hat **\*ball caps are not permitted\***
- Hair restraint. If hair is longer than ears, hair must be restrained (hair net, braid, or bun) UNDER chef hat, ponytails or otherwise loose hair is not permitted.
- Any logos on any part of the uniform must be covered (tape is fine).
- Nail polish, fake nails, and jewelry (other than one plain ring band per hand) are not permitted

**Points will be deducted for any competitor that does not meet the required uniform standards listed here.**

### **Secondary Menu**

Composed Salad with Emulsified Dressing

Broth Based Soup

Entree:

Sauteed Chicken with Pan Sauce

Carrots and Snow peas

Polenta Side Dish (competitors choice)

## Required Ingredients

1 whole each	Chicken, Whole
1/4 lb	Carrot
1/4 lb	Snow peas
1 cup	Polenta

## Pantry Ingredients (may use any of the following)

Stock base (chicken and beef)	Lemon	Honey
Butter	Tomatoes	Orange juice
Heavy cream	Red onions	Pecans
Vegetable oil	Radish	Egg yolks
Romaine lettuce	Cucumbers	Broccoli
Mushrooms	Garlic	White onions
AP Flour	Salt	Dill, fresh
Shallot	Pepper	Basil, fresh
Parsley, flat, fresh	Parmesan cheese	Cilantro, fresh
White wine vinegar	Cheddar cheese	Tabasco/hot sauce
Balsamic vinegar	Butter	Various selection of dried herbs and spices
Mustard	Panko bread crumbs	

**\*Competitors will NOT be allowed to bring their own ingredients into the competition. If you are needing an item not on this list, please email Tony Huntington at [anthony.huntington@mtc.edu](mailto:anthony.huntington@mtc.edu) by 3/21 and he will ensure your item is available on competition day.\***

## **Other Notes:**

- Please only use the amount of each ingredient as necessary. Return unused products to the supply tables for others to use.
- 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 beards, 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 prior to competition ONLINE, submission information forthcoming. Resumes will not be accepted after pre contest meeting.
- Due to limited supplies, spoiled or burnt supplies will not be replaced.
- No cell phones, computers, iPhones or similar electronic devices will be allowed. NON smart watches and timers may be clipped to uniform or placed on table.
- 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.

<b>7:00-7:30 am</b>	<b>Pre contest meeting, including kitchen tour</b>
<b>7:30-7:59 am</b>	<b>Contest prep: setting up table, restroom, filling sanitizer buckets, <b>clothing check</b></b>
<b>8:00 am</b>	<b>Contest begins (contestants MAY NOT start early)</b>
<b>8:30-8:45 am</b>	<b>Meat fabrication presentation window- at contestants table</b>
<b>8:50-9:05 am</b>	<b>Knife cuts presentation window- at contestant table</b>
<b>9:20-9:35 am</b>	<b>Salad (2 plates) presentation window- on display table</b>
<b>10:50-11:05 am</b>	<b>Soup (2 bowls) presentation window- on display table</b>
<b>11:30-11:45 am</b>	<b>Entree (2 plates) presentation window- on display table</b>
<b>Clean up</b>	<b>Contestants MUST check out with designated person before leaving</b>

## **Competition Schedule**

### **Competition Timeline and Late Point Deductions:**

- Please be aware of the time frame for presentation of all items.
- The window for presenting is 15 minutes long.
- 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.
- Soup, salad, and entree- 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.

### **Menu-**

All competitors will submit a TYPED menu at the pre contest meeting. Menus should include salad, soup, entree name and brief description, **cooking methods included**. In essence, you are submitting a rubric for the judges to follow.



## Competition Scorecard -

**Note** – there WILL be a written exam for Culinary Arts topics. At this time, there is no study guide for the test; we will be using the national test question bank. The competitor will need to take the test BEFORE the competition and should receive an email stating how to log on. There WILL ALSO be a 25-question online exam regarding SkillsUSA Organization – please see state guidelines from the State Director. **Please be on the lookout for more information regarding these tests.**

## Judging Categories

Sanitation, Mise en Place, and Work Skills

Floor judges will evaluate:

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

**Skills Components- Judged on taste, technique, creativity, appearance, presentation, degree of difficulty**

- **Vegetable cuts (judged at competitors table)**
  - MUST include a minimum of 3 of the following:  
small dice, bâtonnet, julienne, oblique, paysanne
  - These cuts may be used in your production
  - Please show trim/waste
  
- **Butchery** (judged at competitors table)
  - Chicken fabrication:
    - Two breasts, two wings (wing tips removed), two thighs, two drums, carcass

- **NOTE-** further fabrication and butchery is allowed after scoring for your entree preparations. For example, flattening of the breast for cooking could be done after scoring chicken fabrication
  
- **Composed salad with emulsion dressing (present two plates)**
  - Handling/cleaning of greens
  - Emulsion dressing
  - No dressing on the side
  
- **Broth based soup (present two bowls)**
  - chicken vegetable soup
  - Beef and chicken stock provided
  
- **Main entree**
  - Must include **at least** the following-
    - protein (chicken)
    - vegetable (carrots and snow peas)
    - starch (polenta)
    - pan sauce

